

PURE HERBS, LTD.

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 PHONE: (800)860-4372 FAX: (586)446-8218
 WEB SITE ADDRESS: www.pureherbs.com

FEBRUARY/MARCH 2009

Volume XIX, Issue 1

INSIDE THIS ISSUE:

NEW DIRECTORS, NEW DISTRIBUTORS, CONVENTION NEWS LAST DAY MONTH RULE.	PG 2
PROMOTIONAL INFO	PG 3
SEMINAR INFO, QUICK TIPS FOR SUCCESS, EMPLOYEE BIRTH-DAYS, IN CHARGE OF PRODUCTION	PG 4
TESTIMONIALS.	PG 5
TESTIMONIALS CONT'D.	PG 6
HERBAL RESEARCH GROUP BOOK ORDER FORM.	PG 7



*****FEBRUARY 2009 SPECIALS*****

Purchase three bottles (must all be the same product) of the HEART formulas below 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 Hawthorne and receive a fourth bottle of Hawthorne free.

No Purchase Volume will be paid on any free bottles.

- **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 & Blessed Thistle** -- Relieves heart pains and corrects fluid retention. Also, repairs heart, heart valves and varicose veins. Helps with hiatal hernia or "stomach" hernia relief.
- **Hawthorne** -- Nourishes heart for regulation and repair.
- **H.T. Comb** -- Heart herbs that nourish the heart and repair valves, reduce swelling, restore feeble heart action, open congested heart blood vessels that are clogged (very slowly) so that the congestive debris is liquefied and flushed harmlessly from the body. Also use to maintain a healthy heart.
- **Heart Tonic Combo Capsules** -- Same as above.

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

NEW PRODUCT ANNOUNCEMENTS!!! (AS OF FEBRUARY 1ST)

"WILD" PEPPERMINT OILS

We now have two Peppermint Oils. They are both great. One Peppermint Oil is called PEPPERMINT OIL and is the same wonderful product you have come to use and rely on. The problem is at some future point when our present stock is gone and we have to re-stock, the new price will be at least double what you now know. Why this happened is because your government now recognizes only one particular type of Peppermint plant oil as being officially called Peppermint Oil. You can imagine this is like saying only one type of rose can be called a rose from this point on. So guess what, now the demand is so great for the one official Peppermint plant oil, its price has skyrocketed. Months ago when we found out about this, we looked for other peppermint plants which produce oil. There are many. Some of the finest are from Canada. From this search we found a wonderful blend of "WILD" PEPPERMINT OILS for you. They are somewhat different in character but, they work beautifully and they taste and smell great. We believe you will enjoy the refreshing difference that the "WILD" PEPPERMINT OILS provide for you. And here is the best part: WE DO NOT HAVE TO RAISE THE PRICE! You pay the same price as you now pay for Peppermint Oil. Compare below and see:

"WILD" PEPPERMINT OIL DISTRIBUTOR PRICE:	SUGGESTED RETAIL PRICE:
1-OZ. 4-OZ. \$7.00 \$21.00	1-OZ. 4-OZ. \$9.00 \$27.00

Notice: At this time we must discontinue the Herbal Adjustment Set and Big Five Set. Both Herbal Adjustment and Big Five are still available of course, just without the bottle of Peppermint Oil. Now you have the choice as to which oil you wish to purchase, Peppermint Oil or "Wild" Peppermint Oils. Both natural plant oil products (essential oils is another name for them) are very aromatic, highly concentrated, penetrate swiftly and highly effective. For use on Peppermint Oil, please see your "Herbal Extracts" Build Better Health with Liquid Herbs or your new "Herbs For You" Build Better Health Naturally book. (Peppermint Oil price will remain the same while supplies last).



RISKY BUSINESS

Have you ever lost power,
cell phone battery went dead,
or had a family emergency.

STOP

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



Philosopher's Corner

"Herbs do not have side effects,
just intended affects."

