

PURE HERBS, LTD.

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FEB/MARCH 2006

Volume XV, Issue 1

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NEW DIRECTORS FOR NOV/DEC 2005

CLAUDIA BENDER
BARBARA SAWYER
MARY MILLER
MILDRED FOSTER
STEPHANIE WHITTLE
DANETTE POTTER
KATHY ANDREWS
FINETTE ANGERVILLE
DON FRICK
LISA SIMS
SYLVIA TALLEY
ROBERTA HESTER
ORLA BONTRAGER
LATANGA LASTER

CONGRATULATIONS!

OLD PHILOSOPHER'S CORNER

“You have to be where
you are if you want to
change anything.”

1 February 2006
Dr. Eugene C. Watkins

**SEE PAGE 3
FOR 2006 UPS
RATE INCREASES.**

FEBRUARY SPECIALS

Purchase any 3 bottles of these HEART formulas and receive the 4th bottle free.:

- ◆ **O.C.M.** (Safely cleans veins and arteries and keeps them clean. Dissolves undesirable congesting fats, cholesterol, high triglycerides and plaque, a “concrete” rock like material which hardens arteries).
- ◆ **Motherwort** (Bitter mint to build heart stamina & corrects large bubbles in urine disorder).
- ◆ **Lily-of-the-Valley & Blessed Thistle** (Relieves heart pains, corrects fluid retention, repairs heart, heart valves and varicose veins. Hiatal hernia or “stomach” hernia relief).
- ◆ **H.T. Comb** (Heart herbs that nourish the heart and repair valves, reduce swelling, restore feeble heart action, open congested heart blood vessels that are clogged very slowly so that the congestive debris is liquefied and flushed harmlessly from the body. Also use to maintain a healthy heart).
- ◆ **Heart Tonic Combo Capsules** (Same as above).

To take advantage of the special, all 3 bottles must be the same product and purchased at the same time. No Purchase Volume will be paid on any free bottles. As an added February bonus buy two large Vitamin E capsules and receive a third bottle for free. No Purchase Volume will be paid on any free bottles.

PURE HERBS, LTD. OFFERS MONTHLY SPECIALS. BE SURE TO ASK ABOUT IT WHEN YOU CALL YOUR ORDER IN!
ABOVE INFORMATION IS OBTAINED FROM THE CENTER FOR BUILDING BETTER HEALTH NATURALLY.

HERBAL EXTRACTS BOOK SPRING STOCK-UP SPECIALS

What a great way to promote your business and share knowledge with these tools that are available to you from The Center For Building Better Health Naturally. Stock-up now because you may never see this offer again.

*****FEBRUARY SPECIAL*****

**Herbal Extracts Build Better Health with Liquid Herbs book
with 278 color photos of single herbs! (\$21.95)**

10 OR MORE books—10% OFF plus FREE SHIPPING!

20 OR MORE books—20% OFF plus FREE SHIPPING!

10% savings on 10 or more = \$21.95 + \$40.00 free shipping = total savings of \$61.95

20% savings on 20 or more = \$87.80 + \$80.00 free shipping = total savings of \$167.80

SUGGESTED RETAIL IS \$34.95

*****MARCH SPECIAL*****

Updated Supplement To Herbal Extracts Build Better Health with Liquid Herbs book (\$14.95)

10 OR MORE books—10% OFF plus FREE SHIPPING!

20 OR MORE books—20% OFF plus FREE SHIPPING!

10% savings on 10 or more = \$14.95 + \$40.00 free shipping = total savings of \$54.95

20% savings on 20 or more = \$59.80 + \$80.00 free shipping = total savings of \$139.80

SUGGESTED RETAIL IS \$22.95

No mixing of specials!

WELCOME NEW DISTRIBUTORS TO OUR PURE HERBS FAMILY



23,836
THRU
24,395

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 – \$1199.99	\$ 10.00
\$1,200.00 and up	\$ 15.00

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 \$8.50
ADDITIONAL AS OF
MARCH 1ST, 2006**

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.

RETURN POLICY

**HAPPY BIRTHDAY
PURE HERBS
EMPLOYEE:**



PAT—MARCH 17

**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 Miesse 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 Vladimirsky at 956-631-3772.**

2006 UPS RATE INCREASES

It's that time of year when UPS increases their shipping rates. Effective January 2nd, 2006, all air rates and the ground rate increased. Saturday delivery remained at \$12.50, but COD fees increased to \$8.50. Effective March 1st, 2006 we will implement the new \$8.50 COD fee increase. At this time we will also offer you two new (for us) air shipping options. They are Next Day Air Early A.M. and Second Day Air Early A.M. These are deliveries guaranteed by 8 a.m., as long as it's available in your area. They are expensive, but we know that sometimes you just have to have your products. Also starting March 1st, we will be getting the air shipping rates directly from the UPS web site.

