



BULKY DOCUMENTS

(Exceeds 100 pages)

Filed: 6/22/2012

Title: DECLARATION OF CURT FINCKLER IN SUPPORT OF
OPPOSER BACH FLOWER REMEDIES LIMITED'S OPPOSITION TO
THE SUMMARY JUDGMENT MOTION OF APPLICANT

Part 1 of 2

91200168

**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.)	

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

I, Curt Finckler, declare as follows:

1. I am the Director of Marketing of Nelson Bach USA, Ltd. of 21 High Street North Andover, Massachusetts 08145. I am submitting this declaration in support of Bach Flower Remedies Limited's ("Bach's") opposition to the Summary Judgment Motion of Applicant, Absolutely Natural, Inc.

2. Nelson-Bach USA, Ltd. is a wholly-owned subsidiary of A. Nelson & Co, Ltd. (hereafter collectively referred to as "Bach"), which imports and distributes A. Nelson & Co, Ltd.'s products in the United States which are sold under the marks RESCUE, RESCUE REMEDY and RESCUE CREAM (collectively "RESCUE marks"), among others .

3. My past work experience includes:

- PRO MEDIA, INC., Natick, MA (Account Coordinator, 1996 – 1998)
- PAMET RIVER, INC., Boston, MA: Senior Strategist, 2000
- NAVIANT MARKETING SOLUTIONS, INC., Woburn, MA: Account Consultant, 2001

4. I have held the following past positions with Nelson Bach USA, Ltd.:

- Sr. Brand Manager (2006 – 2009): Managed all elements of marketing communications efforts for 5 brands within the natural products market, including Rescue brand.
- Brand Manager (2004 – 2006): Managed all elements of marketing communications efforts for 2 brands within the natural products market, including Rescue brand.
- Marketing Associate (2002 – 2004): Supported marketing initiatives for all Nelsons brands, including Rescue brand.

5. In my current role as Director of Marketing, I direct and oversee Nelson Bach USA, Ltd.'s marketing policies, objectives, and initiatives. In addition to conducting market research and developing brand marketing plans, I also review changes to the marketplace and industry and adjust marketing plans accordingly to maximize opportunity. I have held this position since 2009.

6. Bach's natural remedies and topical preparations made from flower remedies and sold under its RESCUE marks have a long and successful history in the U.S. and are well known and recognized in this country. The first of the products (hereafter "RESCUE products") marketed and sold in the U.S. in about approximately 1961 was RESCUE REMEDY, a blend of five flower remedies in liquid form for use in relieving stress. The product, available in a dropper bottle, can be used by applying several drops directly onto one's tongue or into a glass of water for sipping at intervals and is still marketed and sold in the U.S. in a dropper bottle as well as in other forms which have been developed over the years, such as spray, gummy lozenges and gum.

In about 1995, the product line was extended to add a topical skin cream to soothe, moisturize and heal irritated or damaged or stressed skin, which was marketed and sold and has continuously been marketed and sold in the U.S. since 1995 under the mark RESCUE CREAM.

7. Beginning at least as early January 2001, Bach began using and continues to use the mark RESCUE alone in connection with its oral stress-relief preparations and topical skin cream which were available at that time. The mark RESCUE has been used on the product packaging for all of Bach's RESCUE products sold in the U.S. since then.

8. Beginning in approximately May 2006, Bach has been expanding its RESCUE and RESCUE REMEDY topical and oral product lines promoted and sold in the United States.

9. In March 2009, Bach began selling RESCUE Gel to soothe muscle aches and pain in the U.S. and in April 2009, Bach began selling RESCUE Balm to moisturize and protect the lips in the U.S. Bach has continuously promoted and sold these products in the U.S. under the RESCUE mark to date.

