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Filed: 6/22/2012

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8 Ways to De-Stress From the Holidays

Posted Wed, 12/16/2009 10:43

0 Comments

Tags: Health Living, Christmas, Holiday Stress, Holiday Wellness, New Year, Relief, Respite



The Holiday Season is coming to a close and a New Year is beginning. We've just had our fill of family, celebrations and parties, lots of unhealthy, yummy foods and festive cocktails. We've fought crowds, tackled clothes racks, cooked up a storm and traveled to loved ones homes, near and far. Suffice it to say, we've had our fair share of stress...wouldn't you say?

Now is the time to release a little bit of that stress and ring in the New Year with a new, fresh, unstressed perspective. Here are some ideas to get you feeling relaxed and blissful...ready to take on the New Year with a rejuvenated bang!

- Beauty Rest:** Chances are, you've missed out on some important slumber-time. There's a reason that sleep is called "beauty rest." Sleep deprivation can affect our skin, our eyes, our energy levels, not to mention our minds and immune systems. Take the next week to get a solid 8 hours a night. For a good "sleep prescription," follow this guide.
- Get Moving:** Being active helps to release endorphins and releases stress. However, this holiday season, you may not have been as active as you would have liked. Not to worry. Sometimes, giving our bodies a break can provide us with some mental motivation and energy to get back into the swing of things. This week, before the New Year Resolution makers swarm the gyms, experiment with new things or new classes. Some ideas: Take a Pole Dancing class or a Rebounding class or a Kettle Bell class. Giving yourself permission to experiment will help you find new and fun things that might keep you motivated moving forward.
- Laughter:** Laughter, too, releases happy hormones, while reducing stress hormones (such as cortisol and adrenaline). Further, it has the ability to increase antibody-producing cells, which in turn makes our immune systems stronger. Some ideas to spark a giggle: Watch a funny movie, go to a comedy club, go to the zoo or aquarium or enjoy some time with some of your most humorous of friends.
- Ohmni Yoga:** Yoga has a wonderful calming affect and can do the mind and body a lot of good when it comes to releasing tension. Take two classes this week to relax and decompress.
- Spend Some Alone Time:** This season, we've mostly spent time with friends and family. Although that can be fun, sometimes it can be stressful. Regardless, not having much "alone-time" can cause you to feel antsy. Carve out alone-time this week, about four solid hours. Spend time doing something you love. Some ideas: Take a bath, take a walk, read a good book or go to the museum. Time alone will help you to reconnect with yourself and clear your head.
- Get Your Spa on:** Spas are more than for pampering. They also provide benefits to your health...namely stress reduction. Treatments and services, such as massage, hydrotherapy, heat therapy and even facials, benefit your skin, your body and your mind. Make an appointment at a local spa this week for your favorite treatment. Also, if the spa has a steam room or sauna, take advantage of them and spend some time warming up and calming down.
- Personal Detox:** Believe it or not, eating and drinking the way we do over the holidays can cause us to become less regular, adding stress to our systems. Take the next week to eliminate sugars, refined flours, baked goods, fatty foods and yes, alcohol from your diet. Focus on beefing up your intake of fresh vegetables and fruit, and try to consume more plant-based proteins, such as beans, quinoa and soy. You may even want to consider having a smoothie for breakfast and lunch to help launch your system into waste elimination. Here are a couple recipes to try: Apple Cinnamon and Mixed-Berry.
- Holiday Detox:** The house may be a wreck after all of the holidays and visitors. Take one day and detox your house of the holiday season. Put the decorations away. Clean the guest rooms. Go through the leftovers and toss those you don't really want or need. Organize the cards, the wrapping paper and the decorations for next year. Consider this "spring cleaning" for the holidays. Getting your home and things back to normal will make you feel as though you have accomplished something and will allow you to move onto new things without the holidays hanging over your head.

Hope that you had a wonderful holiday and that your New Year is filled with happiness, joy and love! Reissue Not to Diet in 2010 with bestselling book "GET REAL" and "STOP Dieting! Buy It Now!"

About the Author

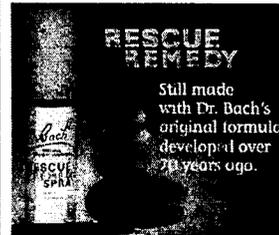
Brett Blumenthal is the founder of Sheer Balance, an online media company geared towards simplifying healthy, balanced living for individuals. With a holistic approach in mind, Sheer Balance provides visitors with information on everything they need to know about their physical health (fitness, nutrition and prevention), mental well-being (work and purpose, relationships and stress management) and personal environment (healthy home, healthy products and life choices). Sheer Balance also provides information on beauty and spas and how they fit into a balanced lifestyle.

This season for sharing good intentions in preparing for 2010. Need some motivation on celebrating the end of 2009 with minimal stress and optimal cheer? Was an intent on how you plan on opening your heart for 2010 and receive support from the community now!

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Avoid Blow Ups: Check-In with Yourself to Change Attitudes

Posted Mon, 12/21/2009 11:29
 0 Comments

Tags: [Balance](#), [Christmas](#), [holiday stress](#), [holidays](#), [mental health](#), [exercise](#), [resilience](#), [stress management](#)

HOW TO SURVIVE AND THRIVE DURING THE HOLIDAYS

The time leading up to the New Year rush causes more stress than most any other period. Between high expectations, pressure to buy perfect gifts and duties to family and friends it's easy to lose sight of one's feelings and forget about self-care.

Often explosions come when we're not keying in to emotions. They build up beneath the surface and remain buried there until they burst out in unexpected moments and words slip out that may injure others.

Bringing feelings to light through writing makes them conscious. Awareness of deep-lying sentiments about spending time with family and friends or coping with office parties and Christmas shopping can help to prepare for these events in healthy ways.

I love to use writing as a way of taking a mental pause. I set aside a few moments at a cafe or in a quiet place at home where I will not be disturbed, then I sit down and check in with how I'm feeling by writing about whatever pops up.

There's no structure, no worry about where it will go or if the writing will be any good. I write for my eyes only as a way of paying attention to what's going on inside of my body, mind and spirit.

The process is simple and familiar:

- 1) Set the intention to check in with yourself through writing.
- 2) Schedule a time.
- 3) Write continuously without stopping for the amount of time you set. Sometimes five minutes will open the gate to expressing those deeper feelings about upcoming situations.

If you're at a loss for a words or nothing comes, then continue to repeat one word like peace or contentment (or whatever feels appropriate for you). Write the word over and over until something else comes in.

I've had people tell me that simply writing a single uplifting word non-stop can transform how they feel. This exercise is a way of listening to your heart during a period when you may be required to pay attention to everyone except yourself. Awareness of emotions opens the door to transforming them.

By knowing in advance that a situation will challenge you, you can resolve to speak kindly and actively promote holiday harmony. We can't often change our environment or the people we love and live with, but we can become conscious of our attitudes and learn to accept others as they are. It's a first step in accepting ourselves unconditionally.

About the Author

Debra Moffitt-Leslie is a body / mind / spirit writer touches people with her simple, direct language and makes complex spiritual practices clear and accessible. In her forthcoming book, "108 Spiritual Practices for Challenging Times" she describes walking labyrinths, creating sacred space, meditation and dream work with humor and lightness. Drawn from ancient spiritual traditions she makes the tools accessible to everyone from Buddhists to Baptists and beyond. Her essays, articles and fiction appear in publications around the world and focus on drawing attention to the spiritual in a mostly material-minded world. Read more at www.debramoffitt.com

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In 2010: How to Reduce Stress, Promote Harmony, Eliminate Toxic Energy and Lose Weight

Print Size: auto | Print | 1 Comment | Tag: Healthy Living, stress relief, new year's resolutions



... understand that most people begin their diets by cutting back on or eliminating high fat and sugary foods. Sounds like a smart place to start? Not so fast, but receive so!

This goesound big-time! Here is how to tell you that the best way to begin know is to make sure that the energy in your home is supporting your new healthy eating and living style.

Just for a moment imagine that you have successfully negotiated your way through your work-day, which basically means that you made it out alive! You worked through piles of paper, you managed not to react to irritating people, you enjoyed the happy moments, and much more!

Now, imagine that after this insipid day you are tentatively putting your key in the front door lock, turn on the light and entering. You are met by two white walls of newspapers piled high, and/or dirty laundry, and/or an empty fridge, or plants that need watering, or a dog that didn't appreciate your being late and has gnawed his way through your slippers, or a hot bath, or stagnant air, or just plain clutter! I don't know what type of disaster you might find in your home, but you do!

Stop here!!! Download today's Free Lady of Wisdom Lesson: Blow the Yin (Life Out of Your Mind) worksheet: What's your disaster look like? (worksheet) FengShui.pdf

Here are some very basic Feng Shui tips that will keep the happy energy flowing!

What is Feng Shui? Feng Shui translates literally to "wind-water." It is the ancient Chinese art of placement, and its goal is to achieve harmony, comfort and balance in one's environment here and there in one's life.

You can now understand why it is that the perfect way to start anew, to begin your journey to Swireville (Evans of the early 1900s) and the Girl in the Turb Club is to open your space, so that you can promote free flowing energy throughout your environment. After the energy flows, we can start to fill the fides with healthy foods!

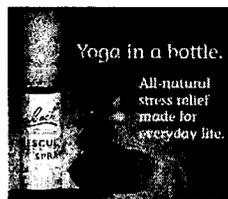
Feng Shui, 10 Healthy Living Tips

- 1. Keep Your Doorway and Entry Space Clear. Do you want to deal with an obstacle the moment you enter your space... 2. Air Quality Matters. In terms of your health, air quality is your number one priority... 3. Let There Be Light. Natural light impacts your energy level... 4. Sleep Right. You will automatically find that you will sleep better at night... 5. Dust Under Things. You may not see the dust under the bed... 6. Paint Your Kitchens. It is said that by painting your kitchen a pastel color... 7. Three Feet Between Furniture. The rule of thumb is to leave three feet of open space... 8. Decorate Organically. The use of earth tones, earth materials... 9. Do-Clutter. If the magazines are old... 10. The Fridge. Now that you have created good Feng Shui throughout your home...

Spread the word - NOT the junk! | About the Author | Janice Taylor is a Life & Wellness Coach specializing in transformation, relaxation and weight loss.

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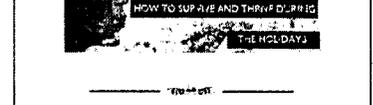


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V is for Vegan – Less Stress With A Vegan New Year

By Linda Lakkar



The New Year's resolutions you've made to eat healthier have just been reinforced with the arrival of a new year. The year 2014 is usually a time to make resolutions, but where to begin?

There are a lot of options for you to choose from and here we are going to focus on the one that is the most important for your health and well-being. It's the one that is the most important for your health and well-being. It's the one that is the most important for your health and well-being.

Another great reason to go vegan is the fact that it's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight.

The best way to go vegan is to go vegan. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight.

1. Start with a small change. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight.

2. Don't eat meat. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight.

3. Avoid dairy. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight.

4. Eat more fruits and vegetables. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight.

5. Drink more water. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight.

6. Get more sleep. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight.

7. Exercise regularly. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight.

8. Avoid alcohol. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight.

9. Don't smoke. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight.

10. Stay positive. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight.

11. Be consistent. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight.

12. Stay motivated. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight.

13. Stay focused. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight.

14. Stay determined. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight.

15. Stay committed. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight. It's a natural way to lose weight.

How to Live a Healthier Life by Gretchen Rubin

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A Conscious Family Christmas

Posted Wed, 12/16/2009 - 8:40
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HOW TO SURVIVE AND THRIVE DURING THE HOLIDAYS

With all the holiday hustle and bustle, it might seem impossible to practice conscious parenting. Don't give up. A little Christmas spirit is all you need.

What are your favorite Christmas memories?

When you stop and reflect, do you conjure up scenes of snow-covered hills, crackling fires, hot cocoa and sugar cookies? Do you see a family gathered around a bejeweled Christmas tree, with colorfully wrapped packages piled all around? Can you hear the sounds of caroling, or the sounds of children's laughter?

For many of us, these are the images of a perfect Christmas. But here's the rub: For most of us, the images are not an exact match for our real-life experiences, past or present. (Are you thinking, "Not even close?")