**INFORMATION THAT SHOULD HAVE BEEN
IN OUR LAST NEWSLETTER**

Calvin & Margaret Taylor qualified for the 2004 convention that was held in "2005" in Itasca, IL just outside of Chicago. They were unable to attend and that information was not put into the last Newsletter/Convention brochure. Please accept our apologies, Calvin and Margaret.

RENEWAL FEE REMINDER!

**THE RENEWAL FEE WAS INCREASED TO \$20 ON JULY 1ST, 2005. ALSO, WHEN SENDING YOUR RENEWAL FEE IN, PLEASE DO NOT SEND A NEW DISTRIBUTOR APPLICATION WITH YOUR RENEWAL FEE. THE ONLY TIME WE NEED A NEW APPLICATION FILLED OUT IS WHEN YOUR DISTRIBUTORSHIP COMPLETELY EXPIRES (AFTER 90 DAYS) OR WHEN SIGNING UP A NEW DISTRIBUTOR.
THANK YOU!**

IN CHARGE OF PRODUCTION SAYS:

HERE IS A LIST OF OUR TOP 30 BEST SELLING 4 OZ HERBAL EXTRACTS

- | | | |
|-----------------------|-------------------|--|
| 1. O.C.-M | 11. SIA.-R | 21. Arnica |
| 2. T.-W | 12. Whole Apricot | 22. Una De Gato |
| 3. Red Clover Blended | 13. SI.-W | 23. L.-W |
| 4. A.C.S. | 14. Sanicle | 24. UR.-W |
| 5. Herbal Adjustment | 15. Saw Palmetto | 25. Olive Leaf |
| 6. H.T. Comb. | 16. S.D.-R | 26. Lily of the Valley & Blessed Thistle |
| 7. N.-W. | 17. Formula Max | 27. Lapacho |
| 8. CA.-W | 18. Ol' Number 11 | 28. HLK.-W |
| 9. Can-sol | 19. W.-W | 29. Milk Thistle |
| 10. C.C.E.-W | 20. KID.-W | 30. P.C.-C |

1 February/March 2006 — 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.

MICHIGAN—DETROIT

Dawud Abdur-Rahmaan, Herbal Specialist, of the Michigan Institute of Natural Health, is now offering Herbal Extract classes starting in February 2006. Become certified as an Herbal Extracts Specialist. Learn usage of natural herbs and their healing properties. Correspondent courses are also being offered. Learn to manage your own health by using Pure Herbal extracts. "If you don't pay attention to your health now, your health will get your attention later."

DATE: Every Wednesday Feb 22nd, 2006 thru May 24th, 2006 (12 week course)

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

PLACE: 1128 Atkinson, Detroit, MI 48202

COST: \$250.00 plus book fee of \$65.00

For further information or reservations, contact Dawud at 313-865-0018 or 313-820-6388.

HERBAGANZA 2006

OHIO—SPRINGFIELD

Join us for this two-day event that will help you educate yourself about how nature & nutrition can help you and your clients live naturally healthier, happier lives! This event is jam-packed with information and experienced, educated special speakers that want to share their know-how with you to help you help others. Register today by calling 937-325-2173 to be a part of Herbaganza 2006!

DATE: Friday, March 24, 2006

TEACHER: Frank Miesse, Ph.D.

TIME: 9:00 a.m. till 5:00 p.m.

PLACE: Miesse's Herbs, 2525 Springfield-Xenia Rd, Springfield, OH

COST: \$50 (Friday only) for pre-registration by March 17! (or \$55 at the door)

In this session you will discover how to use a general knowledge of anatomy in conjunction with Advanced Iridology techniques to pinpoint where health problems are occurring in the body so that supplementation & health practices can be right on target for helping your clients feel better. This class will help you learn how to protect, heal & strengthen body systems so that you can help other help themselves. As an added bonus, guests are invited to stay for a special HEART HEALTH CLASS from 7 to 9 p.m.

DATE: Saturday, March 25, 2006

TIME: 9:00 a.m. to 5 p.m.

PLACE: Holiday Inn Conference Center, 383 E. Leffel Ln, Springfield, OH (Block of rooms have been reserved. Reserve yours by March 1st for \$72 + tax. Call 937-323-8631).