10. In May 2006, Bach began selling RESCUE Sleep natural sleeping aid in spray form in the U.S. and in 2010 in capsule form in the U.S. In March 2009, Bach began selling RESCUE Energy natural fatigue remedy in the U.S. In March 2009, Bach also began offering its original natural stress relief RESCUE product in other forms in the U.S., including spray (sold under the marks RESCUE and RESCUE REMEDY), gummy lozenges (sold under the mark RESCUE Pastilles) and gum (sold under the mark RESCUE Gum). Since the dates mentioned above, Bach has continuously sold

all of the above products in the U.S. under the mark RESCUE as well as, in some cases, the additional mark RESCUE REMEDY.

11. Since at least as early as January 2001, Bach has been selling all of its products throughout the United States - flower essence remedies and topical skin care preparations, as they were developed and the product line expanded - in packaging which prominently displays the mark RESCUE alone. The mark RESCUE is displayed in bold block letters on the left side of the front panels of the packaging. Examples of current packaging for RESCUE products which are sold in the U.S. are attached as **Exhibit 1**.

12. Based on my work experience, I am very familiar with the RESCUE marks and the RESCUE products, as well as the packaging and promotional materials for those products and the trade channels and customers for those products in the U.S.

13. Additional examples of materials showing the types of products identified by Bach's RESCUE Marks in the United States are attached as **Exhibit 2** (BF 00063-205). In particular, Exhibit 2 shows packaging, containers and/or inserts for the following Bach RESCUE products: RESCUE CREAM (BF 00063-64; 00190-205); RESCUE Balm (BF 00076-85); RESCUE Gel (BF 00141-148); RESCUE REMEDY (dropper bottle form) (BF 00149-159; 00168-177); RESCUE REMEDY Spray (spray form) (BF 00094-99; 00132-140); RESCUE REMEDY (for children) (BF 00068-71; 00086-93); RESCUE REMEDY Pet (for animals) (BF 00072-75; 00106-115); RESCUE Sleep (spray form) (BF 00065-67; 124-131; 182-185); RESCUE Sleep (capsules) (BF 00100-105); RESCUE Energy (BF 00116-123; 00160-167); RESCUE Gum (BF 00178-181); and RESCUE Pastilles (BF 00186-89).

14. I have responsibility for marketing, advertising and production of the advertisements and promotional materials for Bach's RESCUE products in the United States and am very familiar with those materials, including the Nelsons website(s) <http://www.nelsonsnaturalworld.com/en-us/us/> and <http://www.nelsonsnaturalworld.com/en-us/us/our-brands/rescue-remedy/>, which promote, display and offer Bach's RESCUE products for purchase.

15. Examples of Bach's print advertising and promotional materials for the RESCUE products in the United States from 1998-2011 are attached as **Exhibit 3** (BF0001-29; 00044-45; 000572). Exhibit 3 includes the following advertisements, some of which are in national consumer magazines: RESCUE REMEDY, 1998 (BF 00004); RESCUE REMEDY, *Prevention*, Jan. 1998 (BF 00027); RESCUE REMEDY, *Better Nutrition*, Feb. 2000 (BF 00003); RESCUE REMEDY, 2000 (BF 00005); RESCUE REMEDY, 2001 (BF 00006-7); RESCUE REMEDY (spray), 2002 (BF 00008); RESCUE REMEDY (spray), Jan. 14, 2005 (BF 00025-26); RESCUE REMEDY (spray) and RESCUE Sleep, 2007/2008 (BF 00009); RESCUE REMEDY (spray), 2007 (BF 00028); RESCUE REMEDY (spray), Oct. 27, 2008; RESCUE REMEDY, RESCUE CREAM, RESCUE Energy, RESCUE Sleep, "Mambo Sprouts," Sept. 28, 2009; RESCUE REMEDY (spray) and RESCUE Sleep, 2009/2010 (BF 00010); RESCUE Balm, Natural Products Expo East "New Products Showcase Award" 2009 (BF 00002); RESCUE REMEDY, *www.Intent.com*, 2009 and 2010 (BF 00012-23); RESCUE REMEDY, *Cooking Light*, Sept. 2011 (BF 00001); RESCUE REMEDY, *Women's Health*, 2011 (BF 00044-45). Other U.S. publications where the RESCUE products are advertised

include: *Oprah*, *Smartsource FSI*, *Yoga Journal*, *Woman's Day*, *Shape*, *Chain Drug Review*.

