

PURE HERBS, LTD.

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JUNE/JULY 2003

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INSIDE THIS ISSUE:

<i>NEW DISTRIBUTORS, SHIPPING POLICY, RETURN POLICY & C.O.D. FEE.</i>	PAGE 2
<i>BIRTHDAYS, WHEN RENEWING YOUR MEMBERSHIP, HOW TO ORDER A MUSCLE TEST KIT, PLEASE REMEMBER, NOTICE TO WALK-INS & I.C.O.P.</i>	PAGE 3
<i>SEMINAR INFORMATION & OFFICE HOURS.</i>	PAGE 4
<i>TESTIMONIALS.</i>	PAGE 5
<i>TESTIMONIALS CONTINUED & SARS WRITE-UP CONTINUED.</i>	PAGE 6
<i>HERBAL RESEARCH GROUP ORDER FORM.</i>	PAGE 7

NEW DIRECTORS FOR MARCH/APRIL 2003

**Brenda Fison
Micheal Zito
Beverly Guillaume
Wanda Gaston**

CONGRATULATIONS!

YOUNG PHILOSOPHER'S CORNER

“Your mind may not recall
everything you’ve come
across in life. . .
But your body never
forgets.”

1 June 2003
Kurt Priebe, P.H.L.
employee

FIRECRACKER SPECIAL!!!

It's that time of year for Pure Herbs, Ltd. "Fourth of July Baker's Dozen Firecracker Special. The special will begin on Tuesday, July 1, 2003 at 9:00 a.m. (Eastern Daylight Time) and end promptly on Thursday, July 31, 2003 at 5:30 p.m. (E.D.T.). Anything left on the answering machine, fax machine, internet, or received in the mail after 5:30 p.m. (E.D.T.) on July 31, 2003 will not be counted toward the special. These orders will count for the month of August 2003.

THE SPECIAL:

When you purchase 12 bottles in a 4oz. size you will receive the 13th bottle absolutely free. The same applies if you buy 12 bottles in a 1oz. size or 12 bottles of capsules, vitamins and/or Sports Cream Plus. You do not have to order all the same product. You may order 12 different types of product, but the product must be the same size or all capsules, vitamins, and/or Sports Cream Plus. The free bottle is your choice with the exception of True American Ginseng, Lady's Slipper, True Saffron, Virginia Snake Root, and all Custom Blends. Purchase Volume (P.V.) will not be paid on any free bottles.



SARS (SUDDEN ACUTE RESPIRATORY SYNDROME)

This disease attacks the respiratory (breathing) system of a person and can become a life threatening problem. The acute part means rapid onset and the problem may result from a brief high intensity exposure to someone with the illness. The syndrome part means a group of symptoms (signs) running together that make up a "picture" of a certain disease. SARS is caused by a virus. A virus is an infectious agent, smaller than most bacteria, and it needs a living cell to invade and live in to be activated and work its mischief.

What happens is that the SARS virus finds weakened or "dirty" cells in the lungs to enter and multiply. The virus destroys cells in the lungs and then the process of putrefaction (rotting) occurs. The lungs draw in fluid to dilute these poisons. All this cuts down on the amount of oxygen the lungs can take up. Breathing becomes labored and the person's temperature climbs. If the lungs are not oxygenated, strengthened and cleaned; death can result.

CONTINUED ON PAGE 6.

WELCOME NEW DISTRIBUTORS TO OUR PURE HERBS FAMILY



RETURN POLICY

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

19,451
THRU
19,755

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

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

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

**C.O.D. FEE IS \$7.00
ADDITIONAL.**

HAPPY BIRTHDAY!



SANDY—JUNE 8
 UNCLE AL—JUNE 9
 AARON—JULY 3
 KURT—JULY 4
 BONNIE—JULY 8
 DR. WATKINS—JULY 11
 MIKE—JULY 11

WHEN RENEWING YOUR MEMBERSHIP, please do not resubmit a new Distributor Application Agreement Form. We only need an Application submitted if your membership has gone past 90 days of your expiration date or if you are a new Distributor.
 Thank you!

MUSCLE TEST-KIT

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

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

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

PLEASE REMEMBER:

The Distributor number you are given is yours — **not** your children's, **not** your friend's, **not** your customer's. **YOU ARE THE ONLY PERSON AUTHORIZED** to use this number.

ALSO PLEASE REMEMBER:

If paying for your order with a credit card and your credit card is not on file with us, please have it out and ready to read to us. If you would like us to put your credit card on file, we would be happy to do so. Also, please have your orders ready to read to us.

THANK YOU!

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.

IN CHARGE OF PRODUCTION

“We are proud to announce that for the last five months of sales, our Vitamin E is the number one seller out of the entire capsule and vitamin line .”