COST: ONLY \$20 for pre-registration by March 17! (or \$25 at the door)

TEACHERS:

DR. FRANK MIESSE, Ph.D. who has been working for over thirty years in the natural health care field, specializing in Iridology and herbal usage and has seen firsthand how nature and nutrition have worked wonders in people's lives. Come learn with Frank as he shares his experiences & knowledge of the herbs & supplements.

SOLOMON WICKEY, a prominent Iridologist & master Herbalist has successfully demonstrated that restoring health & hope is possible when you trust in God & nature. Solomon's life & work have been chronicled in the book, Solomon's Touch, by June Naugle, & he looks forward to once again returning to share with our guests his knowledge of herbs & the practices used in the Amish community for better health & happiness.

DR. EUGENE WATKINS, B.S., ed, M.S., N.D. is the founder & President of Pure Herbs, Ltd. His educational background includes: biology, biochemistry, botany & plant biology. He also has a wealth of experience in the naturopathic field, having earned his Naturopathic Doctor's Degree in 1980. He will enrich you with information on plants that will help you thrive. Enjoy a new color slide show of single herbs and their uses!

OFFICE HOURS

Pure Herbs, Ltd. is open Monday-Friday 9:00 a.m. till 5:30 p.m. E.S.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.S.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.S.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

July 11, 2005

"I've been using B.D.R.-C for the past year and as a result, there's been much improvements in my bone health. A couple of years ago, a Bone Density diagnostic scan showed Osteopina, which is the precursor to Osteoporosis. Aside from that, the shoulders and knees were often creaking, crackling, stiff and painful. Ten years earlier I had torn the lateral muscle of my left knee and it never quite healed. I started taking B.D.R.-C and hoped it was the golden opportunity for possible improvement. B.D.R.-C has an all star line-up of herbal ingredients. I was impressed! After eight months of use, a bone density test showed a marked improvement, maybe 15% more bone density. The torn muscle is completely healed, the musical noises of my joints are gone. My chiropractic adjustments definitely stick. I can only say many thanks to Pure Herbs for this great friend of our bones, joints and muscles."
—Sheila Kaplowitz, Hendersonville, NC

July 26, 2005

"Two times weekly for the past five years I have taken injections in the stomach and have almost always bruised from them. While using Bilberry to improve my vision, I noticed the bruising completely stopped occurring. This was a wonderful and unexpected benefit from our good friend Bilberry. Several droppers full at night was all I took." —Tom Zito, MI

August 3, 2005

"I have been seeing a doctor for about six or seven years for Diabetes. I have been on a pill, Glyburide, plus Avandia and Metformin. My numbers have always been an eight and above. . . even with taking the medications my doctor prescribed. Then, in January or February 2005, I started taking the DB.8-W along with the KID.-W. When I went for my three month check up my number dropped to 7.3. I continued to take the herbs and at my last three month check up on July 5th, 2005, it had dropped to 6.7. I am very pleased with the results of this herb. I am still taking my medication from the doctor, but am hoping that soon I will be able to reduce or eliminate most of them." —S.D., Menomonee Falls, WI

August 9, 2005

"My name is George Procter. I was poisoned by DDT when I was five years old and 30 years later I was exposed to clorodain. Over the years I've also been exposed to pesticide sprays. I was sick and tired and my body was messed up. I had 35% blood flow to my feet and head, and had several types of Lymes disease. I went on an herbal program and got better. My health care practitioner, Calvin Taylor suggested I try Chlorella extract. I took 40 drops three times daily and when I finished one bottle, my liver count showed a lower count of pesticides. I have continued taking Chlorella each time I am exposed to termite sprays or environmental sprays. My sister has allergies to perfume and all industrial smells, and is also using Chlorella with good results. Thank you Pure Herbs for this high quality product!" —George Procter, Donna TX

September 28, 2005

"My knees are bad and it hurts to go up the stairs. I saved most of the Pure Herbs testimonies so I read them until I came across one that was all about knees. It was from a 2000 Newsletter. I read it and when I got to the end I realized it was my own testimonial! Devils Claw had helped me so much for four years after only taking a few bottles, so I tried it again and it helped again."
—Barbara Hastey, Dover, NJ

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 (it is your responsibility to call us) with free shipping.** Please note some testimonials have been edited for space and clarification.

TESTIMONIALS CONT.