How was your Christmas, this year? Perhaps you felt disconnected from your children, spouse or other relatives. Was someone tired and cranky all day long? (Was it you?) Perhaps you are now feeling torn between a week of festivities with the family and a week of mind-numbing, year-end, something-or-other at work.

Maybe you just missed out on the magic of it all.

If your Christmas was less than perfect – or simply over too fast, after all that preparation – don't give up hope. Christmas is still here.

And maybe there are still a few gifts waiting to be unwrapped. Conscious parenting teaches us to pay attention to the small moments and tiny treasures in life. They might not be done up in pretty paper with skating penguins or sledging polar bears, but I bet you can still find them under the tree.

You just have to look a little closer. Here's how:

1. **Accept – and bless – where you are right now.**

Holidays, like families, come in all colors, shapes and sizes. If your family's Christmas was just a little bit blue, that's okay. It's all part of the human experience. Take a moment to check in with yourself now. How are you feeling? How is your family holding up in all the holiday craziness? Accept whatever you find. Give yourselves a little love. Be at peace.

2. **Set an intention for the rest of the holiday.**

Now, take a moment to think about how you want to experience the week ahead. Create a Christmas intention, prayer or blessing for you and your family. This would be a beautiful activity to do with your kids. Write down your family blessing and post it somewhere visible. Agree that each time someone passes it, they will stop and read it out loud for everyone's enjoyment.

3. **Clear your calendar... as much as possible... unless it's something fun.**

Remember that winter is a season of slowing down and reflection. Don't fight the tide with an endless stream of marathon ski trips and midnight parties. Take a look at your to-do list and try to cut it in half. Have fun with your children, but be sure to take time out for that cup of cocoa by the fire. Snuggle up and read a favorite Christmas story. Sing those carols. 'Tis the season.

4. **Give everyone a little alone time.**

If you are already dreaming of sending the kids back to school, you probably need some "me time." Keep in mind that your children may need this as well. Chances are good that you're all over-stimulated, over-tired and cranked up on too much sugar. Let each child take a favorite toy or book and find a comfy spot for an hour or two of quiet. Do this each afternoon, if possible. Ah, nap time.

5. **Be ambassadors of Christmas.**

Still struggling to find your Christmas spirit? Try giving some to someone else. Trust me, this is where you will find the magic. Wherever you go and whatever you do this week, make every interaction friendly and joyful. Maybe take a dozen candy canes, tie ribbons around them and stuff them in your pockets.

Now, go about your family business. At the gas station, the super market, the ski resort... it doesn't matter. Just find someone, look them in the eye, smile – pose out a candy cane – and say "Happy Holidays!"

Surprise. Gratitude. Joy. Love. Hope. You might find any of these gifts along the way.

Let me know how it goes.

About the Author
 Meg Brown is a former corporate executive and single mother of two gorgeous sons. She writes about conscious parenting, mid-life mommies, adoption and her own journey to wholeness at her website, www.consciousparenting.com.

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Posted by Donovan Moore
 very nice

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10 Steps to Beat the Post-Holiday Budge

Posted Wed, 12/30/2009 - 11:36

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Tags: Post-Holiday Budge, Post-Holiday Budge, New Year's Resolutions, Weight Loss, Weight Loss

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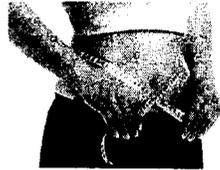
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Do you have a spare tire, love handles, or a belly budge left over from the holidays? Or maybe it's been accumulating for more than a few holiday seasons? Did you have your ouzo, drinks, cookies and turkey dinner -- and eat them too? Don't fret. Here are a few simple tricks from my best-selling book: *The Life Force Diet* (Wiley, 2009) that can help you start the New Year on the right--and maybe lighter--foot.

1. **Drink plenty of water throughout the day to beat dehydration.** Alcohol consumption, fatty foods, and insufficient water are some of the main reasons people feel "aug-er" and heavy from the holidays. Every cell in your body needs adequate water to function properly so try to drink at least 2 litres a day to flush fat and toxins out.
2. **Take a high-quality B-complex and vitamin C supplement,** both of which are depleted by alcohol consumption and stress--and chances are you had both during the holidays.
3. **Eat fruit in the morning on an empty stomach--fruit is the best food to keep the lymphatic system cleansed and moving properly.** The lymphatic system is what I call "the body's version of a street-cleaner"--it sweeps up toxins, fat, and the by-products of bodily processes to lessen pain, inflammation, cellulite, and toxic overload in the body.
4. **Eat a large green salad for lunch and dinner if you're having dinner at home.** And if you just can't stand another salad, wrap it up! Put lettuce, sprouts, avocado, tomato, and cucumber (or some combination of these) in a wrap. Add a dash of sea salt and freshly cracked peppercorns and you have a delicious meal in a hurry.
5. **Eat a small healthy snack every two hours to stabilize blood sugar.** Wild blood sugar fluctuations can deplete your energy, cause weight gain, intensify food cravings, and depress your immune system, making you more vulnerable to those cold and flu bugs found in droves in the winter months. My preferred option is raw, unsalted almonds--they're loaded with calcium and blood-stabilizing fiber and protein. Eat 10-12 as a snack between meals.
6. **Avoid eating sweets, synthetic sweeteners or foods sweetened with them.** Instead, eat fruit and sweeten herbal teas with a few drops of stevia--an herb that contains steviolides, substances that are naturally 1000 times sweeter than sugar, without the nasty effects on your blood sugar levels.
7. **Be sure to fit some exercise into your day.** A minimum of twenty minutes of vigorous activity will get your circulation going, improve lymph flow, increase energy, and help your body burn the budes left over from the holiday season. If it's too cold outside, try jumping on a mini-trampoline. It's one of the best forms of exercise for getting your lymph to eliminate fatty deposits and cellulite in your body.
8. **Avoid margarine and foods made with hydrogenated and trans fats.** These toxic foods make your body's detox organs like the liver sluggish. They also require huge amounts of energy to digest. They also lead to weight gain and are linked to a host of other health problems.
9. **Avoid foods that contain synthetic colours, preservatives, and other additives.** As I tell clients, "if you can't read it, don't eat it." By avoiding them throughout the day, you are giving your liver a break so it can devote its energy to burning fat.
10. **Add beans to your diet in soups, salads, stews, chilli, or other foods.** The humble legumes are the most overlooked healthy foods, yet they are packed with protein, fiber, and complex carbs (the good ones) that cleanse your bowels, stabilize blood sugar, and keep you feeling full for hours. Can't stand the aftermath of eating beans--simply take a digestive enzyme that includes cellulase with meals that contain beans. Cellulase helps improve the digestion of beans.



With the help of a few health tricks, you can start the New Year as a healthier, more energetic, and lighter version of you!

Adapted, with permission of the author, from the book, *The Life Force Diet* (Wiley, 2009).

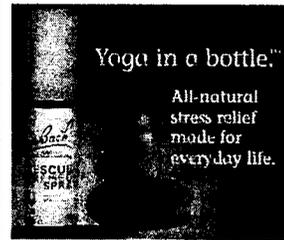
About the Author

Michelle Schifro Cook, R.N.C.P., R.O.H.T., D.A., D.N.M., is a best-selling and six-time book author and doctor of natural medicine, whose works include: *The Life Force Diet*, *The Ultimate pH Solution*, and *The 5 Ways to a Healthy Body Before Jan.* Learn more at: www.life-force-diet.com

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How More Giving Can Cure Post-Holiday Stress

David New, Entrepreneur | 10/11/10
12 Comments

Tags: Holiday, Give, Giving, Charity, Giving, Giving, Giving, Giving, Giving, Giving

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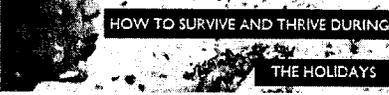
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Experiencing post-holiday stress or after New Year let-down? The cure for both is found in more...giving. Yep, it's true. But this type of giving doesn't require wrapping paper or circles around the mall parking lot. Whether in the form of philanthropy, volunteering or small human gestures, giving makes life more meaningful by turning the focus away from our own preoccupations, to others.

And if you're suffering an aftermath-cold born of exuberant (or alcoholic) over-indulgences, giving could have you covered there too. Research shows there's a biological effect from helping others. People suffering from chronic pain felt better and experienced less depression and pain when they counseled other pain patients.

The research is fascinating, but unnecessary. We know ourselves the joy and lift we feel from helping another being or cause. If undertaken, the following ideas are guaranteed to raise spirits, reduce stress and bring a punch of optimism for the New Year.

Give to others

- **Micro-leadership** is a trending topic for a reason. It's simple to participate as a leader, the impact is infinite and the satisfaction is addictive. Quincey Bass, Steve Demers, Cleve and Margaret are some of the largest and most effective micro-leadership organizations.
- **GiveForward** and **Give** are a new concept because of its scale and ability to connect givers and recipients in new ways. Individuals and non-profits can set up fundraising pages for initiatives ranging from volunteer trips, school projects, marathons, to medical treatments. The site also offers **Give5**. Answer a couple of quick questions about your interests and GiveForward matches your interests to fundraising projects. You pick your favorite five and give \$1 to each.

Give to yourself

- Give yourself the benefits of exercise and another reason to do it. Plus 3 Networks partners with companies to sponsor your workouts for charity. Whether you run, bike, skate, swim or walk for fitness or for transportation, your mileage benefits a cause of your choice. Easy registration and free to participate.
- **Ode Magazine** calls itself the magazine for intelligent optimists and it doesn't disappoint. Published 10 times annually, Ode's news stories about social enterprise, environment, health, finance and personal outlook are utterly inspiring.

Read about others who inspire

- Andrew Castle started **Yankee Hungry** last year at age nine to raise money for Heifer International. He and his brother make hand-wash bars and donate 100% of the profits to a nonprofit. Last year, they raised \$1,900 for Heifer and this year money from sales will go to the Vermont Food Bank. Not only is Andrew a doer and a giver, he's a mighty fine knitter.
- At 14, William Kamukama built his family an electricity-generating windmill from spare parts, working only off of rough plans he found in a library book. He's now an author, TED speaker and inspiring youth social entrepreneur. He talks about his vision and his village's initial skepticism here.

Offer your time

- **Donate Blood**. It's quick, doesn't hurt much and is immensely needed. Consider donating platelets, plasma or bone marrow.
- For more engagement and a potential extended involvement, check out volunteer databases VolunteerMatch, ServeLocal and Volunteer Central for your next trip.

What benefits do you get from giving and what are some of your favorite ways to give?

About the Author

David New is the creator of **Cause Capitalism**, which shows companies how to grow their business by incorporating a social mission. To read more about her work, visit www.causecapitalism.com.

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Comments (1)

Posted by Gemma Fournier

I can tell that a lot of research went into providing this fantastic information. Thank you for sharing and I am definitely going to give this a try. Especially the fund-raiser thing for the 2014 Olympic hopefuls.

or to post comments

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What is Your Intention for 2010? How to Get Inten-satisfied!

Posted May 01/06/2009 - 11:20 AM
0 Comments

Tags: #intention, #newyear, #newyearresolution

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What a great time of year this is! It feels like the opportunity to have a fresh new start. Are you ready to make this year your best year yet? Why not make this year a year dedicated finally doing what you really want to do? What if this is the year you finally do lose the weight, get healthy, find the job of your dreams or play and enjoy life more often? If not now, when?

How many times have you set new years resolutions just to find the excitement of making the change wearing off after just a few days? Well, I would like to give you some tips to help you fuel your passion and enthusiasm because if you learn to keep your inner fire lit, you will have the energy to keep taking powerful positive steps in the direction of your dreams.

Remember last year when you celebrated the beginning of 2009, time flies and this year is not different. In a snap of a finger it will be 2011. Don't let this year go by without doing that thing you really want to do! Why not make this truly your best year yet? Aim for success!

Step 1

1. A clear goal.

Pick one thing that you have a burning desire to accomplish, become or create. Your deep desire is your fire and it will help you accomplish great things if you fan the flame. Remind yourself every day how much you want it, you want it, you really really want it!

2. Take action

You need an action plan. Do not worry about making it perfect just put a plan down on paper. Put down the things you can do right now to get started. No matter how big or small the actions are, write them down and start checking them off your list. As you move forward you will have new ideas and you can keep adding to your list. Take the first action by writing the plan. No plan no power!

