

PURE HERBS, LTD.

33410 Sterling Ponds Blvd., Sterling Heights, MI 48312
 PHONE: (800)860-4372 FAX: (586)446-8218
 WEB SITE ADDRESS: www.pureherbs.com

FEB/MARCH 2010

Volume XVIII, Issue 1

INSIDE THIS ISSUE:

NEW DIRECTORS, EMPLOYEE B-DAYS, NEW DISTRIBUTORS, NOTE TO OUR WALK-IN CUSTOMERS, SHIPPING PRICES, RETURN POLICY, C.O.D. FEE & OFFICE HOURS.	PG 2
NOTE REGARDING NEW DISTRIBUTOR SIGN-UPS, PROTECT YOU EAZY Co-Q-10 FROM THE COLD WRITE-UP, C.S.-W WRITE-UP & IN CHARGE OF PRODUCTION.	PG 3
NEW PRODUCT INFO ON PS BRAIN TREAT.	PG 4 PG 4
SEMINAR & PROMO INFO & OTHER IMPORTANT NOTES.	PG 5
TESTIMONIALS.	PG 6
TESTIMONIALS CONT'D. & OLD PHILOSOPHER'S CORNER.	PG 7
NEW PRODUCTS	PGS, 8-11
HERBAL RESEARCH GROUP BOOK ORDER FORM.	PG 12
ADDENDUM TO PURE HERBS, LTD. DISTRIBUTOR APPLICATION AGREEMENT. VERY IMPORTANT! MUST READ!	PGS, 13-15
COPY OF DISTRIBUTOR APPLICATION AGREEMENT FORM.	PGS, 16 & 17

PEPPERMINT OIL PEPPERMINT OIL

For the last year we have been telling you that the price of the high quality Peppermint Oil is really going up in price. Well, this whole time we have been scrambling to find a source of natural Peppermint Oil to replace our current offering without raising the price. We wanted to find the quality you have become accustomed to, and better. We have found it! Pure Herbs, Ltd. Now has a source of natural Peppermint Oil more like what we started with way back in the beginning of Pure Herbs, Ltd. Some of you may recall. And the rest of the good news is the price will not go up! We hope this does not upset you. Use it and enjoy it with our very best of regards and intentions, Dr. Watkins

FEBRUARY SPECIALS



LILY OF THE VALLEY WITH BLESSED THISTLE

Purchase three bottles (must all be the same product and the same size) of the following HEART herbs and receive the 4th bottle free. To take advantage of the special, the three purchased bottles and the FREE bottle must be the same product and purchased at the same time from the list below.

Example: purchase three bottles of C.S.-W and receive a fourth bottle of C.S.-W free. No Purchase Volume will be paid on any free bottles.

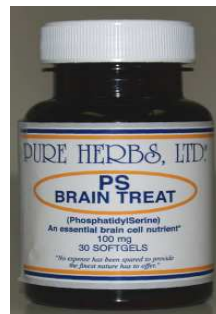
- ◆ **BLESSED THISTLE**—Good body oxygenator, lungs, heart, brain, important for L-dopamine, helps with memory and increases milk flow for mothers.
- ◆ **C.S.-W**—Circulatory system and helps to lower blood pressure.
- ◆ **O.C.M.**—Safely cleans veins and arteries and keeps them clean. Dissolves undesirable congesting fats, cholesterol, high triglycerides and plaque (a “concrete“ rock like material which hardens arteries).
- ◆ **LILY OF THE VALLEY WITH BLESSED THISTLE**—Relieves heart pains, corrects fluid retention, repairs heart, heart valves and varicose veins. Hiatal hernia or “stomach” hernia relief.
- ◆ **H.T. COMBO LIQUID ONLY**—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.

PURE HERBS, LTD. OFFERS MONTHLY SPECIALS. BE SURE TO ASK ABOUT IT WHEN YOU CALL YOUR ORDER IN! THIS INFORMATION IS OBTAINED FROM THE CENTER FOR BUILDING BETTER HEALTH NATURALLY, INC. AND HAS NOT BEEN REVIEWED OR APPROVED BY THE AMERICAN MEDICAL ASSOCIATION OR THE FOOD & DRUG ADMINISTRATION.

NOTE: THE MONTHLY SPECIALS ARE ONLY VALID DURING THE MONTH OF THE SPECIAL!

INTRODUCING OUR NEWEST PURE HERBS PRODUCT!

SEE NEW
PRODUCT
WRITE-UP
ON PAGE 4.



NEW U.P.S. SHIPPING RATES:

We have not raised our shipping rates for almost three years, but now U.P.S. gives us no choice. Beginning March 1, 2010 the NEW U.P.S. shipping rates will be as follows:

\$ 99.99 and under	\$ 7.50
\$100.00-\$249.99	\$ 8.50
\$250.00-\$499.99	\$ 10.00
\$500.00 – \$1199.99	\$ 12.50
\$1,200.00 and up	\$ 17.50

C.O.D. FEE IS \$10.00

NEW DIRECTORS FOR NOV/DEC 2009

**LINDA DAVIS
LYNDA BRIDGES
TRAVIS ANSTETT
ELESHA YISRAEL
SANDRA DUNLAP
MICHAEL WALKER
CONNIE COVINGTON
REOLA THOMPSON
CYNTHIA HELTON
ADELLE SCHULTZ
STEPHANIE O'NEILL
DOROTHY BRINER
KIMOSHI MIKELL
CYNTHIA GIBB
CRYSTAL BEDFORD**

CONGRATULATIONS!



**PURE HERBS EMPLOYEES:
FEBRUARY 7 — JASON
MARCH 17—PAT**

ATTENTION WALK-IN CUSTOMERS

Please call your orders in ahead of time. Also, keep in mind that we are not permitted to give out advice, so please refer to your books or call your upline with your herbal questions **before** coming in to pick up your order. Thank you for your consideration.

OFFICE HOURS

Pure Herbs, Ltd. is open Monday-Friday 9:00 a.m. till 5:30 p.m. eastern time (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, Distributor Number, a phone number and method of payment (we accept Visa, Discover, MasterCard, and American Express, or you can pay C.O.D. by check or money order only). Please specify if 1 oz. or 4 oz. bottles, capsules, tablets or cream/lotion. 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 during business hours when all of our lines are busy you will automatically be transferred to our voice mail system.

NOTE TO ALL DIRECTORS:

All orders and P.V.T. (Purchase Volume Transfers, which refer 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.

**WELCOME NEW DISTRIBUTORS
TO OUR PURE HERBS FAMILY**

33,157 THRU 33,481

You may call us at:
(800)860-HERB (4372) and
place your order directly.

Shipping rates are as follows:

\$ 99.99 and under	\$7.50
\$100.00- \$249.99	\$8.50
\$250.00 -\$499.99	\$10.00
\$500.00 – \$1199.99	\$12.50
\$1,200.00 and up	\$17.50

C.O.D. FEE IS \$10.00

Please note: 1/2 oz. bottles and 1 oz. bottles are shipped separately from the 4 oz. bottles because they must be shipped in UPS approved boxes. So, if you place a 1/2 oz. & 1 oz. order 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 creams/lotions and plastic spray bottles 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 creams/lotions shipped without 1/2 oz., 1 oz. or 4 oz. bottles are at the same rate as above.

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.**

WHEN SIGNING UP A NEW DISTRIBUTOR:

PLEASE BE SURE THE ENTIRE DISTRIBUTOR APPLICATION AGREEMENT IS FILLED IN, THAT IT IS LEGIBLE AND THAT IT IS SIGNED. **ALSO, PLEASE LET YOUR NEW SIGN-UP KNOW THAT THEY WILL RECEIVE THE TWO HERBAL EXTRACTS BOOKS WITH THEIR SIGN-UP FEE.** BOOKS ARE SHIPPED MEDIA MAIL AND MAY TAKE A FEW WEEKS TO RECEIVE.

PROTECT YOUR EAZY Co-Q-10 FROM THE COLD

Please bring your EAZY Co-Q-10 shipment in from the freezing temperatures as soon as you can after delivery. The oils that bring about easy absorption tend to change color when frozen. Rest assured this does not affect the quality or effectiveness of your product. Once you take the softgels internally they will work just fine.