November 7, 2005

“Qualifying and running in the Boston Marathon has been a goal of mine for several years. After running my first marathon ten years ago, I’ve run four since with no success in qualifying. My main problems seem to be around mile 20-22 with an increased bone on bone feel in my hips, thus making me slow down and walk. Having to run in a given time for your age, this was preventing me from my goal. Even changing my training habits had little effect on me hitting the ‘wall’ and breaking down. After sharing my situation with Pat and Al at Pure Herbs, they recommended several herbs that would help me get through the rigorous training and through the tough part of the race. O.C.M., Ol’ Number 11, Wild Rose Hips, Yucca, Devil’s Claw and H.N.S.-W were the herbs I took for several months before the race. Throughout my training, I also used the Sports Cream Plus to aid with muscle soreness. This allowed for ZERO missed training days due to fatigue. My recovery rate was outstanding and energy level for later on in the days was great as well. I could run 22 miles on training day and have enough left to cut the grass, plant several bushes and feel great all day. As marathon day approached, a big fear of runners is catching a cold and having that spoil the months of training. Al suggested I take Astragalus. What a great relief, as the days past, that I did not have a symptom of a cold and was ready to go marathon morning! I was happy to report back to Pat and Al that not only did I break my personal record by over six minutes, I also qualified for the Boston Marathon by 9 seconds! I did not have to stop one time during the race, my hips felt great, and with that slim margin, the herbs played a big part in reaching my goal. Before it took three weeks for me to recover from my last marathon. This year, I ran three DAYS later and felt great. Pure Herbs was and is a great help! Thank you! —Doug Bohannon, MI

December 2, 2005

“Because of illness in my family, I went to see Solomon Wickey and he recommended Pure Herbs. After great results I would love to offer these herbs here in Mississippi to friends and family. God Bless Solomon and Pure Herbs.” —Penny, Toomsba, MS

January 5, 2006

My father who is 77 years old had a high sugar level of 220. His doctor gave him some time to decrease his level by diet. On his return trip he was told he had to go on medication. I pleaded with him to not take the medication and thank God he listened to me. I put him on DB.8-W. On his next visit his level was down in a two week period to 114. Thank God and Thank you Pure Herbs.” —A.B., Jamaica, NY

“Thanks so much for the L.A.S.-J.B. capsules! My husband used to get sinus headaches so often until John Zehr told us about the L.A.S.-J.B. We also take them when we feel a cold coming on and it helps us a lot. We highly recommend L.A.S.-J.B.” —C.G., New Haven, IN

The following information is taken from the P.D.R. (Physician’s Desk Reference) FOR NUTRITIONAL SUPPLEMENTS page 306:

M S M (Methyl-sulfonyl-methane)

It is said to be of assistance in arthritis, muscle repair, autoimmune disorders, sleep and diabetes therapy. It is found in a variety of fruits, vegetables, grains and animals; including humans in, at least, trace amounts. MSM has also been found in such plants as Equisetum arvense, also known by the common name of **HORSETAIL**. It appears MSM can cross the blood brain barrier (it can be expected, therefore, to work with the nervous system) to correct problems.

Source: The P.D.R. for Nutritional Supplements, First Edition. Copyright 2001, page 306.

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.
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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
UPDATED HERBAL EXTRACTS—BUILD BETTER HEALTH WITH LIQUID HERBS (includes 270 color photos of single herbs)	FOR THE MONTH OF FEB '06 BUY 10 UPDATED HERBAL EXTRACTS BOOKS & RECEIVE 10% OFF. BUY 20 & RECEIVE 20% OFF + FREE SHIPPING ON EITHER SPECIAL.	\$21.95
UPDATED SUPPLEMENT TO THE COPYRIGHTED WORK HERBAL EXTRACTS—BUILD BETTER HEALTH WITH LIQUID HERBS	FOR THE MONTH OF MARCH '06 BUY 10 UPDATED SUPPLEMENTS TO THE COPYRIGHTED WORK, HERBAL EXTRACTS & RECEIVE 10% OFF. BUY 20 & RECEIVE 20% OFF + FREE SHIPPING ON EITHER SPECIAL.	\$14.95
Shipping and handling for <u>each</u> Volume and each book is \$4.00. If ordering 10 or more of these	TOTAL COPIES ORDERED x \$4.00 (if 10 or more shipping is free)	= \$
****HERBAL EXTRACTS CD-ROM**** (OLD BOOKS) Contents: <u>HERBAL EXTRACTS—BUILD BETTER HEALTH WITH LIQUID HERBS & SUPPLEMENT TO THE COPYRIGHTED WORK HERBAL EXTRACTS—BUILD BETTER HEALTH WITH LIQUID HERBS.</u>	\$12.95 + \$5.00 Shipping & Handling Per CD-ROM. Also include taxes where applicable per your STATE LAW.	CD-ROM Total \$

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