

# PURE HERBS, LTD.

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Volume XXI, Issue 1

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SEE PAGE 4 FOR CONVENTION QUALIFIERS & CONVENTION LOCATION. SEE PAGE 5 FOR INFORMATION ON HOW TO QUALIFY FOR CONVENTION.

When faxing an order in please be sure to include your name, customer number and method of payment.

**THE HERBAL ADJUSTMENT CAPSULES ARE NOW IN STOCK!!!**

THE WHOLESALE PRICE IS \$18.00 FOR 100 CAPSULES.

THE RETAIL PRICE IS \$23.00.

Please note: The capsules are more tolerable if taken with food and plenty of water.



ALFALFA

## HIGH FIVE FEBRUARY ONLY SPECIALS

Purchase three bottles (must all be the same product and the same size) of the following HIGH FIVE PRODUCTS 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 D.A.N.-C and receive a fourth bottle of D.A.N.-C free. No Purchase Volume will be paid on any free bottles.**

- ◆ **D.A.N.-C** — Depression, Anxiety and Nervousness.
- ◆ **LILY OF THE VALLEY WITH BLESSED THISTLE** — Relieves heart pains, corrects fluid retention, repairs heart, heart valves and varicose veins. Also use for Hiatal hernia or "stomach" hernia relief.
- ◆ **A.C.S. (LIQUID ONLY ON SPECIAL)** — Complete multi-mineral supplement & all vegetable source.
- ◆ **O.C.-M (LIQUID ONLY ON SPECIAL)** — 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).
- ◆ **ALFALFA (LIQUID ONLY ON SPECIAL)** — Arthritic conditions, source of CoQ10, deodorizes, stops excess sweating & pituitary gland nutrient.

**PURE HERBS, LTD. OFFERS MONTHLY SPECIALS. BE SURE TO ASK ABOUT THEM 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.**



## NEW PRODUCT ANNOUNCEMENTS:

**P.G.-G, S.H.-G  
&**

**PEANUT BUTTER ENERGY BARS**



**SEE PAGES 6, 7, 8 & 9 FOR  
WRITE UPS  
& TESTIMONIALS.**



**NEW DIRECTORS FOR NOV/DEC 2011**

**Joyce Trout**  
**Janet Gordon**  
**Robert Stasiak**  
**Richard Bowyer**  
**Luann Page**  
**Marie Blackmon**  
**Margaret Eicher**

**CONGRATULATIONS TO ALL OF YOU!**

**HAPPY  
 BIRTHDAY  
 PURE HERBS  
 EMPLOYEES:**

**JASON—FEB. 7**  
**PAT—MARCH 17**

**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. Also, all orders must be picked up or paid for before 5:30 p.m. the last business day of the month, otherwise the order **WILL NOT BE COUNTED FOR THAT MONTH**. This may be important to you and your business. This is your responsibility. Thank you.

**POSTAGE RATE  
INCREASE**

**On January 23, 2012, the postage rate went up. Please expect a rate hike in postage fees for all Herbal Research Group material.**

**WELCOME NEW DISTRIBUTORS  
 37,799 THRU 38,223**

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

**Shipping rates are as follows:**

**\$ 99.99 and under. . . . . \$ 9.50**  
**\$100.00 – \$249.99. . . . . \$12.50**  
**\$250.00 – \$499.99. . . . . \$15.00**  
**\$500.00 – \$1199.99. . . . . \$18.00**  
**\$1,200.00 and up. . . . . \$20.00**

**C.O.D. FEE IS \$10.50**

**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 will be shipped as separate orders with separate shipping charges. Capsules, tablets and/or creams/lotions/energy bars 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/energy bars and plastic spray bottles shipped without 1/2 oz., 1 oz. or 4 oz. bottles are at the same rate as above. **Also please note:** If you are **shipping to another address**, other than the one we have on file for you, there will be an **additional fee of \$5.00** (drop-ship fee).

**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.**

**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 so make your selection and then leave a detailed message. 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. 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.

Please stop waiting for the last day, last hour, last minute to place your orders.

Take responsibility for your business.



## LIQUID ALFALFA—ON SPECIAL IN FEBRUARY 2012

**PROPERTIES AND USES:** Food alternative (good for the whole body), body nutrients, tonic, joints, stomach and arthritic discomfort, stops excess sweating, deodorizes, pituitary gland nutrient.

**COMMON NAMES:** Lucern and Buffalo Herb.

**PARTS USED:** Leaves.

**BODILY INFLUENCES:** This food, which has its name from the Arabic language, is known as the "father of all foods." Alfalfa comes to us originally from Asia. It is always a matter of great humor for herbalists when some chemist isolates a new vitamin and discovers it is also found in Alfalfa. Alfalfa is very easy to digest as it contains at least eight active enzymes. These enzymes help a person to digest the food as well as the plant itself. Large quantities may be eaten for the purpose of relieving joint pains, repairing and maintaining bones, repair of stomach and as a source of hormonal nutrition for the all important pituitary gland. Alfalfa, due to a root system as deep as 125 feet, brings up a rich storehouse of Calcium, Potassium, Magnesium, Phosphorous, and Sodium. These minerals are in excellent balance for a healthy system.

**NOTE:** Do not be concerned Alfalfa could contain a harmful sodium. This is not salt shaker sodium. It is an organic plant sodium, which nourishes the blood stream and promotes youthful, flexible joints and repairs the stomach. Alfalfa provides a balanced spectrum of vitamins and minerals. Deodorizes and prevents excess perspiration, stops hemorrhaging, soaks up uric and lactic acids to prevent nerve irritation, lubricates joints, relieves pain and is a diuretic (relieves fluid retention).

**DOSAGE:** 20 - 80 drops after each meal and persist until results are achieved. Enjoy the many short range benefits and especially those long range benefits, which occur over months and years.