We are especially pleased with the testimonials we are receiving about your success with this product. Please keep up the good work and keep the testimonials coming!

All the best,
Dr. Watkins

C.S.-W — ON SPECIAL THIS MONTH

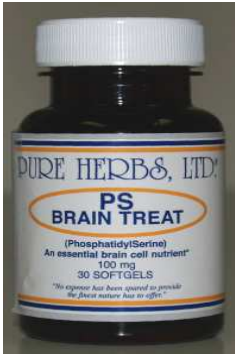
C.S.-W - (CIRCULATORY SYSTEM) Addresses circulatory system problems from many approaches. Its immediate effect is to equalize blood pressure, stop heart attacks and prevent hemorrhages and strokes. More extensive action is accomplished by building around the observed functions of the life-saving Formula: H.T. Combo (SEE: Heart Tonic, H.T.). Heart Tonic can be relied upon to nourish, repair and restore the heart to a healthy condition. Continued use of Heart Tonic maintains the heart in its healthy working condition. The Herb, Lily-of-the-Valley, makes the heart beat more slowly and stronger to increase its output with each beat (SEE: Lily-of-the-Valley & Blessed Thistle). Lily-of-the-Valley is a specialist for repair of heart valves, including the all important mitral (bicuspid) valve on the left side of the heart, between the upper and lower chambers. This chamber, the left ventricle, is responsible for the delivery of oxygenated blood to the entire body. Blessed Thistle is a valued supplier of oxygen on the cellular level, enabling a failing heart and lungs to continue functioning so that repair can take place (SEE: Blessed Thistle). Capsicum equalizes blood pressure, prevents heart attacks, and stops strokes and hemorrhages (SEE: Capsicum). The herbs Blessed Thistle and Capsicum, working together, place a "bridge over troubled waters" so that heart, lungs and brain can function properly to allow time for recovery (SEE: Blessed Thistle).

COMBINATION: H.T., Lily-of-the-Valley & Blessed Thistle, Capsicum.

DOSE: 40 to 80 drops, 3 times per day until well. If difficulty arises give extra C.S.-W and repeat as necessary.

IN CHARGE OF PRODUCTION SAYS:

"I've been taking Co-enzyme-Q-10 (a natural helper substance for the release of energy to every cell in the body) for about ten years now on the advice of my heart specialist doctor. I also take cholesterol lowering medication which tends to interfere with the body's own production of Co-Q-10. In all that time I did not notice any difference in the way I felt or in the way my heart worked. After years of diligent study and research for the best Co-Q-10, Dr. Watkins chose the kind we call EAZY Co-Q-10. It is called EAZY Co-Q-10 because it is very stable and so easy for the body to absorb. It is the highest quality product of its type to be found. I decided to change to Eazy Co-Q-10. For about three months I took two capsules per day and I felt really good. I decided to see how I felt taking four capsules per day. The results are wonderful! I have tons of energy and I am not always worrying about my heart! Eazy Co-Q-10 is a product with integrity that is designed to release energy to the heart, brain, lungs, kidneys and the entire body. As you get older, the liver makes less Co-Q-10 and taking a supplement of it makes sense. Feel free to call my any time and I will tell you my story about this product." 1 February 2010 Al Pfund "Uncle Al", I.C.O.P. (In Charge Of Production)



NEW PRODUCT ANNOUNCEMENT — PS BRAIN TREAT

PhosphatidylSerine (Fos-fo-tide-ul-Sear-een)
An essential brain cell nutrient*

RECOVER MEMORY CAPACITY, LIFT BRAIN FATIGUE, FOCUS BETTER, LEAVE DEPRESSION BEHIND, PREVENT MEMORY PROBLEMS AND IMPROVE STAMINA.

Dist. Cost \$18.90 Retail Cost \$24.45 100 mg 30 Softgels

If you want these things then you should know PS. It stands for PhosphatidylSerine (Fos-fo-tide-ul-Sear-een). Which is a compound made of phosphorus and a natural food oil. The Phosphorus part is a necessary non-metallic mineral found in every healthy cell in the body. We also know that some natural food oils are necessary for life. PS is a special phosphorus-oil compound that is vital for life. PS is part of the normal membrane covering around all the cells of the body including those of the brain. Research has shown PS plays a key role in memory. What it does in plain language is to put in more “phone lines” or communication lines between the brain cells. This helps the brain cells to talk to each other and look up something in your memory center a lot faster and with more detail. You see why we like to call this **PS BRAIN TREAT**. In other words, we are saying PS is a “treat for the brain.” You say how can this be? Open a capsule of PS and taste it. Part of what you taste is PhosphatidylSerine, the Phosphorus-oil liquid found around brain cells. Brain cells rub up against each other and talk through this “brain treat” food substance. So when you have enough of it your brain works better. Many people declare they have improved their memory with the continued use of PS. They can focus their attention better, problem solving is easier and depression melts away. You can imagine how important this can be for someone that may be suffering from “brain fatigue,” Attention Disorder, memory loss or worse yet, Alzheimer’s dis-ease. Here is a happy thought! A regular person could supplement their diet with high quality PS “brain treat” now and perhaps prevent all kinds of memory problems later on. And here is another happy thought! PS is not a drug, it is a food and it is an essential nutrient for every cell in the body. The whole body might just perk up!

Here is a special note for those of you in sports or who engage in rigorous and stressful activity: Athletes who use PS indicate not only that their performance is increased but also their recovery time from physical training and activity is much quicker. This goes for the stress the trucker has to confront too.

Dosage: 100 mg to 300 mg per day. Take with a meal. Give it three weeks before you begin to see the maximum effects PS can have for you.

TESTIMONIALS ON PS BRAIN TREAT

January 14, 2010 “I turned 60 and like magic everything started slowing down. My mind and body in the evening just wasn’t what it use to be. Seven weeks ago I started taking one capsule of **PS Brain Treat** and one capsule of **Eazy Co-Q-10** in the morning and in the evening. I feel like a new person! That sluggish feeling at the end of my day is gone and my mind is clear and sharp. Thanks again to my Pure Herbs family.” —A.H., Clinton, Twp.

January 14, 2010 “If anyone wants to get their memory back I can tell you three Pure Herbs products that have worked wonders for me. First, I started taking one teaspoonful of **Remember When**. I eventually added **Eazy Co-Q-10** (an energy helper for the brain & heart) and PS Brain Treat (what the brain cells normally make to talk to each other). Over several months **Remember When** gathered back the substance of my long term memory and then my short term memory. How glorious it is to remember what happened in my childhood and now to even remember what I ate for breakfast. I then learned how **Eazy Co-Q-10** can help release energy from food. For me it took four capsules per day. After a few of weeks of taking **Eazy Co-Q-10** my brain felt like a hundred watt light bulb! What I am trying to say is that I now have a greater ability to focus my thoughts. Finally, when I added the **PS Brain Treat** my brain improved even more. PS is a ‘brain juice’ that helps put more connections (phone lines, so to speak) between the brain cells so they can talk to each other better. It took four capsules per day for me for a couple of weeks before I noticed a significant change. I felt my brain get activated so that I could get more out of what I got! My thoughts are faster and clearer now and I can figure things out a lot easier. Wow! I love it! You can believe I take my memory supplements every day. Thank you Pure Herbs for providing me something that works!” —G.W. Sterling Hgts., MI

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

PhosphatidylSerine 100 mg Softgel

Supplement Facts

Serving size 1 softgel capsule
Servings per container 30

Each softgel contains:	Amount per Serving:	% Daily Value:
(PhosphatidylSerine)	100 mg	*

*Daily Value not established

Other ingredients: Soybean Oil, Glycerin, Gelatin and Water.

Made in the U.S.A

This write-up is about historical observations and historical information relating to herbs. This write-up is not intended to be a substitute for medical advice by licensed physicians. A reader should consult a physician regularly in all matters relating to medical problems, especially in matters of diagnosing, treating or curing diseases or other physical or mental conditions.

