

# PURE HERBS, LTD.

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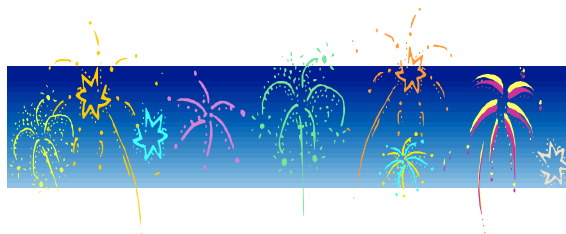
JUNE/JULY 2004

Volume XIII, Issue 3

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## JULY



## 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 Thursday, July 1, 2004 at 9:00 a.m. (Eastern Daylight Time) and end promptly on Friday, July 30, 2004 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 30, 2004 will not be counted toward the special. These orders will count for the month of August 2004.

### 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

### NEW DIRECTORS FOR MARCH/APRIL 2004

ZONA MIKKELSEN  
CINDY MAGOCS  
PHYLLIS CAUSEY  
MARILYN RODERO  
ANITA KISER  
SUSAN KYLLONEN  
LISA DENTON  
CATHERINE CAVIN

**CONGRATULATIONS!**

### OLD PHILOSOPHER'S CORNER

"If you wish to deal in the  
truth be prepared for  
adventure."

1 June 2004  
Dr. Eugene C. Watkins

### NEW PRODUCT INFORMATION ON CHLORELLA

"Chlorella is a microscopic green miracle plant which helps to get pesticide poisons out of the body. The poisons bind to the undigested cell walls of Chlorella after we eat it and are ushered out of the body by way of the bowel. In this way lead, cadmium and other heavy poisonous metals are dumped. We spray pesticides on our foods to kill weeds and bugs to keep them from crowding out or eating our foods before we can get them. Then when we eat it we get some of those pesticide poisons ourselves. This is how we can expect to contaminate our liver, encourage the growth of 'bad cells', disrupt the development of children in the womb, suppress the function of our disease defenses (white blood cells and lymph node cells for instance) and mess up our skin and eyes. Chlorophyll (plant blood) all by itself helps eliminate a whole family of petroleum based poisons called dioxins from the body by encouraging bowel movements. The concentrated source of chlorophyll from the fresh water algae plants, called Chlorella, do an excellent job of this. Chlorella is so nourishing it is the basis for an entire food chain. This life-sustaining plant could be called the 'grass of fresh water'. More to the point, it is a fairly complete food source in and of itself, including vitamins. There are at least 20 different types of Chlorella. We chose a thin walled Chlorella for the job because it is easier to get at the digestible part; then we go one step further and make a liquid out of it that goes more or less directly into the blood stream. A vital point for vegetarians is that Chlorella contains Vitamin B-12. If you are feeling puny and don't know why and want to perk yourself up, sometimes a good slug of B-12 from a plant such as Chlorella each day will do the trick. Your liver will love you!"

—Dr. A. B. Howard

**SEE PG 3 FOR PRICING INFORMATION & SUGGESTED DOSAGE OF CHLORELLA.**

# 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.

21,000  
THRU  
21,282

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 \$7.50  
ADDITIONAL.**

**HAPPY BIRTHDAY PURE HERBS EMPLOYEES:**



**SANDY—JUNE 8**  
**UNCLE AL—JUNE 9**  
**AARON—JULY 3**  
**KURT—JULY 4**  
**DOC—JULY 11**  
**MIKE—JULY 11**

**CHLORELLA PRICING INFORMATION & SUGGESTED DOSAGE**

**DISTRIBUTOR PRICE                      SUGGESTED RETAIL PRICE**

<u>1-oz</u>	<u>4-oz</u>	<u>1-oz</u>	<u>4-oz</u>
\$6.50	\$19.50	\$8.50	\$25.50

Suggested dosage is: one to three teaspoons per day.

**CLARITY OF EXTRACTS**

Some of our liquid herbal extract products are naturally “cloudy” in appearance due to the character of the herb or herbs dissolved or suspended in them. No matter how long they set, they will never appear completely clear. Note: these dissolved or suspended particles make the product do what it is supposed to. Occasionally, there will be some settlement of the herb or herbs dissolved or suspended in the liquid around the sides of the bottle or on the pipette (eyedropper). The explanation for this is that, with some herbs or combinations of herbs, their particles float in the extract liquid during the filtering process and later settle some. Temperature and pressure changes can and do influence this occurrence during and after making an extract. Also, it should be noted that herbs and good herbal extracts contain some natural oils, and some of these oil droplets may appear on the surface of the herbal extract. Both the particles and natural oil droplets could be removed, but then the extract would not be as strong. This is part of your guarantee that we put as much herb or herbs as possible into your extracts. This same occurrence can also be observed in natural juices where some settlement occurs. Shaking the juice or herbal extract prepares it for use with its full taste and effect.

