FORM 4

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

OMB APPR	OVAL
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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

pe Response	<i>'</i> 3)														
1. Name and Address of Reporting Person * Sharng Chris Tahjiun				2. Issuer Name and Ticker or Trading Symbol NATURAL HEALTH TRENDS CORP [BHIP]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable)				
(Last) (First) (Middle) C/O NATURAL HEALTH TRENDS CORP., 2050 DIPLOMAT DRIVE				3. Date of Earliest Transaction (Month/Day/Year) 04/14/2009							X Officer (give title below) Other (specify below) President				
(Street) DALLAS, TX 75234				4. If Amendment, Date Original Filed(Month/Day/Year)							6. Individual or Joint/Group Filing(Check Applicable Line) X_Form filed by One Reporting Person Form filed by More than One Reporting Person				
	(State)	(Zip)	Table I - Non-Derivative Securities Acqui							ired, Disposed of, or Beneficially Owned					
(Instr. 3) Date		Date	Execut any	Execution Date, if ny		f Code (Instr. 8)				of	Beneficial Reported	ally Owned Following I Transaction(s)		Ownership Form: Direct (D)	Beneficial Ownership direct (Instr. 4)
						Code	V Amoun		(A) or (D)	Price	(I)				
Stock		04/14/2009				P		200	A	\$ 0.39	284,511			D	
Stock		04/14/2009				P		2,300	A	\$ 0.4	286,811			D	
Report on a	separate line fo	r each class of secu	rities b	eneficial	ly o	wned dire				and to	the colle	otion of in	.fo.,,,,, a4io.,,	CI	EC 1474 (9-
							cont	ained ii	n this fo	rm ar	e not req	uired to re	spond un	ess	02)
						•		•			•	l			
Derivative Conversion Date		3A. Deemed Execution Da	Code		on (1)	of		and Expiration Date (Month/Day/Year)		7. T Am Und Sec	itle and ount of derlying urities		Derivative Securities Beneficially Owned Following Reported	Ownersh Form of Derivativ Security: Direct (I or Indire	Ownership (Instr. 4)
								e rcisable		on Title	Amount or e Number				
	and Address of hris Tahjiu TURAL HE 2050 DIPLO S, TX 7523 Security Stock Stock Report on a sign of Exercise Price of Derivative	Address of Reporting Perhris Tahjiun (First) FURAL HEALTH TRE 2050 DIPLOMAT DRIV (Street) 5, TX 75234 (State) Security Stock Stock Report on a separate line for Exercise Price of Derivative 1	Address of Reporting Person hris Tahjiun (First) (Middle) FURAL HEALTH TRENDS 2050 DIPLOMAT DRIVE (Street) S, TX 75234 (State) (Zip) Security 2. Transaction Date (Month/Day/Year) Stock 04/14/2009 Report on a separate line for each class of security Table II - E (Conversion or Exercise Price of Derivative 1 any (Month/Day/Year)	and Address of Reporting Person 2. Iss hris Tahjiun NAT Comparison (First) (Middle)	and Address of Reporting Person hris Tahjiun 2. Issuer Nan NATURAL 3. Date of Earl 04/14/2009 (Street) 4. If Amendment of Amendment of Execution Date (Month/Day/Year) Stock 2. Transaction Date (Month/Day/Year) Stock 04/14/2009 Stock 04/14/2009 Table II - Derivative Secur (e.g., puts, calls, any (Month/Day/Year)) Transaction Date (Execution Date (E.g., puts, calls, any (Month/Day/Year)) Table II - Derivative Secur (e.g., puts, calls, any (Month/Day/Year)) Execution Date (Execution Date, if Transaction Date (Month/Day/Year)) Table II - Derivative Secur (e.g., puts, calls, any (Month/Day/Year))	and Address of Reporting Person hris Tahjiun 2. Issuer Name and NATURAL HEZ. (Street) (A. If Amendment, I.	Add Address of Reporting Person hiris Tahjiun 2. Issuer Name and Ticker NATURAL HEALTH TO NATURAL HEALTH TO NATURAL HEALTH TO O4/14/2009 3. Date of Earliest Transaction O4/14/2009 4. If Amendment, Date Originary Of O4/14/2009 3. Table I - Non O5	2. Issuer Name and Ticker or Treatment of the properties of Reporting Person 2. Issuer Name and Ticker or Treatment of the properties of Reporting Person 2. Issuer Name and Ticker or Treatment of NATURAL HEALTH TRENDS 3. Date of Earliest Transaction (Mod/14/2009 4. If Amendment, Date Original Ferror of Month/Day/Year) 4. If Amendment, Date Original Ferror of Month/Day/Year 2. Transaction Date of Month/Day/Year 3. Transaction Code (Instr. 8) 4. Transaction of Code Derivative Security 5. Number 6. Dodge (Instr. 8) 5. Number 6. Dodge (Instr. 8) 6.	2. Issuer Name and Ticker or Trading Synatural Health Trends Compared to the form distribution of Exercise of Conversion or Exercise Conversion or Exercise Conversion or Exercise Process of Conversion or Exercise Conversion or Exercise Conversion or Exercise Conversion or Exercise Process of Conversion or Exercise Con	2. Issuer Name and Ticker or Trading Symbol NATURAL HEALTH TRENDS CORP [BH ON NATURAL HEALTH TRENDS CORP [2. Issuer Name and Ticker or Trading Symbol NATURAL HEALTH TRENDS CORP [BHIP] 3. Date of Earliest Transaction (Month/Day/Year) 4. If Amendment, Date Original Filed(Month/Day/Year) 5. TX 75234 2. Transaction Date (Month/Day/Year) 2. Transaction Date (A) or Disposed of (D) (Instr. 8) Code V Amount (A) or (D) Price (A) or Only Price (A) or Beneficial (A) or Only Price (A) or Beneficial (A) or Only Price (Bill - Derivative Securities Acquired, Disposed of, or Beneficial (A) or Only Price (Bill - Derivative Securities Acquired, Disposed of, or Beneficial (A) or Date One Texerise (A) or Disposed Of (D) (Instr. 3) (Inst	Ad Address of Reporting Person - hris Tahjium	2. Issuer Name and Ticker or Trading Symbol NATURAL HEALTH TRENDS CORP [BHIP] 3. Date of Earliest Transaction (Month/Day/Year) 4. If Amendment, Date Original Filed(Month/Day/Year) 5. Relationship of Rej (Cht	Ad Address of Reporting Person - NATURAL HEALTH TRENDS CORP [BHIP] (First) (Middle) (ITURAL HEALTH TRENDS (Month/Day/Year) (Itural Health Trends (Month/Day/Year)	2. Issuer Name and Ticker or Trading Symbol NATURAL HEALTH TRENDS CORP [BHIP] S. Date of Earliest Transaction (Month/Day/Year) S. TX 75234 S. TX 75234

Reporting Owners

	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
Sharng Chris Tahjiun C/O NATURAL HEALTH TRENDS CORP. 2050 DIPLOMAT DRIVE DALLAS, TX 75234			President				

Signatures

/s/ Gary C. Wallace by Power of Attorney	04/15/2009
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).

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.