16. The mark RESCUE is prominently displayed in bold block letters on each page of the RESCUE portion of the Bach website (U.S. and other country versions). The mark appears separately on the left side of each page, running vertically up the side, and in the upper left corner of each page in addition to use of the RESCUE marks throughout the website and on the illustrations of product packaging shown throughout the website. Illustrative examples of these website pages are attached as **Exhibit 4** (BF 00215-277). The mark RESCUE has appeared in this format on the U.S. website since approximately 2009. Bach has used a website or websites to promote its RESCUE products in the U.S. and provide related information since approximately 2001.

17. Based upon my personal knowledge, the documents which comprise **Exhibits 3 and 4** accurately provide information about, *inter alia*, the history of Bach, the type of products identified by Bach's RESCUE Marks in the U.S., where to buy Bach's RESCUE products in the U.S. and FAQ's about Bach's RESCUE products. These are documents that are created and maintained in the ordinary course of business for Bach.

18. Bach also promotes its RESCUE products in the U.S. through social media such as *Facebook*. Printouts from portions of Bach's *Facebook* site are attached hereto as **Exhibit 5** (BF 00206-214), bearing the date January 20, 2012 and the URL <http://www.facebook.com/RescueRemedy>. Bach launched its *Facebook* site in April 2009.

19. Bach also promotes its products in the U.S. with giveaways or other promotional items on which the RESCUE marks are prominently displayed. Examples of these are attached hereto as **Exhibit 6** (BF 00052-62). Based upon my personal knowledge, Exhibit 6 shows the following types of materials: a tote bag (bearing RESCUE REMEDY); a squeeze stress ball (bearing RESCUE REMEDY); a decal (bearing RESCUE REMEDY); a brochure (bearing the marks, *inter alia*, RESCUE CREAM, RESCUE REMEDY (original and for kids and pets), RESCUE Pastilles, RESCUE Gum and RESCUE Sleep; a point of sale item (bearing RESCUE REMEDY); and a handkerchief, balloon, leash and brochure (bearing RESCUE REMEDY (for pets).

20. Bach has also promoted and advertised its RESCUE products in the United States in radio advertisements since 2005.

21. Bach's RESCUE products are often featured in the media in the U.S. Some examples of articles in various magazines, newspapers and the internet that refer to Bach's RESCUE goods are attached as **Exhibit 7** (BF 00573-600). This Exhibit includes the following:

- *First*, Sept. 1, 2003 (“[Salma Hayek’s] product of choice: Bach Rescue Remedy.”) (BF 000573);
- *Grocery Headquarters Magazine*, Jan. 3, 2011 (mentions RESCUE REMEDY) (BF 000574-579);
- <http://getaway.ninemsn.com.au/article.aspx?id=382552&print=true>, May 22, 2008 (celebrity Jake Gyllenhaal would not leave home without “Rescue Remedy”) (BF 000580);
- *Ladies Home Journal*, Oct. 2009 (“In [model Rebecca Romijn’s] purse you’ll find . . . Rescue Remedy...”) (BF 000581);
- *natural foods merchandiser*, Dec. 2004 (mentions RESCUE REMEDY) (BF 000582);
- *natural foods merchandise*, Nov. 2007 (RESCUE Pastilles was a 2007 Winner of a “Natural Products Expo East new products showcase award”) (BF 000583);
- “A Small Bottle of Calm In a World Gone Mad,” *The New York Times*, Oct. 7, 2007 (mentions RESCUE REMEDY) (BF 000584);
- *The Oprah Magazine*, Sept. 2005 (mentions RESCUE REMEDY) (BF 000585);