22 September 2008

Dr.s Eugene C. Watkins & Richard Dicks

**NEW DIRECTORS FOR
NOVEMBER/DECEMBER 2008**

Joy Schricker	Margaret Cross
Schnell Lafortune	Mark Shank
Deborah Baldwin	Connie Grosso-Rahn
Ben Knepp(28618)	Cathy Atkinson
Carmen Sole	Mary Anne Cotter
Schavi Ali	

CONGRATULATIONS!

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

30,664 THRU 30,988

LAST DAY OF THE MONTH

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.

**DON'T FORGET!
THIS COULD BE
IMPORTANT TO YOU!**

2007 CONVENTION NEWS

Last year's convention qualifiers went to Hershey, Pennsylvania. All that attended really enjoyed their stay at the famous Hershey Lodge. We also enjoyed the Hershey Gardens, Awards dinner, Round table discussions, the Herbal slide show and new products introduction. Great getting to see ya!

2008 CONVENTION NEWS

Convention qualifiers for 2008 will be going to Disney World in Florida. They will stay at one of Disney's Famous Resorts. Visit the Epcot Center, Animal Kingdom, Hollywood Studios, Magic Kingdom, and New Years Celebration every night etc. If you think Disney's not for adults, You've never been. Can't wait to see ya in the sunshine! Will be held in fall of 2009

**CONGRATULATIONS
CONVENTION
QUALIFIERS 2008**

Charles & Linda Hicks
Solomon & Anna Mae Wickey
Dr.s Frank & Irene Miesse
Jake & Elizabeth Schwartz
Chad & Fayth Silveus
Joseph & Veronique Desrosiers
Dennis & Karen Supina
Richard & Carol Dicks
Betty Harbour & Rhonda Williams
Dawud & Khadija Abdur-Rahmaan
Thomas Anstett
Lowell & Carolyn Jess
Dr.s William & Mildred Horosh
Ron & Glenda Nichols
Sam & Anna Mae Schwartz
Emanuel & Cora Schlabach
Geneva Gile
Jim & Pat Courter
Tom Slider
Arkady & Bella Vladimirsky
Iris Sylvia
Tammy Williams
Lloyd Weaver
John & Ruth Zehr
Lon & Sherry Slider
Paul & Mary Ann Hilty
Donna Perkinson
Jo Ann & J.D. Riggs
Irene & Kathy Gauthier
Jim & Marion Jones
Kathy & Ruben Huamani
Pat Castro
James Krutz
Valentine Byler
Rosemary & Hayden Foster
Rosika Mahony
Jon-Lynn Yaden
Rady & Ella Faye Holder
Cindy Proctor
Richard & Debbie Howard
Greg & Erin Taylor
Gena & Chris Swihart
Pat Geiger
Gary & Ann Sconyers
Calvin & Margaret Taylor
Shelly Oerlemans
Peggy Handerson
Miles & Georgeanna Autrey
Maxine Murray
Lillie Wagler
Rose Ann Miesse
Ladonna Fantz
Teresa & Doug McCurry
Clarrisa Aukerman
Jean Archer



**It's Cold & Flu
Season.
Better stock up!**



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

NEW & UPDATED 2009 Color Edition HERBS FOR YOU, Build Better Health Naturally

This book has been renamed because whether you use liquids, tablets or capsules, this book gives you the information you need.

Greatly updated & expanded includes Historical Uses & Programs: (45 pages) for easy reference (which herb to use). All the new single herbs, as of January 2009, that Pure Herbs Ltd. carries have been added.

292 color photographs - 272 pages

Drugs & Herbs write up

Pets write up

Call: 1-800-860-4372 to place your order today. See page 7 for order details.

NEW & UPDATED 2009 Color Edition Supplement to HERBS FOR YOU, Build Better Health Naturally

160 Combinations. Herb, Capsules, Creams & Lotions: uses and dosages.

Greatly expanded Historical Uses of Herbs: (37 pages) for easy reference (which combination to use).

