

# PURE HERBS, LTD.

33410 Sterling Ponds Blvd., Sterling Heights, MI 48312  
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WEB SITE ADDRESS: [www.pureherbs.com](http://www.pureherbs.com)

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The following information is taken from the P.D.R. (Physician's Desk Reference) FOR NUTRITIONAL SUPPLEMENTS page 306:

### MSM (Methyl-sulfonyl-methane)

It is said to be of assistance in arthritis, muscle repair, autoimmune disorders, sleep and diabetes therapy. It is found in a variety of fruits, vegetables, grains and animals; including humans in, at least, trace amounts. MSM has also been found in such plants as Equisetum arvense, also known by the common name of **HORSETAIL**. It appears MSM can cross the blood brain barrier (it can be expected, therefore, to work with the nervous system) to correct problems.

Source: The P.D.R. for Nutritional Supplements, First Edition. Copyright 2001, page 306.

## NEW DIRECTORS FOR JULY/AUGUST 2003

John Mulliken  
Cherokee Lewis  
Miriam Beachy  
Martha Jackson

**CONGRATULATIONS!**

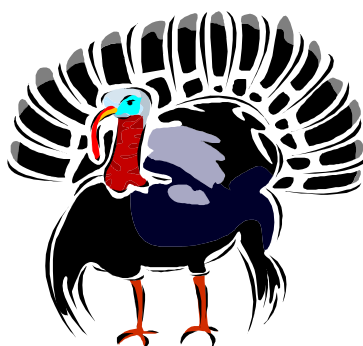
## PURE HERBS WEB-SITE INFORMATION:

If you have access to a computer or know someone who does, have them look up our Pure Herbs, Ltd. address, or as commonly said, our "web-site" address. If you haven't visited our web-site, you will definitely want to do so. It can help you introduce Pure Herbs, Ltd. to other people. We have recently added all of the flyers that have ever been done by the Herbal Research Group. Also, on our web-site you can print off our Distributor application, find herbal product information along with a list of all of the products Pure Herbs carries. You will also find the past two years of Pure Herbs newsletters and all of the testimonials that have ever been put in any of our newsletters. So check it out at: **[www.pureherbs.com](http://www.pureherbs.com)**. You will be amazed at the information available here!

## MANY OF YOU ASK: WHY DO YOUR OILS HAVE LIDS WITH A DROPPER ON THE SIDE?

The reason is this:

If you leave the dropper in the oil, eventually the oil will eat away at the rubber stopper possibly causing your oil to leak. So, please make sure to store your oil with your lid on and not your dropper. Use your dropper only when you need to use your oil.



**ENJOY YOUR  
THANKSGIVING  
DAY!**

## OLD PHILOSOPHER'S CORNER

"Don't be surprised if you find out many things are seldom what they seem to be."

1 October 2003  
Dr. Eugene C. Watkins

# 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.

19,900  
THRU  
20,180!

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.**

## 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 time-consuming kits together. 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)475-8801. If you have a computer you can view his products at his web-site (computer address): [www.naturalhealthbalance.com](http://www.naturalhealthbalance.com)

## HAPPY BIRTHDAY PURE HERBS EMPLOYEES:



MARYANN—OCTOBER 7TH  
 FRANK—NOVEMBER 5TH  
 ED—NOVEMBER 30TH

## BABY BOARD

Cecelia and Ronald Urbanek, owners of Health Delite in Rosenberg, Texas, would like to announce an addition to their health store family. On July 16, 2003, Antonio and Jennifer Munguia became the proud parents of their third child, a daughter, Katalina. She weighed in at 7lbs., 5oz. and was 19 1/2 inches in length. She is welcomed home by her two brothers, Jesse and Diego.

## GOT A HEALTH CONDITION AND DON'T KNOW WHICH PURE HERBS TO USE?

The 150-page Herbalist's Quick Reference Conditions Guide is a master INDEX to every health condition mentioned in all Pure Herbs materials (2 books by Dr. A. B. Howard and 5 HRG Volumes) and listing all herbs and combinations that would be useful for these conditions. Get the streamlined version at a new, lower price. Cost: \$45 each, plus \$9.50 for shipping and handling.

Contact: Carolina Natural Health Institute, Inc.  
 1727-8A Sardis Road North, Ste. 132  
 Charlotte, NC 28270  
 Phone: **252-355-4665** or Fax: **252-355-4599**

## 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.**

## IN CHARGE OF PRODUCTION

“Is there an herbal product or vitamin you're looking for? Please write to Dr. Watkins and Uncle Al and let them know and they may be able to get the product/s you need or want.”