- *People*, May 9, 2008 (celebrity Lisa Rinna "loves Rescue Remedy drops for her girls.") (BF 000587);
- *People*, May 10, 1999 (celebrity Cate Blanchett "keeps little in her makeup bag beyond Bach Rescue Remedy") (BF 000588);
- *Redbook* (cover), July 2002 (mentions RESCUE REMEDY (spray) (BF 000589);
- *NewYorkmetro.com* (singer Michael Stipe of R.E.M. states "I'll need to get some Rescue Remedy . . .") (BF 000590);
- *In Style*, Aug. 1, 2011 ("[actress Emma Watson's] Top Must-Haves . . . Bach Rescue Remedy Natural Stress Relief ") (BF 000591-592);
- *In Style*, Sept. 2011 ("[actress Salma Hayek's] Top Must-Haves . . . Bach Rescue Pastilles") (BF 000593 -594);
- *Vitamin Retailer*, Nov. 2004 (mentions RESCUE REMEDY) (BF 000595-598);
- *Vogue*, Nov. 1999 (mentions RESCUE REMEDY) (BF 000599);
- "Takeoffs & Landings," *The Wall Street Journal*, 1999 ("[f]or fearful fliers, Bach says its Rescue Remedy, . . .") (BF 000600);
- *Esquire*, March 2008 (Dr. Oz recommends RESCUE REMEDY (BF 000572).

The documents of Exhibit 7 are kept as Bach's business records that are maintained in the ordinary course of business.

22. Third party online distributors/retailers also display and market Bach's RESCUE products. Web page printouts from some of these websites showing, *inter alia*, Bach's RESCUE CREAM product and/or its packaging are shown in **Exhibit 8**. In particular, Exhibit 8 comprises printouts from the following websites all printed on October 19, 2011: www.bachflower.com (BF 00278-280), www.google.com (product search page)(BF 00281); www.swansonvitamins.com (BF 00285-286); www.vitacost.com (BF 00287-288); and www.taooferbs.com (BF 000289).

23. Bach's RESCUE products have also been featured on television programs and radio programs, such as *The Dr. Oz Show* (Nov. 2011, Feb. 2012, May 1, 2012, May 31, 2012), *The Today Show* (Aug. 13, 2010) and Martha Stewart radio's *Whole Living* show (April 2009) and in videos on *YouTube*.

24. Bach's RESCUE products have won Best New Product at the annual Natural Products Expo East on numerous occasions (2006, 2007, 2008, 2009, 2011).

These awards and the above mentioned media attention show recognition and acceptance of Bach's RESCUE, RESCUE CREAM and RESCUE REMEDY product lines by consumers and those in the industry.

25. Bach has invested a substantial amount of money in marketing and promoting its RESCUE branded products in the U.S. Attached hereto as **Confidential Exhibit 9** (BF 000502 TRADE SECRET), is a summary of Bach's marketing investment for the RESCUE brand titled '_____'. This information was generated from Bach's internal records and was created and maintained in the ordinary course of business. Exhibit 9 shows that in 2004, Bach spent _____ on marketing; in 2005, it spent _____ on marketing and _____ on media; in 2006, it spent _____ on marketing and _____ on media; in 2007 it spent _____ on marketing and _____ on media; in 2008 it spent _____ on marketing and _____ on media; in 2009 it spent _____ on marketing and _____ on media; in 2010 it spent _____ on marketing and _____ on media; and in 2011 it spent _____ on marketing and _____ on media.

26. As part of my duties and responsibilities, I am familiar with the sales records of products sold by Bach in the United States under its RESCUE Marks. I am familiar with such records because I oversee and review sales records monthly/quarterly/annually, including reporting them, forecasting them and analyzing them. I make sure that they are accurate and that they show correct reporting.