3. Become obsessed by it

Those people that are successful in creating and living a life they love in a body they love are focused. They keep their attention on the final outcome that they want, always. Put your goal where you can see it, memorize it, fantasize about it, imagine it, create a vision board and keep the end result always in the forefront of your mind.

4. Be the master of your fate

Tell your mind what you want over and over and over again. When you repeat to yourself what you want it is like plugging into your GPS system your final destination. Your subconscious mind is your GPS system. It needs to know where you want to go and will find the faster route for you to get there. If you make a wrong turn it will guide you back on track. Your subconscious mind is your spiritual mind. Use your conscious mind to plan to the final destination and then follow your plan and your intuition.

5. Discipline or self control

Without mental discipline or self control you are the slave not the master of your mind. You must develop the ability to doubt your doubts, to affirm your faith in the laws of the universe, in yourself and in your abilities. When you hear yourself doubting yourself practice changing your mind, shifting your focus. When you meet with failure, never, ever, ever give up! Use self control to give a powerful and positive meaning to the situation and find the lesson and get up again.

6. Value yourself

When you value and respect yourself you stop setting for mediocre. You get what you settle for. Remind yourself that is nothing more important than that you become who you want to become and there is no one in your way but you. You can do, be and have anything you desire if you are willing to both the right mental attitude. You CAN do it, of course you can. Find value in yourself and in this life and you will be of great value to the world.

7. Stay inspired!

This is your duty! Stay inspired! Read books, look for others who have succeeded who are a positive role model. This will help you fuel your positive mental attitude instead of your negative one. If you don't work to stay inspired then when the going gets tough, and it will, you will not have the fuel or the confidence to keep going. Keep the burning desire to succeed alive!

May you remember how incredible you are. You can do it. Of course you can, if you believe. If not now, when?

Love
Patricia

About the Author

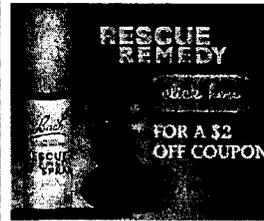
Patricia Moreno is the author of the soon to be released "The IntenSati Method, 7 principles to thinner posture." She is the founder of SatLife, a company dedicated to empowering and inspiring people to believe in themselves and live a life they love in a body they love. Her revolutionary program, The IntenSati Method is the first workout to combine positive affirmations with physical training. To learn more, visit www.satlife.com

Need some motivation on celebrating the new year with minimal stress and optimal cheer? Post an intent on how you plan on opening your heart for 2010 and receive support from the community next!

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more



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Comments (0)

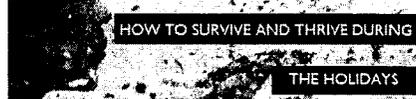
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Top 10 Healthy Things to Do in 2010

Posted Mon, 01/04/2010 - 10:31
 0 Comments

Tags: Intent, 2010, 2010 Year, 2010 Year Resolutions



- 1). New Year: new avana.** If you want to broaden your understanding of yoga, try a new style this year. If you're a dedicated ashtangi, drop into a Restorative, Yin, or Kripalu class. Worship at the sweet throne of Bikram? Refine your alignment in Iyengar. Love the fast pace of Baptiste or Vinyasa? Experiment with longer holds in Forrest yoga, greater emphasis on philosophy with Jivani, or heart-centered intention in Anusara. The purpose of practicing yoga is to evoke balance in our lives, thus it's important to inspire balance by including some variety in our practice.
- 2). Less reality TV; more reality.** Look, I don't want to be a downer, but too much TV over-stimulates your brain (especially before bed), fattens your ass, saps your creativity, and erodes the personal, one-on-one relationships with *real* people that matter in your life. This year, watch the shows that inspire and entertain you, but cool it with the incessant background noise, relentless channel surfing, and late-night brain drain.
- 3). Forgive someone.** Speaking of real people... They make mistakes. Big ones. Hurtful ones. Unforgivable ones. Forgive them anyway. Besides being the compassionate thing to do, it's crucial to your health. The anger we feel toward others, if allowed to fester, pollutes our thoughts, and as the Buddha once explained, "All that we are is a result of what we have thought."
- 4). Make this your mantra: Eat whole foods.** You can eat at the grocery chain Whole Foods too, if you like, but that's not what I mean here. Whole foods are characterized by being as close to their natural, original states as possible. Skip the latest diets, swearing off carbs, and counting calories. Eat real food: think about where it came from; know how it got to your plate. Savor each bite. Eating mindfully will change your life and your body. Promise.
- 5). Get thee to Goodwill.** Most of us have too much stuff. Get rid of what you don't need; give it to someone who does. It's a wonderful way to create space, physically and psychologically.
- 6). Turn your world upside down.** If you only do one yoga pose all year, make it an inversion. If you're familiar with uttanas, viperita karani, shoulder stand, and downward dog (your head is below your heart in all of these poses, directing fresh blood to your brain), perhaps set an intention to learn more advanced poses such as headstand, forearm stand, or handstand. These potent postures provide immediate shifts in perspective and are among the most effective asanas you can perform.
- 7). Get acquainted with karma.** Making resolutions to be a better person in the coming year are nice, but they don't mean squat until you take action. The word karma actually translates to mean "action." In that end, good actions beget good actions and negative ones do the opposite. If this is the year you plan to take action in your community, help others in need, or volunteer for a cause in which you believe, quit talking about it. Find your focus, and take action.
- 8). Skip town.** Taking a mental holiday need not be expensive or time-consuming, but it's important to get a change of scenery on occasion. Maybe you spend a weekend in the mountains, drive to the beach for a day, or simply take a walk in a different part of town. Experiencing new places and people keeps us young.
- 9). Write it down.** No matter what your goals are, you are more likely to achieve them if you write them down. Trying to lose weight? Keep a food diary. Need to get your personal finances in order? Write down everything on which you spend money over the course of a month, then strategize where you can make improvements. Hoping to cultivate a better relationship with someone special? Send them a hand-written, heartfelt note. Writing things down allows us to see the truth in black and white, and that is the most powerful step toward change.
- 10). Meditate.** It always helps. It never hurts. It costs nothing. It improves everything.



Happy New Year!

About the Author
 Rebecca Pacheco, creator of OmGai.com, is a yoga teacher, writer, sports lover, and health nut, who enjoys sharing her wellness knowledge and creative insight with others. She began practicing yoga at the age of 16 and teaching others by age 20. For the past decade, Rebecca has worked with students of all levels, including beginners and experienced yogis, professional and amateur athletes, ballet dancers, actors, children and teens, people with injuries or disabilities, and more. Visit www.OmGai.com for more information.

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Post-Christmas Stress Relief: 8 Suggested Items to Have In Your Wellness Toolkit

Read More | 12/20/09 | 11:17
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Tags: health, living, healthy living, health, wellness, mental health, new year, new year resolutions

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HOW TO SURVIVE AND THRIVE DURING THE HOLIDAYS

In the window of time between Christmas and New Year's, you may find yourself completely drained. Rather than taking down holiday decorations, writing thank-you notes and trying to figure out what to do for New Year's Eve, you may feel tempted to crawl under your covers and not come out until mid-January when all the end-of-the-year madness has completely died down and no one is bugging you for anything.

This is where your personal wellness toolkit comes in. A wellness toolkit is something you have within reach anytime you feel absolutely drained, tired or lethargic when you need your mental and physical energy the most. Just how a toolbox contains many different tools for different functions, a wellness toolkit should contain a variety of items that addresses different aspects of wellness—physical wellness, mental wellness, and so on.

Though everyone's wellness toolkit will look different depending on people's different personal needs, here are 10 suggestions for what to put in your wellness toolkit—which can be tucked away in a box in your bedroom, a small bag in your purse or even in the glove compartment of your car.

1. A tiny bottle of your favorite essential oil. Feeling stressed? Rub a few drops of lavender on your wrists. Need to stop vegging out over New Year's party plans? Inhale the calming scent of sandalwood before you answer an e-mail or pick up the phone. Sometimes the best pick-me-up we can give ourselves is a comforting smell that can stimulate us out of our lethargy or soothe our jangled nerves. Use your favorite scent sparingly so that you can keep the magic of the calming scent fresh whenever you need it.
2. A few energy bars. No, we did not say energy drink. Sometimes we get stressed or crazy over nothing because we are undercarbohydrating ourselves with bad food. Of course the best option is always a healthy meal with lots of vegetables and grains, but when we are on the go, sometimes a healthy energy bar or two does the trick.
3. A photograph that will cheer you up without fail. My cell phone wallpaper and computer desktop is always decorated with a picture of my parents' half-Malibu half-poodle dog that immediately melts my heart into a warm puddle of goo. Your photograph may be a picture of your best friend, spouse, significant other, kids, favorite place, favorite memory—whatever it is, keep it close by in your wellness toolkit to get rid of whatever funk you are feeling.
4. Cough drops. You never know when a bad case of the sore throat or cough will hit you during these winter months when immune systems are the most vulnerable.
5. A small list of quotations, life goals, or personal mantras. What is the uplifting quotation that guides you through the darkness? What is the life position that makes all the minor life troubles seem manageable? What is your personal mantra that will remind you of your own inherent goodness and strength? Sometimes it is the power of the written word that uplifts us and energizes us in times of physical and mental fatigue.
6. Rescue Remedy Spray. Small enough to fit discreetly in your pocket or purse, this all-natural homeopathic spray containing 38 flower essences can be sprayed into your mouth whenever you are feeling stressed or overwhelmed.
7. A bag of your favorite herbal teas, instant soups and other hot drink pleasures. Never underestimate the power of a steaming hot drink when you are feeling out of it. Taking the time to sip on a herbal tea, hot soup or instant soup is a way of hitting the pause button and taking care of where you are—right here, right now.
8. Your favorite CD. Bust out some really awesome music when you're stuck. Whether you're in a traffic jam or grouchy about having to clean up your house, sometimes it's that one soul-shaking song that really makes everything just fine.

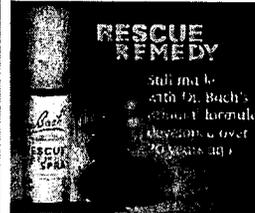
About the Author

Yumi Sakigawa is the online editorial producer for Intent.com.

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Comments (2)

Posted by **Angie Provost**
Fabulous list Yumi...where would I find the rescue remedy spray?
0 comments

Posted by **Yumi Sakigawa**
Thanks Angie! You can buy them at Walgreen's, GNC, Whole Foods, Wild Oats and other fine natural product stores, and also order them online at rescuere medy.com. Happy early new year to you!
0 comments



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Joely Fisher,
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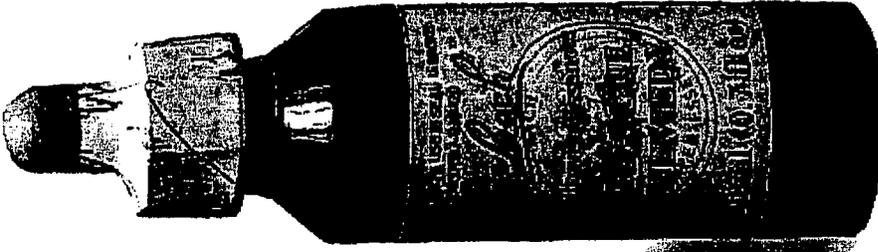
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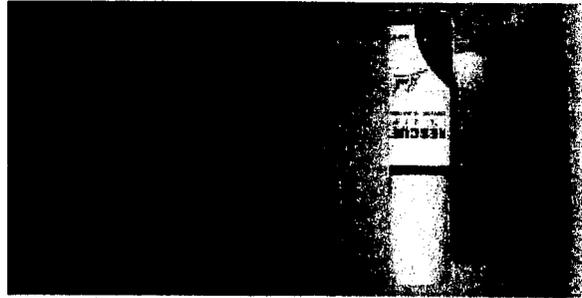


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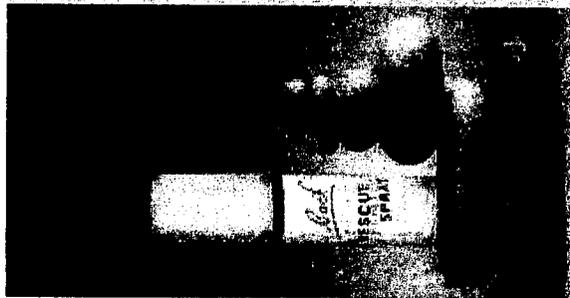


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FALL STYLE GUIDE

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Tricks That
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FLAT ABS! FIRM BUTT! LEAN LEGS!