SEMINAR & PROMOTIONAL INFO & OTHER IMPORTANT NOTES

We list all Seminars at no cost to the Directors as long as it is a Pure Herbs, Ltd. Seminar, Course or Advanced Courses with specific dates 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, D.H.S., Master Herbalist of the Michigan Institute of Natural Health, is offering Herbal Extract class. Become certified as an Herbal Extracts Specialist. Learn usage of natural herbs and their healing properties. Correspondence courses are also being offered. Learn to manage your own health by using Pure Herbs extracts. "If you don't pay attention to your health now, your health will get your attention later."

DATES: Every Wed., March 3, 2010 thru Wed., May 19, 2010
Every Mon., April 19, 2010 thru Mon., July 5, 2010

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

COST: \$250 plus book fee of \$65

PLACE: 1128 Atkinson, Detroit, MI 48202

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

INDIANAPOLIS—INDIANA

David Morgan, Consultant Practitioner and Master Herbalist of the Work and Herb Clinic is teaching a seminar and workshop. Come learn the Health Benefits of using Pure Herbs products.

DATE: Sat., Feb. 3, 2010

TIME: 10:00 a.m. till 3:00 p.m.

COST: \$100

PLACE: Hilton North – Ambassador s Room
8181 Shadeland Ave.
Indianapolis, IN 46250

For further information or reservations, please contact Dr. David at: 317-313-0657

HERBS AND JUICE

Many of you are calling to ask if the herbs can be put in juice to make them easier to take. The answer is YES. There is no reason why you cannot put the herbs in juice, or water, or pretty much whatever other liquid you might desire. If you choose to go with juice, people say that you can achieve the best taste with the light juices. For example: apple, white grape, white cranberry and the like. Enjoy!!!

PLEASE CHECK YOUR ORDER RIGHT AWAY!

Please look over your product order as soon as you receive it. Some people are waiting a month or two before looking over their orders and finding a broken bottle or incorrect bottle. Pure Herbs needs to know right away if there is a problem with your order.

MICHIGAN—SOUTHFIELD

Irene's Myomassology Institute is offering a class in basic Herbology. This is a two day seminar. The presentation speaker will be Dr. Eugene C. Watkins, B.S.ed., M.S., N.D.

DATE: Sat., Feb. 20, 2010 thru Sun., Feb. 21, 2010

TIME: 9:30 a.m. till 5:30 p.m. both days

PLACE: 26061 Franklin Rd, Southfield, MI 48034

COST: \$312 (non-student fee)

For further information or reservations, please contact Irene's Myomassology Institute at: 248-350-1400.

PROMOTIONAL INFORMATION *READ ON FOR GREAT WAYS TO BUILD YOUR BUSINESS . . .*

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.**

GREEN HERBAL BOOKLETS FULL OF HERBAL PRODUCT INFORMATION (Super Business Builder):

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 70 cents each. If you would like to contact Frank & Irene by mail the address is: 2525 Springfield-Xenia Rd., Springfield, OH 45506

TESTIMONIAL BOOKLETS: Purchase and distribute everywhere the Success Testimonials booklet. Make sure to put your name, address, phone number and/or e-mail address on the back of each one and then just sit back and the people will come to you. Most people want to get healthy and when they read how to, from real success testimonials, they will want to try it on themselves and let others try it too. In other words, they will call you and order from you! What a great way to build your business, don't you think!?! Call Pure Herbs at: 1-800-860-4372 to place your order today. See page 8 for order details.

HERBAL HANDBOOK FOR PRACTITIONERS: This handbook contains information on: Bowel Management Program, Cold, Flu or Worse, Green Drink, Bad Cells, The Importance of Protein and Suggested Sources, Gall Bladder and Liver Flush, Full Nervous System Application and Vaginal Suppository. Call Pure Herbs at: 1-800-860-4372 to place your order today! See page 8 for order details.

PURE HERBS, LTD. SUCCESS TESTIMONIALS USING PURE HERBS PRODUCTS

April 30, 2008 “I have to testify of the amazing way Pure Herbs products have helped me. In early February I was under a lot of pressure to get things ready for my husband and I to travel to South Carolina for a month. I had not been feeling well for a while, but now I was feeling unusually tired and not ‘feeling right’. Three days before leaving, we were doing last minute errands and I was having familiar symptoms of those I had read and known to be symptoms of a heart attack. I didn’t say anything to my husband and while we were in Wal-Mart I REALLY got hit with the pain down my arm and then a crushing pain. I knew this was serious yet I know that God is greater than any sickness and my faith gave way to prayer, as instinctively as breathing. I have to admit though that the pain and loss of breath had me thinking about using wisdom in this situation, as I didn’t want to be found on the floor of Wal-Mart! I sat down on a bench and my husband asked if we should call 911? I said, ‘No let’s walk to the car and get home’! We went to the doctor the next day and he said I was in danger of having a heart attack at any time and should postpone my trip and have some tests run. I tried to make an appointment for a stress test and the blood test the doctor had taken got tainted. I knew it would be risky but I felt at peace about going on my trip and knew that I would be going to rest and heal. So we went to South Carolina anyway with an assurance deep within. I was talking with my close friend telling her what had happened and she suggested getting some liquid herbs from the health food store to get me started and help me as best as possible until I could stop and see her on my way home from South Carolina. I was improving while in South Carolina, but still had symptoms. When we finally did get to see my friend, she started me on **O.C.-M** and **H.T. Comb. (Heart Tonic Combination)**. It only took two weeks and I have to say, I hadn’t felt as good as I was feeling in a long time!!! I have so much energy now and I can breathe when lying down! I have no pains, flutters, fogginess in my thinking and memory and I have an all around feeling of wellness. I also use **Big Five Plus Two** for my hip and shoulder pain and it is amazing how it works so quickly and effectively!! Amazing!!”
—E. Schmidt, West Palm Beach, FL

July 2, 2008 “It’s time to sit and Thank God and my friends at Pure Herbs for **H.T. Comb. (Heart Tonic Combination)**. After having a heart attack I went off of all drugs and on to liquid **H.T. Comb.** After a year, my doctor put me through many tests. When it was time for my consultation he told me to keep up what I was doing because my heart had actually improved and he said that was very rare to see happen. I am very happy with all of the products I have used from Pure Herbs. I also want to share my experience with Virginia Snake Root. I am extremely allergic to mosquito bites and the **Virginia Snake Root** has saved me much discomfort. Then Kim, at Pure Herbs, told me about the **P.A.K.** (which has Virginia Snake Root in it) as **Virginia Snake Root** is only available in a 1-oz size. I am pleased with the results! Nature provides along with Pure Herbs help for providing the best healing possible.”
—Darlene Lemanski, Warren MI (586)751-3054

August 25, 2009 “I am writing this letter to you to tell you about a man who saved my life! I am 42 years old and had been feeling bad for a very long time. I felt so bad that some days I wished I would never wake up. I had no energy. I had pain in my neck, lower back, calves and feet. I could not work out and didn’t want to do anything else. I met an herbal Doctor and my whole life changed! He tested my body to see what was wrong with me and found out I had stones in my body and a very bad kidney. He put me on **O.C.-M** and **B-5** (for my feet) and **B-complex** to get my strength back. I am happy to say it has been three months of being in the gym again and he I’ve gone from 280 pounds back down to 245 pounds. I thank God for the herbal doctor I met that gave me my life back again. I owe him everything I am and will be. Thank you to Pure Herbs. Your products do work!”
—I.T., Indianapolis, IN

October 2, 2009 “I was grateful to learn about **Hoodia Combination** and so were many others! I lost 25 pounds! Many people have told me that it looks like a healthy weight loss and I know it is better for my health. When I started taking the **Hoodia Combination** I never thought I would end up selling 42 bottles over the next few months without even any advertising, other than seeing my results. For the first 2 –3 weeks of taking the **Hoodia Combination** I also took 1 Tablespoon of vinegar in a glass of water each morning to help burn the fat. I believe I lost inches before weight and once the weight did start dropping I averaged about 2-3 pounds a week. Thanks for sharing your herbs. God Bless.” —Ada Lapp, Atglen, PA (610)593-2892

