FORM 4

☐ Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting Person* BROADY GEORGE K	2. Issuer Name **and** Ticker or Trading Symbol NATURAL HEALTH TRENDS CORP [BHIP]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director ___ 10% Owner ___ Officer (give title below) ___ Other (specify below)

(Last) (First) (Middle) 751 CANYON DRIVE	3. Date of Earliest Transaction (Month/Day/Year) 11/20/2008	

(Street) COPPELL, TX 75019	4. If Amendment, Date Original Filed (Month/Day/Year) 12/08/2008	6. Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person ___ Form filed by More than One Reporting Person

(City) (State) (Zip)

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

1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8) Code	V	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5) Amount	(A) or (D)	Price	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock	11/20/2008		P		9,728	A	$0.3	728,491 [1]	D	
Common Stock	11/21/2008		P		15,000	A	$0.3	743,491 [1]	D	
Common Stock	11/21/2008		P		2,921	A	$0.28	746,412 [1]	D	
Common Stock	11/24/2008		P		1,531	A	$0.25	747,943 [1]	D	
Common Stock	11/26/2008		P		9,460	A	$0.28	757,403 [1]	D	
Common Stock	12/01/2008		P		8,800	A	$0.28	766,203 [1]	D	
Common Stock	12/02/2008		P		1,740	A	$0.28	767,943 [1]	D	
Common Stock	12/03/2008		P		4,790	A	$0.28	772,733 [1]	D	
Common Stock	12/04/2008		P		25,000	A	$0.27	797,733 [1]	D	
Common Stock	12/04/2008		P		10,000	A	$0.28	807,733 [1]	D	
Common Stock	12/05/2008		P		42,293	A	$0.27	850,026 [1]	D	
Common Stock	12/05/2008		P		10,000	A	$0.28	860,026 [1]	D	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

SEC 1474 (9-02)

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned
(*e.g.*, puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares				

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
BROADY GEORGE K 751 CANYON DRIVE COPPELL, TX 75019	X			

Signatures

/s/ Gary C. Wallace by Power of Attorney		12/12/2008
**Signature of Reporting Person		Date

Explanation of Responses:

* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).

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

(1) This item is amended to show 25,000 shares already owned by Mr. Broady.

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

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.