1 October 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—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 @ 281-324-7414 (Humble/Huffman) or

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

### MICHIGAN—GRAND BLANC

This Ultimate Herbal Seminar will be presented by **William J. Horosh, N.D.** Dr. Horosh is a Doctor of Naturopathy, a certified Naturopath, a Certified Nutritional Consultant, Master Herbalist and Iridologist. He has been studying the uses and theory of herbs for over 30 years. He has completed comprehensive studies in the field of Nutrition and Iridology under the direction of Dr. Eugene C. Watkins and completed courses with Dr. Bernard Jensen. He also became a Polarity Therapist under the direction of Pierre Ponnetier, N.D. Dr. Horosh is the founder of Back to Nature Nutritional Center for Building Better Health Naturally in Buffalo, NY where he has been practicing for the past 25 years coast to coast and internationally. In October of 1989, he was invited to Russia and lectured to the Soviet Association of Whole Nutrition and the Research and Social Center which is attached to the USSR Academy of Science. He appeared on a TV special, Good Evening Moscow and has been invited back and will be working with the Cancer Research and Diagnostic Center in Russia.

**DATE:** Saturday, November 15, 2003

**TIME:** 11:00 a.m. till 8:00 p.m.

**COST:** \$175.00

**PLACE:** Grand Blanc Court & Fitness Center  
2308 East Hill Rd  
Grand Blanc, MI

**For further information or reservations, please contact William or Mildred Horosh at 716-835-4779 or Kevin Kaczmarek at 810-695-1700.**

Take advantage of the remarkable powers that the world's herbs have to offer. Enhance your health and well-being and join us for a discussion on single and combination herbs and their historical uses. Seminar includes an exceptional amount of literature and upon completion of the seminar, a Certificate of Herbalist will be issued. This seminar is sponsored by Kevin Kaczmarek, former Mr. Universe, Middleweight Division in 1995 and 1997. He is the fitness trainer and founder of Grand Blanc Court & Fitness Center. He and his wife, Annie are both Nutritional Consultants, Iridologists and Master Herbalists.

## 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 Thursday, November 27, 2003 to celebrate Thanksgiving Day.**

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

“When I was 70 years old, approximately two years ago, on February 20th I was riding my bike when a taxi hit me. I was knocked to the pavement and ended up with ten broken bones. The doctor that saw me from emergency was great. He let me continue my herb nutrient program in the hospital. Used Ol’ Number 11 after every meal, one dropper full. I also rubbed Arnica and Big Five on my broken ribs and broken collar bone and my bruised ankle. I also used both of these on my broken knee cap until it was in a permanent cast and then I couldn’t reach it. At night I took one dropper full of Willow. My cast was removed on April 18th and I continued using my herbs. By the middle of May, after receiving physical therapy and learning how to walk again, I was able to go back to my Librian job. On June 14 I was able to ride my bike again. I still continue to take Ol’ Number 11 for arthritis which has eased up quite a bit since taking this product. My doctor said that for all I’ve been through I have made a remarkable recovery. I’m glad he is not opposed to me using my herbal supplements. I am grateful for my Pure Herbs products and your company! Keep helping people in this prescription crazy world.”

—Sister Mary Steinkamp, SNJM, Portland, OR  
502-281-3449

These testimonials are from April 7, 1998. They were misplaced, but definitely worth sharing!

“I helped a lady who had been blind for about ten years. She couldn’t even see light. The first time I saw her was right after Thanksgiving; after her second visit, just prior to Christmas, she phoned me crying. She said she had been sitting at her kitchen table LOOKING at her wedding rings and her Christmas tree, etc. I had her taking Stone Root, I.S.-F, minerals and Chromium. She is also beginning to see colors!”

“I would also like to share a testimony about my daughter-in-law. She had open heart surgery before we met her, over 20 years ago. She made annual trips to Bethesda, MD to N.I.H. (National Institute of Health). On May 6, 1997, she died on her way to the hospital; she straight-lined between 1 or 1 1/2 minutes in the ambulance. She recovered before they used the paddles. My son took her to N.I.H. after her second stay in the local hospital. N.I.H. said she had about three weeks to live without surgery, which she refused. At her request, we started mostly with Pure Herbs H.I.-W, H.I.K.-W, Bugleweed, Bladderwrack, tons of Arnica, Herbal Adjustment and F & F. Her Aorta Valve tested 46% functional, now = 100%, the mitral valve =82% now 100%, she is maintaining good potassium, sodium and iron levels. They told her she could never lose weight and she lost 70lbs. There are a few things from other companies that were used, but mostly we used Pure Herbs. She has made medical history. Praise the Lord, His Products and the dedicated people like you for producing them!”