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

**POWER POINT PRESENTATION** available from the Vladimirsky's in McAllen, TX

**Build your business**, promote **Pure Herbs** products, and **have fun** with PowerPoint Presentation: "Colon & Your Health" presented at the 2010 Pure Herbs convention. Available from: **Arkady & Bella Vladimirsky 956-631-3772**

**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: **Miesse's Herbs 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 Miesse's Herbs 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, 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 15 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 15 for order details.**

**HERBALOGY 101 FOR YOU:** This is a two day live class experience featuring Dr. Eugene Watkins on DVD. You will learn how to regain your health, maintain your present health and improve your health. Over 130 single herbs are discussed in a familiar and understanding manner so you can use herbs too. Eleven hours of information are provided. **See page 15 for order details.**

**NOW AVAILABLE FOR PURCHASE:** The updated & Expanded Educational Material on Pure Herbs LTD **Extracts**, found in the NEW 40 page "**Customized Herbal Extracts Booklet**". To order, please call Pat Courter at 940-726-5070 (M-TH 9:30 a.m.-5:30 p.m. CST). If no answer, please leave a message. The cost is \$3.00 per booklet, Plus the actual Shipping charge. A Satisfied customer reports, "The Booklets are wonderful!!"

### IN CHARGE OF PRODUCTION SAYS:

**"Happy New Year! We look forward to continuing to service your herbal needs."**

**1 February 2012 Al Pfund "Uncle Al", I.C.O.P. (In Charge Of Production)**

# CONGRATULATIONS CONVENTION QUALIFIERS "2011"

Linda & Charles Hicks  
 Dr.'s Frank & Irene Miesse  
 Lloyd & Magdalena Weaver  
 Solomon & Anna Mae Wickey  
 Dr. Richard & Carol Dicks  
 Jake & Elizabeth Schwartz  
 Jim & Pat Courter  
 Thomas Anstett  
 Jeffrey & Amy Grof  
 Iris Sylvia  
 Kathy Gauthier  
 J.D. & Joann Riggs  
 Sam & Anna Mae Schwartz  
 Chris & Gena Swihart  
 Hayden & Rosemary Foster  
 James Krutz  
 Cindy Proctor  
 Pat Geiger  
 Clarrisa Aukerman  
 Maxine Murray  
 Miles & Georgeanna Autrey  
 Shelly Oerlemans  
 Edna Ford  
 Jon-Lynn Yaden  
 Alice Miller  
 Calvin & Margaret Taylor  
 Pat Henry  
 Rady & Ella Faye Holder  
 Lillie Wagler

Dawud & Khadija Abdur-Rahmaan  
 Betty Harbour & Rhonda Williams  
 Joseph & Veronique Desrosiers  
 Arkady & Bella Vladimirsky  
 Paul & Mary Ann Hilty  
 Ron & Glenda Nichols  
 Lowell & Carolyn Jess  
 Dr.'s William & Mildred Horosh  
 Lon & Sherry Slider  
 Amy Johnson  
 Chad & Sylvia Silveus  
 Geneva Gile  
 Edd Saunders & Rosika Mahony  
 Tom Slider  
 Anne Wade  
 John & Ruth Zehr  
 Jim & Marion Jones  
 Valentine & Susan Byler  
 Ray & Carrie Davis  
 Cora Malinda Schlabach & son (Emanuel Jr.)  
 Peggy Ford  
 Dawn Upchurch  
 Arlene Bushard  
 Diane Krulock  
 Anita Owens  
 Dan & Rose Ann Miesse  
 Cathy Atkinson  
 Richard & Debbie Howard

Hint to where we are going.  
 See below for the answer!



**We'll be going to Walt Disney World, in Orlando, Florida!**

# **UPDATE ON HOW TO QUALIFY FOR THE PURE HERBS, LTD. CONVENTION**

## **CATEGORY I**

Purchase Volume of \$40,000 to \$49,999.00 will qualify for ROOM, AWARDS DINNER and MEETINGS\* for ONE. All other expenses are on your own.

## **CATEGORY II**

Purchase Volume of \$50,000 to \$69,999.00 will qualify for ROOM, AWARDS DINNER and MEETINGS\* and TRANSPORTATION for ONE. Also included is one ENTERTAINMENT. All other expenses are on your own.

## **CATEGORY III**

Purchase Volume of \$70,000 or more will qualify for ROOM, AWARDS DINNER, MEETINGS\*, TRANSPORTATION for TWO and FOOD REIMBURSEMENT PER SCHEDULE. Also included are TWO ENTERTAINMENTS.

### **\*INCLUDES LUNCH**

**PLEASE NOTE THAT THE PERSON WHO IS THE CONVENTION QUALIFIER  
CANNOT TRANSFER THE TRIP TO ANY OTHER PERSON OR PARTY.  
THE TRIP IS FOR THE QUALIFIERS ONLY.**

## **WHY WE APPLY SOME LIQUID HERBS EXTERNALLY**

All parts of the body do not absorb nutrients at the same rate. Some body parts need a little extra help. They may be weak, damaged or congested. For instance, the lymph glands may be stuffed with dead cells and poisons they just can't eliminate. The liver may be stunned with the residues from harmful medications and the chemical poisons sprayed on our vegetables and fruits to kill bugs. The bone marrow may be congested with chemically altered and artificial trans-fats. You run into a kind of toxic waste dump in those parts of the body. These areas may need some special help. Take the herbs internally and also put them directly over the organs or glands that are in trouble, two or three times per day. In this manner you nourish, clean, oxygenate, erase electrical upset to the nerves and repair body parts much easier. This is, of course, the great flexibility you have with high quality liquid herbs that are easily absorbed and straight from nature the way the Creator made them.

Excerpted from copyrighted material from 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 diseases or other physical or mental conditions. This information has not been verified by the American Medical Association or the Food and Drug Administration.*



DANDELION ROOT

# P.G.-G

## PAIN, GOUT, JOINT PAIN, STIFFNESS & ANTI-INFLAMMATORY



Formulated by master herbalist Geneva Gile who had been having severe attacks of arthritis. Her neck cracked and was painful to the point it was affecting her shoulders, arms, elbows, wrists and hands. She was having trouble sleeping because of the pain and trouble moving around.

Nothing seemed to be helping but even before she had finished one 4 oz. bottle of P.G.-G and S.H.-G the pain was almost gone and she was able to get the sleep she needed.

One of her clients came down with gout and had it quite seriously. After just a few days of P.G.-G it was nearly gone. The swelling, redness and pain had almost totally subsided.

Another client, who was a runner, had foot pain so severe that running was no longer possible. The client started taking P.G.-G and within one week the foot started feeling better. After the third week the client was able to start running again.