27. The price range for Bach's RESCUE products in the United States is about \$5.95 - \$20.95 per unit. A true and correct copy of a list of suggested retail prices for Bach's RESCUE products in the U.S. is attached as **Confidential Exhibit 10** (BF

000501 TRADE SECRET). On the whole (although some more health conscious consumers may devote more time to their purchasing decisions), the purchasing environment for Bach's RESCUE products is not particularly sophisticated. The products are relatively inexpensive and available at a number of retail stores and online retail stores such that consumers may not exercise a high degree of care in making their purchases.

28. Bach's RESCUE products have been extremely successful worldwide and in the U.S. Attached hereto as **Confidential Exhibit 11** (BF 00291-294 TRADE SECRET) is a document titled _____ ; and is followed by an eight-page document of the same title (TRADE SECRET). These documents provide volume and revenue information at a summary level and by individual product for RESCUE branded product for sales in the U.S. The information in Exhibit 11 was generated from Bach's internal records and was created and maintained in the ordinary course of business.

29. Confidential Exhibit 11 shows that sales of Bach's RESCUE products in the United States alone amounted to a volume of _____ units and revenue of _____ in 2001; a volume of _____ units and revenue of _____ in 2002; a volume of _____ units and revenue of _____ in 2003; a volume of _____ units and revenue of _____ in 2004; a volume of _____ and revenue of _____ in 2005; a volume of _____ units and revenue of _____ in 2006; a volume of _____ units and revenue of _____ in 2007; a volume of _____ units and revenue of _____ in 2008; a volume of _____ units and revenue of _____

in 2009; volume of units and revenue of in 2010; and
a volume of units and revenue of

30. Bach currently promotes, offers to sell and sells its RESCUE products throughout the United States. This has been true from the outset of Bach's sales in the U.S. Bach has never limited the sales of its RESCUE products to any particular state(s) in the United States.

31. Bach does not limit the sale of RESCUE products in the U.S. to any particular trade channel(s) or customer(s). Bach sells and distributes its RESCUE products through a variety of retail trade channels including health food stores (*i.e.*, Sprouts, Earth Fare, Mrs Greens, PCC, Sunflower Markets), supermarket/grocery stores (*i.e.*, Hannaford, Safeway, Shaws, Meijer, Wegman's, Whole Foods), drug stores (*i.e.*, CVS Pharmacy) and clothing and accessory retailers (*i.e.*, TJ Maxx) and independent online stores and its own online store at www.nelssonsstore.com. Bach's customers for its RESCUE products include retailers, health professionals and members of the general public.

32. A list of Bach's U.S. distributors is attached as **Confidential Exhibit 12** (BF 00295-348 TRADE SECRET). A document that is entitled

showing information pertaining to Bach's customers throughout the U.S. who purchase RESCUE products directly from is attached as **Confidential Exhibit 13** (BF 00349-500 TRADE SECRET). The information in these exhibits was generated from Bach's internal records and was created and maintained in the ordinary course of business.

33. Bach's RESCUE products (including those identified in paragraphs 6-11 above) are sold in the same channels of trade as other non-prescription skin creams, balms, gels, sprays or lotions that treat sunburn, prevent sunburn or otherwise soothe dry, chapped or irritated skin or lips.

34. The end users of Bach's RESCUE products in the United States include people of all ages and their pets.

35. The potential customers for Bach's RESCUE, RESCUE CREAM and RESCUE REMEDY products in the United States are not limited to any type of person.

36. As the result of long, substantial and continuous use and extensive promotion of the RESCUE products in the U.S., Bach has achieved a widespread and favorable reputation and is well known and recognized for its oral and topical flower remedy preparations promoted and sold under the RESCUE marks.

37. I became aware of the opposed Application Serial No. 85/111,156 for the mark SUNBURN RESCUE and the opposition filed against that application when Bach's U.S. attorney advised me of that application.

38. Based on my knowledge and experience, the RESCUE marks were well known in the U.S. prior to August 19, 2010, which I understand was the date on which the opposed application to register the mark SUNBURN RESCUE was filed in the U.S. Patent and Trademark Office.

