

NATURAL HEALTH TRENDS CORP

Form 144

September 18, 2007

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**UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, DC 20549**

FORM 144

**NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933**

ATTENTION: *Transmit for filing 3 copies of this form concurrently with either placing an order with a broker to execute sale or executing a sale directly with a market maker.*

1(a) Name of Issuer	(b) IRS Ident. No.	(c) S.E.C. File No.
Natural Health Trends Corp. _____	59-2705336 _____	0-26272 _____
(d) Address of Issuer	(e) Telephone No.	
2050 Diplomat Drive _____	Dallas , Texas 75234 _____	
(Street)	(City) (State) (Zip Code)	972 241-4080 _____
		(Area Code) (Number)
2(a) Name of Person For Whose Account the Securities are to be Sold	(b) Relationship to Issuer	
John Francis Cavanaugh _____	N/A _____	
	Officer _____	

(c) Address

2050 Diplomat Drive

(Street)

Dallas , Texas 75234

(City) (State) (Zip Code)

INSTRUCTION: *The person filing this notice should contact the issuer to obtain the I.R.S. Identification Number and the S.E.C. File Number*

3(a) Title of the Class of Securities to be Sold	(b) Name and Address of Each Broker Through Whom the Securities are to be Offered or Each Market Maker Who is Acquiring the Securities	SEC USE ONLY Broker-Dealer File Number	(c) Number of Shares or Other Units to be Sold (See Instr. 3(c))	(d) Aggregate Market Value (See Instr. 3(d))	(e) Number of Shares or Other Units Outstanding (See Instr. 3(e))	(f) Approximate Date of Sale (Mo/Day/Yr) (See Instr. 3(f))	(g) Name of Each Securities Exchange (See Instr. 3(g))
Common Stock	E*Trade 671 N. Glebe Road, 11th Floor Arlington, Virginia 22203		4,811	\$12,268 (per 9/17/07 closing price)	9,337,053	9/18/07	Nasdaq Global Market

INSTRUCTIONS:

1. (a) Name of issuer
(b) Issuer's I.R.S. Identification Number
(c) Issuer's S.E.C. file number, if any
(d) Issuer's address, including zip code
(e) Issuer's telephone number, including area code
2. (a) Name of person for whose account the securities are to be sold
(b) Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or member of immediate family of any of the foregoing)
(c) Such person's address, including zip code
3. (a) Title of the class of securities to be sold
(b) Name and address of each broker through whom the securities are intended to be sold
(c) Number of shares or other units to be sold (if debt securities, give the aggregate face amount)
(d) Aggregate market value of the securities to be sold as of a specified date within 10 days prior to the filing of this notice
(e) Number of shares or other units of the class outstanding, or if debt securities the face amount thereof outstanding, as shown by the most recent report or statement published by the issuer
(f) Approximate date on which the securities are to be sold
(g) Name of each securities exchange, if any, on which the securities are intended to be sold

	SECURITY	PRICE PER SHARE	PERCENT OF OFFERING	PROCEEDS TO INVESTOR	PROCEEDS TO COMPANY
1.	Common stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
2.	Preferred stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
3.	Bond, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
4.	Warrant, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
5.	Convertible bond, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
6.	Convertible preferred stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
7.	Convertible common stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
8.	Convertible warrant, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
9.	Convertible bond, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
10.	Convertible preferred stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
11.	Convertible common stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
12.	Convertible warrant, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
13.	Convertible bond, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
14.	Convertible preferred stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
15.	Convertible common stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
16.	Convertible warrant, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
17.	Convertible bond, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
18.	Convertible preferred stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
19.	Convertible common stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
20.	Convertible warrant, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
21.	Convertible bond, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
22.	Convertible preferred stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
23.	Convertible common stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
24.	Convertible warrant, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
25.	Convertible bond, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
26.	Convertible preferred stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
27.	Convertible common stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
28.	Convertible warrant, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
29.	Convertible bond, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
30.	Convertible preferred stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
31.	Convertible common stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
32.	Convertible warrant, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
33.	Convertible bond, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
34.	Convertible preferred stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
35.	Convertible common stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
36.	Convertible warrant, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
37.	Convertible bond, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
38.	Convertible preferred stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
39.	Convertible common stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
40.	Convertible warrant, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
41.	Convertible bond, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
42.	Convertible preferred stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
43.	Convertible common stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
44.	Convertible warrant, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
45.	Convertible bond, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
46.	Convertible preferred stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
47.	Convertible common stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
48.	Convertible warrant, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
49.	Convertible bond, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
50.	Convertible preferred stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
51.	Convertible common stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
52.	Convertible warrant, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
53.	Convertible bond, \$1,000 face value	\$1,000	100%	\$1,000	\$1,000
54.	Convertible preferred stock, \$0.001 par value	\$0.001	1%	\$0.001	\$0.001
55.	Convertible common stock, \$0.001 par value	\$0.001			

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

Title of the Class	Date You Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired <i>(if gift, also give date donor acquired)</i>	Amount of Securities Acquired	Date of Payment	Nature of Payment
Common Stock	June 26, 2007	Grant of Restricted Stock	Natural Health Trends Corp.	88,277	N/A	N/A

INSTRUCTIONS:

If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

TABLE II SECURITIES SOLD DURING THE PAST 3 MONTHS	
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Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds

REMARKS:

The shares covered by this Form 144 are being sold pursuant to a Rule 10b5-1(c) sales plan dated September 12, 2007, and the representation below regarding the seller's knowledge of material information speaks as of that plan adoption date. The proceeds derived from the sale of shares covered by this Form 144 will be applied to the payment of taxes resulting from the vesting of certain of the above referenced shares of restricted stock. The exact number of shares to be sold as indicated in Item 3(c) above is subject to the actual price per share at which shares are sold to generate the proceeds required to pay taxes.

INSTRUCTIONS:

See the definition of person in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the issuer of the securities to be sold which has not been publicly disclosed.

September 18, 2007

/s/ Gary C. Wallace by Power of Attorney

DATE OF NOTICE

(SIGNATURE)

The notice shall be signed by the persons for whose account the securities are to be sold.

At least one copy of the notice shall be manually signed.

Any copies not manually signed shall bear typed or printed signatures.

ATTENTION:

**Intentional misstatements or omission of facts constitute
Federal Criminal Violations (See 18 U.S.C. 1001)**