All the new herbal combinations, capsules and lotions, as of January 2009, that Pure Herbs Ltd. carries have been added.

Call: 1-800-860-4372 to place your order today. See page 7 for order details.

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 7 for order details.

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

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 7 for order details.

PROMOTIONAL PAMPHLETS IN ENGLISH AND SPANISH:

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

A SIMPLE EXPLANATION OF OUR COMPENSATION PLAN (MULTI-LEVEL MARKETING PLAN) DISTRIBUTORS:

\$100.00— \$299.99 = 10% purchase volume rebate check from your upline Director.

\$300.00—\$599.00 = 15% purchase volume rebate check from your upline Director.

\$600.00 & Up = 20% purchase volume rebate check from your upline Director.

Basic scenarios: \$100.00 = \$10.00 (10% rebate check)

\$300.00 = \$45.00 (15% rebate check)

\$600.00 = \$120.00 (20% rebate check)

By sponsoring other people you can increase your purchase volume rebate checks. Even if you are not interested in making a business out of it you can use the rebate money to help with cost of purchasing your herbs.

DIRECTORS:

If you purchase \$1000.00 of products:

Average retail mark-up is approximately 25%. Your profit then would be: \$250.00

Pure Herbs, Ltd. Purchase volume rebate check would be: \$300.00 (30% of \$1000)

Total profit would then be: \$550.00

SEMINAR INFORMATION

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

MICHIGAN—DETROIT

Dawud Abdur-Rahmaan, 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 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 Mon., Jan. 12th, 2009 thru
Mon., Apr. 13th, 2009

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

PLACE: 1128 Atkinson, Detroit, MI 48202

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

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

MICHIGAN—SOUTHFIELD

Irene's Myomassology Institute is offering an Herbology class. The presentation speaker will be Dr. Eugene C. Watkins, B.S.ed., M.S., N.D. He is a Naturopathic Doctor and his class is a two day herbal slide show presentation that gives you the opportunity to learn about herbs for your health. You will also get the chance to taste some of the herbs.

DATES: Sat., Mar. 21, 2009 thru Sun., Mar. 22, 2009

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

COST: \$288 (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.

TEXAS—McALLEN

For anyone interested, Bella Vladimirsky of Advanced Holistic Health Services will come speak in your town on HERBS & NUTRITION for a one day seminar. Bella has a degree in Biology and Chemistry, is a Health Practitioner and Nutritional Consultant, and is also certified in Iridology by Dr. Bernard Jensen and Dr. Eugene C. Watkins. She works with diets, herbs and metabolic balancing and conducts Herbology seminars across the U.S. Bella is a Certified Clinical Nutritionist by the American Association of Nutritional Consultants, Advanced Holistic Health Institute and Bio-Ion Institute.

For further information, please call Advanced Holistic Health Services at: 956-631-3772.

NORTH CAROLINA—MANTEO

Patsy Reynolds, C.N.H.P. and Doctor of Naturopathy is available for herbal seminars/classes. Will travel to your area in North Carolina, Virginia and South Carolina.

DATE: 1st Wednesday, each month

TIME: 7:00 p.m.

PLACE: A Natural Health Center

1378 US Hwy 64, Manteo, NC

For further information, please call 252-473-6060. For monthly meetings please call three days prior to meeting to reserve a seat.

INDIANA—WARSAW

Christian Health Ministry is a not for profit Church/Ministry that educates and ordains Christian Health Ministers. Our goal is to spread "God's Plan For Perfect Health". Classes are offered via correspondence. Subjects include: Herbalism, Nutrition, Fasting and various Biblical Studies. The cost of Christian Health Ministry classes is \$299. After completing courses at your own pace, Christian Health Ministry will ordain and/or license you as a Christian Health Minister. Continuing education and contact will be offered on an annual basis. Seminars and classes are also available in person. Seminars can be held at churches, businesses, schools and homes. For further information, please contact Rev. Dr. Chad Silveus, N.D., D.N.M., C.N.H.P. and/or Rev. Dr. Fayth Silveus, N.D., D.N.M., C.N.H.P. Phone: 574-527-9944
Web site: www.christianhealthministry.org

QUICK TIPS FOR SUCCESS

**Do you want to be part of an
origination that just keeps on growing.**

Even in a bad economy?