### INGREDIENTS:

#### **JUNIPER BERRIES**

- ◆ Dissolves uric acid
- ◆ Gout
- ◆ Digest-aid
- ◆ Kidneys
- ◆ Urinary system antibiotic
- ◆ Build immunity system

#### **DANDELION ROOT**

- ◆ Repairs stomach and joints
- ◆ Bladder and liver cleaning properties
- ◆ Vigorous body cleaner
- ◆ Liver disorders

#### **TURMERIC**

- ◆ Anti-inflammatory
- ◆ Digestive problems
- ◆ Liver problems
- ◆ Auto immune problems
- ◆ Rheumatoid arthritis, menstrual discomfort

Recommended Dosage: 80 drops, three times per day with meals. For a power-house effect use with S.H.-G.

**DIST. COST 1 OZ: \$10.00**

**SUGG. RETAIL COST: \$13.50**

**DIST. COST 4 OZ: \$30.00**

**SUGG. RETAIL COST: \$40.50**

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LADY'S SLIPPER ROOT

# S.H.-G

## ADRENAL STRESS, SEIZURES & HEADACHES

Formulated by master herbalist Geneva Gile who suffered a severe brain injury in a car accident. She had headaches, seizures, trouble walking, talking and thinking. Another of her side effects to brain trauma was depression. Also, crowds, lights and loud noises were a big problem for

Geneva. The doctors had given up on her after two years. After putting this formula together the seizures stopped quickly. But, this was just the beginning of the healing for her.

Clients of hers reported that when doing an intestinal cleanse it helped reduce stress and gave them energy.

One client started taking S.H.-G as a potential help for chronic stress. She has a type A personality that goes from zero to GO in the blink of an eye. She stated, "That's just the way it is," and then states she couldn't have been more wrong.

S.H.-G helps her dial the level down when the episodes come without sacrificing any motivation or clear-headedness. It also helped manage her stress well and she could get things done.



### INGREDIENTS:

#### LADY'S SLIPPER

- ◆ Excellent nervine
- ◆ Migraines
- ◆ Epilepsy
- ◆ Anti-spasmodic
- ◆ Regulates brain stem and high blood pressure
- ◆ Quick acting
- ◆ Restores functional balance centers in the brain

#### GOTU KOLA

- ◆ Corrects skin conditions
- ◆ Blood cleaner
- ◆ High blood pressure
- ◆ Reduces brain fatigue
- ◆ Powerful on the nervous system
- ◆ Poison antidote

#### B. & N.C.-W

- ◆ Brain and nerve cocktail
- ◆ Cleans and nourishes the nervous system
- ◆ Repairs the pineal, pituitary, hypothalamus and adrenal glands

#### TURMERIC

- ◆ Anti-inflammatory
- ◆ Digestive problems
- ◆ Liver problems
- ◆ Auto immune problems
- ◆ Rheumatoid arthritis
- ◆ Menstrual discomfort

Recommended Dosage: 80 drops, three times per day with meals. For power house-effect use with P.G.-G.

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**DIST. COST 1 OZ: \$10.00**

**SUGG. RETAIL COST: \$13.50**

**DIST. COST 4 OZ: \$30.00**

**SUGG. RETAIL COST: \$40.50**

## ENERGY BAR (YOU WANNA MEAL) PEANUT BUTTER

Treat yourself to a protein energy lift today. Each bar contains 18 grams of protein! This is the same amount of protein you get in an Egg McMuffin or a three-egg omelet and you won't have to wait in line. When you want a fast, quick meal or snack without worry, think YOU WANNA MEAL. Protein stabilizes blood sugar to keep energy flowing throughout the day. YOU WANNA MEAL is made fresh right here in the U.S.A. It is not a soy bean bar that was made who-knows-when in China. It does not taste like an old rubber tire or slightly flavored patching paste. Enjoy the flavor of peanut butter plus chocolate. That's about as good as it gets if you want a protein bar meal that is actually good for you. YOU WANNA MEAL qualifies as low carbohydrate, low sugar and low sodium if you are diabetic. Body builders add muscle weight and strength. Add protein to your diet and keep your immune system strong, keep your body looking younger and feeling great.

**INGREDIENTS:** Organic Peanut Butter (Organic Dry Roasted Peanuts), Whey Protein Isolate, Peanuts, Gluten-free Crunchy Rice Cereal (Rice Flour, Rice Bran, Raisin Juice Concentrate, Honey, Salt), Organic Clover Honey, Sugar Free Chocolate Chips (Malitol; Chocolate processed with Alkali; Cocoa Butter, Contains 2% or less of Soy Lecithin; Vanilla Extract; Milk), All One Vitamin Infusion (Rice Base Vitamin & Mineral Powder).

**CONTAINS: MILK, PEANUTS**

May Contain Traces of Milk, Eggs, Soy, Wheat, Tree Nuts & Peanuts.

### Nutrition Facts

Serving size 55g (55g) Serving Per Cont. 1

Calories 250

Fat. Cal. 130

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 15g	23%	Total Carb. 15g	5%
Sat. Fat 3g	16%	Fiber 2g	9%
Trans Fat 0g		Sugars 7g	
Cholest. 5mg	1%	Protein 18g	
Sodium 10mg	0%		

Vitamin A 10% Vitamin C 80% Calcium 60% Iron 8%

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Excerpted from copyrighted material from The Center For Building Better Health Naturally, Inc.

### TESTIMONIALS ON PEANUT BUTTER ENERGY BARS

I love, love, love the new Peanut Butter Energy Bars!!! They are a wonderful afternoon snack! I eat one just about every day. I look forward to them and enjoy them more than I would a candy bar! To me, they taste almost as good as a Reece's Peanut Butter Cup! They are that good! They are loaded with peanuts and unsweetened chocolate chips and they are delicious! I love getting that protein I so need in the afternoon. It helps me to stay awake!"

—Kim, Sterling Hts, MI

"Pure Herbs, you are just full of surprises! Peanut butter Protein Bar with un-sweetened Chocolate chips. When I was a little girl, I would put some chocolate chips on top of a spoon of peanut butter and that was my dessert. Yum! The whole peanuts are great! We had taken some of the bars with us for our lunch in town, and while we were choosing items for our wood stove, we let the store owners wife and the Swan's delivery man taste the peanut butter bars. Both of them said, 'This is good; it doesn't even taste like a health bar.' They are now interested in the herbs and the bars! The bars really do hit the spot!" —P.C., TX



**DIST. COST:**  
**\$35.40 PER CASE**  
**(13/CASE)**

**SUGG. RETAIL COST:**  
**\$47.40 PER CASE**  
**(13/CASE)**

## TESTIMONIALS ON P.G.-G & S.H.-G

**July 25, 2011** “The **P.G.-G** is an excellent product! As a matter of fact it is one of the best products I have ever tried. It gives the body an overall sense of well-being. You can feel the effects almost immediately. It helped to heal my ulcer and it also helped the inflammation that was in my eyes and body. I can’t wait to get some more!” —B. B.

