

PURE HERBS, LTD.

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JUNE/JULY 2005

Volume XIV, Issue 3

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YOU ASKED FOR UPDATED HERBAL EXTRACTS BOOKS AND YOU GOT IT! THEY ARE FINALLY READY FOR PURCHASE!!!

The new and improved Herbal Extracts book is 263 pages and contains 278 color photos of single herbal plants. This book also has an A-Z guide (ie: Adrenals to Zinc deficiency) of historical uses of the herbs which is 38 pages in length. Also included are the botanical and common names of all of the herbs Pure Herbs manufactures. The Supplement to the copyrighted work Herbal Extracts contains all of the combination products and all of the capsules that Pure Herbs manufactures. It is 172 pages in length and has 39 pages of historical uses of the herbs (an A-Z guide). Both of these books also contain an infant dosage and usage section, green drink information and much, much more! You will absolutely have to have these books! The price of the new Herbal Extracts book is **\$21.95 + shipping** and the price of the Herbal Extracts Supplement is **\$14.95 + shipping**. Please see page 7 for the book order form.

SEE PAGE 3 FOR NEW APPLICATION AND RENEWAL FEE PRICES.

JUNE SPECIAL

purchase any 3 bottles of these mosquito/parasite/flea/lice remedies below:

- ◆ **Black Cohosh** (poison antidote & helps with allergic reactions to bug bites)
- ◆ **Mugwort & Wormseed** (kills parasites of all kinds)
- ◆ **Chuchuhuasi** (apply to skin to repel mosquitos)
- ◆ **W-W** (use for elimination of worms & parasites of all kinds)
- ◆ **Oil of Cajeput** (good for killing lice & use in a spray bottle with distilled water to kill fleas on pets)

and receive the 4th bottle free. **To take advantage of the special, all 3 bottles must be the same product and purchased at the same time.** No Purchase Volume will be paid on any free bottles.

As an added June bonus buy two large Vitamin E capsules and receive a third bottle for free. No Purchase Volume will be paid on any free bottles.

PURE HERBS, LTD. OFFERS MONTHLY SPECIALS. BE SURE TO ASK ABOUT IT WHEN YOU CALL YOUR ORDER IN!

NEW DIRECTORS FOR MAR/APR 2005

**GENA SWIHART
TIMOTHY GRONDIN
LINDA ROGERS
JULIE MORRIS
DIANE LOCKETT
STEVE COOK
RHEA COX
KIMI KAI JOHNSON**

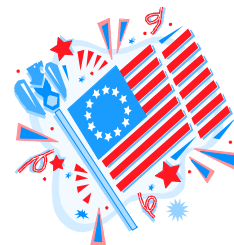
CONGRATULATIONS!

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 Friday, July 1, 2005 at 9:00 a.m. (Eastern Daylight Time) and end promptly on Friday, July 29, 2005 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 29, 2005 will not be counted toward the special. These orders will count for the month of August 2005.

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 product. The buy 12 and get the 13th free has to be purchased at the same time and cannot be spread over several invoices, but you can order the special as often as you want during the July special.



WELCOME NEW DISTRIBUTORS TO OUR PURE HERBS FAMILY



22,821
THRU
23,165

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
\$1,200.00 and up	\$15.00

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.**

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.

HAPPY BIRTHDAY PURE HERBS EMPLOYEES:

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



GREEN HERBAL BOOKLETS

For those of you wanting to order more of those wonderful green booklets full of herbal product information, please contact: **Frank or Irene Miese at 937-325-2173**. The cost of these booklets is 75 cents each or if you purchase 50 or more the cost is only 60 cents each. If you would like to contact Frank & Irene by mail the address is: 2525 Springfield-Xenia Rd., Springfield, OH 45506

FOR 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**.

OLD PHILOSOPHER'S CORNER

“Love heals.”

1 June 2005
Dr. Eugene C. Watkins

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 assemble these time-consuming kits. The cost of the Test-Kit is \$245.00. 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

APPLICATION AND RENEWAL FEE PRICE INCREASE

The new **Distributor Application fee** will be **\$35** effective July 1st, 2005 and the new **renewal fee** will be **\$20** effective July 1st, 2005. Please remember that these prices do not take effect until July 1st, 2005, so please do not hand out the new applications until that time.

**ALSO, PLEASE REMEMBER THAT IN
ORDER FOR AN APPLICATION TO BE
PROCESSED, THE APPLICATION MUST BE SIGNED.**

THANK YOU!

NEW EMPLOYEE

Pure Herbs would like to welcome our newest part-time employee, Jim who joined us in March 2005 and is helping out in the bottling and production areas.

IN CHARGE OF PRODUCTION SAYS:

“You are keeping us busy! Our two stainless steel water distillers are already getting a workout due to your increased demand for our products. You order – you get it!”

1 June 2005 — 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.



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.

DATE: Saturday, July 23 & Sunday July 24, 2005

TIME: 9:00 a.m. till 5:30 p.m.