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Women'sHealth

Hot Stuff



THE SPORTSMAN

Between NFL seasons, Cincinnati Bengals defensive captain Dhani Jones traveled around the world competing in new sports.

Part travelogue, part workout guide, *The Sportsman* is an invigorating account of Dhani's global sporting adventures and the lessons he has learned along the way. It's a reminder that by connecting to the world through its people and customs and the spirit of competition, we empower ourselves in ways that can surpass our craziest expectations.

dhanijones.tv



Ray Maker

Sarah Dussault

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| |) | Atty. Ref.: DJB/5027-97 |
| Opposer, |) | |
| |) | |
| v. |) | Opposition No. 91200168 |
| |) | Serial No.: 85/111,156 |
| Absolutely Natural, Inc., by name change |) | |
| from Richards Distributing, Inc. |) | |
| |) | |
| Applicant. |) | |

EXHIBIT 9

TO

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IN SUPPORT OF OPPOSER BACH FLOWER REMEDIES LIMITED'S
OPPOSITION TO THE SUMMARY JUDGMENT MOTION OF APPLICANT**

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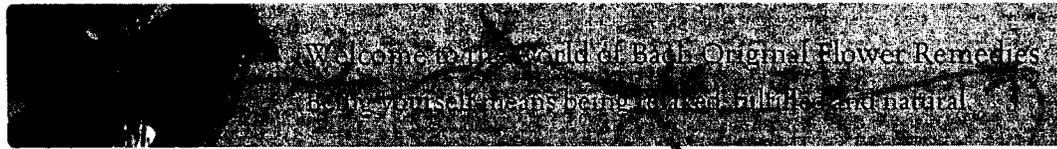
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|--|---|-------------------------|
| Bach Flower Remedies Limited, |) | |
| |) | Atty. Ref.: DJB/5027-97 |
| Opposer, |) | |
| |) | |
| v. |) | Opposition No. 91200168 |
| |) | Serial No.: 85/111,156 |
| Absolutely Natural, Inc., by name change |) | |
| from Richards Distributing, Inc. |) | |
| |) | |
| Applicant. |) | |

EXHIBIT 10

TO

**DECLARATION OF JOEL TOMINEY
IN SUPPORT OF OPPOSER BACH FLOWER REMEDIES LIMITED'S
OPPOSITION TO THE SUMMARY JUDGMENT MOTION OF APPLICANT**



Find a BIEP Course

Please use the drop down box below to select the Level Courses available. You can click on "Start Date" column heading to sort by date or the "Location" column heading to sort by place. You can also click on the actual course date to view details and teacher's website or email if available. Any questions at all, please call our U.S. Bach International Education Department at **1-800-334-0843**.

Find a course

2 Records found.

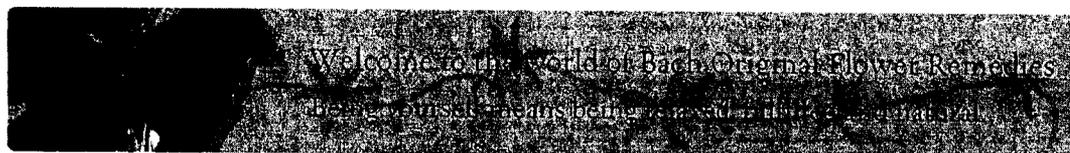
Category **All Categories**

Training Category **Distance Learning Program**

[0-9](#) | [A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [Q](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) | [W](#) | [X](#) | [Y](#) | [Z](#) | [Show All](#)

| Training Category | Start Date | End Date | Course length | Location | Trainer | Phone number |
|---------------------------|----------------------------------|--------------------------|--------------------------|--|-------------|-------------------|
| Distance Learning Program | Homestudy | Via email or postal mail | 1 - 3 Months to complete | Homestudy | Nancy Buono | 888-373-2224 -... |
| Distance Learning Program | Start Right Away | Enroll Anytime | 1 - 3 months to complete | Homestudy via web, video, exercises... | Nancy Buono | 888-373-2224 |

BF 000601



Find a BIEP Course

Please use the drop down box below to select the Level Courses available. You can click on "Start Date" column heading to sort by date or the "Location" column heading to sort by place. You can also click on the actual course date to view details and teacher's website or email if available. Any questions at all, please call our U.S. Bach International Education Department at 1-800-334-0843.

| | |
|-------------------|---|
| Training Category | Level 1 |
| Start Date | LIVE WEBCLASS!! |
| Course length | 3 1-hour live Webelasses & Homestudy!! |
| Location | VIA LIVE WEBCLASS |
| Trainer | Nancy Buono |
| Phone number | 888-373-2224 |
| Website or Email | http://www.bachflowereducation.com |

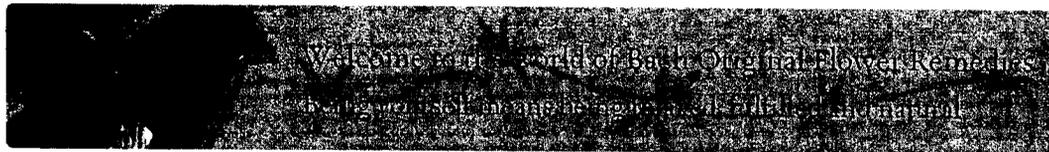
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BF 000602



Find a BIEP Course

Please use the drop down box below to select the Level Courses available. You can click on "Start Date" column heading to sort by date or the "Location" column heading to sort by place. You can also click on the actual course date to view details and teacher's website or email if available. Any questions at all, please call our U.S. Bach International Education Department at **1-800-334-0843**.

Find a course

17 Records found. Showing page 2 of 2.

Category **All Categories**

Training Category **Level 1**

Search Clear

[0-9](#) | [A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [Q](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) | [W](#) | [X](#) | [Y](#) | [Z](#) | [Show All](#)

| Training Category | Start Date | End Date | Course length | Location | Trainer | Phone number |
|-------------------|--------------------------|----------|---------------|------------------------|-----------------|--------------------|
| Level 1 | 10/13/12 | 10/14/12 | 2 days | Vancouver, BC | Sarah Brune | 250-331-3228 |
| Level 1 | 04/21/12 | 01/22/12 | 2 days | Saratoga, NY | Elisabeth Wiley | 1-800-896-3835 |
| Level 1 | 06/23/12 | 06/24/12 | 2 days | N Andover, MA | Denise Eaton | 978-988-3833 X1142 |
| Level 1 | 04/21/12 | 04/22/12 | 2 days | Coconut Grove, FL | Alicai Sirkin | 888-875-6753 |
| Level 1 | 09/29/12 | 09/30/12 | 2 days | NY, NY | Nancy Buono | 888 373-2224 |
| Level 1 | 10/06/12 | 10/07/12 | 2 days | Portland, OR | John Frieden | 503-333-1377 |
| Level 1 | 09/17/12 | 09/18/12 | 2 days | Port Alberni BC Canada | Sarah Brune | 250-331-3228 |

Page: [\[1\]](#) [\[2\]](#)

[\[< Previous \]](#)

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BF 000604



Find a BIEP Course

Please use the drop down box below to select the Level Courses available. You can click on "Start Date" column heading to sort by date or the "Location" column heading to sort by place. You can also click on the actual course date to view details and teacher's website or email if available. Any questions at all, please call our U.S. Bach International Education Department at **1-800-334-0843**.

Find a course

6 Records found.

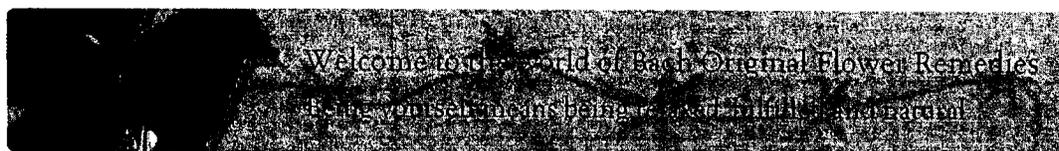
Category All Categories

Training Category Level 2

[0-9](#) | [A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [Q](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) | [W](#) | [X](#) | [Y](#) | [Z](#) | [Show All](#)

| Training Category | Start Date | End Date | Course length | Location | Trainer | Phone number |
|-------------------|----------------------------|------------|---------------|------------------|------------------|----------------|
| Level 2 | 05/05/2012 | 05/06/2012 | 2 days | Philadelphia, PA | Nancy Buono | 888 373-2224 |
| Level 2 | 02/11/2012 | 02/12/2012 | 2 days | Southern CA | Nancy Buono | 888 373-2224 |
| Level 2 | 11/03/12 | 11/04/12 | 2 days | NYC, NY | Nancy Buono | 888-373-2224 |
| Level 2 | 06/09/2012 | 06/10/2012 | 2 days | Asheville, NC | Nancy Buono | 888 373-2224 |
| Level 2 | 08/18/12 | 08/19/12 | 2 days | Albany, NY | Elisabeth Wiley | 1-800-896-3835 |
| Level 2 | 10/13/12 | 10/14/12 | 2 days | Flagstaff, AZ | Carol Bennington | 928-864-6046 |

BF 000605



Find a BIEP Course

Please use the drop down box below to select the Level Courses available. You can click on "Start Date" column heading to sort by date or the "Location" column heading to sort by place. You can also click on the actual course date to view details and teacher's website or email if available. Any questions at all, please call our U.S. Bach International Education Department at **1-800-334-0843**.

Find a course

6 Records found.

Category **All Categories**

Training Category **Level 3**

[0-9](#) | [A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [Q](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) | [W](#) | [X](#) | [Y](#) | [Z](#) | [Show All](#)

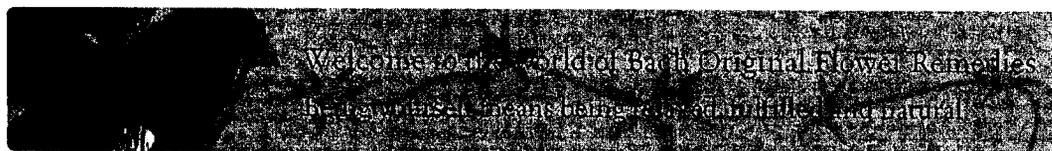
| Training Category | Start Date | End Date | Course length | Location | Trainer | Phone number |
|-------------------|-----------------------------|------------|------------------------|-------------------|-----------------|--------------|
| Level 3 | 02/16/2012 | 02/19/2012 | 3 1/2 days + homestudy | Phoenix, AZ | Nancy Buono | 888 373-2224 |
| Level 3 | 10/18/2012 | 10/21/2012 | 3 1/2 days + homestudy | Asheville, NC | Nancy Buono | 888 373-2224 |
| Level 3 | 08/02/2012 | 08/05/2012 | 3 1/2 days + homestudy | Newport Beach, CA | Nancy Buono | 888 373-2224 |
| Level 3 | 09/13/2012 | 09/16/2012 | 3 1/2 days + homestudy | Philadelphia, PA | Nancy Buono | 888 373-2224 |
| Level 3 | 11/29/2012 | 12/02/2012 | 3 1/2 days + homestudy | Albany, NY | Elisabeth Wiley | 888-373-2224 |
| Level 3 | Spring 2013 | | 3 1/2 days + homestudy | NY | NY | 888-373-2224 |

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BF 000606



Find a BIEP Course

Please use the drop down box below to select the Level Courses available. You can click on "Start Date" column heading to sort by date or the "Location" column heading to sort by place. You can also click on the actual course date to view details and teacher's website or email if available. Any questions at all, please call our U.S. Bach International Education Department at 1-800-334-0843.

