

PURE HERBS, LTD.

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WEB SITE ADDRESS: www.pureherbs.com

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NEW DIRECTORS FOR NOVEMBER/DECEMBER 2003

**KAREN BRIGHT
BERTHA MILLER
CAROLYN SIMPSON
DONNA PERKINSON
LINDA LAVENDER
YISRAYL HAWKINS
SHARON SATTERFIELD
LISA DENTON
STEVE LAPP**

CONGRATULATIONS!

VITAMIN A & D GEL CAPSULE SPECIAL

*Reduced For Quick Sale

Hi! Here is a chance for you and us to benefit. We have some excellent Vitamin A & D capsules left and it is time for us to restock. So if you would like to become acquainted with our A & D capsules and help us out we will make you an offer. **BUY TWO – GET THE THIRD ONE FREE** for the entire month of February. You receive P.V. (Purchase Volume discount) only on two of the three bottles of course. *expiration date: July 2004

Some benefits of Vitamin A: Cleans all **hollow organs, sweeps away dead cells and thereby prevents infections. Also essential for good vision and to improve eyesight. Vitamin A also plays a vital role in skin health.

**Examples of hollow organs are; heart, blood vessels, lymph vessels, brain and spinal fluid channel, sinuses, gall bladder, circulatory pathways of the eyes, lungs, the urinary bladder, kidneys, reproductive areas, intestines and on and on.

Some benefits of Vitamin D: Keeps calcium in the bones and teeth so they remain strong and Vitamin D also tells the dividing skin cells which layer of skin they should become – epidermal (outer), mesodermal (middle layer) or endodermal (internal skin). This can prevent skin from thinning or skin knots and thickenings from forming and a whole lot of other problems from occurring.

Together Vitamin A & D: Act as an antibiotic. They promote the proper functioning of joints and maintain joint health. Apply externally to stop itching, repair sunburn and prevent scarring.

UPS RATE HIKE

It's that time of year when UPS decides that a rate hike is due. This year that occurred on January 5, 2004. Ground rates increased 1.9%, domestic air services jumped 2.9% and COD charges went from \$7.00 to \$7.50. They say they have also completed a major upgrade to their ground distribution network, thereby reducing time in transit. This means that the four-day coast-to-coast delivery standard has reduced the previous guaranteed delivery time by a full day. Hmmm, we'll see.

OLD PHILOSOPHER'S CORNER

“Make very sure what you are doing in life is something you really like.”

1 February 2004
Dr. Eugene C. Watkins

WELCOME NEW DISTRIBUTORS TO OUR PURE HERBS FAMILY



RETURN POLICY

Due to F.D.A. regulations regarding food products, Pure Herbs, Ltd. has a no return policy. The exceptions are breakage and manufacturing defects. To return a product, you must receive prior approval. In the case of shipping errors, returned bottles must be as shipped (free of store pricing labels) and returned in a timely manner (with current lot numbers). All items returned with non-current lot numbers, distributor labeling, or two weeks after receipt, will be charged to your account. This policy is necessary as the returned product must be destroyed due to F.D.A. regulations.

20,441
THRU
20695

You may now call us at (800)860-HERB and place your order directly. Shipping is as follows:

\$ 99.99 and under	\$ 5.00
\$100.00- \$249.99	\$ 6.00
\$250.00 -\$499.99	\$ 7.50
\$500.00 and up	\$ 10.00

Please note: Because 1-oz and 4-oz bottles must be shipped separately in UPS approved containers, each is a separate order. So, if you place a 1-oz and a 4-oz order at the same time they each have to be shipped as separate orders with separate shipping charges. capsules, tablets and/or cream can be put in either a 1-oz or 4-oz box, or shipped by themselves if you do not need any liquid herbs. Capsules, tablets and/or cream shipped without 1-oz or 4-oz bottles are at the same rate as above.

**C.O.D. FEE IS \$7.50
ADDITIONAL.**

MUSCLE TEST-KIT

Many of you like to use muscle testing for herb selections. For this purpose a Test-Kit, with 64 different liquid herb products, some singles and some combinations in it, is available from NATURAL ALTERNATIVES. These are put together by Thomas Anstett, N.D., in Palm City, Florida. The liquids are in 1/8 ounce amber glass bottles. He and his wife, Fran are independent Directors for Pure Herbs, Ltd. and personally manufacture and put these time-consuming kits together. The cost of the Test-Kit is \$245.00. For more details you may contact him at:

NATURAL ALTERNATIVES
1151 SW 30th Street, Suite C
Palm City, FL 34990

His telephone number is (772)220-8800. If you have a computer you can view his products at his web-site (computer address): www.naturalhealthbalance.com

HAPPY BIRTHDAY PURE HERBS EMPLOYEE:



PAT—MARCH 17

P.V. (PURCHASE VOLUME CHECKS)

If you are at Director status please pay your downline in a timely fashion. Please do not hold checks and send one check every couple of months. This is not good business. Your downline is counting on those checks, whether it is a small or large amount. Please remember everyone has the option to change their sponsor at the time of their yearly renewal although they would lose any downline accumulated. Many people are opting to do this because of not getting paid at all, not being paid in a timely fashion, not getting herbal help, not getting a return phone call, etc. Please pay your downline immediately after receiving your P.V. check, it will only hurt you in the long run if you don't.

GOT A HEALTH CONDITION AND DON'T KNOW WHICH PURE HERBS TO USE?

The 150-page Herbalist's Quick Reference Conditions Guide is a master INDEX to every health condition mentioned in all Pure Herbs materials (2 books by Dr. A. B. Howard and 5 HRG Volumes) and listing all herbs and combinations that would be useful for these conditions. Get the streamlined version at a new, lower price. Cost: \$45 each, plus \$9.50 for shipping and handling.

Contact: Carolina Natural Health Institute, Inc.
 1727-8A Sardis Road North, Ste. 132
 Charlotte, NC 28270
 Phone: 252-355-4665 or Fax: 252-355-4599

GREEN HERBAL BOOKLETS

For those of you wanting to order more of those wonderful green booklets full of herbal product information, please contact:

Frank or Irene Miese at 937-325-2173. The cost of these booklets is 75 cents each or if you purchase 50 or more the cost is only 60 cents each. If you would like to contact Frank & Irene by mail the address is:
 2525 Springfield-Xenia Rd.,
 Springfield, OH 45506

FOR PROMOTIONAL PAMPHLETS IN ENGLISH AND SPANISH

For promotional pamphlets in English and Spanish from very successful Distributors, please contact **Arkady or Bella Vladimirskey at 956-631-3772.**



IN CHARGE OF PRODUCTION SAYS:

“We have Lady’s Slipper Root and intend to continue supplying you with the best quality we can.”

1 February 2004 — I.C.O.P. (In Charge Of Production) Al Pfund

SEMINAR INFORMATION

We list all Seminars at no cost to the Distributor as long as it is a Pure Herbs, Ltd. Seminar, and our product is being endorsed. Our Newsletter goes out to thousands of Distributors and is a great way to let people know what you're doing.



TEXAS—HUMBLE AND TOMBALL

Elaine Thomas, with A Gift of Health, has relocated to the Houston area. She is offering classes in Iridology and Herbology in the Humble and Tomball areas.

For further information, please contact:

Elaine Thomas @ 281-324-7415*** (Humble/Huffman) or

Karen Bright with Brighter Health (Tomball) @ 281-970-0414.

***WE APOLOGIZE FOR THE PHONE NUMBER FOR ELAINE BEING INCORRECT IN THE LAST TWO NEWSLETTERS. THE LAST NUMBER IS A 5 NOT A 4.

FLORIDA—ORMOND BEACH

Jody Ryabinov, CNHP, LtH will be holding a half-day seminar on Herbs and Nutrition. The guest speaker will be Bella Vladimirovsky, BS, CCN, CNC. Bella has a degree in biology and chemistry and is a Health Practitioner and Nutritional Consultant. She works with diets, herbs and metabolic balancing and conducts Herbology and Iridology seminars across the United States. She is a Certified Clinical nutritionist by the American Association of Nutritional Consultants, Advanced Holistic Health Institute and Bio-Ion Institute.

DATE: Saturday, March 6, 2004

TIME: 10:00 a.m. till 4:00 p.m.

COST: \$45.00 which includes a scrumptious, healthy lunch.

PLACE: 1203 North US Hwy 1
Ormond Beach, FL 32174

For further information or reservations, please contact the Living Well Center at 386-677-4177 or fax @ 386-677-8889.

FLORIDA—ORMOND BEACH

Jody Ryabinov, CNHP, LtH will be holding an evening seminar on Herbology, Diet and Body Systems. The guest speaker will be Bella Vladimirovsky, BS, CCN, CNC. Bella has a degree in biology and chemistry and is a Health Practitioner and Nutritional Consultant. She works with diets, herbs and metabolic balancing and conducts Herbology and Iridology seminars across the United States. She is a Certified Clinical nutritionist by the American Association of Nutritional Consultants, Advanced Holistic Health Institute and Bio-Ion Institute.

