

**UNITED STATES
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: November 17, 2008
(Date of earliest event reported)

Natural Health Trends Corp.
(Exact name of registrant as specified in its charter)

TX
(State or other jurisdiction
of incorporation)

0-26272
(Commission File
Number)

59-2705336
(IRS Employer
Identification Number)

2050 Diplomat Drive
(Address of principal executive offices)

75234
(Zip Code)

(972) 241-4080
(Registrant's telephone number, including area code)

Not Applicable
(Former Name or Former Address, if changed since last report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
- Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
- Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Item 5.02. Departure of Directors or Principal Officers; Election of Directors; Appointment of Principal Officers

On November 24, 2008, the Company issued a press release announcing that, on November 17, 2008, Joe Wood accepted his appointment by the Company's Board of Directors to be the Company's Chief Operating Officer. The Board determined that, as Chief Operating Officer, Mr. Wood will be the Company's principal operating officer. Because this position is not a policy-making position, Mr. Wood will not be an executive officer of the Company.

Mr. Wood, age 44, has been the Company's President of NHT Global, North Asia, since April 2008, overseeing the Company's Korean and Japanese markets and assisting all of the Company's Asian markets with product development. Mr. Wood joined the Company in 2002 as the president of the Company's Korean subsidiary. Mr. Wood was responsible for starting up the Korean operations from scratch and built the Korean company into a good business.

Item 9.01. Financial Statements and Exhibits

(a) Financial statements:

None

(b) Pro forma financial information:

None

(c) Shell company transactions:

None

(d) Exhibits

99.1 [Press Release of Natural Health Trends Corp. dated November 24, 2008](#)

SIGNATURE

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: November 24, 2008

NATURAL HEALTH TRENDS CORP.

By: /s/ Gary C. Wallace
Gary C. Wallace
General Counsel

Exhibit Index

Exhibit No.

Description

99.1

Press Release of Natural Health Trends Corp. dated
November 24, 2008

Natural Health Trends Names New Chief Operating Officer

Company Also Appoints President of Korean Subsidiary

DALLAS, TX -- 11/24/2008 -- Natural Health Trends Corp. (NASDAQ: BHIP) announced today that it has appointed Joe Wood as the Company's Chief Operating Officer. Mr. Wood will be the Company's principal operating officer, responsible for product development, marketing, business support and supply chain management.

"I believe that Joe's experience with and passion about products match perfectly with our strategic emphasis on providing superior products to our members to realize their well-being or aspiration," said Chris Sharng, President of Natural Health Trends. "We are working hard to put our legacy issues behind us, and appointing Joe as our Chief Operating Officer is, with his background, evidence of our commitment to offering superior consumer products to our members."

Mr. Wood was President of NHT Global, North Asia, in charge of Korean and Japanese markets. He joined the Company in 2003 as the President of the Company's Korean subsidiary, where he started up the operations from scratch and built the Korean subsidiary into a successful business.

Natural Health Trends also today promoted Ted Kwon to President of its Korean subsidiary. He has been chief operating officer and chief financial officer of the subsidiary since 2003, where he was responsible for business and financial planning and execution. Prior to that time he held numerous executive positions at other Korean lifestyle products companies.

"The Korean market is one of our core markets and Ted will be invaluable in our efforts to further build this market with a growth in distributors and in our product line," said Mr. Sharng.

About Natural Health Trends Corp.

Natural Health Trends Corp. is an international direct-selling and e-commerce company operating through its subsidiaries throughout Asia, North America, and Europe. The company markets premium quality personal care products under the NHT Global brand. Additional information can be found on the company's website, and management encourages interested parties to register for updated corporate information via email on the company's home page, www.naturalhealthtrends.com.

Safe Harbor Statement under the Private Securities Litigation Reform Act of 1995 -- Forward-looking statements in this release do not constitute guarantees of future performance. Such forward-looking statements are subject to risks and uncertainties that could cause our actual results to differ materially from those anticipated. Such risks and uncertainties include the risks and uncertainties detailed under the caption "Risk Factors" in our Annual Report on Form 10-K filed on March 31, 2008, with the Securities and Exchange Commission. We assume no obligation to update any forward-looking information contained in this press release or with respect to the announcements described herein.

Contact:

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