Find a course

1 Record found.

Category All Categories

Training Category Level 3 Animal Practitioner Course

[0-9](#) | [A](#) | [B](#) | [C](#) | [D](#) | [E](#) | [F](#) | [G](#) | [H](#) | [I](#) | [J](#) | [K](#) | [L](#) | [M](#) | [N](#) | [O](#) | [P](#) | [Q](#) | [R](#) | [S](#) | [T](#) | [U](#) | [V](#) | [W](#) | [X](#) | [Y](#) | [Z](#) | [Show All](#)

| Training Category ▼ | Start Date | End Date | Course length | Location | Trainer | Phone number |
|------------------------------------|--------------------------|----------|---------------|----------------|-----------------|----------------|
| Level 3 Animal Practitioner Course | 06/09/12 | 06/17/12 | 9 days | N. Andover, MA | Heather Simpson | 1-800-334-0843 |

BF 000607

**IN THE UNITED STATES PATENT AND TRADEMARK OFFICE
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD**

| | | |
|--|---|-------------------------|
| Bach Flower Remedies Limited, |) | |
| |) | Atty. Ref.: DJB/5027-97 |
| Opposer, |) | |
| |) | |
| v. |) | Opposition No. 91200168 |
| |) | Serial No.: 85/111,156 |
| Absolutely Natural, Inc., by name change |) | |
| from Richards Distributing, Inc. |) | |
| |) | |
| Applicant. |) | |

EXHIBIT 11

TO

**DECLARATION OF JOEL TOMINEY
IN SUPPORT OF OPPOSER BACH FLOWER REMEDIES LIMITED'S
OPPOSITION TO THE SUMMARY JUDGMENT MOTION OF APPLICANT**

**CONFIDENTIAL
&
TRADE SECRET/
COMMERICALLY SENSITIVE**

**IN THE UNITED STATES PATENT AND TRADEMARK OFFICE
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD**

| | | |
|--|---|-------------------------|
| Bach Flower Remedies Limited, |) | |
| |) | Atty. Ref.: DJB/5027-97 |
| Opposer, |) | |
| |) | |
| v. |) | Opposition No. 91200168 |
| |) | Serial No.: 85/111,156 |
| Absolutely Natural, Inc., by name change |) | |
| from Richards Distributing, Inc. |) | |
| |) | |
| Applicant. |) | |

EXHIBIT 12

TO

**DECLARATION OF JOEL TOMINEY
IN SUPPORT OF OPPOSER BACH FLOWER REMEDIES LIMITED'S
OPPOSITION TO THE SUMMARY JUDGMENT MOTION OF APPLICANT**

**CONFIDENTIAL
&
TRADE SECRET/
COMMERICALLY SENSITIVE**

**IN THE UNITED STATES PATENT AND TRADEMARK OFFICE
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD**

| | | |
|--|---|-------------------------|
| Bach Flower Remedies Limited, |) | |
| |) | Atty. Ref.: DJB/5027-97 |
| Opposer, |) | |
| |) | |
| v. |) | Opposition No. 91200168 |
| |) | Serial No.: 85/111,156 |
| Absolutely Natural, Inc., by name change |) | |
| from Richards Distributing, Inc. |) | |
| |) | |
| Applicant. |) | |

EXHIBIT 13

TO

**DECLARATION OF JOEL TOMINEY
IN SUPPORT OF OPPOSER BACH FLOWER REMEDIES LIMITED'S
OPPOSITION TO THE SUMMARY JUDGMENT MOTION OF APPLICANT**

**CONFIDENTIAL
&
TRADE SECRET/
COMMERICALLY SENSITIVE**

**IN THE UNITED STATES PATENT AND TRADEMARK OFFICE
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD**

| | | |
|--|---|-------------------------|
| Bach Flower Remedies Limited, |) | |
| |) | Atty. Ref.: DJB/5027-97 |
| Opposer, |) | |
| |) | |
| v. |) | Opposition No. 91200168 |
| |) | Serial No.: 85/111,156 |
| Absolutely Natural, Inc., by name change |) | |
| from Richards Distributing, Inc. |) | |
| |) | |
| Applicant. |) | |

EXHIBIT 14

TO

**DECLARATION OF JOEL TOMINEY
IN SUPPORT OF OPPOSER BACH FLOWER REMEDIES LIMITED'S
OPPOSITION TO THE SUMMARY JUDGMENT MOTION OF APPLICANT**

**CONFIDENTIAL
&
TRADE SECRET/
COMMERICALLY SENSITIVE**

**IN THE UNITED STATES PATENT AND TRADEMARK OFFICE
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD**

| | | |
|--|---|-------------------------|
| Bach Flower Remedies Limited, |) | |
| |) | Atty. Ref.: DJB/5027-97 |
| Opposer, |) | |
| |) | |
| v. |) | Opposition No. 91200168 |
| |) | Serial No.: 85/111,156 |
| Absolutely Natural, Inc., by name change |) | |
| from Richards Distributing, Inc. |) | |
| |) | |
| Applicant. |) | |

EXHIBIT 15

TO

**DECLARATION OF JOEL TOMINEY
IN SUPPORT OF OPPOSER BACH FLOWER REMEDIES LIMITED'S
OPPOSITION TO THE SUMMARY JUDGMENT MOTION OF APPLICANT**

Summary

| Proceeding Filing Date | Defendant(s), Property(ies) | Plaintiff(s), Property(ies) |
|-------------------------------|--|---|
| <u>85460443</u> 05/02/2012 | <u>EBS Collection, LLC</u> Mark: BEAUTY RESCUE S#: <u>85460443</u> | <u>Bach Flower Remedies Limited</u> |
| <u>91204428</u> 03/23/2012 | <u>Survivor Solutions LLC</u> Mark: RADIATION RESCUE S#: <u>85301189</u> | <u>Bach Flower Remedies Limited</u> Mark: RESCUE REMEDY S#: <u>73286900</u> R#: <u>1237564</u> Mark: RESCUE REMEDY S#: <u>74367508</u> R#: <u>1822260</u> Mark: RESCUE S#: <u>75320219</u> R#: <u>2517685</u> Mark: RESCUE S#: <u>77485289</u> |
| <u>85365749</u> 02/09/2012 | <u>Abbott Laboratories</u> Mark: THERAPEUTIC HYDRATION TO THE RESCUE S#: <u>85365749</u> | <u>Bach Flower Remedies Limited</u> |
| <u>85417091</u> 01/30/2012 | <u>Natural Thoughts, Inc.</u> Mark: RASPBERRY RESCUE S#: <u>85417091</u> | <u>Bach Flower Remedies Limited</u> |
| <u>91203383</u> 01/17/2012 | <u>Mitchell Group USA LLC, and ISIS Pharma GmbH</u> Mark: SENSILIA MOISTURE RESCUE S#: <u>85250437</u> | <u>Bach Flower Remedies Limited</u> Mark: RESCUE REMEDY S#: <u>73286900</u> R#: <u>1237564</u> Mark: RESCUE REMEDY S#: <u>74367508</u> R#: <u>1822260</u> Mark: RESCUE S#: <u>75320219</u> R#: <u>2517685</u> Mark: RESCUE CREAM S#: <u>78588767</u> R#: <u>3147761</u> Mark: RESCUE S#: <u>77485289</u> |
| <u>91203123</u> 12/23/2011 | <u>Rather, Pratt</u> Mark: MOUNTAIN RESCUE S#: <u>85289810</u> | <u>Bach Flower Remedies Limited</u> Mark: RESCUE REMEDY S#: <u>73286900</u> R#: <u>1237564</u> Mark: RESCUE S#: <u>75320219</u> R#: <u>2517685</u> Mark: RESCUE S#: <u>77485289</u> |
| <u>91203125</u> 12/23/2011 | <u>Aramis Inc.</u> Mark: RESCUELIFT5 S#: <u>85263785</u> | <u>Bach Flower Remedies Limited</u> Mark: RESCUE REMEDY S#: <u>74367508</u> R#: <u>1822260</u> Mark: RESCUE S#: <u>75320219</u> R#: <u>2517685</u> Mark: RESCUE CREAM S#: <u>78588767</u> R#: <u>3147761</u> Mark: RESCUE S#: <u>77485289</u> |
| <u>85301189</u> 10/11/2011 | <u>Survivor Solutions LLC</u> Mark: RADIATION RESCUE S#: <u>85301189</u> | <u>Bach Flower Remedies Limited</u> |
| <u>91201688</u> | <u>Blistex Inc.</u> | <u>Bach Flower Remedies Limited</u> |

| | | |
|-------------------------------|--|---|
| 09/20/2011 | Mark: INSTANT RESCUE S#: <u>85213059</u> | Mark: RESCUE REMEDY S#: <u>74367508</u> R#: <u>1822260</u> Mark: RESCUE S#: <u>75320219</u> R#: <u>2517685</u> Mark: RESCUE CREAM S#: <u>78588767</u> R#: <u>3147761</u> Mark: RESCUE S#: <u>77485289</u> |
| <u>91201407</u> 08/31/2011 | <u>Douglas Bio Research</u> Mark: SKIN RESCUE S#: <u>85211690</u> | <u>Bach Flower Remedies Limited</u> Mark: RESCUE S#: <u>77485289</u> Mark: RESCUE REMEDY S#: <u>74367508</u> R#: <u>1822260</u> Mark: RESCUE S#: <u>75320219</u> R#: <u>2517685</u> Mark: RESCUE CREAM S#: <u>78588767</u> R#: <u>3147761</u> <u>Bach Flower Remedies Limited</u> |
| <u>85250437</u> 08/15/2011 | <u>Mitchell Group USA LLC</u> Mark: SENSILIA MOISTURE RESCUE S#: <u>85250437</u> | <u>Bach Flower Remedies Limited</u> |
| <u>85289810</u> 07/26/2011 | <u>Rather, Pratt</u> Mark: MOUNTAIN RESCUE S#: <u>85289810</u> | <u>Bach Flower Remedies Limited</u> |
| <u>91200828</u> 07/22/2011 | <u>Organic Liaison LLC</u> Mark: ORGANIC LIAISON'S RESCUE ME S#: <u>85086259</u> | <u>Bach Flower Remedies Limited</u> Mark: RESCUE REMEDY S#: <u>73286900</u> R#: <u>1237564</u> Mark: RESCUE REMEDY S#: <u>74367508</u> R#: <u>1822260</u> Mark: RESCUE S#: <u>75320219</u> R#: <u>2517685</u> Mark: RESCUE S#: <u>77485289</u> |
| <u>85213059</u> 06/17/2011 | <u>Blistex Inc.</u> Mark: INSTANT RESCUE S#: <u>85213059</u> | <u>Bach Flower Remedies Limited</u> |
| <u>91200168</u> 06/08/2011 | <u>Absolutely Natural, Inc.</u> Mark: SUNBURN RESCUE S#: <u>85111156</u> | <u>Bach Flower Remedies Limited</u> Mark: RESCUE S#: <u>77485289</u> Mark: RESCUE REMEDY S#: <u>73286900</u> R#: <u>1237564</u> Mark: RESCUE REMEDY S#: <u>74367508</u> R#: <u>1822260</u> Mark: RESCUE S#: <u>75320219</u> R#: <u>2517685</u> Mark: RESCUE CREAM S#: <u>78588767</u> R#: <u>3147761</u> |
| <u>85211690</u> 06/01/2011 | <u>Douglas Bio Research</u> Mark: SKIN RESCUE S#: <u>85211690</u> | <u>Bach Flower Remedies Limited</u> |
| <u>85111156</u> 03/09/2011 | <u>Richards Distributing, Inc.</u> Mark: SUNBURN RESCUE S#: <u>85111156</u> | <u>Bach Flower Remedies Limited</u> |
| <u>91198792</u> 03/02/2011 | <u>Fred Carter</u> Mark: ORGANIC RESCUE | <u>Bach Flower Remedies Limited</u> Mark: RESCUE REMEDY |

S#:77878478

S#:73286900 **R#:**1237564
Mark: RESCUE REMEDY
S#:74367508 **R#:**1822260
Mark: RESCUE **S#:**75320219
R#:2517685
Mark: RESCUE CREAM
S#:78588767 **R#:**3147761
Mark: RESCUE **S#:**77485289

91198756 Speed Marketing, Inc.
02/28/2011 **Mark:** RESQWATER **S#:**85000963

Bach Flower Remedies Limited
Mark: RESCUE REMEDY
S#:73286900 **R#:**1237564
Mark: RESCUE REMEDY
S#:74367508 **R#:**1822260
Mark: RESCUE **S#:**75320219
R#:2517685
Mark: RESCUE **S#:**77485289