39. I believe that use of the mark SUNBURN RESCUE by the Applicant for sun care lotions, balms, gels, crèmes, liquids and sprays and for retail stores featuring those types of products would be likely to confuse customers as to the source of those products or as to the association or affiliation of Bach with the Applicant. I believe this

because the marks RESCUE and SUNBURN RESCUE are virtually identical, since the Applicant has merely added the descriptive word "SUNBURN" to the Bach RESCUE mark which would be used for very similar and commercially related skin care lotions, creams, balms, gels and the like which would or could be sold through the same or similar trade channels in the same commercial outlets to the same customers.

40. I have no reason to believe that Bach's RESCUE CREAM or RESCUE (Balm or Gel) products would not be useful as to soothe or provide relief from sun exposure or sunburn. In fact, the RESCUE Cream product is intended to be used to moisturize, soothe and heal irritated or damaged skin.

I declare under penalty of perjury that the foregoing is true and correct to the best of my knowledge, information and belief.

Executed on June 21st 2012



Curt Finckler

**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 1

TO

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



RESCUE CREAM

NDC #057687-240-50

Bach[®]
ORIGINAL
FLOWER REMEDIES

RESCUE[®] CREAM

**HELPS SOOTHE &
HEAL THE SKIN**

NATURAL SKINCARE FOR
HANDS, BODY & FACE

QUICKLY ABSORBED

Net Weight 50g (1.7 oz) e

A Homeopathic Remedy

RESCUE CREAM

- Soothes dry, irritated skin
- Heals damaged skin
- Natural skincare for hands, body and face

RESCUE CREAM

Rescue Cream is an intensive moisturizer designed to soothe dry, irritated, or damaged skin caused by the stresses and strains of everyday life. As a well-known indicator of how the body feels inside, our skin is often the first place where you see the effects of a demanding, busy life. This can lead to dry, rough, uneven, dull looking skin.

With regular use, **Rescue Cream** effectively repairs and helps protect the skin against environmental influences and other stress factors.

Rescue Cream is a combination of the famous flower essence **Rescue Remedy** developed by Dr. Bach, and the Original Bach Flower Remedy **Crab Apple**, which offers both cleansing and emotional support of appearance. Gentle, safe, and suitable for the whole family, **Rescue Cream** is non-greasy, fragrance-free, paraben-free, lanolin-free, and not tested on animals.

For more information, please visit
www.rescueremedy.com.

Bach Flower Remedies Ltd
Made in England
Distributed by Nelsons
Wilmington, MA 01887
1-800-319-9151

RESCUE CREAM

INDICATIONS

Helps to promote the healing of irritated or damaged skin.

DIRECTIONS

Clean affected area, then apply a generous amount of **Rescue Cream** to the desired area. Re-apply as required. Check that seal is intact before first use. To open, pierce tube seal with point in top of cap.

WARNINGS

Keep out of reach of children.
If pregnant or breastfeeding, ask a health professional before use.
FOR EXTERNAL USE ONLY.
In case of accidental ingestion, seek professional assistance or contact a Poison Control Center immediately.

ACTIVE INGREDIENTS

5x of combined *Malus pumila* HPUS, *Helianthemum nummularium* HPUS, *Clematis vitalba* HPUS, *Impatiens glandulifera* HPUS, *Prunus cerasifera* HPUS, *Ornithogalum umbellatum* HPUS.

INACTIVE INGREDIENTS

Aqua, Glyceryl monostearate & PEG 100 stearate, *Prunus armeniaca*, *Theobroma cacao*, Glycerine, Cetearyl Alcohol & PEG 20 stearate, Cetearyl Alcohol, Cetyl palmitate, Caprylyl glycol, Phenoxyethanol, Glyceryl caprylate, Benzyl alcohol



Use by:

Lot No.