COST: \$240 (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—ATASCOCITA (HUMBLE)

Elaine Thomas, with A Gift of Health is offering classes in Iridology and Herbology in the Humble area. For further information, please contact:

Elaine Thomas at 281-540-4372 (Atascocita/Humble)

7940 FM 1960 East in Atascocita

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

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.

***Please make note that we will be closed Monday, July 4, 2005 to celebrate Independence Day.**

PURE HERBS, LTD. SUCCESS TESTIMONIALS USING PURE HERBS PRODUCTS

Oct. 14, 2004

“One week prior to knee surgery my knee was throbbing and pulsating. I had an appointment with my massage therapist Claudia Bernard. She felt how hot my knee was and stated there was an herbal combination that might be useful. She explained to me about Arnica, Peppermint Oil and Herbal Adjustment. She said Arnica would take out the trauma, Peppermint Oil neutralizes the cold of pain and Herbal Adjustment neutralizes the hot of pain. After applying the herbs in that order I felt relief almost instantly. The throbbing and pulsating stopped and I was able to relax my leg. I highly recommend this combination of herbs for pain relief.”
—Lynn Gray, Cincinnati OH

November 22, 2004

“I recently had two head injuries seven days apart which resulted in a mild concussion. I was so thankful to have all four bottles listed in the sports injury section of the Herbal Adjustment write-up in the Herbal Extracts book (Arnica, Peppermint Oil, Herbal Adjustment and Ol’ number 11 applied externally on my temples in that order). I also added homeopathic Arnica Montana. It was amazing how quickly the pain and then the brain fog subsided. I also absolutely love your new product, Wintergreen Oil, for my sore shoulder muscles. Thank you Pure Herbs!” —Sally Bailar, Montrose CO

November 30, 2004

“I have to give credit to God, through his Son Jesus Christ for the successes I’ve had with herbs. I have personally seen my life and the lives of my children dramatically improve! My nine year old son is recovering from Autism Spectrum Disorder. I give him Sweet Root with meals to aid digestion and A.G.-W for relief from discomfort from gas, after meals. I also give him Spirulina in the morning and A.C.S. (All-Cell-Salts) in the afternoon. My son no longer cries constantly, he sleeps regularly, gives everybody big hugs and smiles a lot. Oh, and he’s also using more language. Hallelujah!!!
I’ve been taking Spirulina for myself and I have more energy and I noticed that my skin is clearing up and healing much faster! Because of herbs, I have not had a cold or flu in three years!!! Not to mention the money I have saved on doctor bills because my kids don’t get sick either! Indeed our lives are much, much better because of the successes we’ve had with herbs to improve our overall health and quality of life.” —Stacey James, Watt, CA 831-763-7761

December 13, 2004

“Just want to share with you and other Pure Herbs readers my experience with Oil of Cajeput for sore throat and genital herpes. My herbalist, Claudia Bernard, introduced me to this wonderful product. For sore throats I apply a few drops to the back of my throat, and within 15 minutes the sore throat pain is gone. I was on Valtrex for herpes, and had a terrible experience, ending up with a damaged liver. This made me open to a natural remedy. For herpes outbreaks I apply a few drops of Oil of Cajeput externally. The Oil of Cajeput doesn’t stop the herpes outbreaks, but it eases the pain and lessens their duration. I found the Oil of Cajeput to be more effective for me than Plantain. My outbreaks start out as little pimples which eventually become blisters. Oil of Cajeput interrupts this cycle so the blisters aren’t so severe. I apply the oil to my inner thigh and any other location where I break out externally, even the anal area (please pardon the graphic nature of this testimonial, but I want to help others) It is a strange sensation, but it doesn’t hurt.” —K.S., Loveland, OH

December 21, 2004

“My herbalist, Claudia Bernard, recommended Oregon Grape to me. After just one week of taking the Oregon Grape the benefits have been remarkable. My sinuses have been clear for the first time in 22 years, and my sinus headaches have disappeared. I have also noticed a complete change in my appetite, and my sugar cravings have been almost completely eliminated. I have suffered from acne since I was 13 years old, and for the first time my skin is starting to clear up. I also have more energy, and feel less groggy after waking up. What a difference!” —D. Mix, Cincinnati, OH

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 CONT.