DATE: Monday, March 8, 2004

TIME: 7:00 p.m. till 9:00 p.m.

COST: \$15.00 which includes refreshments.

PLACE: 1203 North US Hwy 1
Ormond Beach, FL 32174

For further information or reservations, please contact the Living Well Center at 386-677-4177 or fax @ 386-677-8889.

OFFICE HOURS

Pure Herbs, Ltd. is open Monday-Friday 9:00 a.m. till 5:30 p.m. E.T. At 5:30 p.m. we start our end of day computer clean-up; so, we do lock our doors promptly at 5:30 p.m. and activate our voice mail system for your phone calls. If you need to place an order, and it is not during business hours, please call 800-860-4372 and you will automatically be transferred to our voice mail system. Our voice mail system has many options to choose from; make your selection and then leave a detailed message. Always leave your last name, a phone number, method of payment (we accept Visa, Discover, MasterCard, and American Express, or you can pay by C.O.D., check or money order only) and a Distributor number. Please specify if 1-oz or 4-oz bottles, capsules, tablets or cream. If you have a rotary phone, stay on the line and you will have the opportunity to leave a message at the end. Also, please be aware that when all of our lines are busy you will automatically be transferred to our voice mail system.

ALL DIRECTORS:

All orders and P.V.T. (Purchase Volume Transfers, which refers to products that were ordered by Distributors that you did not sponsor) **MUST** be called in, faxed in, or received by mail before 5:30 p.m. E.T., on the last business day of the month, which would be Monday-Friday, i.e.: if the 30th is a Saturday, the last business day would then be Friday the 29th.

All orders and P.V.T. called in after 5:30 p.m. E.T. will automatically go on the next month. Legal holidays are not considered business days. This could be very important to you or your downline, as it is your responsibility, and it will be your responsibility, to correct any problems in your downline, should you fail to adhere to these rules. There are no exceptions. Also, keep in mind that during holidays the mail service will probably take a little longer.

PURE HERBS, LTD. SUCCESS TESTIMONIALS USING PURE HERBS PRODUCTS

“Our grandson sometimes gets a horrible croupy cough, so we decided to try C.C.-W on him with wonderful results. It stopped the cough almost immediately. Thank the Lord for the gift of herbs and for knowledgeable people who know how to put the combinations together. We also helped our grandson when he got a kidney infection and was in awful pain. We gave him Cornsilk, Marshmallow and Echinacea. Within three hours he was able to urinate totally pain free. I couldn't believe how fast he improved! Herbs really do work! They're God's medicine and who can make things better than our Creator?”

“I also had a lady with cysts on her ovaries and she was in great pain. We used CST-M, He Shou Wu, Bee Pollen and friendly bacteria on her. We were amazed at how quick the results were! By the next day she had greatly improved and by the second or third day she was almost totally pain free. Needless to say, she's a happy client.”

—Carolyn Gookins, Fountaintown, IN 317-835-2037

“My neck had been sore when I turned it from side to side for over a year. I take a lot of supplements and herbs, but it would not get any better (no worse, but no better). Then I heard about the desert herb **SUTHERLANDIA** that fights viruses and their torments, even AIDS where the body is attacking itself. Each morning, I applied Sutherlandia externally from each ear out to each shoulder and then on the back of the neck and down the spine a little. I then took 20 drops by mouth and gradually worked up to 40 drops per day over the period of a month. After a month I am a good 80% to 90% better! I am impressed. Thank you Pure Herbs and thank you Sutherlandia!”

—E. C. W., Detroit, MI

“I have had very good results with Sutherlandia. I believe it has definitely helped with my menopausal symptoms. It has made me more energetic, given me more stamina and made me less stressed. I have been under a great deal of stress and people wonder how I keep on my feet. I know the Sutherlandia is a big part of it. Also, for a long time I have had 'kinky' knees (the only way I know how to describe them) and they are completely better. No problem at all now. Also, my teeth had become very sensitive to hot and cold and I had tried taking extra minerals, etc. and I still had the problem, but then I started taking the Sutherlandia and my teeth were no longer sensitive. In addition to all of the above, my massage therapist was always commenting on my 'swollen' ankles. Well, guess what??? No more. They are fine now. My massage therapist says, 'it must be the Sutherlandia that you are taking.' She must be right because that is the only new product I am taking. The only thing I found with the Sutherlandia is that if I take it too late in the day it tends to keep me awake at night. I was giving it to my son, Burt, at bedtime too and it doesn't seem to bother him though. It really is helping Burt to be calmer and less anxious. One more thing is that I mix the Sutherlandia in a half and half mixture with Five Good.”