YOU ARE

- * Use & know the products (Read up on them in the books provided to you when you joined).
- * Keep in touch with those you have signed up.
- * Have weekly or monthly meetings. (Have them bring their books and study together).
- * Every month there are specials. (Know what they are and pass the information on).
- * Pay your people in a timely matter.
- * Keep track of your Sales & your Downline. (You can keep track of this on our web-site, call us to set up a password).

**Yes, You can make a good living
just by helping others!**

**HAPPY BIRTHDAY PURE
HERBS EMPLOYEES:
PAT NASTAL MARCH 17**

IN CHARGE OF PRODUCTION SAYS:

In "bad times" it seems people need you and the herbs more than ever. We are growing and here to serve you and ready for your orders. 1 February 2009
Al Pfund, I.C.O.P. (In Charge Of Production)

PURE HERBS, LTD. SUCCESS TESTIMONIALS USING PURE HERBS PRODUCTS

11/ 24/ 2008

Thank you for all of the God-given herbs which you dispense.

“I go to a healthcare practitioner, Skip Forsell, every other week for reflexology treatment for my back and sciatica in my legs.

This past week everything went as usual with one exception, Mr. Forsell used Joint Helper on my spine and shoulders, and across my lower back. He followed this up with Peppermint Oil and Herbal Adjustment.

When I returned home, suddenly I realized I was walking with no pain! I could not believe it. I always feel fine when I leave his office, but this time it was different in a more positive way. I had **NO PAIN AT ALL!**

I figured that this had to result from his use of the Joint Helper since he uses the other herbs most of the time. Skip told me this was a new product. Thank God for its benefit. It was great! The pain was still gone the next day after this latest treatment.

I want to thank Pure Herbs sincerely for a great product and even greater results. Thank you once again.” -Mary Dibella, Tabernacle, NJ.

11/18/2008

“Over the last year or so, I’ve fought off some urinary challenges, the result of which has been that I’m often waking up two to three times a night to urinate. Nothing painful, just interrupting my sleep. I started taking Tart Cherries Extract, about 3 squirts in half an inch of water at bedtime along with my other bedtime supplements, and have found that I sleep through a solid 6-7 hours, without interruption. The best thing about Tart Cherries Extract is that if you need to be awake in the middle of the night for some reason, you are clear-headed, and when you wake up in the morning, you are also clear-headed, not groggy in any way, as well as totally well rested! Thank you PHL for giving me the sleep I need!” -Neva Strom, New York, NY

“I recently started having kidney pain which turned out to be kidney stones. I started using your product S.D.-R, and continued to do so. Through this past week I was able to save some of the small particles/stones that I have passed. Before taking the sample in to the Lab I added some urine to the container thinking this was wise... I dropped the sample off at the Lab, sharing with the Tech how I was using herbs to dissolve the stones and that this seemed to be working. Today my doctor’s nurse called and said that there was nothing in the sample at the Lab. The Lab Tech had told the nurse that I was taking herbs to dissolve the stones and that they had indeed dissolved. The nurse didn’t know what to say other than not to put urine in the container next time. Thank you “Pure Herbs” for your great products!!!” -R. Reed, Pueblo, CO.

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 & grammar.**

To all my wonderful friends at Pure Herbs.