221453

2



RESCUE[®] GEL

NDC #057687-249-30



Bach[®]

ORIGINAL
FLOWER REMEDIES

RESCUE[®] GEL



**COOLS
SOOTHES
TENSES
STRESSED
MUSCLES**

NATURAL CARE
FOR
STRESS-CAUSED
BODY ACHES
& PAINS

EASILY ABSORBED

PARABEN &
FRAGRANCE FREE

Net weight
30g (1oz) e
A Homeopathic
Remedy

RESCUE[®] GEL

- Soothes muscle aches or stiffness caused by stress or tension
- Natural and cooling care for aches and pains
- Paraben-free, fragrance-free, lanolin-free
- Easily absorbed and non-greasy

For more information,
please visit
www.rescueremedy.com

Questions? 1-800-319-9151

Bach Flower
Remedies Ltd
Made in England
Distributed by Nelsons
Wilmington, MA 01887

RESCUE® GEL

Refreshing and cooling **RESCUE Gel** provides soothing relief for stressed muscles, aches, pains, stiffness, and tightness. Perfect for heavy legs and tired feet. **RESCUE Gel** is easily absorbed without greasy residue.

Day-to-day stress and anxiety can cause muscle tension, especially in the neck, shoulders, and lower back. **RESCUE Gel**, a combination of the famous flower essence **RESCUE Remedy** developed by Dr. Bach over 70 years ago, contains Crab Apple, which offers both cleansing and emotional support of appearance.

Gentle, safe, and suitable for the whole family. **RESCUE Gel** is non-greasy, fragrance-free, paraben-free, lanolin-free, and not tested on animals.



7 41273 01474 4

Use by:

Lot No.

RESCUE® GEL

INDICATIONS

Helps soothe and relieve stress-caused body aches and pains.

DIRECTIONS

Clean affected area, then apply a generous amount of **RESCUE Gel** to the desired area. Re-apply as required. Check that seal is intact before use. To open pierce tube seal with top of cap.

WARNINGS

Keep out of reach of children. If pregnant or breast feeding, ask a health professional before use.

FOR EXTERNAL USE ONLY.

In case of accidental ingestion, seek professional assistance or contact a Poison Control Center immediately.

ACTIVE INGREDIENTS

5x of combined Malus pumila HPUS, Helianthemum nummularium HPUS, Clematis vitalba HPUS, Impatiens glandulifera HPUS, Prunus cerasifera HPUS, Ornithogalum umbellatum HPUS.

INACTIVE INGREDIENTS

Water, Alcohol denat., Acrylates/C10-30 alkyl acrylate crosspolymer, Trolamine.

Art.2719
WR201280

**RESCUE[®]
BALM**

TO MOISTURIZE
& PROTECT LIPS



NDC# 02767-220-10

**RESCUE[®]
BALM**

TO MOISTURIZE
& PROTECT LIPS
NATURAL CARE FOR
STRESSED LIPS



Homeopathic

5g (0.176oz) e



Use by: FEB11 Lot No. KL001

ACTIVE INGREDIENTS:

