

SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported) August 16, 2000 (August 10, 2000)

NATURAL HEALTH TRENDS CORP.

(Exact name of Registrant as specified in its charter)

Florida 0-25238 59-2705336

(State or other jurisdiction of (Commission File Number) (IRS Employer
incorporation or organization) Identification No.)

2161 Hutton Drive, Suite 126, Carrollton, Texas 75006

(Address of principal executive offices) (Zip Code)

Registrant's telephone number, including area code: (972) 241-4251

380 Lashley Street, P. O. Box 6128, Longmont, Colorado 80502

(Former name or former address, if changed since last report)

Item 6. Resignations of Registrant's Directors.

On August 10, 2000, Martin C. Licht, a director of Natural Health Trends Corp., resigned as a member of the Board of Directors.

C. Exhibits

Exhibit No.	Description
17.1	Letter re director resignation

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Dated: August 16, 2000

NATURAL HEALTH TRENDS CORP.
(Registrant)

By:/s/ Mark Woodburn

Mark Woodburn
Chief Financial Officer

Exhibit 17.1

MARTIN C. LICHT
Selden Lane
Greenwich, CT 06831

August 10, 2000

VIA FACSIMILE
AND OVERNIGHT DELIVERY
Mr. Mark Woodburn
Natural Health Trends Corp.
2161 Hutton Drive, Suite 126
Carrollton, TX 75006

Dear Mark:

I regret to inform you that I no longer have the time to serve as a director of Natural Health Trends Corp. (the "Company"). I hereby resign as a director of the Company effective immediately.

I have no disagreement with the Company on any matter relating to the Company's operations, policies or practices.

Very truly yours,

/s/ Martin C. Licht

Martin C. Licht