1 June 2003 — I.C.O.P. (In Charge Of Production) Al Pfund

SEMINAR INFORMATION

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



TEXAS—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.

INDIANA—LAWRENCEBURG

Jean Kinnett, Master Herbalist, Iridologist, Massage therapist and Doctor of Naturopathy is available for herbal or iridology seminars. She is willing to travel to your area. For further information, please call 812-537-5457.

NORTH CAROLINA—MANTEO

Patsy Reynolds, Certified Natural Health Professional and Doctor of Naturopathy is available for herbal seminars/classes. Will travel to your area in North Carolina, Virginia and South Carolina. For further information, please call 252-473-6060. For monthly meetings please call three days prior to meeting to reserve a seat.

DATE: 1st Wednesday, each month

TIME: 7:00 p.m.

PLACE: A Natural Health Center, 1378 US Highway 64, Manteo, NC 27954

MICHIGAN—STERLING HEIGHTS

Joan Thompson, Herbal practitioner and Medical Intuitive Therapist is available for herbal lectures. Joan specializes in Herbs and Herbal Blends, Flower Essences (Perelandra and Bach and the New Bach Flower Body Mapping, Chi-intrasonic 8 - using effective frequency bands to relieve pain and promote healing, trauma and pain relief. Joan is also an Aroma Therapist who works with Essential Oils and a Body and Energy worker. Joan has worked in the health care field for over 20 years as a Registered Respiratory Therapist and has developed a number of herbal remedies for Pure Herbs, Ltd. For further information, call Joan at 586-412-3449.

OFFICE HOURS

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

ALL DIRECTORS:

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

*We will be closed Friday, July, 4th to celebrate Independence Day.

PURE HERBS, LTD. SUCCESS TESTIMONIALS USING PURE HERBS PRODUCTS

"I have dark brown hair and I use henna to color it. The Henna fades rather fast, but I found by using a mix of Rosemary and Sage in a separate bottle at the rate of 50/50 and applying the mixture directly to my scalp with a dropper the Henna does not fade. It also maintains a rich color!"

—Sheila Naidu, Kennesaw, GA 770-423-7421

"I wanted to tell you I am so thankful to Our Heavenly Father Jehovah for having you all here on this earth to give us the natural healers that our bodies can and do accept for our aches and pains. Again thank you for all you have done. I will continue to use and recommend your products."

—Argie, Alice, TX

"I am 65 years young, and I was diagnosed 10 years ago with degenerative disk disease (sounds too medical)! Scoliosis appeared when I was 13. Because of the 60 degree curve and compression of spinal disks, pain is almost always present in my lower spine. I recently started using Arnica Oil Blend and Sports Cream Plus. It has been a winning team for me. I have less pain now. I apply a few drops of the Arnica Oil Blend to the areas of discomfort, wait a few minutes, and then I massage a small amount of the Sports Cream Plus to my lower back. Once in awhile I will also apply a few drops of Indian Tobacco. I have noticed more flexibility and my lower spine is more relaxed. Best of all, the pain diminishes. Also great for arthritic knees and joints and also stiff neck and shoulders. Thank you Pure Herbs for these winning products."

—Sheila Kaplowitz, Hendersonville, NC 828-693-5444

"Skin cancer has been in my family for years. My aunt died from melanoma and I have had several moles removed from my face and back. When I found a mole starting to grow at my hairline, I decided to try Red Root and use it according to the directions in my Herbal Extract book. It took several months, but it went away. My husband had a mole growing on the inside curve of his ear which seemed to change color. We decided to use the Red Root on it. The mole darkened and seemed to shrivel and finally began to peel away from his ear. After what seemed only a few weeks, the mole was hanging on by just a tiny bit of skin. My husband pulled it off, the mole was black and much smaller than the original mole had been! This was several months ago, and the skin is still clear. My only regret is that we didn't take it to be checked for cancer."

—Betty Lynch, Hempstead, TX 979-826-0175

"A lady came to me because of an irregular heart beat. Her doctors had told her that scar tissue on the heart was causing the irregular heart beat. I recommended RST-C (Repair Scar Tissue). After several months she returned with the following report, 'My doctors can't explain why, but they cannot find any scar tissue and my heart beat is now normal.'"

—Lon Slider, Covington, IN 765-793-2537

"I had a sharp stabbing pain in my ear so I took Olive Leaf and Vitamin C every hour. I also put Garlic and Mullein Oil and Olive Leaf on a piece of cotton ball and put it in my ear. . . .did a heavy dose at bedtime, plus rubbed the Garlic and Mullein Oil all around my ear and the side of my face. The next morning the terrible pain was gone. I was so impressed!"