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, clarification, syntax &**

TESTIMONIALS CONTINUED

November 18, 2008 “My father, now 82, had aneurysms beginning in 1999, which were treated surgically. Then in 2004, he had a subdural hematoma on the brain, again, receiving surgical treatment. I told him he was having a failure of his vascular system, which needed support to be repaired, recommending **V.V.H.-W** for the job, along with **O.C.-M** to prevent strokes. I bought him a bottle of each and gave them to him in the autumn of 2005. In February of 2006, he had a mini stroke (TIA) which caused his entire right leg to go completely numb for about three hours. When I went to visit him in the hospital the next day, I stopped by his house to get the **O.C.-M** and **V.V.H.-W**, which were there, unopened. I put some of each in a bottle of alkalized gel to create a lotion of herbal solutions which I could rub on his skin. When at the hospital, rubbing this solution on to every part of dad’s available skin, arms, face, neck, legs and feet, a nurse-type came in and said to me, ‘Oh I see you’re a professional!’ I gasped, thinking I was caught, but calmly said, ‘Oh? Professional what?’ ‘Massage Therapist,’ she replied. I laughed lightly and said dad and I had been giving each other backrubs since I was a kid, and continued getting the **O.C.-M** and **V.V.H.-W** rubbed into dad transdermally. Every day since then, dad has taken these two herbal combinations, approximately three squirts of each, twice a day. This summer (2008) he had a couple of episodes of a tingling feeling in his hands. It happened one night while I was visiting, and when he told me, I got the **O.C.-M** and gave him several squirts under the tongue and began massaging it directly onto the numb hand. As soon as I started massaging it onto the skin, the feeling came back in his hand. I encouraged him to take more squirts daily than what he was taking. He is doing so and he has not had any more episodes of numbness since then. Additionally, in February 2007, he fell up a set of slate stairs, and smashed his face, breaking several facial bones. He never had a single blood clot or numbness incident during his recovery from this, and I know it’s because of the **O.C.-M** and **V.V.-H.**” —N.S., New York, NY

February 12, 2009 “Back in November, I had a vaginal ultrasound and it was determined I had two cysts and they thought the ovary on my right side would need to be removed. I took **Whole Apricot, Chickweed, Lapacho, Sanicle, A.C.S., T.-W, C.C.E.-W** and **MP.E.P.** for two months prior to this because I knew I had some problem in the female organs, but specifically I didn’t know what. A week later I got really dizzy and it kept getting worse and worse. I was afraid I was bleeding internally and was going to die. I knew I was going to pass out before I could get to the emergency room which was 20 minutes away. I had my husband grab **Herbal Adjustment** out of the truck (I always keep it there for emergencies). I took a little more than 1/2 teaspoon (maybe 3/4 teaspoon). It immediately subsided. I still went in to see my doctor. They did blood work and everything was fine, but I did feel sick for two days. Since my pain was in the female area, just before this happened, I believe one of the cysts burst open. When I went in for surgery two and a half weeks later, they did find one cyst, but the ovary was fine. I believe the herbs made the ovary better. Two years prior to this incident I had a bad spell with my heart and almost blacked out from it. I told the lady at the grocery store I was at to not call the squad or 911. I ran out to my truck, took **Herbal Adjustment**, and the dizziness went away. For two months after that I took **H.T. Combo** and my heart improved to normal. I can now work outside again doing landscaping and lifting bags of dirt. Thanks to God and Pure Herbs.” —B.R., KY

August 24, 2009 “I have been promising to write you about **H.T. Combo** for sometime. My upline put me on the Heart Beam machine and we realized that my heart seemed much older than I am – not good. I have been using **H.T. Combo** with much success! Thank you so much for such quality products!” —Eileen Rees, Mine Hill, NJ (973)343-7597

October 23, 2009 “I feel I must share this testimony with everyone. In March of 2008, my 84 yr. old mother-in-law was in the hospital at the point of death. She has a ten year old pacemaker and a heart valve that doesn’t work properly. It should open and close as her heart pumps the blood, but hers opens a flutter and the blood seeps through. Anyway, her doctor suggested we call the family in because there was nothing else that he could do. We asked about a new battery for her pacemaker, thinking maybe that would help. He contacted her heart doctors and they transported her to a hospital in Louisville, KY. They checked her heart and pacemaker and decided to replace the battery and a lead wire that had plaque build-up on it. They didn’t think it would do any good. She survived the surgery and came home, but was weak, frail and to the point of giving up on life. She couldn’t lift a box of cereal from the cabinet or wait on herself. I knew about the product **O.C.-M**, but I had never read all its amazing benefits. I read the benefits of the **O.C.-M** to my mother-in-law and asked if she would just try it. She said she was somewhat apprehensive about taking it with all the medicines she was on, but she would try it anyway. She thought, ‘What have I got to lose?’ She started taking two droppers of **O.C.-M** morning and night. Her strength increased daily and within three weeks time she was helping me put away groceries. She was lifting 5lb. bags of flour and sugar into the cabinet. This summer she has been picking beans; she canned 57 quarts. She has made 60 pints of apple butter, 50 plus pints of blackberry jelly, grape jelly, peach preserves and jam. She shucked five bushels of corn by herself and helped fix it for freezing. She gathers eggs and does laundry. She now takes two droppers of **O.C.-M** once a day. All her blood work and doctors visits are great! The doctor says, ‘Just keep doing whatever you’re doing and I’ll see you next month.’ Thanking God for Herbs.” —Ann Voyles, Irvington, KY

With kindest regards,

Dr. Eugene C. Watkins
President

With best wishes,

Gisela Watkins
Vice President

Best wishes,

Aaron Watkins
Operations

OLD PHILOSOPHER'S CORNER

“Bodies don’t read books. If an herb works for you then it is good for you.”

Dr. Eugene C. Watkins
1 February 2010

**Some of the exciting NEW PRODUCTS introduced at the 2009
Pure Herbs, Ltd. Convention in Orlando, Florida at Disney World.**

SUPERB WHEAT GRASS EXTRACT

We need the energy and complete nourishment from high quality foods to feel good, be active, be focused, look our best and feel our best. We want to reclaim our health, maintain our health and improve our health. One of the first clues where to find foods like this came from watching animals. Ranchers, and those caring for livestock, observed that animals preferred to eat young growing grass instead of older grass. The animals that ate the young growing grass had much healthier pelts (skin and hair). They also had an overall glow of health about them. Sick and poorly developed animals, as a rule, recovered quickly. They also became very fertile when they ate the healthy young growing grass. So in early times, enlightened doctors would recommend young growing grass for desperately sick people and animals. It was a good choice. Grass takes energy more or less directly from the sun and swiftly converts it into a powerhouse of ready to use energy compounds. However, grass is hard for people to eat. Grinding it up and eating it took a lot of time, effort and commitment even if it did often produce startlingly good results. It was found, through much investigation, that one of the finest young grasses to eat is young Wheat Grass. (Note: Wheat Grass does not contain the protein gluten which can cause allergies in some people). We now know one of the reasons why Wheat Grass is a healer. It is an outstanding source of a free radical killer known as S.O.D. (Super-Oxide-Dismutase) enzyme. This means it destroys internal poisons produced from running the body and external poisons from outside the body. Wheat Grass is not only healing, it is very nourishing. It can be up to 40% protein! But even greater yet, when you take the Wheat Grass before it branches off on its young stem, something wondrous occurs: you get a burst of "life energy" which surges up the stem. This "life energy" is best described as un-differentiated or ready to do or be anything. It can become more stem, leaves, male flowers or female flowers and develop seeds. Modern medicine might well describe this state of the plant as "stem cells." At this point we juice this young growing WHEAT GRASS so you can absorb it easily. Then we make it into a stable liquid we call SUPERB WHEAT GRASS EXTRACT. And with this gift from young healthy growing Wheat Grass juice, we have the doorway through which new life energy can and will enter our body cells and regenerate them.



ORGANIC

WHEAT

GRASS

Neutral Grain Spirits (38%) Distilled Water

DOSAGE: 40 drops to one teaspoon per meal
and persist.