—Cheryl Lawson, Derby VT

“I just praise and thank God for these wonderful Pure Herbs that you have discovered for our good health. I thank you very much for your love and kind consideration. My family and some of my friends are very satisfied with your great products and your God given knowledge.”

—Fernando Mariano, Kekaha Kauai, HI

“I recently starting using a very special herb and have experienced very positive results. I believe this herb, Borage, needs to be re-introduced to all. Actually, I was reading through the 2003 Pure Herbs calendar description of herbs and I felt a divine pull towards the description of Borage. It brings 'joy to the mind and purging sadness and melancholy from the heart.' The past year had some very negative moments so I thought I would give Borage a try. I knew it would step in and uplift and it certainly did. I take 20 drops 3x/day. Thanks again Pure Herbs.”

—Sheila Kaplowitz, Hendersonville, NC

WE ENJOY YOUR TESTIMONIALS, PLEASE SEND THEM IN!

IMPORTANT NOTE:

When sending in a testimonial, please be sure to include which herbs you have used to help you. We have received many testimonials which do not give this information and then we have our Distributors calling, wondering which herbs were used.

If you would like to send in your success testimonials, address them to: Pure Herbs, Ltd.
33410 Sterling Ponds Blvd.
Sterling Heights, MI 48312

Please let us know if we can publish them in our bi-monthly Newsletter and put them on our website Also, let us know if you would like your name and phone number used. If you would only like the initials of your name to be used, please specify that. We would love to hear from you! **When your testimonial is published you will receive a free 4 ounce bottle of your choice with free shipping.** Please note some testimonials have been edited for space and clarification.

TESTIMONIALS CONTINUED

“I have been a distributor and user of Pure Herbs for many years....with this I have become a resource also for my family assisting them with herbal remedies as needed. They have learned to trust the herbs more than medications after seeing results and as a mother, grandmother, and great-grandmother it is an honor to see them using and respecting herbal programs above other treatments. Most recently, we have experienced what we call a miracle. My 14 year old grand-daughter has had severe problems since she started her periods several years ago. Every month she has experienced pain so severe it required a trip to the emergency room for pain medication strong enough to help it subside. The pain was also accompanied by vomiting and diarrhea and then a ten day period with continued cramping and heavy flow. As a teenager she was not open to taking the herbs and it resulted in many trips to specialist who diagnosed endometriosis and also found a cyst on her ovary. Their treatment was to take, what we saw, as very dangerous medication (because of side effects) and eventually surgery. She is very tiny and weights less than 100 pounds and she dreaded each month and could not plan activities around that time because of this situation. I was able to convince her to at least try the herbs and had her take 10 drops of each of Wild Yam and F.P.-W three times each day (she then increased it to 20 drops). After taking the herbs for only a short time, she called me one morning and was crying (with joy) because she had started her period and not even realized it. She had no pain, no vomiting, no diarrhea, no heavy flow and was able to go to the beach party they had planned that day. Her period lasted only four days and was very mild. Not only did the herbs do the job, but in such a short time. She is now able to lead a normal life and has cancelled her appointments for surgery and further medical treatment. God had the answer in His creation of herbs from the beginning.....lest we take His Wisdom and Knowledge and use it.”

—Joyce Kilpatrick, Alpena, MI 989-358-1284

EPHEDRA BAN UPDATE

A person in your federal government service, specifically, Mr. Tommy Thompson, Health and Human Services Secretary, has said Ephedra is a dangerous herbal supplement and can kill you and you can't have it any more. Somewhere around the end of February he expects to impose a complete ban on its sale in the U.S. This is interesting, because Ephedra has been in recorded use in China since about 4,000 B.C. as an herbal dietary supplement. You would think if there were anything much wrong with Ephedra, after 6,000 years, it would have shown up by now. Most responsible herbalists know you can put the liquid extract of Ephedra under the tongue and rapidly open closed airway passages during an asthma or hay fever or allergic attack. It works wonders. This is a responsible use of the herb. Herbalists in this country were introduced to another use of Ephedra, in a big way, when the Chinese came over to the west coast of the U.S. in the 1800's to work on laying the tracks for our Trans-continental railroad. They brought the seeds of this tough, grass-like plant with them and planted them on down the line so it would be ready to use by the time they got there. It is true they used it as a stimulant much as we use coffee or tea. They did not die in droves. So why did some people of this century in the U.S. die who used Ephedra? They misused the herb. There are people and companies now in the herbal field who are accustomed to making drugs and have pharmacy backgrounds. They take the stimulant part out of the Ephedra plant and concentrate it and mix it with caffeine or other things and put it in a pill. This makes its effects much too strong and the governing mechanisms that were in the herb to make it safe have been removed. In this form, the plant and its natural functions are perverted. This was done to get in on the highly lucrative weight loss market. Money, not your health, was the goal. By overstimulating the nervous system you do lose weight. You burn the body in its own fires, so to speak, and make a wreck of it. To now ban all use of the herb Ephedra, because of the irresponsible use of those with questionable intentions, is unjust.