—Cheryl Lawson, Derby, VT 802-766-2487

"The other day when I was shaving I nicked my face. I decided to put our Sports Cream Plus on the cut. It burned a bit, but in the end it helped the wound heal faster than normal and my skin felt smoother. I decided to try the Sports Cream Plus on my entire face as an after shave. The skin on my face now feels smooth and I feel more circulation to the skin!"

—Dr. Eugene C. Watkins, Sterling Hgts., 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.

If you would like to send in your success testimonials, address them to: Pure Herbs, Ltd.

33410 Sterling Ponds Blvd.
Sterling Heights, MI 48312

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

TESTIMONIALS CONTINUED

“My daughter and son-in-law were so sick with the flu that they called my husband and me at 10:30 p.m. to drive the half hour to their house to take them to the hospital even though they know we both work and were already in bed. They felt awful; loose bowels, dizziness and they couldn’t even keep fluids down. We were exposed that night and I took off the next day to go stay with them to take care of my four month old grandson. My husband and I took one Tablespoon of C.C.E.-W once a day for one week. Praise the Lord and Pure Herbs neither one of us got even a touch of the flu.”

—M. C., Beech Grove, IN 317-783-3238

“The following is a testimonial regarding my almost eight week old newborn. At the time my newborn was eight weeks old, she was still jaundiced (slightly still in the eyes), and was demonstrating some mild reflux symptoms, requiring us to keep her in an infant seat to sleep. She also had a thick white-coated tongue. Even as a Distributor, I was too exhausted to research what Pure Herbs product/s to use. I finally phoned my upline Caletta Oakley who read a list of herbs for each of these problems. Culvers Root (Black Root) was common to all three problems! I immediately ordered a bottle, and after simply rubbing the extract on the bottom of her feet and on her tummy area at diaper changes, we noticed her white tongue and jaundice all clear within two weeks! Just proof again that God intended . . . ‘the leaves for healing Ez47:12’”.

—Judy Orsborn, Broomfield, CO 303-466-7999

“I was suffering with a very bad sore throat. I couldn’t even swallow! I decided to try Bee Propolis which is a natural antibiotic. I took about 80 drops. WOW, within an hour my throat was better. I was able to swallow and the unbearable pain was gone.”

—Betsy Turnquist, Warren, MI 586-294-7459

SARS CONTINUED FROM PAGE 1.

WHAT TO DO: Open capsules of **Vitamin E** and apply the oil all over the chest. This oxygenates the lungs and body. Next apply liquid **Pleurisy Root Extract** to the entire chest. This helps to drain the excess fluid from the lungs. Then apply liquid extract **C.C.E.-W (Cleansing-Corrective-Extract)** to the lungs and abdomen. This will clean the lungs and the wastes from the bowel. Then apply **Oil of Cajeput** to the chest. Oil of Cajeput is an antibiotic and will destroy fungus as well as relieve discomfort. It also opens the air passage ways which makes breathing easier. Its scent is pleasant. Finally, apply **Herbal Adjustment** all over the chest. This rapidly increases the circulation and opens air passage ways. Infected mucus can now slide up and out of the lungs. After applying the **Herbal Adjustment** slip on an old wet white T-Shirt. Use cold water to wet the T-Shirt. Next, take a plastic trash bag and poke holes for the head and arms. Pull this down over the body. Go to bed, cover up and sweat it out.

Throughout the day, while sweating, drink 1 cup every three hours of warm tea made from **Yarrow Extract**. This will replace body fluids. Continue until the sweat out process is complete. The tea can be prepared by adding 1 tsp. of **Yarrow Extract** to 1 cup of either distilled water or a good spring water. While sweating, the infected mucus may begin to be coughed up.

The temperature should drop, the lungs should be cleaned out and the process is then complete. Repeat if temperature begins to climb again and cough becomes tight.

In severe cases apply all the above liquid extracts and oils to the back area where the lungs are located.

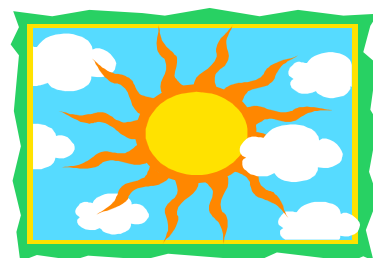
CAUTION: Do not get any liquid extracts or oils in the eyes as it will cause the sensation of stinging and/or great heat. Be reassured tissue is **not** being destroyed, but if you don’t know that you might panic. If any fluids should get into the eyes, flush immediately with water. Be patient and peace will return.

With kindest regards,

Dr. Eugene C. Watkins
President

With best wishes,

Gisela Watkins
Vice President





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

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

Ship to: _____

Street: _____

City/State: _____ Zip Code: _____

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

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

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

CHECK MONEY ORDER MASTERCARD VISA AMERICAN EXPRESS

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

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

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

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