**July 12, 2011** “I tried **S.H.-G** when I had eliminated caffeine from my diet and was doing a cleanse. It seemed to facilitate the whole program, reducing stress (mental as well as physical) and it made me feel much more clear. My mind seemed to work better. Also, my son used the **S.H.-G** combination when he was doing an intestinal cleanse and he said it helped reduce stress, gave him energy and just made everything smoother during this time. Thanks.” —C. B.

**June 17, 2011** “I am a runner. I run three to eight miles every day. My foot started to hurt so bad I could not run any more. I started on **P.G.-G** and within one week my foot started to feel better. After the third week I was back to running! Thank you and God Bless you!” — R. O., St. Petersburg, FL

**June 7, 2011** “For the last few years I have suffered from reoccurring pain in my knees. It has been particularly painful if I have to sit for a long time and severe on long plane flights, which I have to make quite often. Since I am 61 years old and there has been arthritis in the family I just managed as best as I could and blamed it on ageing. However, my Herbalist gave me a bottle of her new formula **P.G.-G** and what a difference it made. Just half way through the 4 ounce bottle I realized I wasn't feeling pain at the usual times, but I decided to wait for the ultimate test, a long plane flight, to say anything. I just returned home and there isn't any pain. I really tried to feel the pain there. The only thing I was doing differently was taking **P.G.-G** so I give it full credit. It's wonderful! I hope it will be around for a long time.” —H. S.

**June 17, 2011** “I have been using **S.H.-G** for my headaches and it has helped me out a lot. Thanks!” —S. B.

**July 11, 2011** “My brother-in-law used the herbal combination **P.G.-G** for gout. He had tried everything (Acupuncture, diet & supplements like fish oil, etc.). In just two days after using the **P.G.-G** his symptoms were gone. He did a supplemental dose for four days and has been well since then. It did flare up once and he took the **P.G.-G** for four day and it disappeared again. This is a great product!” —C. B.

**May 2011** “I came down with gout and had it quite seriously. I took the **P.G.G** formula and after a couple of days it was nearly gone. The swelling, redness and pain had almost totally subsided. This is an excellent combination for anyone suffering with gout.”

**Aug. 26, 2011** “On July 24th I took my husband to the emergency room around midnight. He was experiencing severe kidney pain on his right side. After four hours the pain subsided and he was released. The following night he was experiencing severe pain in the bladder area. He could not urinate. After four more hours of this pain in the emergency room they cauterized him and released him. He was very tired and still not urinating much. I called my Herbalist when we got home and she recommended **P.-W**, **S.D.-R**, **Goldenseal** and **P.G.-G**. He improved within a day and has been continuing to improve. He is also back to work. The **P.G.-G** took down the inflammation immediately and he began to urinate normally again. Thank you Pure Herbs for your wonderful herbs!!!” —H.T., W. Glover, VT

**Aug. 26, 2011** “I would like to share my testimonial. Since I have been using **P.G.-G** my hand has gone back to normal. It no longer is in pain and I can do things that I use to do with it. Before using this product my hand was curling and I couldn't straighten my fingers. They were in pain and the bones were sticking outward. Thanks for this Pure Herb now I can write and use my hand again!”—Deb

**Nov. 8, 2011** “I would like to thank my herbalist for suggesting I try the new combination **P.G.-G** for the problem I have with my left foot. I have had pain in my foot for a long time when I walk or bend my foot. I have gout in my big toe and a big knot in the upper joint of the foot causing a lot of pain from the toe, joint and the instep. I've been taking the **P.G.-G** combination since June 4, 2011. I have less pain and even the swelling has gone down some and I haven't even finished the first 4 ounce bottle yet! It was suggested by my Herbalist that I take two droppers full two times a day and rub some on my foot as well. Again thank you Pure Herbs **P.G.-G** has really helped my foot with the pain!” —C.S, Newport, VT

P.S. “I have used Pure Herbs for many years and I swear by them. I am so much healthier!”

## HERBALOGY 101 FOR YOU

This is a two day live class experience with the herbs. **HERBALOGY 101 FOR YOU** is a two day live experience with an herbalist and students in words you can understand. Learn how to regain your health, maintain your present health and improve your health. Learn what you can do for what. Be better informed about herbs and nutrition and their benefits. The herbalist you visit with is the well known Doctor of Natural Medicine, Dr. Eugene C. Watkins, B.S.ed., M.S., N.D. You can learn in your own living room, hold a group meeting or just put the recorded disc in a DVD player, your computer or your television screen DVD player.

- ◆ Hold a meeting and invite your friends, prospective new customers or distributors to learn right along with you.
- ◆ Meet on a chosen week night or each week and coast your way through this absorbing, informative and entertaining visit with the herbs and herbalist.
- ◆ Great promotional tool for your herb business.
- ◆ Hold your own two day Herbal Seminar.
- ◆ A really pleasant way to absorb the herbs and what they do.
- ◆ Over 130 single herbs are discussed in a familiar and understanding manner so you can use herbs too. There are many Herbal Programs for internal and external use.
- ◆ Know what every herbalist can and cannot say.
- ◆ Enjoy the Nutritional Information everyone should be familiar with.
- ◆ Use the richly color illustrated book, “HERBS FOR YOU”, by Dr. A. B. Howard and follow along with this presentation. Take written information and color herb pictures along with you for quick reference.
- ◆ Here is an abundance of herbal wealth waiting for you.
- ◆ Knowledge is wealth. Share it.

OVER 11 HOURS

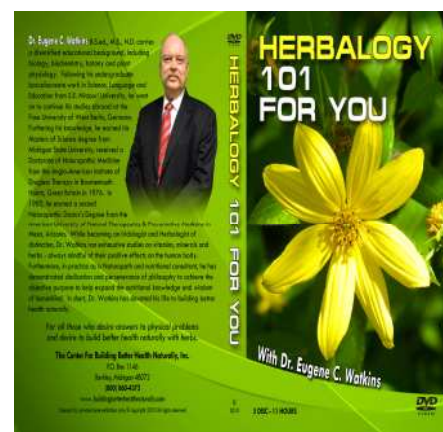
**COST: \$79.95/DVD set plus shipping.** We ship U.S. Priority Mail. The cost is \$6.85 for shipping and handling for the first DVD set. More than one set will be billed the actual postal rate.

