

# FORM 4

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

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

**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 * <b>BROADY GEORGE K</b> (Last) (First) (Middle) 751 CANYON DRIVE (Street) COPPELL, TX 75019 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol NATURAL HEALTH TRENDS CORP [BHIP]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below)
3. Date of Earliest Transaction (Month/Day/Year) 03/19/2010		6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> Form filed by More than One Reporting Person
<b>Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned</b>		

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)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			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)
			Code	V	Amount	(A) or (D)	Price			
Common Stock	03/19/2010		P		11,500	A	\$ 0.19	1,558,504 (1)	D	
Common Stock	03/22/2010		P		6,500	A	\$ 0.19	1,565,004	D	
Common Stock	03/23/2010		P		21,000	A	\$ 0.22	1,586,004	D	
Common Stock	03/24/2010		P		5,500	A	\$ 0.21	1,591,504	D	
Common Stock	03/25/2010		P		3,000	A	\$ 0.22	1,594,504	D	
Common Stock	03/25/2010		P		3,500	A	\$ 0.22	1,598,004	D	
Common Stock	03/26/2010		P		21,000	A	\$ 0.22	1,619,004	D	
Common Stock	03/29/2010		P		5,000	A	\$ 0.22	1,624,004	D	
Common Stock	03/30/2010		P		5,000	A	\$ 0.22	1,629,004	D	
Common Stock	03/31/2010		P		10,000	A	\$ 0.22	1,639,004	D	
Common Stock	04/01/2010		P		10,000	A	\$ 0.22	1,649,004	D	
Common Stock	04/05/2010		P		5,293	A	\$ 0.22	1,654,297	D	
Common Stock	04/06/2010		P		30,000	A	\$ 0.22	1,684,297	D	
Common Stock	04/08/2010		P		5,000	A	\$ 0.22	1,689,297	D	
Common Stock	04/09/2010		P		5,310	A	\$ 0.22	1,694,607	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)
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									Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
		Code	V	(A)	(D)											

## 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		04/09/2010
<small>**Signature of Reporting Person</small>		<small>Date</small>

## 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).

The total number of shares reported as beneficially owned following this transaction includes and reflects the change in the number of shares beneficially owned made by (1) the amendments filed on April 9, 2010 to (a) the Form 3 filed on October 27, 2008, (b) the Form 4 filed on December 19, 2008, (c) the Form 4 filed on March 17, 2009, and (d) the Form 4 filed on June 5, 2009.

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

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