NATURAL HEALTH TRENDS CORP Form 3 December 13, 2005 UNITED STATES SECURITIES AND EXCHANGE COMMISSION FORM 3 Washington, D.C. 20549 OMB

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

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(h) of the Investment Company Act of 1940

(Print or Type Responses)

(Instr. 4)

Expiration Date

Expiration

Date

(Month/Day/Year)

Exercisable

Date

1. Name and Ad Person <u>*</u> O BRIEN		orting	2. Date of Event Requiring Statement (Month/Day/Year)		³ 3. Issuer Name and Ticker or Trading Symbol NATURAL HEALTH TRENDS CORP [BHIP]					
(Last)	(First) (Middle) 12/07/2005 AL HEALTH				4. Relationship of Reporting Person(s) to Issuer			5. If Amendment, Date Original Filed(Month/Day/Year)		
TRENDS CC DIPLOMAT	DRP., 205				(Check all applicable) <u>X</u> Director <u>10%</u> Owner <u>Officer</u> Other (give title below) (specify below)		Owner	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting		
DALLAS, TX 76226								Person Form filed by More than One Reporting Person		
(City)	(State)	(Zip)		Table I - N	lon-Deriva	tive Securiti	ies Bei	neficially (Owned	
1.Title of Securi (Instr. 4)	ty			2. Amount of Beneficially (Instr. 4)		3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nat Owne (Instr.	•	t Beneficial	
Reminder: Repo owned directly o	-	te line for ea	ch class of secu	irities benefici	ially g	SEC 1473 (7-02	2)			
	inform require	ation conta ed to respo	oond to the c lined in this f nd unless the AB control nu	orm are not e form displ						
Ta	able II - Deri	vative Secur	rities Beneficia	lly Owned (e.	g., puts, calls	s, warrants, opt	tions, co	onvertible se	curities)	
1. Title of Deriv	ative Securit	y 2. Date E	xercisable and	3. Title	e and Amount	of 4.		5.	6. Nature of Indirect	

Securities Underlying

Amount or

Number of

Derivative Security

(Instr. 4)

Title

Conversion

or Exercise

Derivative

Price of

Security

Ownership

Derivative

Security:

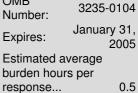
Direct (D)

Form of

Beneficial

Ownership

(Instr. 5)



				Shares		or Indirect (I) (Instr. 5)	
Stock Options	12/08/2005	12/07/2010	Common Stock	7,500	\$ 10.34	D	Â

Reporting Owners

Reporting Owner Na	Relationships					
neporting o where re		Director 10% Owner Officer			Other	
O BRIEN COLIN C/O NATURAL HEALTH 2050 DIPLOMAT DRIVE DALLAS, TX 76226	ÂX	Â	Â	Â		
Signatures						
/s/ COLIN J. O'BRIEN	12/09/2005					
**Signature of Reporting Person	Date					
Entry Laws a Linear of						

Explanation of Responses:

If the form is filed by more than one reporting person, *see* Instruction 5(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.