### TESTIMONIALS

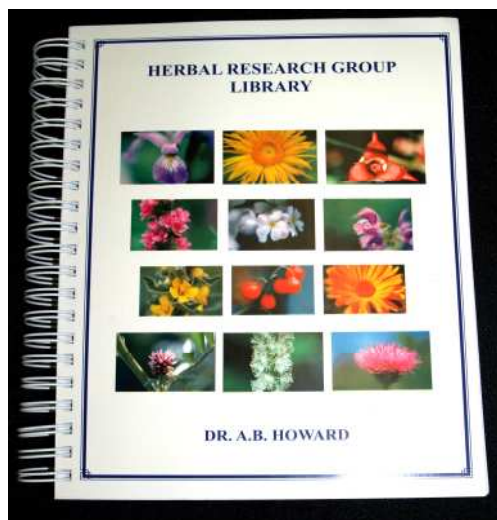
“I bought the Herbal DVDs in July and immediately wanted to share them with my clients and down line! Having been a Naturopath and Herbalist for 10+ years, I was greatly impressed with the quality and intensity of the knowledge Dr. Watkins shared. I continue to learn from these every time I watch them. So, in August 2010, I started weekly sessions with some of my folks watching and discussing these DVDs. What a great way to learn about the vast healing potential every herb offers! When you do group sessions like this, so much more is shared and learned. It took us a while to get through the DVDs, but we did; and I think we could watch them over and over and still learn something new. I plan on offering these DVD sharing sessions on a regular basis. I do recommend having index cards on hand to jot notes while watching as Dr. Watkins gives so much more than the average teacher. If you are a business builder, I think you will be pleased with the results in orders after these classes! One of my clients called the other day and said she has asked her family to simply order the DVDs for her Christmas gift. Talk about a gift that will keep on giving for years while helping you to improve your health and the health of others you know and love.” —Cathy Atkinson, ND - West Valley, NY

“There is an old saying: ‘Knowledge is Power’. Now you can get a lot of knowledge about herbs and their healing properties from DVDs featuring Dr. Eugene Watkins. Dr. Watkins has always been my best and favorite teacher. For the last 16 years I have learned a lot from him, but these DVDs significantly refreshed my knowledge. Dr. Watkins is not just a wonderful teacher but also experienced health practitioner and creator of numerous herbal formulas. His teaching comes not just from the books, but mostly from his tremendous experience and big heart. I highly recommend this DVD set to everybody as a wonderful learning and business-building tool.” —Bella, McAllen, TX

“A friend of mine and her mother were visiting for a few days. I had just ordered and received the DVD series of Dr. Watkins **Herbology 101 For You**. After supper we began to watch the DVD on the colon. My friend’s mother was fascinated by the information and we got into a discussion on diet, nutrition and cleansing. The mother lived on a mostly meat diet, very little vegetables or fruit. My friend’s mother adopted some of the ideas on the DVD’s, altered her diet and did some cleansing. Overall, better health occurred. Because of the **Herbology 101 For You** DVD’S she became interested in taking care of her body. The information on the set of DVD’s were very inspiring for her. Thanks Dr. Watkins.” —Thankful in KY



## THE HERBAL RESEARCH GROUP IS HAPPY TO ANNOUNCE THE COMBINED HERBAL RESEARCH GROUP LIBRARY



The information in this library has been assembled over a lifetime of practice to find what worked and what didn't. It grew out of sheer necessity and searching for ways to solve problems and relieve unnecessary suffering. These recovery programs were all written at different times as the need arose. There are root causes that occur again and again regardless of the "dis-ease" or distress. Learn to deal with these situations and move on. There are not really that many different "dis-eases," but there is a host of different ways they can show up in a person depending on what that person's weaknesses are. Enjoy the fact that there are answers to every physical problem, and all is not hopeless. The Master promised, "Let not your hearts be troubled" and "Fear not for I am with thee always, even unto the ends of the Earth."

**HERBAL RESEARCH GROUP LIBRARY** is for those who want more herbal knowledge and want to know what an herbal practitioner does when faced with more difficult cases. These works cover a wide range of conditions and solutions to a diverse spectrum of human suffering with complete herbal programs. These works are derived from decades of practical herbal experience and observation. This is the "**body shop**" and it is the "**how to analyze, fix and repair manual.**"

**\*\*\*\*Over 385 programs and write ups\*\*\*\***

**New programs and write ups have been added. Cross reference to make things easier. Over 460 pages.**

### **EXAMPLE: (\*PROGRAMS)**

\*Alopecia (Women's Baldness) \*Alzheimer Type Problems \*Bacteria: E. Coli \*"Bad Cells" \*Carpal Tunnel  
\*Colitis \*Cystic Fibrosis \*Emphysema \*Eczema -Psoriasis \*Eyes (Cataracts & Glaucoma)  
\*Fibromyalgia \*Gout \*Heel Spurs \*Impotence \*Internal Bleeding \*Lupus \*Pneumonia  
\*Radiation Poisoning \*Tendonitis \*Thrush \*Thyroid Gland \*Tremors \*Urinary Tract Infections  
\*Tuberculosis

**ALL THIS AND MUCH, MUCH MORE!**

**These works allow you to look over the shoulder of a Naturopathic Doctor and gain his knowledge.**

**WE HAVE PUT ALL THIS IN ONE SPIRAL BINDER.**

In the **past** these works were divided into **five separate volumes**. These older versions are no longer available.