“A very reluctant man was brought in by his wife to see me. By his side was a canine companion provided by an assistant group. The story I learned was this gentleman has been plagued by seizures since birth. His canine companion is by his side 24/7 to assist him if he has a seizure while in bed. The fear is he might be on his stomach when a seizure would hit him and it was feared he would smother him to death not being able to turn his face away from the covers. After looking at his eyes (Iridology) and muscle testing him I suggested Lady’s Slipper. It was reported to me a week ago that this man that usually had 15-20 seizures per day is having maybe 1 mild seizure per day. Thank God and Pure Herbs for the marvelous herbs.” – Terri Stevens, Connersville, IN

11/18/2008

“As a Certified VoiceBio Analyst, my assessment of clients can see how much energy they have in their thyroid. Most of my clients are extremely low and in need of iodine supplements. I have several products I muscle test them on, including T.-W, Kelp, Dulse and Black Walnut, but many people seem to have a hard time having their body hold the iodine they are taking. When my upline, Dr. Richard Dicks, came back from the October 2008 Convention, he was so excited about Cleavers. He had learned from another attendee that Cleavers helps the body hold the iodine. Richard taught our class about this, and we all muscle tested for whether we needed it at all. Externally applied at the base of the throat, internally, or both. I tested needing both. Now, every morning before I take my T.-W and other iodine sources, I put a couple of drops of Cleavers at the base of my neck, and a couple of more drops in my liquid chlorophyll/iodine solution. As a result, my iodine level has stabilized, which in turn has my thyroid operating better for normalized sleep patterns and good daytime energy, and my menstrual cycle is back to normal after an incident of excessive bleeding (5 days of very heavy flow-I used Shepherd’s Purse to slow it down). Thank you PHL for your products and for all the leaders who attend the Convention and share their knowledge with each other! Together, we are becoming healthier.” -Neva Strom, New York, NY

“My son, who was 14 last year and 6’2” tall, had twisted his ankle one Friday playing basketball at school. He didn’t tell me until the chiropractor was already closed for the weekend, forgoing the opportunity to be checked and adjusted as necessary until Monday after school. Realizing we were in “mommy-turf” over the weekend, and remembering other testimonials I read about PHL, I got out my book by Dr. A.B. Howard, and looked at what PHL products I had on hand. I followed the book’s instructions for making a poultice: I first layered Five Oils for its protective oil base, and the ability of the mints therein to open the pores and draw the next set of herbs into the body. Then I put on Ol’Number 11 and D.A.N.-C and Arnica, to reduce swelling, and heal all tissues in need of healing, whether muscle, tendon, cartilage, etc. Finally, I ended with some Herbal Adjustment, which works like a pile driver to pound in the herbs under it. I wrapped the ankle with gauze, then some plastic wrap, and held it all in place with an ace bandage. It worked so well that my son was complaining. Washing off the Herbal Adjustment, but redressed it by repeating all the other herbs. By the next day he didn’t need the ace bandage, and was able to walk on it, albeit gingerly. By Sunday he was fine, and on Monday so fine, when he went to the chiropractor, he could not find anything wrong with my son’s ankle. Thanks for saving my basketball player, PHL!” -Neva Strom, New York, NY

With kindest regards,

With best wishes,

Best wishes,

**Dr. Eugene C. Watkins
President**

**Gisela Watkins
Vice President**

**Aaron Watkins
Operations**

**A
HAPPY
HEALTHY
NEW YEAR
TO YOU ALL!**



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
**NEW UPDATED (2009) HERBS FOR YOU, BUILD BETTER HEALTH NATURALLY		\$21.95
**NEW UPDATED (2009) SUPPLEMENT TO THE COPYRIGHTED WORK HERBS FOR YOU, BUILD BETTER HEALTH NATURALLY		\$17.95
<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> 1–4 books shipped by U.S. Mail at a flat rate of \$4.80. 5 or more books will be shipped via U.S. Mail and you will be billed the actual shipping cost.		
<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.		
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 each 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 = \$ _____

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 MONEY ORDER
 MASTERCARD
 VISA
 AMERICAN EXPRESS

Methods of Payment:

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.