This information is about historical observations and historical information relating to herbs. This information is not intended to be a substitute for medical advice by licensed physicians. A person should consult a physician regularly in all matters relating to medical problems, especially in matters of diagnosing, treating or curing diseases or other physical or mental conditions. This information has not been verified by the American Medical Association or the Food and Drug Administration.

EAZY Co – Q – 10

MORE ENERGY, STRONGER HEART, EASIER BREATHING, IMPROVED MEMORY, MENTAL CLARITY AND QUALITY OF LIFE

A vital enzyme helper*



Beta crassa

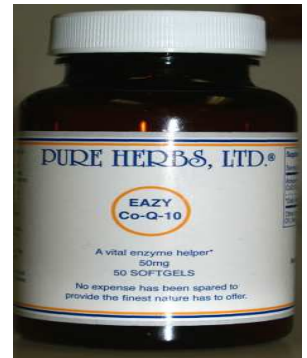
If you are looking for any or all of these results then do try Co-Q-10 (Co-enzyme-Q-10). This is an oily, waxy fluid that the healthy, energetic liver normally makes to fan the flames of energy production in every cell of the body. Do you remember when you had enough energy to skip along the sidewalk and not get tired? There was a reason for this. Your liver was probably in pretty good condition and made plenty of Co-Q-10. But livers can get “dirty” and “lazy.” Poor diets can starve the liver. Pollution can dirty the liver. Drugs can stun the liver and drugs that lower cholesterol can work directly to reduce Co-Q-10 production. The job of Co-Q-10 is to combine oxygen with the digested food you eat and burn it to release energy. Each cell in the body contains little “furnaces” called mitochondria that do this. You could say this is the place where the body’s life energy is generated. But how can we replace the Co-Q-10 until the liver can be restored to youthful vigor? Fortunately we can produce a very active source from the fermentation of sugar beets and sugar cane. With this we can help put the “breath of life” back into the organs and glands of the body so they work better. Consider this, the brain, heart and lungs must work all the time. The brain by itself can use up to 20% of the body’s oxygen. You can see what extra oxygen and energy can do for these vital areas. Co-Q-10 protects the “brain and nerve

juice” called neuro transmitters (new-row-trans-mitters) so the brain cells and nerve cells can talk to each other. Thinking is clearer and memory is activated. Hearts thrive on the extra oxygen and energy Co-Q-10 brings to them. The heart responds by pumping more blood with less effort and plaque (plak, trash) does not build up in arteries, the lungs fill and empty easier and life is good again. And one day, with continued Co-Q-10 use, you may want to skip on that sidewalk again. As an added benefit, Co-Q-10 actively eats up the poisons that form when you burn energy or old cells die off. These poisons are known as “free radicals.” Because Co-Q-10 can destroy these poisons it is called an antioxidant (anti-ox-uh-dent). This enables Co-Q-10 to protect the brain, heart, lungs and the rest of the body from damage. It is no wonder some users of Co-Q-10 say they notice marked improvement with blood sugar problems and shaking and wasting disorders of the nerves and muscles. You may hear a lot of different conditions clear up and that life is worthwhile again. Note: Use Co-Q-10 for at least three weeks to get the body cells primed before you see the maximum energy lift begin. EAZY Co-Q-10 is called EAZY because it is so easily absorbed and it is up to two and a half times more effective than most other offerings on the market. EAZY Co-Q-10 contains no titanium dioxide to cover up spoilage. EAZY Co-Q-10 is not the inactive crystal form you may find elsewhere. EAZY Co-Q-10 is the active form called oxidized ubiquinone (ox-uh-dized U-bik-qwee-known) which the body can use more easily. In short, EAZY Co-Q-10 does the job easier and better and more efficiently.

Supplement Facts	
Serving Size	1 Softgel
Amount Per Softgel	
CoQ10 (ubiquinone)	50 mg*

*Daily Value not established	
Other ingredients: Conjugated Linoleic Acid, Flaxseed Oil, Monoglyceride, Gelatin, Glycerin, Purified Water	

50 mg 50 Softgels



Directions: Take one to two softgels each day with meals or as directed by your health care practitioner.

Eazy Co-Q-10 utilizes a special patent pending system of activated carrier oils so it is up to two and a half times more absorbable than other types of Co-Q-10. Co-Q-10 is known to be a vital compound to activate up to 95% of the body’s cellular energy. Heart and blood vessels and many other body structures could benefit from Co-Q-10 activity.*

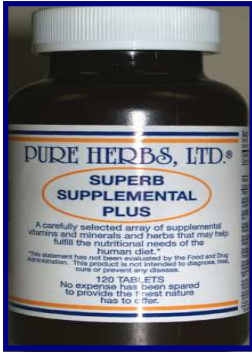
Eazy Co-Q-10 contains no titanium dioxide to cover up spoilage. Eazy Co-Q-10 does not contain inactive crystal forms of Co-Q-10.

This product is guaranteed to be free of wheat, gluten, corn protein, yeast, artificial colors, sweeteners or preservatives. This product contains soy.

Storage: Variations in temperature may cloud softgels. This does not affect the formula’s efficiency or safety. Do not refrigerate.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*

SUPERB SUPPLEMENTAL PLUS



Food these days does not always contain what it should for good health. The food itself needs a helping hand to supply what the body demands to work right. Part of the answer is to supplement your diet.

That is to say, take something with your food to fill in the nutritional gaps. Many people want the convenience of a tablet to do just that. This is why **SUPERB SUPPLEMENTAL PLUS** was formulated.

This tablet ranks as one of the best, if not the best, you will find no matter how much money you spend. The guiding idea in making **SUPERB SUPPLEMENTAL PLUS** is to give you some reassurance that you are getting some of the much needed nutritional vitamins, minerals and trace elements that you are not getting, or not getting enough of, in the foods you eat. This is only a very small list of what you can expect **SUPERB SUPPLEMENTAL PLUS** to provide for you:

- **Vitamin A** for healthy eyes and clean skin externally and internally.
- The entire **B-Complex** of vitamins for energy and calm and steady nerves.
- **Vitamin C** for a stronger immune system.
- **Vitamin D** for strong teeth and bones.
- **Vitamin E** for extra nutritional insurance.
- **Calcium** and **Magnesium** for fluid balance inside body cells.
- **Iodine** for energy production and regulation.
- **Chromium** for pancreatic function.
- **Copper** and **Manganese** for healthy connective tissues.
- **Iron** for oxygen absorption and transport.
- **Selenium** as an antioxidant (neutralizes harmful substances).
- **Zinc** for sense of taste and also to help with wound healing.

Additionally, added to this formula are: a private blend of herbs as extra support to ensure that the vitamins and minerals do their job properly. Also added are materials required for tablet making: Microcrystalline cellulose, silicon dioxide, stearic acid and magnesium stearate.

DOSAGE: Four tablets per day with food. One tablet per meal and one tablet before bedtime. Suggested recommendation for children over three years of age: one tablet per day.

Supplement Facts
Serving Size 4 tablets
Serving Per Container: 30

Calories: 185
Calories from fat: 18

	Amount Per Serving	Daily Value
Vitamin A (from beta carotene)	16,000 iu	320%
Vitamin C (ascorbic acid)	500 mg	833%
Calcium (d-calcium phosphate, citrate, AAC)	400 mg	40%
Iron (Ferrous Gluconate)	30 mg	167%
Vitamin D (from cholecalciferol)	600 iu	150%
Vitamin E (d-alpha tocopheryl acetate)	100 iu	333%
Vitamin B1 (from thiamine HCl)	25 mg	1667%
Vitamin B2 (riboflavin)	20 mg	1176%
Niacin (as Niacinamide)	60 mg	300%
Vitamin B6 (pyridoxine HCl)	30 mg	1500%
Folic Acid (Folate)	400 mcg	100%
Vitamin B12 (cyanocobalamin)	100 mcg	1667%
Biotin	300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate)	150 mg	1500%
Iodine (potassium iodide)	200 mcg	133%
Magnesium (oxide, amino acid chelate)	400 mg	100%
Zinc (gluconate)	30 mg	200%
Selenium (amino acid chelate)	100 mcg	143%
Copper (gluconate)	2 mg	100%
Manganese (amino acid chelate)	3 mg	150%
Chromium (amino acid chelate)	100 mcg	83%
Potassium (citrate)	100 mg	3%

Proprietary blend: 166 mg *

"Contains Soy"

ParaAminoBenzoic Acid (PABA), Inositol, Choline (bitartrate), Alfalfa leaf (medicago sativa), Asparagus (asparagus officinalis), Broccoli (brassica oleracea), Cabbage (brassica oleracea), Hesperidin, Kelp (ascophyllum nodosum), Lemon bioflavonoids, Lutein, Lycopene, Rosehips (rosa canina) and Rutin. Other Ingredients: Microcrystalline cellulose, silicon dioxide, stearic acid and magnesium stearate.