**KNOWLEDGE IS WEALTH!**

**COST: \$79.95/per combined volume plus shipping/handling. We ship U.S. Priority Mail, cost is \$12.00 for S/H for 1-2 books, 3-4 \$16.00, 5 or more you will be billed actual postal shipping rate. Over 10 per order shipping is free. Also, please be advised that this work comes from The Center For Building Better Health Naturally, Inc and will be billed from there.**

**YOU'VE BEEN WAITING  
FOR THIS!  
AND NOW IT'S HERE!**

**ONLY \$79.95**

**QUOTED FROM A LONG TIME PURE HERBS DIRECTOR:** "Training is The Key To Your Success!!! We have so many great tools available from Pure Herbs now!!! The Herbs For You books (which are given to all new Pure Herbs sign-ups), Dr. Watkins DVD set (11 hours of training), and NOW the Herbal Research Group Library material (mentioned above). Remember, 'Only fools don't use the tools' and I Know You and Your People are not Fools!!!" —Richard Dicks, NJ

## SEMINAR & PROMOTIONAL INFORMATION

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 classes. Become certified as an Herbal Extracts Specialist. Learn usages 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." Also learn how to eat for optimum health with a special RAW food presentation and sampling at each class. Khadija Abdur-Rahmaan will be your RAW food instructor.

**DATE:** Every Mon., April 23, 2012 thru Mon., July 23, 2012

**TIME:** 7:00 p.m. until 9:00 p.m.

**COST:** \$400

**PLACE:** 1128 Atkinson, Detroit, MI 48202

-OR-

**DATE:** Every Wed, April 25, 2012 thru Wed., July 25, 2012

**TIME:** 6:00 p.m. until 8:00 p.m.

**COST:** \$400

**PLACE:** 1128 Atkinson, Detroit, MI 48202

**For further information or reservations: 313-865-0018 or 313-820-6388.**

### 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. Jeff Grof N.D.**

**DATE:** Sat., March. 10, 2012 thru Sun., March 11, 2012

**TIME:** 9:30 a.m. until 5:30 p.m. both days

**COST:** \$328 (non-student fee)

**PLACE:** 26061 Franklin Rd, Southfield, MI 48034

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

### MICHIGAN—DETROIT

Prof. Diane M. Lockett, B.A. Bus. ed., M.S.ed, C.N.H.P., Master Herbalist of the Divine Institute of Natural Health, is offering an in-depth study of natural Pure Herbs extracts and their healing properties. Become certified as an Herbal Extract Specialist, in eight sessions, and be the best that you can be!

**HES, Section 3**

**DATES:** Tuesdays, March 20, 2012 thru May 22, 2012

**TIME:** 1:00 p.m. - 3:00 p.m. (No class on 4/3 & 5/15)

**COST:** \$300

**PLACE:** 19649 Yonka Street, Detroit, MI 48234

- OR -

**HES, Section 4**

**DATES:** Mondays, April 9, 2012 thru June 4, 2012

**TIME:** 7:00 p.m. - 9:00 p.m. (No class on 5/14 & 5/28)

**COST:** \$300

**PLACE:** 19649 Yonka Street, Detroit, MI 48234

**For more information, or to register, please contact Professor Lockett at: 313-580-4121**

### MICHIGAN—DETROIT

#### HERBAL/NUTRITIONAL HEALTH COACH TRAINING

A comprehensive Health Coach Certificate Training Program combining the healing properties of Pure Herbs with the Nutritional properties of living food to prevent, heal & reverse disease. LaKeta McCauley, Certified Natural Health Practitioner, Nutritional Consultant, Certified Herbalist, and Author of the book, "Taking Every BITE Seriously" will be your instructor. McCauley reversed a breast cancer diagnosis through diet & nutritional therapies that included herbs and raw, vegan food. Studies from around the world suggest that a plant based diet is necessary to reverse disease & promote optimal health. Topics covered: Nutrition, Basic Anatomy & Physiology (*Know Your Body's Organs & How they function.*), Colon & Digestive Health, The Client/Coaching Relationship, The healing properties of Herbs & Food for Nutritional Healing, How Pharmaceutical Drugs Interact with Your Herbs; Face, Tongue & Fingernail Analysis, Conducting Assessments and more. Learn Coaching for diabetes, high blood pressure, thyroid concerns, cancer, eczema, weight loss and other conditions. The Health Coach Course Manual, the "Taking Every BITE Seriously" book and the TEBS Searchable Herbal & Nutritional CD are required for training. Correspondence courses, Online Courses and TeleClasses are available.

**DATE:** Every Thurs., Feb. 9, 2012 thru April 26, 2012

**TIME:** 7:00 p.m. until 9:00 p.m. (EST)

**COST:** \$499

**PLACE:** TeleClasses / Correspondence Classes / Online Classes

**On-Site:** The RAW Café, 4160 Woodward Ave. First Floor, Detroit MI 48202

**For more information or to register for class call Ms. McCauley directly at 248-790-6111.**

### TEXAS—KERRVILLE & SAN ANTONIO

Pat Courter, B.M.E., N.C., O.A., International Speaker, Teacher and Certified Herbalist, with over 35 years of Herbal Knowledge and Experience, will give a Power Point Presentation on **HERBS, NUTRITION, & YOU!** The presentation includes several awesome actual herb pictures. She will also talk about traditional uses of herbs, as well as her own personal experiences. A question and answer session will follow.

#### FIRST Presentation: TEXAS—KERRVILLE

**DATE:** Monday, March 12, 2012

**TIME:** 7:00 p.m. until 9:00 p.m.

**COST:** No Charge

**PLACE:** Wells Fargo Bank 301 Junction Highway

**For further information, please call Dan at 830-995-1997.**

#### SECOND Presentation: TEXAS—SAN ANTONIO

**DATE:** Sunday, March 18, 2012

**TIME:** 6:00 p.m. until 9:00 p.m.

**COST:** No Charge

**PLACE:** Best Western *Ingram Park Inn* 6855 NW Loop 410

**For further information, please call Lynda at 210-237-6542.**

## PURE HERBS, LTD. SUCCESS TESTIMONIALS USING PURE HERBS PRODUCTS

**August 2, 2011** “A man we’ve known for over 30 years finally listened and actually agreed to use **Big Five Plus Two** for his severe back pain. His back was out and he had what the Doctors call a ‘Herniated Disc’. He was taking several over the counter pain pills for his excruciating pain. He admitted to us that he was ready to do anything for his pain, so we gave him a small bottle of **BIG Five Plus Two** Extract as a starter and then shipped him 4-oz. bottles of **Big Five Plus Two**, **DSK.**, **D.A.N.-C** and **B.D.R.-C** because of the serious situation. We told his wife she could mix everything together and rub it on, all at one time, to make it easier. She faithfully used the mix on the entire length of the spine. We called a few days later. The receptionist said that he was pain free and was praising God for his relief. He had commented in their morning devotional three days in a row how hot the mix of herbs was, and wondered if there was Cayenne Pepper in the mix. Because the herbs worked wonders for his back, his wife told a good friend out west about Pure Herbs. Ten years ago we had shared some flyers with her. Her friends *back* experience, stimulated her memory, and she found the flyer for **B.D.R.-C** we had given her. She read through it and called me with an order for a 4 oz. bottle of **B.D.R.-C**.”