Further, to take herbs away from us is in violation of our constitutional right to religious freedom that guarantees us the right to practice our religious convictions in this country. It is one of the reasons why people came to this country. The Almighty himself states in the Bible, in the book of Genesis, “I have given you the herbs for your medicine”. You should let the people who represent you in our government know you do not like having your religious rights stepped on.

With the kindest of regards and the best of all possible intentions,
Dr. Eugene C. Watkins

Any of our products containing Ephedra will be reformulated for their continued effectiveness. You may wish to stock up on Ephedra and these Ephedra containing formulas (A.E.A.-B, A.-W, GO.-W, L.B.R.-W, Q.N.-R and S.I.A.-R -while you can. It won't be against the law to use them, just to sell them.

With kindest regards,

Dr. Eugene C. Watkins
President

With best wishes,

Gisela Watkins
Vice President





**THE CENTER FOR BUILDING BETTER HEALTH NATURALLY, INC.
HERBAL RESEARCH GROUP**

Director Dr. Eugene C. Watkins, B.S.ed., M.S., N.D.
 29451 Greenfield, Suite #102, Southfield, MI 48076
 FAX (586)446-8218 PHONE (586)323-6631

Ship to: _____

Street: _____

City/State: _____ Zip Code: _____

The material offered here shows a person how to put herbal programs together for a multitude of different conditions commonly encountered when practicing with herbs. It lets you look over the shoulder of an N.D., Naturopathic Doctor, (Doctor of Natural Medicine).

HERBAL PRACTICE LIBRARY MATERIALS Author Dr. A. B. Howard	Number of copies ordered	Price
HERBAL RESEARCH GROUP VOLUME 1 (*DELUXE EDITION)		\$21.95
HERBAL RESEARCH GROUP VOLUME 2 (**working edition)		\$15.00
HERBAL RESEARCH GROUP VOLUME 3 (**working edition)		\$15.00
HERBAL RESEARCH GROUP VOLUME 4 (**working edition)		\$15.00
HERBAL RESEARCH GROUP SUPPLEMENTAL VOLUME (**working edition)		\$10.00
<u>HERBAL EXTRACTS</u> —BUILD BETTER HEALTH WITH LIQUID HERBS		\$9.95
UPDATED SUPPLEMENT TO THE COPYRIGHTED WORK <u>HERBAL EXTRACTS</u> —BUILD BETTER HEALTH WITH LIQUID HERBS		\$12.95
Shipping and handling for each Volume and each book is \$3.00. If ordering 10 or more of these works per order, shipping is free.	TOTAL COPIES ORDERED x \$3.00 = \$ (if 10 or more shipping is free)	

***** HERBAL EXTRACT CD-ROM ***** Contents: <u>HERBAL EXTRACTS</u> —BUILD BETTER HEALTH WITH LIQUID HERBS & UPDATED SUPPLEMENT TO THE COPYRIGHTED WORK <u>HERBAL EXTRACTS</u> —BUILD BETTER HEALTH WITH LIQUID HERBS.	\$12.95 + \$5.00 Shipping & Handling Per CD-ROM. Also include taxes where applicable per your STATE LAW.	CD-ROM Total \$
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Methods of Payment:

CHECK MONEY ORDER MASTERCARD VISA AMERICAN EXPRESS

CREDIT CARD NUMBER WITH EXPIRATION DATE: _____ / _____ / _____ **EXP:** _____

Please make check or money orders payable to: T.C.F.B.B.H.N., Inc (The Center For Building Better Health Naturally, Inc.)
 Please note that we cannot ship to a P.O. Box.

Send with payment to: T.C.F.B.B.H.N., Inc.
 29451 Greenfield, Suite 102
 Southfield, MI 48076

*DELUXE means: edited and proof read.
 **working edition means: unedited practice copies.

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Sterling Heights, MI 48312