*Daily Value not established / **Percent Daily Values are based on a 2,000 calorie diet. Your daily values may vary.

Warning: This product contains enough iron to harm a child. Close lid tightly, keep out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

This information is about historical observations and historical information relating to herbs. This information is not intended to be a substitute for medical advice by licensed physicians. A reader should consult a physician regularly in all matters relating to medical problems, especially in matters of diagnosing, treating or curing diseases or other physical or mental conditions.

This information has not been verified by the American Medical Association or the Food and Drug Administration.

JOINT HELPER (Extra Strength)

Natural Herbal Roll-on – 2 fl. oz. (60 ML)

Many of us suffer from hurting, aching and stabbing joints. It can be so bad it becomes a form of torture and keeps us from our normal life activities. It can hit us anywhere we have joints: knees, shoulders, elbows, fingers, neck, back, toes and you name it. You may have been told it is “normal” to have problems like that. This is not true. You may have been told, “It is just because you are getting older.” This is not true either. When you are in pain you don’t want a lecture about diet or stress. You want relief now! This is easy to understand. You don’t care if the relief is from an over-the-counter drug or a doctor’s drug or his needle as long as you can get rid of the pain. Ever since we lived in caves and right up till now we have craved a workable non-drastic solution. Now there is one. It is an herbal solution. It is called JOINT HELPER! For your convenience JOINT HELPER IS A ROLL-ON. What does it do? It is an herbal combination that you apply externally which penetrates deeply and immediately for relief of joint discomfort. Where did JOINT HELPER come from? It was there all the time in the herbal world. How was it discovered? It came from the condition of suffering and the sheer necessity to find a natural solution. It came from a deep and abiding faith in the herbs and years of development. From this came the final product called JOINT HELPER. What is in it and how do the ingredients work? It contains **Capsicum** for circulation, **Arnica** to erase the effects of pain, **Witch Hazel** to repair, **Peppermint Oil** for penetrating cool, **Indian Tobacco** to relax, **Horsetail** for flexibility, **Sweet Cassava Starch** for body, to nourish the tissues, **Lecithin** to coat nerves, **Xanthan Gum** for consistency, **Coconut Oil** to nourish, **Glycine Amino Acid**, protein as a lubricant, **Honeysuckle** for scent and **Purified Water** for liquidity. How do you use it? You simply roll it on the hurting joint areas as directed. Within seconds or minutes you will feel it start to work and give relief. You may feel heating or cooling or electrical sensations. Or you may feel any combination of these at the same time. You may have different sensations according to what your joints want and need. The effects can last for several minutes or several hours. This varies with the person. You may have to use more or less on certain joint areas depending on what condition they are in.



DIRECTIONS:

Apply roll-on to sore joints as directed. When using JOINT HELPER do not be alarmed if you feel JOINT HELPER heat up and re-activate again the next day. It may still be on the job. If contact with eyes or private areas should occur, flush with water, remain calm and peace will return. Keep out of reach of children.

CONTENTS:

Capsicum Extract, Witch Hazel Extract, Peppermint Oil, Arnica Extract, Indian Tobacco Extract, Horsetail Extract, Sweet Cassava Starch, Coconut Oil, Lecithin, Xanthan Gum, Glycine Amino Acid, Honeysuckle Extract and Purified Water.

This information is about historical observations and historical information relating to herbs. This information is not intended to be a substitute for medical advice by licensed physicians. A person should consult a physician regularly in all matters relating to medical problems, especially in matters of diagnosing, treating or curing diseases or other physical or mental conditions. This information has not been verified by the American Medical Association or the Food and Drug Administration.

All the herb information in this newsletter is provided by

The Center for Building Better Health Naturally, Inc.

This information is about historical observations and historical information relating to herbs. This information is not intended to be a substitute for medical advice by licensed physicians. A person should consult a physician regularly in all matters relating to medical problems, especially in matters of diagnosing, treating or curing dis-eases or other physical or mental conditions.

This information has not been verified by the American Medical Association or the Food and Drug Administration.



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

Director Dr. Eugene C. Watkins, B.S.ed., M.S., N.D.
 P.O. Box 1146 , Berkley, MI 48072
 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
UPDATED (2009) <u>HERBS FOR YOU— BUILD BETTER HEALTH NATURALLY</u>		\$21.95
UPDATED (2009) SUPPLEMENT TO THE COPYRIGHTED WORK <u>HERBS FOR YOU— BUILD BETTER HEALTH NATURALLY</u>		\$17.95
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
Shipping and handling for <u>each</u> Volume and each book is \$5.00. If ordering 10 or more of these works per order, shipping is free.	TOTAL COPIES ORDERED _____ x \$5.00 for shipping = \$ _____ (if 10 or more shipping is free)	TOTAL BOOK ORDER COST PLUS SHIPPING = \$ _____

<p><u>PURE HERBS, LTD TESTIMONIALS BOOKLET.</u> 1 – 9 booklets \$2.00/booklet. 10 – 24 booklets \$1.90/booklet. 25 – 49 booklets \$1.80/booklet. 50 – 99 booklets \$1.70/booklet. 100 or more \$1.60/booklet. <u>MAILING/SHIPPING is as follows:</u> 1 book shipped by U.S. Mail at a flat rate of \$1.90. 2 books \$2.92. 3–4 books shipped by U.S. Mail at a flat rate of \$4.80. 5 or more books will be shipped via UPS and you will be billed the actual UPS shipping cost.</p>	<p><u>HERBAL HANDBOOK FOR PRACTITIONERS</u> Also available is the Herbal Handbook For Practitioners. The cost is 50 cents each plus shipping cost which will be billed to you.</p>	<p>Testimonial and/or Herbal Practitioners Handbook/s Total: \$ _____</p>
--	--	--

Methods of Payment: CHECK MONEY ORDER MASTERCARD VISA AMERICAN EXPRESS DISCOVER

CREDIT CARD NUMBER WITH EXPIRATION DATE: _____ EXP: _____ V-CODE: _____

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. P.O. Box 1146 Berkley, MI 48072

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

RE: Addendum to Pure Herbs, Ltd. Distributor Application Agreement

Dear Valued Distributors:

Prior to 1976, there were many companies providing herbal products in a solid form, such as tablets and capsules. Gisela and I were strong believers in the healthy benefits of herbal products, but felt that if these same products could be delivered in a liquid form, they would provide far better nutritional benefit as they could be more easily absorbed by the human body. This provided the inspiration for our herbal business which has since become known as “Pure Herbs, Ltd.®”. The response and acceptance of our unique herbal products was overwhelming and we quickly went from our kitchen table to our first manufacturing facility. At that time Gisela and I wanted to select a name for our new company which would be unique and set us apart from our competitors. After considering many options we chose “Pure Herbs, Ltd.®” because we felt that it best reflected our philosophy to promote good health through the use of our unique liquid herbal products. Little did we know in 1976, that these efforts and hard work would turn into the present day Pure Herbs that is distributing quality herbal products to customers throughout the world via a network of more than 33,000 distributors.

As the company’s reputation grew we decided to take the necessary steps to insure that no one else could use the name Pure Herbs, Ltd.® or Pure Herbs when identifying their company or herbal products. On December 14, 1992, we submitted our trademark application and on June 21, 1994, the United States Patent and Trademark Office granted trademark status to the name Pure, Herbs, Ltd.®. Since then we have spent a considerable amount of time and money in marketing and promoting the name Pure Herbs, Ltd.® and Pure Herbs.