**TIP:** “Once you’ve experienced the herbs working, you want to share the **great** results and the herbal supplements with others.”

—PC in HOT Texas

**February 24, 2010** “I simply must share with you my introduction to the **Three Bee’s**. My B-12 level had fallen to 28 and I had no energy. My medical Doctor suggested B-12 injections, so I had two of them. I then saw my Nutritionist and he suggested I try the Pure Herbs **Three Bee’s**. I began with two droppersful twice per day. Six weeks later I had my B-12 level checked again and it had risen to 1500!!! Wow, I will never be without the **Three Bee’s** from Pure Herbs!” —J.T., Owensboro, KY

**April 2011** “My 22 year old daughter works at the airport and is in front of a computer a lot. Every night she went home with a headache and sounded stressed out whenever I talked to her. I decided to send her some **D.A.N.-C** for her to try and she said she wasn’t going to take it because it wouldn’t work anyway. Finally, she agreed to take it and after about a week I could tell she was a lot happier. She also told me she wasn’t getting the headaches any more. I said to her, ‘I guess the herbs are working.’ She said she had been drinking more water and that was probably why she felt better. Last week she asked if I had any more of the **D.A.N.-C!!! Kids!!!** I can’t tell you enough how I love Pure Herbs!” —R.Y., Wright City, MO

**Oct. 17, 2011** “My nephew contracted Lyme’s disease from a tick bite. He was put on antibiotics, but nothing was getting rid of his rash. He asked me if I knew of anything to help. I let him read about Lyme’s disease in the Pure Herb books. He decided to place an order for **P.A.-K**, **Black Cohosh**, **C.C.E.-W** and **Three Bee’s**. He took all of the products twice a day except for the **C.C.E.-W** which he took once a day at bedtime. After three days, his rash went away. He finished taking all of the herbs, just to make sure it wouldn’t come back. Then he reordered all of the products just in case. He said he has never had to take the second batch of herbs that he ordered because the rash never came back!” —D.G., Wytheville, VA

**March 11, 2011** “I have serious injuries as a result of my auto accident. I had become completely disabled. After the accident I was not able to work or exercise. I was in pain for almost two years. I just recently have been able to work out again and am doing so five days a week! I also joined Weight Watchers and started taking **W.L.-W** along with **A.C.S.** and **Vita-Lixir**. I had only lost about three pounds before taking the herbs, and after taking them, I lost about 13 pounds in ten days! I do attribute the weight loss to the adding of the herbs to my weight loss regimen! The herbs also seem to give me lots of natural energy! Thank you Pure Herbs!” —K.S., Warren, MI

**Jan 9, 2012** “In 2007 I was diagnosed with Macular Degeneration. In six months after using **E.-W**, **Eyebright** and **Purple Loosestrife** one dropperful in the morning and one in the evening my eye Doctor, who didn’t believe in herbs, was pleasantly surprised and said, ‘Well whatever you are doing keep it up.’ Then two years later I added **Wood Betony**, **Ol’ Number 11** and **Wild Cherry Bark Special**, one dropperful in the morning and one in the evening. I also rubbed them around my eyes and temple area. I was also still using the **E.-W**. In December I went to the retina Doctor for a check-up and he was very pleased. My eyes are holding their own! My good eye is 20/40. I can still drive at 80! Thank God for herbs!” —M.J.S, Portland, OR

**Dec 15, 2011** “I use to have a difficult time falling asleep or even sleeping through the night. I decided to try **Tart Cherries**. It works great! I take it about an hour before bedtime. I am now sleeping through the night. Amazing, a good night’s sleep! The best part of taking **Tart Cherries** is the taste! Yummy! I take about 2-4 droppers full depending on how wound up I am. I highly recommend this product! It is a great source of Melatonin. Try it if you want to sleep better.” —K.C., MI

### 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. Also, be sure to sign your testimonial. 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 & grammar.**

**July 25, 2011** “My neck began hurting in May, then it got really painful over night. I thought I might have Lyme’s disease because it causes terrible joint pain. I had tests done and found out I didn’t have Lyme’s disease. The X-rays revealed the beginning of degenerative damage in the lower neck. I decided to use **Five Oils** which seemed to help the inflammation. I also ended up with a sinus infection from Spring cleaning. After dusting thoroughly and cleaning up good around the wood stove I noticed my sinuses had improved and so did my neck pain. I also noticed one morning after applying Five Oils that the eye pain that I had been having subsided. I realized that it was part of the sinus infection I was having. I also found that **Three Bee’s** was very effective for the sinus infection probably because of its antibiotic properties. I am very appreciative for this relief and also to God!” —B.R., Gamaliel, KY

**Dec., 20, 2011** “A man came to me for herbal help after seven years of chemo and radiation for five malignant tumors. They had informed him that there were now 43 tumors and it was out of control and there was nothing more they could do for him. He was devastated; and being only 54 yrs old and not ready to die, someone told him to come and talk with me. I was caught off guard and wondered what could I do to help this man. In my mind’s eye I saw **OLIVE LEAF EXTRACT** and **RED CLOVER BLENDED** from PURE HERBS and then using my pendulum determined that 40 drops of each one three times a day before meals and that they could be mixed together. This was the route to go. So, he did one set of each for two months and the CAT Scan showed there were only 25 tumors! Exciting, to say the least! He did the same thing for two more months and the next CAT Scan showed 13 tumors left - Hooray! And he continued the same thing for the next two months and the next CAT Scan showed NO TUMORS! We were elated and so grateful to the Universe for the info and PURE HERBS availability! That was 17 years ago and no more tumors. By the way, he became my hairdresser since then and just retired - now I have to find a new hairdresser. God Bless.” —J. L.