85086259 Organic Liaison LLC
02/22/2011 **Mark:** ORGANIC LIAISON'S
RESCUE ME **S#:**85086259

Bach Flower Remedies Limited

91198240 Tishcon Corp.
01/19/2011 **Mark:** RESQNOL **S#:**85034744

Bach Flower Remedies Limited
Mark: RESCUE **S#:**77485289
Mark: RESCUE REMEDY
S#:73286900 **R#:**1237564
Mark: RESCUE REMEDY
S#:74367508 **R#:**1822260
Mark: RESCUE **S#:**75320219
R#:2517685

91198242 Tishcon Corp.
01/19/2011 **Mark:** RESQGEL **S#:**85034747

Bach Flower Remedies Limited
Mark: RESCUE **S#:**77485289
Mark: RESCUE REMEDY
S#:73286900 **R#:**1237564
Mark: RESCUE REMEDY
S#:74367508 **R#:**1822260
Mark: RESCUE **S#:**75320219
R#:2517685

91198242 Tishcon Corp.
01/19/2011 **Mark:** RESQGEL **S#:**85034747

Bach Flower Remedies Limited
Mark: RESCUE **S#:**77485289
Mark: RESCUE REMEDY
S#:73286900 **R#:**1237564
Mark: RESCUE REMEDY
S#:74367508 **R#:**1822260
Mark: RESCUE **S#:**75320219
R#:2517685

91197982 OCCY Laboratoire Inc.
12/23/2010 **Mark:** AQUA RESCUE
S#:77934593

Bach Flower Remedies Limited
Mark: RESCUE **S#:**77485289
Mark: RESCUE REMEDY
S#:73286900 **R#:**1237564
Mark: RESCUE REMEDY
S#:74367508 **R#:**1822260
Mark: RESCUE **S#:**75320219
R#:2517685

77878478 Carter, Fred
11/30/2010 **Mark:** ORGANIC RESCUE
S#:77878478

91197474 American BioSciences, Inc.
11/19/2010 **Mark:** IMPPOWER RESCUE
S#:77749701

91197318 Australian Gold, LLC
11/08/2010 **Mark:** RESCUE ME **S#:**77915828

91196815 Food Technology & Design, LLC
10/06/2010 **Mark:** RES-Q PRO **S#:**77931682

77961083 Royal Gypsy Tea Company
09/16/2010 **Mark:** ZHENA'S MOOD RESCUE
S#:77961083

77961104 Royal Gypsy Tea Company
09/16/2010 **Mark:** ZHENA'S DETOX RESCUE
S#:77961104

77961149 Royal Gypsy Tea Company
09/16/2010 **Mark:** ZHENA'S HAIR AND NAIL
RESCUE **S#:**77961149

77961163 Royal Gypsy Tea Company
09/16/2010 **Mark:** ZHENA'S SKIN RESCUE
S#:77961163

77961180 Royal Gypsy Tea Company
09/16/2010 **Mark:** ZHENA'S WEIGHT RESCUE
S#:77961180

77961260 Royal Gypsy Tea Company
09/16/2010 **Mark:** ZHENA'S WRINKLE RESCUE
S#:77961260

77961270 Royal Gypsy Tea Company
09/16/2010 **Mark:** ZHENA'S YOUTH RESCUE

Mark: RESCUE CREAM
S#:78588767 **R#:**3147761
Bach Flower Remedies Limited

Bach Flower Remedies Limited
Mark: RESCUE REMEDY
S#:73286900 **R#:**1237564
Mark: RESCUE **S#:**75320219
R#:2517685
Mark: RESCUE **S#:**77485289

Bach Flower Remedies Limited
Mark: RESCUE REMEDY
S#:73286900 **R#:**1237564
Mark: RESCUE REMEDY
S#:74367508 **R#:**1822260
Mark: RESCUE **S#:**75320219
R#:2517685
Mark: RESCUE CREAM
S#:78588767 **R#:**3147761
Mark: RESCUE **S#:**77485289

Bach Flower Remedies Limited
Mark: RESCUE REMEDY
S#:73286900 **R#:**1237564
Mark: RESCUE REMEDY
S#:74367508 **R#:**1822260
Mark: RESCUE **S#:**75320219
R#:2517685
Mark: RESCUE **S#:**77485289

Bach Flower Remedies Limited

S#:77961270

91196085 JOHNSON & JOHNSON Bach Flower Remedies Limited
08/09/2010 **Mark:** IT'S NOT JUST RELIEF, IT'S **Mark:** RESCUE REMEDY
S#:77866669 **S#:**73286900 **R#:**1237564
Mark: RESCUE REMEDY
S#:74367508 **R#:**1822260
Mark: RESCUE **S#:**75320219
R#:2517685
Mark: RESCUE **S#:**77485289

91195883 Johnson & Johnson Bach Flower Remedies Limited
08/02/2010 **Mark:** SINUS RESCUE **Mark:** RESCUE REMEDY
S#:77827459 **S#:**73286900 **R#:**1237564
Mark: RESCUE REMEDY
S#:74367508 **R#:**1822260
Mark: RESCUE **S#:**75320219
R#:2517685
Mark: RESCUE **S#:**77485289

77934593 OCCY Laboratoire Inc. Bach Flower Remedies Limited
07/29/2010 **Mark:** AQUA RESCUE
S#:77934593

77749701 American BioSciences, Inc. Bach Flower Remedies Limited
06/23/2010 **Mark:** IMMPOWER RESCUE
S#:77749701

91195315 Organic Liaison, LLC Bach Flower Remedies Limited
06/16/2010 **Mark:** RESCUE ME **S#:**77816331
Mark: RESCUE REMEDY
S#:73286900 **R#:**1237564
Mark: RESCUE REMEDY
S#:74367508 **R#:**1822260
Mark: RESCUE **S#:**75320219
R#:2517685
Mark: RESCUE **S#:**77485289

77915828 Australian Gold, LLC Bach Flower Remedies Limited
06/09/2010 **Mark:** RESCUE ME **S#:**77915828

91194108 Ashkan Ghandehari Bach Flower Remedies Limited
03/11/2010 **Mark:** RESCUE **S#:**77717046
Mark: RESCUE REMEDY
S#:73286900 **R#:**1237564
Mark: RESCUE REMEDY
S#:74367508 **R#:**1822260
Mark: RESCUE **S#:**75320219
R#:2517685

77866669 JOHNSON & JOHNSON Bach Flower Remedies Limited
03/10/2010 **Mark:** IT'S NOT JUST RELIEF, IT'S
SINUS RESCUE **S#:**77866669

77816331 Organic Liaison, LLC Bach Flower Remedies Limited
03/02/2010 **Mark:** RESCUE ME **S#:**77816331

77827459 JOHNSON & JOHNSON Bach Flower Remedies Limited
03/02/2010 **Mark:** SINUS RESCUE
S#:77827459

77477400 Zuccheri, Vincent W. Bach Flower Remedies Limited

| | | |
|-----------------|---|-------------------------------------|
| 01/27/2010 | Mark: BIO-RESCUE S#: <u>77477400</u> | |
| <u>91193118</u> | <u>Ghandehari, Ashkan</u> | <u>Bach Flower Remedies Limited</u> |
| 12/22/2009 | Mark: RESCUE BOTTLE S#: <u>77720243</u> | |
| <u>77720243</u> | <u>Ghandehari, Ashkan</u> | <u>Bach Flower Remedies Limited</u> |
| 08/26/2009 | Mark: RESCUE BOTTLE S#: <u>77720243</u> | |
| <u>77665871</u> | <u>Nutec Performance Labs, Inc.</u> | <u>Bach Flower Remedies Limited</u> |
| 07/15/2009 | Mark: LEAN-RESCUE S#: <u>77665871</u> | |
| <u>77082820</u> | <u>Syngenta Participations AG</u> | <u>Bach Flower Remedies Limited</u> |
| 05/06/2009 | Mark: RESCUE S#: <u>77082820</u> | |
| <u>91167054</u> | <u>Klearsen Corporation</u> | <u>BACH FLOWER REMEDIES LIMITED</u> |
| 10/11/2005 | Mark: BACK RESCUE S#: <u>78363962</u> | |
| <u>78363834</u> | <u>Klearsen Corporation</u> | <u>BACH FLOWED REMEDIES LIMITED</u> |
| 08/09/2005 | Mark: JOINT RESCUE S#: <u>78363834</u> | |
| <u>78406993</u> | <u>Klearsen Corporation</u> | <u>BACH FLOWER REMEDIES LIMITED</u> |
| 08/04/2005 | Mark: ULCER RESCUE S#: <u>78406993</u> | |
| <u>78340080</u> | <u>Klearsen Corporation</u> | <u>BACH FLOWER REMEDIES LIMITED</u> |
| 07/28/2005 | Mark: SHINGLES RESCUE S#: <u>78340080</u> | |
| <u>78340099</u> | <u>Klearsen Corporation</u> | <u>BACH FLOWER REMEDIES LIMITED</u> |
| 07/28/2005 | Mark: TRAVEL RESCUE S#: <u>78340099</u> | |
| <u>78384272</u> | <u>Klearsen Corporation</u> | <u>BACH FLOWER REMEDIES LIMITED</u> |
| 07/28/2005 | Mark: SCIATIC RESCUE S#: <u>78384272</u> | |
| <u>78384289</u> | <u>Klearsen Corporation</u> | <u>BACH FLOWER REMEDIES LIMITED</u> |
| 06/06/2005 | Mark: ARTHRITIS RESCUE S#: <u>78384289</u> | |
| <u>78363769</u> | <u>Klearsen Corporation</u> | <u>BACH FLOWER REMEDIES LIMITED</u> |
| 05/11/2005 | Mark: TENDON RESCUE S#: <u>78363769</u> | |
| <u>78363935</u> | <u>Klearsen Corporation</u> | <u>Bach Flower Remedies Limited</u> |
| 05/11/2005 | Mark: MUSCLE RESCUE S#: <u>78363935</u> | |
| <u>78363962</u> | <u>Klearsen Corporation</u> | <u>BACH FLOWER REMEDIES LIMITED</u> |
| 05/11/2005 | Mark: BACK RESCUE S#: <u>78363962</u> | |
| <u>78387405</u> | <u>Klearsen Corporation</u> | <u>Bach Flower Remedies, Ltd</u> |
| 05/11/2005 | Mark: RASH RESCUE S#: <u>78387405</u> | |
| <u>78226962</u> | <u>Himalayan Wisdoms International</u> | <u>Bach Flower Remedies Limited</u> |
| 01/07/2004 | Mark: EMOTIONAL RESCUE S#: <u>78226962</u> | |

78096771 APPLEWOOD ACRES, INC.
12/09/2002 **Mark:** SLEEP RESCUE
S#:78096771 **R#:**2654553

Bach Flower Remedies Limited

Opposition

Number: 91201407

Filing Date: 08/31/2011

Status: Terminated

Status Date: 12/14/2011

Interlocutory Attorney: MARY CATHERINE FAINT

Defendant

Name: Douglas Bio Research

Correspondence: EDWARD J HEJLEK

BRYAN CAVE LLP
211 N BROADWAY , STE 3600
SAINT LOUIS, MO 63102 2769
UNITED STATES

Serial #: 85211690 Application File

Application Abandoned - After Inter-Partes Decision

Status:

Mark: SKIN RESCUE

Plaintiff

Name: Bach Flower Remedies Limited

Correspondence: DONNA J BUNTON

NIXON VANDERHYE PC
901 NORTH GLEBE ROAD , 11TH FLOOR
ARLINGTON, VA 22203
UNITED STATES
nixonptomail@nixonvan.com, djb@nixonvan.com

Serial #: 77485289 Application File

Application Opposition Pending

Status:

Mark: RESCUE

Serial #: 74367508 Application File

Registration #: 1822260

Application Renewed

Status:

Mark: RESCUE REMEDY

Serial #: 75320219 Application File

Registration #: 2517685

Application Renewed

Status:

Mark: RESCUE

Serial #: 78588767 Application File

Registration #: 3147761

Application Section 8 and 15 - Accepted and Acknowledged

Status:

Mark: RESCUE CREAM

Prosecution History

| # | Date | History Text | Due Date |
|----------|-------------|---|-----------------|
| 6 | 12/14/2011 | TERMINATED | |
| <u>5</u> | 12/14/2011 | <u>BOARD'S DECISION: SUSTAINED</u> | |
| <u>4</u> | 10/25/2011 | <u>NOTICE OF DEFAULT</u> | |
| 3 | 08/31/2011 | PENDING, INSTITUTED | |
| <u>2</u> | 08/31/2011 | <u>NOTICE AND TRIAL DATES SENT; ANSWER DUE:</u> | 10/10/2011 |
| <u>1</u> | 08/31/2011 | <u>FILED AND FEE</u> | |

Opposition

Number: 91198792

Filing Date: 03/02/2011

Status: Terminated

Status Date: 06/13/2011

Interlocutory Attorney: YONG OH (RICHARD) KIM

Defendant

Name: Fred Carter

Correspondence: EUGENE J RATH III
FLYNN THIEL BOUTELL & TANIS PC
2026 RAMBLING RD
KALAMAZOO, MI 49008-1631
UNITED STATES
docket@flynnthiel.com

Serial #: 77878478 Application File

Application Status: Abandoned - After Inter-Partes Decision

Mark: ORGANIC RESCUE

Plaintiff

Name: Bach Flower Remedies Limited

Correspondence: DONNA J BUNTON
NIXON & VANDERHYE PC
901 NORTH GLEBE ROAD 11TH FLOOR
ARLINGTON, VA 22203
UNITED STATES
nixonptomail@nixonvan.com, djb@nixonvan.com

Serial #: 73286900 Application File **Registration #:** 1237564

Application Status: Renewed

Mark: RESCUE REMEDY

Serial #: 74367508 Application File **Registration #:** 1822260

Application Status: Renewed

Mark: RESCUE REMEDY

Serial #: 75320219 Application File **Registration #:** 2517685

Application Status: Renewed

Mark: RESCUE

Serial #: 78588767 Application File **Registration #:** 3147761

Application Status: Section 8 and 15 - Accepted and Acknowledged

Mark: RESCUE CREAM

Serial #: 77485289 Application File

Application Opposition Pending
Status:

Mark: RESCUE

Prosecution History

| # | Date | History Text | Due Date |
|----------|-------------|---|-----------------|
| 6 | 06/13/2011 | TERMINATED | |
| <u>5</u> | 06/13/2011 | <u>BOARD'S DECISION: SUSTAINED</u> | |
| <u>4</u> | 04/26/2011 | <u>NOTICE OF DEFAULT</u> | |
| 3 | 03/02/2011 | PENDING, INSTITUTED | |
| <u>2</u> | 03/02/2011 | <u>NOTICE AND TRIAL DATES SENT; ANSWER DUE:</u> | 04/11/2011 |
| <u>1</u> | 03/02/2011 | <u>FILED AND FEE</u> | |

Opposition

Number: 91198756

Filing Date: 02/28/2011

Status: Terminated

Status Date: 09/23/2011

Interlocutory Attorney: ANN LINNEHAN

Defendant

Name: Speed Marketing, Inc.

Correspondence: MICHAEL A WILLIAMSON

POLSINELLI SHUGHART PC
700 WEST 47TH STREET, SUITE 1000
KANSAS CITY, MO 64112-1802
UNITED STATES

lswain@polsinelli.com, mwilliamson@polsinelli.com

Serial #: 85000963

Application File

Application Status: Abandoned - After Inter-Partes Decision

Status:

Mark: RESQWATER

Plaintiff

Name: Bach Flower Remedies Limited

Correspondence: DONNA J BUNTON

NIXON & VANDERHYE PC
901 NORTH GLEBE ROAD, 11TH FLOOR
ARLINGTON, VA 22203
UNITED STATES

nixonptomail@nixonvan.com, djb@nixonvan.com

Serial #: 73286900

Application File

Registration #: 1237564

Application Status: Renewed

Status:

Mark: RESCUE REMEDY

Serial #: 74367508

Application File

Registration #: 1822260

Application Status: Renewed

Status:

Mark: RESCUE REMEDY

Serial #: 75320219

Application File

Registration #: 2517685

Application Status: Renewed

Status:

Mark: RESCUE

Serial #: 77485289

Application File

Application Status: Opposition Pending

Status:

Mark: RESCUE

Prosecution History

| # | Date | History Text | Due Date |
|-----------|------------|---|------------|
| 13 | 09/23/2011 | TERMINATED | |
| <u>12</u> | 09/23/2011 | <u>BOARD'S DECISION: SUSTAINED</u> | |
| <u>11</u> | 09/20/2011 | <u>WITHDRAWAL OF APPLICATION</u> | |
| <u>10</u> | 08/17/2011 | <u>SUSPENDED</u> | |
| <u>9</u> | 08/10/2011 | <u>P'S MOT TO SUSP PEND SETLMT NEGOTIATIONS</u> | |
| <u>8</u> | 07/14/2011 | <u>EXTENSION OF TIME GRANTED</u> | |
| <u>7</u> | 07/08/2011 | <u>P'S MOT FOR EXTEN. OF TIME W/ CONSENT</u> | |
| <u>6</u> | 06/16/2011 | <u>EXTENSION OF TIME GRANTED</u> | |
| <u>5</u> | 06/08/2011 | <u>P'S MOT FOR EXTEN. OF TIME W/ CONSENT</u> | |
| <u>4</u> | 04/08/2011 | <u>ANSWER</u> | |
| <u>3</u> | 02/28/2011 | PENDING, INSTITUTED | |
| <u>2</u> | 02/28/2011 | <u>NOTICE AND TRIAL DATES SENT; ANSWER DUE:</u> | 04/09/2011 |
| <u>1</u> | 02/28/2011 | <u>FILED AND FEE</u> | |

Opposition

Number: 91197982

Filing Date: 12/23/2010

Status: Terminated

Status Date: 10/12/2011

Interlocutory Attorney: MICHAEL B ADLIN

Defendant

Name: OCCY Laboratoire Inc.

Correspondence: THOMAS L KAUTZ

GRAYROBINSON PA
401 EAST LAS OLAS BOULEVARD, SUITE 1850
FORT LAUDERDALE, FL 33301
UNITED STATES
tkautz@gray-robinson.com, lpillitteri@gray-robinson.com

Serial #: 77934593 Application File

Registration #: 4125971

Application Registered

Status:

Mark: AQUA RESCUE

Plaintiff

Name: Bach Flower Remedies Limited

Correspondence: DONNA J BUNTON

NIXON AND VANDERHYE PC
901 NORTH GLEBE ROAD, 11TH FLOOR
ARLINGTON, VA 22203
UNITED STATES
nixonptomail@nixonvan.com, djb@nixonvan.com

Serial #: 77485289 Application File

Application Opposition Pending

Status:

Mark: RESCUE

Serial #: 73286900 Application File

Registration #: 1237564

Application Renewed

Status:

Mark: RESCUE REMEDY

Serial #: 74367508 Application File

Registration #: 1822260

Application Renewed

Status:

Mark: RESCUE REMEDY

Serial #: 75320219 Application File

Registration #: 2517685

Application Renewed

Status:

Mark: RESCUE

Serial #: 78588767 Application File **Registration #:** 3147761

Application Section 8 and 15 - Accepted and Acknowledged
Status:

Mark: RESCUE CREAM

Prosecution History

| # | Date | History Text | Due Date |
|-----------|-------------|---|-----------------|
| 15 | 10/12/2011 | TERMINATED | |
| <u>14</u> | 10/12/2011 | <u>BD'S DECISION: DISMISSED W/O PREJUDICE</u> | |
| <u>13</u> | 10/07/2011 | <u>WITHDRAWAL OF OPPOSITION</u> | |
| <u>12</u> | 10/05/2011 | <u>RESPONSE DUE 30 DAYS (DUE DATE)</u> | 11/04/2011 |
| <u>11</u> | 10/04/2011 | <u>MOTION TO AMEND APPLICATION</u> | |
| <u>10</u> | 07/19/2011 | <u>SUSPENDED</u> | |
| <u>9</u> | 07/11/2011 | <u>P'S MOT TO SUSP PEND SETLMT NEGOTIATIONS</u> | |
| <u>8</u> | 04/12/2011 | <u>SUSPENDED</u> | |
| <u>7</u> | 04/12/2011 | <u>P'S MOT FOR EXTEN. OF TIME W/ CONSENT</u> | |
| <u>6</u> | 02/25/2011 | <u>ANSWER</u> | |
| <u>5</u> | 01/26/2011 | <u>EXTENSION OF TIME GRANTED</u> | |
| <u>4</u> | 01/26/2011 | <u>D'S MOT FOR EXTEN. OF TIME W/ CONSENT</u> | |
| 3 | 12/23/2010 | PENDING, INSTITUTED | |
| <u>2</u> | 12/23/2010 | <u>NOTICE AND TRIAL DATES SENT; ANSWER DUE:</u> | 02/01/2011 |
| <u>1</u> | 12/23/2010 | <u>FILED AND FEE</u> | |

**IN THE UNITED STATES PATENT AND TRADEMARK OFFICE
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD**

| | | |
|--|---|-------------------------|
| Bach Flower Remedies Limited, |) | |
| |) | Atty. Ref.: DJB/5027-97 |
| Opposer, |) | |
| |) | |
| v. |) | Opposition No. 91200168 |
| |) | Serial No.: 85/111,156 |
| Absolutely Natural, Inc., by name change |) | |
| from Richards Distributing, Inc. |) | |
| |) | |
| Applicant. |) | |

EXHIBIT 16

TO

**DECLARATION OF JOEL TOMINEY
IN SUPPORT OF OPPOSER BACH FLOWER REMEDIES LIMITED'S
OPPOSITION TO THE SUMMARY JUDGMENT MOTION OF APPLICANT**

ESTTA Tracking number: **ESTTA413421**

Filing date: **06/08/2011**

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD

Notice of Opposition

Notice is hereby given that the following party opposes registration of the indicated application.

Opposer Information

| | |
|---------------------------------------|---|
| Name | Bach Flower Remedies Limited |
| Granted to Date of previous extension | 06/08/2011 |
| Address | Nelsons House, 83 ParksideWimbledon London, SW19 5LP UNITED KINGDOM |

| | |
|----------------------|--|
| Attorney information | Donna J. Bunton Nixon & Vanderhye P.C. 901 North Glebe Road, 11th Floor Arlington, VA 22203 UNITED STATES nixonptomail@nixonvan.com, djb@nixonvan.com |
|----------------------|--|

Applicant Information

| | | | |
|------------------------|--|------------------------|------------|
| Application No | 85111156 | Publication date | 02/08/2011 |
| Opposition Filing Date | 06/08/2011 | Opposition Period Ends | 06/08/2011 |
| Applicant | Richards Distributing, Inc. 640 Atlantis Road Melbourne, FL 32904 UNITED STATES | | |

Goods/Services Affected by Opposition

| |
|--|
| Class 003. All goods and services in the class are opposed, namely: sun care lotions, balms, gels, cremes, liquids and sprays |
| Class 035. All goods and services in the class are opposed, namely: retail stores featuring sun care lotions, balms, gels, cremes, liquids and sprays |

Grounds for Opposition

| | |
|--------------------------------------|----------------------------|
| Priority and likelihood of confusion | Trademark Act section 2(d) |
|--------------------------------------|----------------------------|