Recently our attorneys brought to our attention that other herbal product manufacturers were using our trademark or a derivative thereof, i.e. Pure Herbs. They explained that in order to keep and preserve this valuable asset we must take action to prevent any other entity from using Pure Herbs, Ltd.® or Pure Herbs. Based upon their advice, we have instructed our attorneys to send Cease and Desist Letters to various manufacturers who are presently using the name or nomenclature Pure Herbs on their website, as part of their corporate name or in promotional materials.

In addition to protecting our trademark from outside competitors, our attorneys informed us that our distributors must also follow the same rules and regulations when using the names Pure Herbs, Ltd.® and/or Pure Herbs. After extensive discussions, our attorneys have drafted the attached “Addendum to Pure Herbs, Ltd.® Distributor Application Agreement” (“hereinafter Addendum”). This Addendum contains a few simple rules and regulations which will protect the Pure Herbs trademark while, at the same time, provide each distributor with a clear understanding as to how our trademarked name can or cannot be used. Our counsel informed us that it is equally important that our distributors follow the various rules and regulations promulgated under the United States trademark laws. Apparently if we do not all abide by these rules, Pure Herbs could lose its valuable trademark which it has promoted over the past 30 years. This would also negatively impact you as distributors. Therefore, it is in all of our best interests that everyone adheres to the terms and conditions contained in the Addendum.

While each of you should carefully review the enclosed Addendum, let me briefly summarize its contents:

- No distributor can use the name Pure Herbs, Ltd.® or Pure Herbs or any variation thereof as part of their corporate name or business enterprise.

- No Distributor may use the name Pure Herbs, Ltd.® or Pure Herbs or any variation thereof in their website or domain name.
- When providing information regarding Pure Herbs products, distributors shall only use information which has been approved by Pure Herbs.
- On each website, marketing and promotional materials, distributors must clearly and prominently state that they are “independent distributors of Pure Herbs products” and shall not in any way represent that they are part of or an agent of Pure Herbs, Ltd.®
- No distributor shall make any false or misleading statement regarding Pure Herbs products.

After reading the Addendum, you may be thinking how can I use the name Pure Herbs, Ltd.® or Pure Herbs. Each distributor may and should represent themselves as an independent distributor of Pure Herbs, Ltd.® products. As part of their promotional and informational materials and /or their website, a distributor may accurately identify all of the herbal products sold by Pure Herbs. Also, on your website you can provide a link to the Pure Herbs, Ltd.® website, www.pureherbs.com. You may also reproduce any of the information or documents provided by Pure Herbs on its website or through its mailings, but this information should be identified as to its source and must not be altered. This is not intended to be an exhaustive list of how the name Pure Herbs can be used, but it should provide you with some general ideas. In a nutshell, we are trying to prevent the public from thinking that the distributor is an agent or part of the Pure Herbs, Ltd.® corporation.

The Addendum should not, in any way, hinder you from successfully promoting the good name of Pure Herbs and its herbal products. Please carefully review the attached Addendum and make whatever adjustments and changes that are necessary to bring your business in line with these few simple rules. All changes must be made within thirty (30) days of the date of this letter.

If you have any questions regarding these or any other matters, please do not hesitate to contact us. Wishing you a successful and prosperous New Year, we remain,

Very truly yours,

Dr. Eugene C. Watkins,
Chairman and President

Gisela G. Watkins
Vice President

ADDENDUM TO PURE HERBS, LTD DISTRIBUTOR APPLICATION AGREEMENT

This Addendum (“Addendum”) is intended to supplement the terms and conditions of Pure Herbs, Ltd’s Distributor Application Agreement (“Distributor Agreement”) between Pure Herbs, Ltd. and each of its distributors. Pursuant to Paragraph 8 of the Distributor Agreement, Pure Herbs, Ltd. (“PHL”), this Addendum amends the distributor rules and the provisions of PHL’s Marketing Plan. Continued operation by a distributor of a Pure Herbs, Ltd. distributorship shall be deemed acceptance of this Addendum. This Addendum shall become effective thirty (30) days from the date of this Addendum.

The following Paragraphs 13 through 18 shall be added to the Distributor Agreement.

Paragraph 13. PHL has adopted, used and registered the trademark PURE HERBS, LTD.® This trademark and all variations and derivations thereof, including the term PURE HERBS, belong to and are the property of PHL. As such, no distributor shall include or use the name “Pure Herbs,” or any variation or derivation thereof as part of the name of the distributor’s corporation, limited liability company, partnership, assumed named, organization, domain name or website. Any improper use of this trademark shall constitute an infringement of PHL’s trademark.

Paragraph 14. All website, promotional and/or informational materials must clearly and prominently identify the distributor as an “independent distributor of Pure Herbs’ products.” Distributor shall not in any way use, issue or disseminate any promotional, informational or marketing materials that creates confusion or suggest that the customer or end user is dealing with PHL and not the distributor.

Paragraph 15. Distributor shall only use information which has been approved by PHL when they are referring to, or describing, PHL, its products or any of its officers, directors, employees and/or agents. The purpose of this prohibition is to prohibit a distributor, either on their website or in their promotional/informational materials, from intentionally or unintentionally representing that PHL or any of its officers, directors, employees or agents are employees, directors, officers, consultants or agents of the distributor.

Paragraph 16. While distributors may reproduce and disseminate the “Pure Herbs, Ltd.’s Distributor Application Agreement” as part of their website or promotional materials, they shall not alter the Application. Further, unless specially requested by the applicant, distributor shall not automatically fill in the sponsor’s name on the application. All application fees received by distributor shall be immediately forwarded to PHL.

Paragraph 17. Any distributor’s website, advertising or promotional/informational materials that in any way identifies and references PHL’s products must contain a clear and unambiguous disclaimer in bold face type that the information provided (a) is not intended to be a substitute for medial advice by a licensed physician; (b) that a person should consult a physician regularly in all matters and especially in matters of diagnosis, treatment or cure of diseases or other physical or mental conditions; (c) that the information has not been verified by the American Medical Association or the Food and Drug Administration; and (d) that PHL’s herbal products are food and flavorings and cannot be used to treat or cure diseases. Distributors are strictly prohibited from making false or misleading statements or claims regarding any PHL products and shall not make any claims regarding the use or effectiveness of the products that has not been previously approved.

Paragraph 18. So long as distributor is in strict compliance with this Agreement, distributor shall be entitled to provide a link to PHL’s website on the distributor’s website or in its information and promotional materials. The proper address for PHL’s website is www.pureherbs.com.

All of the other terms and conditions as contained in Paragraphs 1 through 12 of the Distributor Agreement shall remain in full force and effect.

DATED February 1, 2010, at Sterling Heights, Michigan

33410 STERLING PONDS BLVD., STERLING HEIGHTS, MI 48312

PHONE (800)860-4372 FAX (586)446-8218

WEB SITE ADDRESS: www.pureherbs.com

PLEASE READ THIS INFORMATION, THIS IS A LEGALLY BINDING CONTRACT!