**August 31, 2011** “It is a real pleasure to tell as many people as I can about the amazing qualities of **D.A.N.-C** from my own experience in taking it. One of the things that you will notice first is that it takes the edge off of life...time pressures, appointments, those daily ups and downs of life just seem a whole lot easier to handle. Some people like to carry a one ounce bottle with them to accompany them throughout the day. **D.A.N.-C** gives you relief without making you tired or sleepy. For myself, and for others, it is a marvelous mood elevator. Makes one feel lighter and able to cope better with whatever life gives you to handle. One of the absolute best features of **D.A.N.-C** is no side effects!!! You don’t become chemically dependent on a drug. Due to a natural source of lithium, B-complex and nerve food it is great for anxiety and for the brain and for nerve fatigue reversal. Some of my friends are using **D.A.N.-C** in their Prayer Ministry outreach as it has a calming and restorative influence. Thank you Pure Herbs for this great natural remedy that is keeping us healthy and uplifted!” —M. H., TX

**March 18, 2012** “When I began taking Pure Herbs the first one I started with was **A.C.S.** The issues I was having were horrible IBS (Irritable Bowel Syndrome) due to a surgery I had to remove my entire large intestine because of colon polyps. After the surgery I had diarrhea (the medical doctor could not find anything to stop it). I decided to go see a well known Amish Herbalist and he recommended I take **A.C.S.** capsules (eight/day). I did this everyday and as a result I have no pain, cramping or diarrhea! I also had irregular periods and was told by my Doctor that this was due to not being able to ovulate, but there was no reason why. Everything they gave me, I tried and it didn’t help. I decided to increase my **A.C.S.** capsules to ten/day and my periods became regular again and I started to ovulate! I also had what I believed to be a borderline thyroid issue which seemed to be causing weird pimple bumps on my shoulders and upper arms. Since I’ve been taking the **A.C.S.** on a daily basis they have completely disappeared!! Amazing! Thank you Pure Herbs!” —K.S., Warren, MI

**April 3, 2011** “A colleague told me years ago that fibroid growths could be avoided by feeding the thyroid. **A.C.S.** or **T.-W** (Thyroid) are excellent thyroid foods. Some of my friends who have gotten fibroid type growths had to stop drinking coffee in order to not have anymore fibroid growths. Some friends have taken the herbs **A.C.S.** (All Cells Salts), **C.C.E.-W** (Cleansing Corrective Extract), **Sanicle** and **Chickweed** to shrink or eliminate the fibroid growths. One of my friends told me that when she eats chocolate she gets cyst-like growths. So she doesn’t eat chocolate or drink coffee. Because some of my friends are unable to have coffee or chocolate, I decided to have them try the **Bee Pollen Special**. In taking the **Bee Pollen Special** many find they don’t need other stimulation. A schoolteacher in Georgia who wanted to break the coffee habit said she drinks a cup of hot water, and soon after, puts three droppers of **Bee Pollen Special** into a glass of room temperature water and drinks it. She gets that stimulating effect she wants and there are no side affects, ‘let downs’ or poisons to damage her liver. Any time during the day when she would drink coffee she uses **Bee Pollen Special** instead! She has been caffeine free for about five years now and still takes **Bee Pollen Special**. She loves the productive energy she gets from taking **Bee Pollen Special**! Pure Herbs **Bee Pollen Special** beats any kind of coffee, hands down, every time. There are no side affects, such as fibroid type growths, uric acid build up or a deceptive type of stimulation. Loving our Bee Pollen “Special” Formula!”

P.S. “We use Bee Pollen Special to protect us from the flu. It is also an excellent adrenal food.” —The 2 P’s in Texas

With kindest regards,

**Dr. Eugene C. Watkins**  
President

With best wishes,

**Gisela Watkins**  
Vice President

Best wishes,

**Aaron Watkins**  
Operations

**OLD  
PHILOSOPHER'S  
CORNER**

“You can decide to be successful and then just do it!”

Dr. Eugene C. Watkins  
1 February 2012



**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 48312 FAX (586)446-8218 PHONE (800)860-4372



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 (WE TAKE ALL MAJOR CREDIT CARDS) **ZIP CODE of CC# used: \_\_\_\_\_**

HERBAL PRACTICE LIBRARY MATERIALS	PRICE	QUANTITY
 <p><b>2009 Color Edition "Herbs For You Build Better Health Naturally"</b> Whether you use liquids, tablets or capsules, this book gives you the information you need. It contains 248 Single Herbs &amp; their usage/dosage. It also includes the Historical uses &amp; programs reference guide (45 pgs) of which herb to use for what condition.</p>	\$21.95 each	
 <p><b>"NEWLY UPDATED 2011 Color Edition Supplement</b> to the copyrighted work "Herbs For You Build Better Health Naturally" over 20 new products recently added, 160 combination herbs, capsules, tablets, skin lotions &amp; roll-on: usage &amp; dosage.</p>	\$17.95 each	
<p style="text-align: center;"><b>HERBAL RESEARCH GROUP LIBRARY</b></p>  <p>For those who want more herbal knowledge and want to know what an herbal practitioner does when faced with more difficult cases, here is the HERBAL RESEARCH GROUP LIBRARY. These works cover a wide range of conditions and solutions to a diverse spectrum of human suffering with complete herbal programs. These works are derived from decades of practical herbal experience and observation.</p> <p><b>This is the "body shop" and it is the "how to analyze, fix and repair manual."</b>  <b>Over 385 programs &amp; write ups. Over 460 pages. All this, in one spiral binder.</b></p> <p style="text-align: center;"><b>COST: \$79.95/per book plus shipping/handling.</b>  <b>We ship U.S. Priority Mail, cost is \$12.00 for S/H for 1-2 books, 3-4 \$16.00, 5 or more you will be billed actual postal shipping rate.</b></p> <p><b>For all books <u>above</u> , if ordering 10 or more books, per order, shipping is free.</b></p>	<p>\$79.95/per book plus S/H.</p> <p style="text-align: center;">←</p>	
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 <p><b>HERBAL HANDBOOK FOR PRACTITIONERS</b> — This handbook contains information on the Bowel Management Program; Cold, Flu or Worse; Green Drink; Bad Cells; The Importance of Protein &amp; Suggested Sources; Gall Bladder and Liver Flush; Full Nervous System Application &amp; Vaginal Suppository. The cost is <b>50 cents each, plus the actual U.S. postal mailing rate</b>, which will be billed to you. These booklets are shipped separately from the Herbal Extract Books and HRG Library materials.</p>	<p style="text-align: center;">←</p>	
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