Marks Cited by Opposer as Basis for Opposition

| | | | |
|----------------------|----------|-----------------------|------------|
| U.S. Application No. | 77485289 | Application Date | 05/28/2008 |
| Registration Date | NONE | Foreign Priority Date | 11/29/2007 |

| | |
|---------------------|---|
| Word Mark | RESCUE |
| Design Mark | <h1>RESCUE</h1> |
| Description of Mark | NONE |
| Goods/Services | <p>Class 003. First use: SKIN CREAMS AND SKIN MOISTURIZERS, SKIN CLEANSERS AND SKIN TONERS; LIP BALMS; COSMETIC PREPARATIONS CONTAINING FLOWER REMEDIES AND PREPARED FROM PLANTS AND FLOWERS</p> <p>Class 005. First use: HERBS AND FLOWERS FOR MEDICINAL PURPOSES; MEDICINAL DRINKS CONTAINING FLOWER REMEDIES; MEDICATED CONFECTIONERY; MEDICATED CANDY, MEDICATED GEL CAPSULES AND MEDICATED CHEWING GUM CONTAINING FLOWER REMEDIES; DIETARY SUPPLEMENTS PREPARED FROM PLANTS AND FLOWERS; DIETARY AND NUTRITIONALLY FORTIFIED FOOD PRODUCTS CONTAINING FLOWER REMEDIES FOR TREATING EMOTIONAL SHOCK, TRAUMA AND OTHER EMOTIONAL AILMENTS AND CONDITIONS; HOMEOPATHIC PHARMACEUTICAL PREPARATIONS MADE FROM FLOWER EXTRACTS FOR ALLEVIATING EMOTIONAL AND MENTAL STRESS; NUTRITIONAL DRINKS FOR ANIMALS</p> <p>Class 029. First use: PREPARATIONS FROM PLANTS AND FLOWERS AND OTHER NATURAL INGREDIENTS FOR USE IN MAKING BEVERAGES, NAMELY, FRUIT OR VEGETABLE DRINKS, TEA, COFFEE, ENERGY DRINKS, LEMONADES, GINGER BEERS, FRUIT OR VEGETABLE JUICES, FRUIT OR VEGETABLE NECTARS, SODA WATERS, MINERAL AND SPRING WATERS</p> <p>Class 030. First use: HERBAL BEVERAGES, TISANES AND HERBAL INFUSIONS; HERBAL BEVERAGES AND TEAS FOR FOOD USE; FLAVOURINGS SYRUP AND FLAVOURING ADDITIVES FOR NON-NUTRITIONAL PURPOSES FOR USE AS A FLAVOURING FOR BEVERAGES; CONFECTIONERY, NAMELY, SWEETS, GUM SWEETS, CANDY GELS, GEL CANDY FILLED WITH LIQUID CENTERS; CANDY AND CHEWING GUM; HERBAL FOOD BEVERAGE CONCENTRATE MADE FROM ESSENCES; NOT BEING IN THE NATURE OF ESSENTIAL OILS EXTRACTED FROM PLANTS AND FLOWERS</p> <p>Class 032. First use: MINERAL AND SPRING WATER; ENERGY DRINKS; HERBAL SOFT DRINKS, HERBAL FRUIT DRINKS, HERBAL DRINKING WATER, HERBAL FRUIT AND BEVERAGE JUICES; NON-ALCOHOLIC BEVERAGES, NAMELY, CARBONATED BEVERAGES, BEVERAGES CONTAINING FRUIT OR VEGETABLE JUICES, BEVERAGES WITH TEA OR COFFEE FLAVOUR, ENERGY DRINKS, SODA WATER PREPARED FROM AND INFUSED WITH PLANTS, FLOWERS AND HERBS, PREPARATIONS FOR MAKING NON-ALCOHOLIC BEVERAGES, NAMELY, FRUIT OR VEGETABLE DRINKS, ENERGY DRINKS, TEA, COFFEE, LEMONADE, GINGER BEERS, FRUIT OR</p> |

| | | | |
|--|--|--|--|
| | VEGETABLE JUICES, FRUIT OR VEGETABLE NECTARS, SODA WATER Class 033. First use: ALCOHOLIC DRINKS CONTAINING FLOWER REMEDIES AND PREPARED FROM EXTRACTS OF PLANTS AND FLOWERS, TONIC DRINKS | | |
|--|--|--|--|

| | | | |
|-----------------------|---|-----------------------|------------|
| U.S. Registration No. | 1237564 | Application Date | 11/17/1980 |
| Registration Date | 05/10/1983 | Foreign Priority Date | NONE |
| Word Mark | RESCUE REMEDY | | |
| Design Mark | | | |
| Description of Mark | NONE | | |
| Goods/Services | Class 032. First use: First Use: 1979/09/01 First Use In Commerce: 1979/09/01 an Herbal Beverage Made from Essences (Not Being in the Nature of Essential Oils) Extracted from Flowers | | |

| | | | |
|-----------------------|--|-----------------------|------------|
| U.S. Registration No. | 1822260 | Application Date | 03/12/1993 |
| Registration Date | 02/22/1994 | Foreign Priority Date | NONE |
| Word Mark | RESCUE REMEDY | | |
| Design Mark | | | |
| Description of Mark | NONE | | |
| Goods/Services | Class 005. First use: First Use: 1951/00/00 First Use In Commerce: 1961/00/00 homeopathic pharmaceutical preparations made from flower extracts for use in alleviating emotional and mental stress | | |

| | | | |
|-----------------------|---|-----------------------|------------|
| U.S. Registration No. | 2517685 | Application Date | 07/07/1997 |
| Registration Date | 12/11/2001 | Foreign Priority Date | NONE |
| Word Mark | RESCUE | | |
| Design Mark | | | |
| Description of Mark | NONE | | |
| Goods/Services | Class 005. First use: First Use: 2001/01/15 First Use In Commerce: 2001/01/15 homeopathic pharmaceutical preparation made from flower extracts for alleviating emotional and mental stress Class 030. First use: First Use: 2001/01/15 First Use In Commerce: 2001/01/15 herbal food beverage concentrate made from essences (not being in the nature of essential oils) extracted from plants and flowers | | |

| | | | |
|-----------------------|--------------|-----------------------|------------|
| U.S. Registration No. | 3147761 | Application Date | 03/16/2005 |
| Registration Date | 09/26/2006 | Foreign Priority Date | NONE |
| Word Mark | RESCUE CREAM | | |

| | |
|---------------------|--|
| Design Mark | RESCUE CREAM |
| Description of Mark | NONE |
| Goods/Services | Class 005. First use: First Use: 1995/08/00 First Use In Commerce: 1995/08/00 PREPARATIONS MADE FROM FLOWER EXTRACTS IN THE FORM OF CREAMS FOR USE IN TREATING EMOTIONAL AND PSYCHOLOGICAL CONDITIONS |

| | |
|-------------|--|
| Attachments | 77485289#TMSN.jpeg (1 page)(bytes) 78588767#TMSN.jpeg (1 page)(bytes) 5027-97NoticeofOpposition.pdf (25 pages)(4747806 bytes) |
|-------------|--|

Certificate of Service

The undersigned hereby certifies that a copy of this paper has been served upon all parties, at their address record by First Class Mail on this date.

| | |
|-----------|-------------------|
| Signature | /Donna J. Bunton/ |
| Name | Donna J. Bunton |
| Date | 06/08/2011 |

(1) Application Serial No. 85/111,156 seeks registration of the mark SUNBURN RESCUE for *sun care lotions, balms, gels, crèmes, liquids and sprays in Int. Class 3 and retail stores featuring sun care lotions, balms, gels, crèmes, liquids and sprays in Int. Class 35* (hereafter "Applicant's goods/services"). The application was filed August 19, 2010 and is based on Applicant's intention to use the mark in commerce pursuant to § 1(b) of the Trademark Act.

(2) Long prior to the filing date of Application Serial No. 85/111,156 on August 19, 2010, Opposer adopted and began using in commerce the marks RESCUE, RESCUE REMEDY and RESCUE CREAM for *homeopathic pharmaceutical preparations made from flower extracts, including skin cream preparation (hereafter "flower essence preparations")*. Further, on May 28, 2008, Opposer filed Application Serial No. 77/485,289 to register the mark RESCUE for a range of herbal preparations and related goods, including *skin creams and moisturizers, and skin cleansers and skin toners in Class 3 (hereafter "skin creams")*.

(3) Opposer is the owner of the trademarks RESCUE, RESCUE REMEDY and RESCUE CREAM, among others, for *flower essence preparations and skin creams*, having continuously used the mark RESCUE REMEDY in commerce since 1961, the mark RESCUE in commerce since January 15, 2001, and the mark RESCUE CREAM in commerce since 1995, and having filed Application Serial No. 77/485,289 to register the mark RESCUE on May 28, 2008.

(4) Opposer duly registered the marks RESCUE, RESCUE REMEDY and RESCUE CREAM as trademarks in the United States Patent and Trademark Office, Registration Nos. 1,237,564 (issued May 10, 1983), 1,822,260 (issued February 22,

1994), 2,517,685 (issued December 11, 2001) and 3,147,761 (issued Sept. 26, 2006). Opposer filed Application Serial No. 77/485,289 to register the mark RESCUE on May 28, 2008. Printouts from TARR, evidencing the current status and ownership of Registration Nos. 1,237,564, 1,822,260, 2,517,685 and 3,147,761 and Application Serial No. 77/485,289 are annexed hereto as collective Exhibit A.

(5) On information and belief, Applicant made no use of the mark SUNBURN RESCUE prior to the filing of its Application Serial No. 85/111,156 to register that mark.

(6) On information and belief, Applicant has made no use of the mark SUNBURN RESCUE in connection with the goods/services covered by Application Serial No. 77/485,289.

(7) Registration Nos. 1,237,564, 1,822,260, 2,517,685 and 3,147,761 are *prima facie* evidence of the validity thereof, Opposer's ownership and exclusive right to use the marks RESCUE, RESCUE REMEDY and RESCUE CREAM in commerce and are constructive notice of Opposer's ownership thereof, all as provided by §§ 7(b) and 22 of the Trademark Act of 1946. As Opposer's right to use the marks RESCUE and RESCUE REMEDY in commerce has become incontestable, Registration Nos. 1,237,564, 1,822,260 and 2,517,685 are conclusive evidence of Opposer's right to use said mark in commerce on the goods specified in the registrations, as provided by §§ 15 and 33(b) of the Trademark Act of 1946.

(8) By virtue of Opposer's long, continuous and substantial promotion and sale of goods covered by Registration Nos. 1,237,564, 1,822,260, 2,517,685 and 3,147,761 under the marks RESCUE, RESCUE REMEDY and RESCUE CREAM, its use and bona fide intention to use the mark RESCUE for the goods covered by

Application Serial No. 77/485,289, and its maintenance of high quality standards relating thereto, purchasers, consumers and users of such products, and others, have come to recognize the marks RESCUE, RESCUE REMEDY and RESCUE CREAM as indications of origin in Opposer, as a consequence of which Opposer has established valuable goodwill and exclusive rights in the marks RESCUE, RESCUE REMEDY and RESCUE CREAM.

(9) Opposer's marks RESCUE, RESCUE REMEDY and RESCUE CREAM and Applicant's mark SUNBURN RESCUE are identical or identical in part, each including the same word "RESCUE." The word "RESCUE" is the dominant portion of Applicant's mark SUNBURN RESCUE and Applicant's mark essentially incorporates Opposer's mark RESCUE in its entirety.

(10) Opposer's *flower essence preparations and skin creams* sold and intended to be sold under the marks RESCUE, RESCUE REMEDY and RESCUE CREAM and Applicant's goods/services sold or intended to be sold or offered under the mark SUNBURN RESCUE are similar and closely related products and services which are or are likely to be offered through the same or overlapping channels of trade to the same or overlapping classes of purchasers so that purchasers, prospective purchasers, users and others are likely to be confused, mistaken or deceived into the belief, contrary to fact, that Applicant's goods/services offered under the mark SUNBURN RESCUE emanate from and/or are in some way sponsored or approved by Opposer or are otherwise related to Opposer's RESCUE, RESCUE REMEDY and RESCUE CREAM *flower essence preparations and skin creams*, thereby damaging Opposer.

(11) Applicant is not lawfully entitled to the registration which it seeks for the reason, *inter alia*, that the mark SUNBURN RESCUE as used or intended for use in connection with Applicant's goods/services so resembles Opposer's previously used and registered marks RESCUE, RESCUE REMEDY and RESCUE CREAM and its earlier-filed application to register the mark RESCUE as to be likely to cause confusion, to cause mistake or to deceive within the meaning of Section 2(d) of the Federal Trademark Act, thereby damaging Opposer.

WHEREFORE, Opposer prays that the present opposition be sustained and the registration of SUNBUR RESCUE sought by Applicant be refused.

The requisite filing fee of \$600 is submitted herewith.

Bach Flower Remedies Limited

By its Attorneys

Date: June 8, 2011

By: Donna J. Bunton
Donna J. Bunton
NIXON & VANDERHYE P.C.
901 North Glebe Road, 11th Floor
Arlington, Virginia 22203
(703) 816-4003