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U.S. SECURITIES AND EXCHANGE COMMISSION |-----  
F O R M 4 | Washington, D.C. 20549 | OMB APPROVAL |  
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Check this box if | ANNUAL STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP | [OMB Number 3235-0287]  
[ ] no longer Subject | | Expires: January 31, 2005 |  
to Section 16. | Estimated average burden |  
| hours per response.....0.5 |  
Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, -----  
Section 17(a) of the Public Utility Holding Company Act of 1935 or  
Section 30(f) of the Investment Company Act 1940

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<S> <C> <C>  
1.Name and Address of Reporting Person\* 2.Issuer Name and Ticker or Trading Symbol 6.Relationship of Reporting Person to  
| | | Issuer (Check all Applicable) | |  
| Woodburn Mark D. | Natural Health Trends Corp. (NHTC) | X Director 10% Owner |  
-----  
(Last) (First) (MI)	3.IRS or Soc. Sec. No. 4.Statement for Month/ X Officer Other				
		of Reporting Person	Year	--- (give title below) --- (Specify below)	
		(Voluntary)			President and
5605 N. MacArthur Blvd.		11/13/02	Chief Financial Officer		
-----  
(Street)				
		5.If Amendment, Date of 7. Individual or Joint/Group Filing		
		Original (Month/Year)	(Check Applicable Line)	
			X Form filed by One Reporting Person	
			--- Form filed by More than One	
Irving, TX 75038			--- Reporting Person	
-----  
| (City) (State) (Zip) | | | | |

TABLE I - Non-Derivative Securities Acquired, Disposed of or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transac- tion Date (Mon/Day/Yr)	3. Trans. Code (Instr. 8)	4. Security Acquired (A) or Disposed of (D) (Instr. 3, 4 & 5)	5. Amount of Securities Owned at End of (D)   (Instr. 4) Issuer's (A)   Fiscal Year (I)	6.   7. Nature of Indirect Beneficial Ownership Form	
Common Stock, \$.001 par value	11/13/02	P	1,295,337	A   \$.0193	37,913,337	By LaCore & Woodburn a partnership

Reminder: Report on a separate line for each class securities owned directly or indirectly. SEC 2270 (7-97)  
\*If the form is filed by more than one reporting person, see Instruction 4(b)(v).

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FORM 4 (continued) TABLE II - Derivative Securities Acquired, Disposed of, Beneficially Owned  
(e.g., puts, calls, warrants, options, convertible security)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Date (Mon/Day/Year) (Instr. 8)	3. Transaction Code (Instr. 8)	4. Transacted Date (Mon/Day/Year) (Instr. 3, 4 & 5)	5. Number of Securities Acquired (A) or Disposed of (D) (Instr. 8)	6. Date Exercisable and Expiration Date (Month/Day/Year) (Instr. 3 & 4)	7. Title and Amount of Underlying Securities (Instr. 3 & 4)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Owned (Instr. 4)	10. Nature of Ownership (Instr. 4)	11. Beneficial Owner (Instr. 4)
Common Stock Option										
Common Stock Option										

Explanation of Responses:

\*\*Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

/s/ \_\_\_\_\_

Date

\*\*Signature of Reporting Person

Note: File three copies of this form, one of which must be manually signed.  
If space provided is insufficient, see Instruction 6 for procedure.

SEC 2270 (7-97)

Potential persons who are to respond to the collections of information contained in this form are not required to respond unless the form displays a currently valid OMD Number

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