—Edna Ford, Connersville, IN

“Dear friends at Pure Herbs, my husband and I have been married for 12 years. We decided to try and have a baby, but could not conceive. We went to see Reuben Schwartz and he thought I might have Endometriosis and said I might try Red Clover Blended. He suggested I take three bottles of the Red Clover Blended. This was August 17, 2001. I took the three bottles of Red Clover Blended and made a visit to my medical doctor and she couldn’t find any Endometriosis at all. I called my medical doctor one week later and she said to take a home pregnancy test. I did and it was positive (December 12, 2001). I cried because on this same day I received a paper saying that my husband had problems too and that we would probably not be able to conceive. I thank God, Reuben and Red Clover Blended for giving me my little miracle. Our miracle was born July 31, 2002, a boy. We named him Lukas. Reuben said he should have been named Red Clover (ha ha). We went to see Reuben again on August 5, 2003 and he said Lukas was perfect! Thank you so much, what a blessing he is!”

—Linda Douglas, Scottsville, KY

## 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**

“Hurray for Sutherlandia! My whole family will not be without this herb. One Big Caution with this herb, a little is more! We have been using the Sutherlandia for about eight months now. I began with eight to ten drops two times per day, because of the potency of Sutherlandia. Wow! I began to have some awful looking bowel movements of all kinds; along with all kinds of strange looking debris that was passed. In the first few weeks, liquid would be mixed with solids. It is important to drink plenty of water, especially while taking the Sutherlandia! The water seems to be needed to help liquefy the fecal matter, and makes things move easier! Be near a bathroom until you know what to expect! When I had to go, I had about a two minute warning to get there and it was over fairly quick! In about two months, my stomach had flattened to where it was hard for me to see it unless I bent over. You know now what I was full of? Shh....quiet don't say it!!! Whew! I'm sure glad it is gone! If it starts to come back I know what to do about it. It is extremely important to get enough of an easily digestible form of protein. I craved pinto beans and corn big time for the first six months of taking the Sutherlandia and I feel better when I eat them often. At month three, I increased to 18-20 drops twice a day. At month eight I began taking ten drops each morning and five drops in the early afternoon, because Sutherlandia seems to act as a stimulant with me! I was having three-five bowel movements a day and I started having leg cramps. I took 80 drops of H.I.K.-W and 80 drops of CA.-W and that seemed to solve the problem! Getting rid of the poisons and accumulated waste (waist) caused me to feel better all over! It was like a burden rolling off my shoulders. If you are comfortable with yourself your immune system is stronger! When one of us feels sickly or has a sore throat, we use a few more drops of Sutherlandia. For extra support we also take 80 drops of both TL.-C and E.T.I.-W! Sutherlandia has carried us over many health obstacles with flying colors! Words just cannot express our joy and excitement over Sutherlandia!”

—The Courters, Valley View, TX  
940-726-5070

“I was introduced to Pure Herbs in March of 2003, by Brenda Guerra from McAllen, TX. I had contracted a very painful urinary tract infection and after four weeks and two full prescription of strong antibiotics, I was still suffering. Brenda, a long time friend, immediately took me to her mentor and herbalist, Bella Vladimirskey. Bella suggested I take Cornsilk and Cranberry tablets. Within two days I felt better and by the end of the week I was healed. Bella's knowledge of the herbs healing properties was inspiring. I was also amazed at how quickly I felt better. I am now a believer in the herbs. Thank you for these wonderful all natural herbal products.”

—Velma Gonzales, Saint Ann, MO  
314-428-6181

“Since taking your wonderful products, I have been very satisfied. The only little drawback is when trying to swallow some of the liquid combinations, particularly one called W.L.S. (weight control) which contains a good amount of capsicum which severely burned my tongue on the way down!! I remembered a trick thought up a couple of years ago that had been forgotten and since I believe in the liquid extracts, it has come in very handy. I take an empty gelatin capsule, which can be purchased from most health food stores or pharmacies in packages of 100-1,000 (an 00 is good for one dropperful). I fill it up and have numerous seconds to swallow with water before it collapses. In fact, the minute it hits the stomach I'm aware it has landed safely! This idea has made a tremendous impact in being able to take almost any objectable tasting combination. I wanted to share it with other readers and hope they can benefit as has been my experience.”

—Shila Van Wagenen, Penn Valley, CA

**A NOTE ABOUT THE TESTIMONIALS WE RECEIVE:**

**We really enjoy all of your testimonials and appreciate your effort with taking the time to write them and send them in. However, we wanted to let you know that we receive several testimonials every month and your testimonial doesn't always get published right away. We try to go, as much as possible, in the order we receive them in our office. Sometimes your testimonial will be put in right away depending on how many we have. Sometimes we have so many that yours might not be put in for several months. Also, please be sure to include all of the products you are taking, how much and how often. Also, please let us know if we have permission to put your name, address and phone number in our bi-monthly newsletter. If you only want your initials put in or just your name and no phone number just let us know what you want to be published.**

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).**

<b>HERBAL PRACTICE LIBRARY MATERIALS</b> Author <b>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)	

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