**COLOR AND TASTE OF HERBAL EXTRACTS**

Herbs come from nature, and just as no two apple crops from one year to the next, or even any two apples from the same tree taste exactly the same, so it is with crops of herbs. This is part of the endless and wonderful variety which nature provides for you. You may therefore notice slight differences in color or taste from one year to the next. It’s something like your mother’s potato soup. She can use her recipe and the same ingredients two days in a row and the soup is always different, but always good. Rest assured, all of our herbal products do measure up to our known and established standards of quality and excellence before they are approved for use. This is so you can rely on them and have what you expect from them when you use them.



**IN CHARGE OF PRODUCTION SAYS:**

“In addition to our power press, we are now using a 5 horse power blender for extracting. With the use of this more modern equipment the quality of our herbs is even greater!”

1 June 2004 — 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—HUMBLE AND TOMBALL

Elaine Thomas, with A Gift of Health, has relocated to the Houston area. She is offering classes in Iridology and Herbology in the Humble and Tomball areas.

For further information, please contact:

Elaine Thomas @ 281-324-7415 (Humble/Huffman) or

Karen Bright with Brighter Health (Tomball) @ 281-970-0414.

### 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. 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, 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.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.

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

"I feel compelled to write a testimonial for the Bitter Orange extract. I have been suffering with breathing problems for about three months. What began as walking pneumonia ended with a severe case of bronchitis. My airways have been very tight and restricted. After one dose of Bitter Orange under my tongue, my airways opened up and my chronic cough was silenced, all within seconds. Also, my eleven year old daughter came home from school recently complaining of extreme nausea and stomach ache. I gave her 20 drops of Bitter Orange under her tongue and within 15 to 20 minutes she felt 100% better and was able to eat supper with no more complaints. In my opinion, Bitter Orange is very effective and also very tasty. I am so impressed and grateful that such products are available to one and all. Thank you Pure Herbs for such superior products."

—Angela Conrad, Newport, VT  
802-334-1015

"In March of 2003 I was having a dull aching discomfort in the lower pelvic area, due to a hysterectomy, in 1982. The pain had occurred in the past, but now it was becoming more frequent. By afternoon I'd need to rest and use a heating pad on low for minimal relief. This went on for several weeks. Reluctantly, I visited my family doctor who felt this was scar tissue (adhesions) causing my pain. The doctor scheduled me for an ultrasound for the following week. In the meantime I started applying Vitamin E oil, RST-C and Arnica extract on the area as suggested by my herbal practitioner. I also took RST-C internally twice daily. Within a week I had less pain. I decided to cancel my ultrasound appointment. Within three months of following the above protocol I felt an 80% improvement. I was amazed! I've since put the heating pad in the back of my closet. Thank you Pure Herbs and Pat Courter."

—Sheila Kaplowitz, Hendersonville, NC

"To make a long story short, the trouble started with my foot a year ago. I went to the 'wrong' hospital with an infection in my big toe. They had me on three general IV antibiotics that would not bring my white count down, they operated three times and told me they couldn't help me. They told me the only solution was to cut my leg off. I said no way and went to another hospital. They were wonderful, but still medical people. They repaired most of the holes created by the infection. I stopped going and finished healing the last hole with ozone and herbal salve. They kept me on oral antibiotics (little did I know what it would do to me) from December through July of 2003. When I got off the antibiotics, my immune system was shot. I got every infection and sickness anyone else had. I got another infection in my foot, this time by my pinky toe. The side of my foot and my pinky toe turned black. I read about Cajeput Oil and decided to give it a try. It worked exactly the way it was supposed to. It took about two weeks to work. I applied it to my toe and the black sloughed off and beneath was wonderful pink tissue. Then I ended up with bronchitis due to my poor immune system from taking antibiotics. I remembered what I had read about the Cajeput Oil and decided to rub it on my chest. It helped me to cough up the mucus. My bronchitis was over in a couple of days. I do not take antibiotics anymore or any other medical drug. I use all herbs. Herbs and alternative medicine is the way for me!"

—L. Crawford, Arlington, TX

"January 12, 2004, I fell on an antique brass lamp in my shed. I could see the design of the lamp base one inch deep in the middle of my kneecap (patella). The bottom half was crumbled and removed. The doctor joined the tendon to the upper half. For a month I could still feel the pain. I got Arnica and my husband massaged it from the top of my leg to my toes. To my surprise I felt better the next day. With the pain gone I am doing much better with the broken bone."

—Dorothy Sheffield, Waycross, GA  
912-285-8266

## WE ENJOY YOUR TESTIMONIALS, PLEASE SEND THEM IN!

### IMPORTANT NOTE:

When sending in a testimonial, please be sure to include which herbs you have used to help you. We have received many testimonials which do not give this information and then we have our Distributors calling, wondering which herbs were used.