- 1.) For tax purposes, the applicant must provide the proper taxpayer identification number (this is normally the applicant's social security number). The taxpayer identification number must match the name on the application. Only one taxpayer identification number per household and/or business can be accepted. Application must have your signature and your social security number or Federal tax Id number in order to process.
- 2.) I am an independent contractor and not an employee, agent, or representative of PURE HERBS, LTD. Therefore, I am solely responsible for my own business.
- 3.) I will obey all laws pertaining to the operation of my business including, but not limited to, paying all fees and taxes due any local, state or federal agencies.
- 4.) I will purchase product and conduct my business according to the procedures published in the PURE HERBS, LTD. MARKETING PLAN.
- 5.) I will never make any claims, statements or advertisements concerning PURE HERBS, LTD. or any of its products except those that have been officially approved in writing by the company. I understand that herbs and PURE HERBS, LTD. herbal products are foods and should be represented as such. They cannot be used to treat or cure disease.
- 6.) Due to F.D.A. regulations regarding food products, PURE HERBS, LTD. has a no return policy. The exceptions are breakage and manufacturing defects. This policy is necessary, as the returned product must be destroyed.
- 7.) I may sponsor people into the PURE HERBS, LTD. DISTRIBUTION PROGRAM without cost or investment, provided PURE HERBS, LTD. accepts their application. PURE HERBS, LTD. reserves the right to deny any application.
- 8.) PURE HERBS, LTD. reserves the right to terminate this DISTRIBUTOR AGREEMENT, upon 30 days prior written notice, should the undersigned violate any of the terms and conditions of this DISTRIBUTOR AGREEMENT, any published rule of PURE HERBS, LTD., or any of the provisions of the PURE HERBS, LTD. MARKETING PLAN. Furthermore, PURE HERBS LTD., reserves the right to set off against any monies due and owing to the undersigned by PURE HERBS, LTD. any money due and owing by the undersigned downline or for any other violation of the undersigned of this DISTRIBUTOR AGREEMENT or the aforementioned published rules or MARKETING PLAN of PURE HERBS, LTD.
- 9.) PURE HERBS, LTD. reserves the right to amend the MARKETING PLAN upon 30 days notice to existing Distributors.
- 10.) PURE HERBS, LTD. HAS AN APPLICATION FEE OF \$35.00 (due when turning the application in to PURE HERBS, LTD.) and a yearly Distributor's renewal fee of \$20.00 (due each year following your initial sign up). This renewal fee shall be used to cover the costs of newsletters and materials sent to the Distributor. The applicant is responsible for mailing or faxing this Application Agreement and his/her application fee to the company. PURE HERBS, LTD. will not accept any altered Application Agreement Forms. Also, any incomplete application will be sent back to the applicant.
- 11.) I am eighteen years of age or older.
- 12.) Applications must be mailed or faxed. We cannot take phone applications.
- 13.) PHL has adopted, used and registered the trademark PURE HERBS, LTD.® This trademark and all variations and derivations thereof, including the term PURE HERBS, belong to and are the property of PHL. As such, no distributor shall include or use the name "Pure Herbs," or any variation or derivation thereof as part of the name of the distributor's corporation, limited liability company, partnership, assumed named, organization, domain name or website. Any improper use of this trademark shall constitute an infringement of PHL's trademark.
- 14.) All website, promotional and/or informational materials must clearly and prominently identify the distributor as an "independent distributor of Pure Herbs' products." Distributor shall not in any way use, issue or disseminate any promotional, informational or marketing materials that creates confusion or suggest that the customer or end user is dealing with PHL and not the distributor.
- 15.) Distributor shall only use information which has been approved by PHL when they are referring to, or describing, PHL, its products or any of its officers, directors, employees and/or agents. The purpose of this prohibition is to prohibit a distributor, either on their website or in their promotional/informational materials, from intentionally or unintentionally representing that PHL or any of its officers, directors, employees or agents are employees, directors, officers, consultants or agents of the distributor.
- 16.) While distributors may reproduce and disseminate the "Pure Herbs, Ltd.'s Distributor Application Agreement" as part of their website or promotional materials, they shall not alter the Application. Further, unless specially requested by the applicant, distributor shall not automatically fill in the sponsor's name on the application. All application fees received by distributor shall be immediately forwarded to PHL.
- 17.) Any distributor's website, advertising or promotional/informational materials that in any way identifies and references PHL's products must contain a clear and unambiguous disclaimer in bold face type that the information provided (a) is not intended to be a substitute for medical advice by a licensed physician; (b) that a person should consult a physician regularly in all matters and especially in matters of diagnosis, treatment or cure of diseases or other physical or mental conditions; (c) that the information has not been verified by the American Medical Association or the Food and Drug Administration; and (d) that PHL's herbal products are food and flavorings and cannot be used to treat or cure diseases. Distributors are strictly prohibited from making false or misleading statements or claims regarding any PHL products and shall not make any claims regarding the use or effectiveness of the products that has not been previously approved.
- 18.) So long as distributor is in strict compliance with this Agreement, distributor shall be entitled to provide a link to PHL's website on the distributor's website or in its information and promotional materials. The proper address for PHL's website is www.pureherbs.com.

PURE HERBS, LTD. DISTRIBUTOR APPLICATION AGREEMENT

33410 STERLING PONDS BLVD. STERLING HEIGHTS, MI 48312
PHONE (800)860-4372 FAX (586)446-8218 WEB SITE ADDRESS: www.pureherbs.com

PLEASE TYPE OR PRINT CLEARLY (NO BLUE INK OR PENCIL IF FAXING APPLICATION) — \$35 APPLICATION FEE

LAST NAME:	FIRST NAME:	MIDDLE INITIAL:
------------	-------------	-----------------

COMPANY NAME FOR MAILING, <u>IF APPLICABLE</u> :
--

MAILING ADDRESS***:	APARTMENT OR SUITE # :
---------------------	------------------------

CITY (PLEASE DO NOT ABBREVIATE):	STATE:	ZIP CODE:
----------------------------------	--------	-----------

COMPANY NAME FOR SHIPPING, <u>IF APPLICABLE</u> :

SHIPPING ADDRESS (IF DIFFERENT FROM ABOVE) (** <u>UPS DOES NOT SHIP TO A P.O. BOX</u>):	APARTMENT OR SUITE # :
--	------------------------

CITY (PLEASE DO NOT ABBREVIATE):	STATE:	ZIP CODE:
----------------------------------	--------	-----------

PRIMARY PHONE NUMBER WITH AREA CODE: ()	ALTERNATE PHONE NUMBER WITH AREA CODE: ()	2ND ALTERNATE PHONE # WITH AREA CODE: ()
---	---	--

APPLICANTS SOCIAL SECURITY NUMBER FOR TAX PURPOSES ONLY:	OR	<u>FEDERAL TAX ID. NUMBER (NOT STATE TAX NUMBER):</u>
--	-----------	---

SPONSORS NAME: <u>(YOU MUST HAVE A SPONSOR WHO IS AN ACTIVE DISTRIBUTOR OR CHECK MARK THE BOX BELOW*)</u>
--

HERE IF YOU DON'T HAVE A SPONSOR, WE WILL FIND SOMEONE NEAR YOUR AREA, BUT YOU MUST REMAIN WITH HIM/HER FOR A PERIOD OF ONE YEAR. WHEN REJOINING, IF EXPIRED, WE STILL NEED THIS INFORMATION.

<input type="checkbox"/>	CHECK HERE IF YOUR SHIPPING ADDRESS IS RESIDENTIAL.
--------------------------	---

OR

<input type="checkbox"/>	CHECK HERE IF YOUR SHIPPING ADDRESS IS COMMERCIAL (NOT ATTACHED TO HOME)
--------------------------	--

<u>METHOD</u>	VISA	MASTERCARD	DISCOVER	AMERICAN EXPRESS	CHECK OR MONEY ORDER
---------------	------	------------	----------	------------------	----------------------

<u>CASH OF PAYMENT:</u>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
-------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

CREDIT CARD NUMBER:	EXPIRATION DATE:	V-CODE:	BILLING ZIP CODE:
---------------------	------------------	---------	-------------------

<input type="checkbox"/>	CHECK HERE IF YOU WOULD LIKE US TO PUT YOUR CREDIT CARD ON FILE.
--------------------------	--

IN ORDER TO PROCESS APPLICATION, SIGNATURE OF APPLICANT & TAX INFORMATION IS REQUIRED.
(\$35 application fee includes two Herbal Extracts Books)

SIGNATURE:	DATE:
-------------------	--------------

↑ SIGNATURE ABOVE IS REQUIRED IN ORDER TO PROCESS! ↑

HAVE READ AND AGREE TO ALL THE TERMS AND CONDITIONS OF THE APPLICATION AGREEMENT FORM LOCATED ON THE BACK SIDE AND HAVE SUBMITTED MY \$35 APPLICATION FEE.

RETURN WHITE COPY TO PURE HERBS, LTD., DISTRIBUTOR RETAIN 1 COPY, SPONSOR RETAIN 1 COPY.