January 12, 2005

“Back in 2001 I was diagnosed with Hemochromatosis (too much Iron in my blood). My ferritin (iron-protein complex) was over (2,800) which is very high. The medical doctors told me if I didn’t get treated soon I would probably die by age 40. At that time I was only 37. The medical doctors took blood out of me every month so that my ferritin would go down. Mind you, I was feeling very sick all of the time. I also had high cholesterol, kidney problems, thyroid problems (low) and Type two diabetes. I started taking herbs in June of 2004. Since taking the herbs I no longer have the above problems, except for the Hemochromatosis. I still have to have blood taken out every month. I take N.-W, T.-W, Formula Max, C.A.-W, A.C.S., O.C.M., Vitamin E oil (applied externally to my knee caps and inner bone on arm), and Black Cherry juice. I did ask my medical doctor to keep track of my blood count to see if it improved over time. My blood count and ferritin did improve and are now stable. I thank Pure Herbs for that. The medical doctors and nurses are amazed that I’ve gone down from bloodletting once a month to every three months to now going even less often. I’m hoping someday to not have to go at all even though the medical doctors said I would have to go for the rest of my life every single month! Well, look at the results of herbs!!! I feel great and am not sick and tired all of the time. Also, my sinus problems are better from taking S.I.A.-R. I would also like to share a testimonial from my daughter. She has been taking Red Clover Blended since June of 2004 for Endometriosis, heavy cramping and very hard and painful periods. Since taking the Red Clover Blended she has been a lot better. Her periods come and go now with no pain, cramping and mood swings. We as a family have gone from taking over the counter prescription drugs. We are all much healthier now. Thanks!”

— Tammy Philo-McLean, Grant, MI

January 10, 2005

“I was born on 3-13-37 and am now 67 years old. I started having low back pain in 1990. The pain kept getting worse and worse and I had to give up my jogging routine the last week of February 2003. My heart was acting up and I had a lot of chest pain and low back pain. I went from medical doctor to medical doctor and they all said my heart was fine and to just apply heat to my back. They also gave me pain pills which altered my thinking ability. I did finally find a medical doctor that ordered an MRI for my back and an Echocardiogram for my heart. The result of the test showed Myeloma cancer which had spread into my back. The test results also showed that I had two leaky heart valves and a stiff aorta muscle in my heart. I still didn’t get any help even after the test results. I went to see Reuben on Nov. 14, 2004 at V.C. Christian Charity in Hestand, KY. He gave me herbs for both of my ailments. The Pure Herbs products he gave me were: Heart Tonic Combination, Formula 31, O.C.M., A.C.S., P.C.-C, Carrot Extract, Sanicle, Lapacho, Una De Gato, Red Clover Blended and Whole Apricot. From other companies he also gave me Body Balance, Quadrazyme, L salivarius, Psyllium Hulls Comb. and 35% peroxide. Glory to God, on Dec. 12, 2004 my back pain and my chest pain were gone! Thank you God in Heaven. I praise you with all my being. Your herbs are the most wonderful things on Earth. It’s wonderful to finally be out of bed and doing my work again!” —Your Friend in Christ, Mrs. D. Anderson

Below is the regime Mrs. Anderson followed:

- Day 1:** **Body Balance** — 3 or 4 oz daily in the morning.
L salivarius (keep refrigerated) taken on an empty stomach 3 capsules 3 times daily.
Psyllium Hulls Comb. — 1 tsp. 3 times daily (make sure to drink plenty of water).
- Day 2:** **H.T. Combination** — 20 drops twice daily the first week and then 40 drops twice daily thereafter.
Formula 31 — 1 tsp. 3 times daily.
- Day 3:** **O.C.M.** — 1 tsp. 3 times daily. **A.C.S.** — 1 tsp. 3 times daily.
- Day 4:** **P.C.-C** — 2 tsp. 3 times daily. **Carrot Extract** — 1 tsp. 3 times daily.
Sanicle — 2 tsp. 3 times daily. **Lapacho** — 2 tsp. 3 times daily. **Una De Gato** — 2 tsp. 3 times daily.
35% Hydrogen Peroxide* internally taken on an empty stomach and in a bath.
- Day 5:** **Red Clover Blended** — 2 tsp. 3 times daily.
- Day 6:** **Whole Apricot** — 2 tsp. 3 times daily.

***PLEASE NOTE: 35% Hydrogen Peroxide** — Start with 1 drop, in 8 oz of water, twice daily. Work up to 20 drops twice daily, adding 1 drop per day.

“I started taking the above herbs on Nov. 14, 2004. I got Myeloma cancer in 1990, but was not diagnosed until Sept. 20, 2004. I’m out of bed now and able to do my house work and my chest pains are gone! These herbs have given me my life back and I owe it all to God. It is very sad that the medical field doesn’t recognize herbs as a healing medicine.”

With kindest regards,

Dr. Eugene C. Watkins
President

With best wishes,

Gisela Watkins
Vice President



WELCOME
SUM-
MER!!!



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>UPDATED HERBAL EXTRACTS—BUILD BETTER HEALTH WITH LIQUID HERBS</u>		\$21.95
<u>UPDATED SUPPLEMENT TO THE COPYRIGHTED WORK HERBAL EXTRACTS—BUILD BETTER HEALTH WITH LIQUID HERBS</u>		\$14.95
Shipping and handling for <u>each</u> Volume and each book is \$4.00. If ordering 10 or more of these works per order, shipping is free.	TOTAL COPIES ORDERED x \$4.00 = \$ (if 10 or more shipping is free)	

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

PURE HERBS, LTD.
33410 Sterling Ponds Blvd.
Sterling Heights, MI 48312