If you would like to send in your success testimonials, address them to: Pure Herbs, Ltd.  
33410 Sterling Ponds Blvd.  
Sterling Heights, MI 48312

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

**TESTIMONIALS CONTINUED**

"I am so excited with the results I have just seen with Arnica Oil Blend. My son's girlfriend's daughter has cerebral palsy. Aurora is three years old. She was born with Spastic Cerebral Palsy. Every time I have massaged her, her muscles have been so tight. I tried massaging the Arnica Oil Blend into the back of Aurora's lower legs. I couldn't believe the immediate difference. I asked her mother to see if she could tell any difference. She could immediately feel that her muscles were relaxed, as I did. We were pleasantly surprised at how quick it worked. I also put the Arnica Oil Blend on the back of her thighs, the sides of her buttocks and all over her back. Aurora also informed me that I had to put it on her arms. It brought tears to my eyes when she hugged me, told me she loved me and thanked me. An hour later she was sound asleep and didn't wake up till 1:00 p.m. the following day. They said that was very unusual for her. The doctor put her on Botox, but her mother was afraid to keep her on it, and she was afraid of the side effects. Aurora's mother said she didn't see any difference with the Botox. **Five days** after they started putting the Arnica Oil Blend on Aurora she was able to put her feet flat when she sat in a chair. She has never been able to do that. We are all very pleased with the results we have seen with the Arnica Oil Blend. I have also had great results with the Arnica Oil Blend with my aches and pains. I love all of your products. Thank you Pure Herbs for your Arnica Oil Blend and all of your top quality products. I have been using herbs on my family and myself for years and I have to say I have gotten the **BEST** results with Pure Herbs products!"

—Ramona Cundiff, Louisville, KY  
502-266-9071

"I have been using Sports Cream Plus for about a year and I am amazed at how it helps different ailments. These are some of the different things I used it for: joint/muscle aches and pain; skin protector – in the summer it keeps the insects away, poison ivy, it soothed the itch and dried the rash. I can feel it penetrating right to the aches and pain. My daughter is a secretary and she has carpal tunnel in her wrist and she uses the Sports Cream Plus on her wrist and her shoulders and neck. She said that it helps relieve her aches and pain. My daughter had some of her friends at work try the Sports Cream Plus and they were very pleased with the relief they got from using it for their aches, pains, rashes and muscle spasms. All of us who have used the Sports Cream Plus are pleased and amazed from the relief we get from it. We also use it on a gauze and put it on the areas that are aching and paining so that it keeps penetrating to the joints and muscles. From my experience and other people I know who use Sports Cream Plus, we got relief for arthritis pain, muscle aches and pain, carpal tunnel, back pain and shoulder and neck muscle spasms due to tension. It also helps to relieve the itch from poison ivy, insect bites and rashes. It is also a great skin protector. I think it would be great if you could put Sports Cream Plus on a patch that a person could stick on them, like the pain patches you can buy from a store."

—L.M., Auburn, MI

"My son-in-law had a big wart on the palm of his hand and it hurt him so he started applying Sutherlandia on it. He also took 20 drops internally and within six weeks or so it came out and is now completely healed over."

—L.E., Bluffton, IN

"My husband, Bob, has had at least three to four colds with fever every winter and spring. I started him on two Astragalus and Olive Leaf Extract (two droppers morning and night). He has not had a cold since! Thank you Pure Herbs. Also, I for one appreciate your hold on prices!"

—Barbara Hastey, Dover, IN

**ATTENTION MACINTOSH COMPUTER USERS:**

If printing an on-line (computer) Distributor application from a MacIntosh computer please be aware that the print is so small and smashed together that we cannot read it, even with a magnifying glass! So please do not print applications off from a MacIntosh computer. If you give us a call we will fax or mail the Distributor application to you.

THANK YOU!

With kindest regards,

**Dr. Eugene C. Watkins**  
President

With best wishes,

**Gisela Watkins**  
Vice President





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

**Director Dr. Eugene C. Watkins, B.S.ed., M.S., N.D.**  
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Ship to: \_\_\_\_\_

Street: \_\_\_\_\_

City/State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

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

<b>HERBAL PRACTICE LIBRARY MATERIALS Author Dr. A. B. Howard</b>	<b>Number of copies ordered</b>	<b>Price</b>
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
<b>UPDATED</b> SUPPLEMENT TO THE COPYRIGHTED WORK <u>HERBAL EXTRACTS</u> —BUILD BETTER HEALTH WITH LIQUID HERBS		\$12.95
Shipping and handling for <b>each</b> Volume and each book is \$3.00. If ordering 10 or more of these works per order, shipping is free.	<b>TOTAL COPIES ORDERED</b> x \$3.00 = \$ (if 10 or more shipping is free)	

***** <b>HERBAL EXTRACT CD-ROM</b> ***** <b>Contents:</b> <u>HERBAL EXTRACTS</u> —BUILD BETTER HEALTH WITH LIQUID HERBS & <b>UPDATED</b> 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.	<b>CD-ROM Total \$</b>
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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.

PURE HERBS, LTD.  
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Sterling Heights, MI 48312