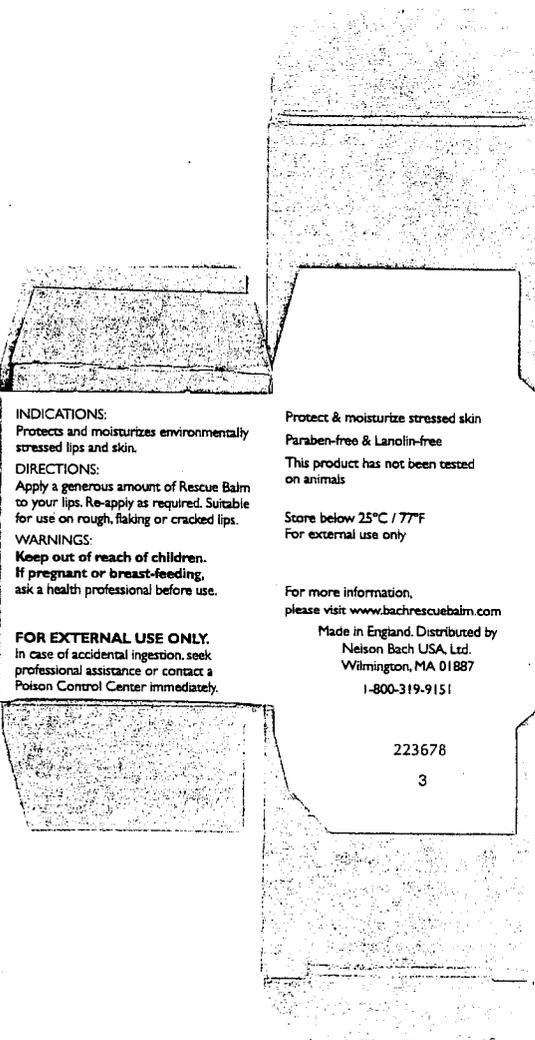
5 x of combined Malus pumila HPUS,
Helianthemum nummularium HPUS,
Clematis vitalba HPUS, Impatiens
gandulifera HPUS, Prunus cerasifera
HPUS, Ornithogalum umbellatum HPUS.

INACTIVE INGREDIENTS:

Sunflower seed oil, Beeswax, Soybean oil,
Flavor, Calendula flower oil, Vitamin E.

RESCUE CREAM COUPON SAVINGS
AVAILABLE UNDER BOTTOM PANEL

Art No: 2731
WR201290



INDICATIONS:

Protects and moisturizes environmentally stressed lips and skin.

DIRECTIONS:

Apply a generous amount of Rescue Balm to your lips. Re-apply as required. Suitable for use on rough, flaking or cracked lips.

WARNINGS:

Keep out of reach of children.

If pregnant or breast-feeding, ask a health professional before use.

FOR EXTERNAL USE ONLY.

In case of accidental ingestion, seek professional assistance or contact a Poison Control Center immediately.

Protect & moisturize stressed skin

Paraben-free & Lanolin-free

This product has not been tested on animals

Store below 25°C / 77°F

For external use only

For more information, please visit www.bachrescuebalm.com

Made in England. Distributed by Nelson Bach USA, Ltd. Warrington, MA 01887

1-800-319-9151

223678

3



209820

Bach

ORIGINAL
FLOWER ESSENCES

NDC 057487-239-20

Bach

ORIGINAL
FLOWER ESSENCES

**RESCUE
REMEDY**

**RESCUE[®]
REMEDY**

NATURAL
STRESS RELIEF

20ml (0.7 fl oz)

A Homeopathic Remedy
Contains 27% Alcohol



Bach

ORIGINAL
FLOWER ESSENCES

INDICATIONS

For relief of occasional stress

DIRECTIONS

Take 4 drops 3 or 4 times a day

or as necessary

Directly on the tongue

WARNINGS

Not for use in children

Not for use in pregnancy

Not for use in breastfeeding

ACTIVE INGREDIENTS

5x dilution of 38 flower essences

in a 50% alcohol solution

with distilled water

and glycerine

to make 100ml

INACTIVE INGREDIENTS

Alcohol

Glycerine

Distilled water

For your protection, the bottle has

an imprinted seal around the cap

to prevent tampering

© BACH FLOWER

REMEDIES LTD

Made in England. Distributed by

Nelson Bach USA, Ltd.

Wilmington, MA 01897

201078

ARC-N0121

Bach

ORIGINAL
FLOWER ESSENCES

Dr. Bach's most famous Flower Essence formula, Rescue Remedy® is one of the world's best known natural stress relief remedies. Made from five of the Doctor's original 38 Flower Essences: Cherry Plum, Clematis, Impatiens, Rock Rose and Star of Bethlehem.

Rescue Remedy® is an all natural form of healing that can reduce everyday stress and help maintain control of your health. Effective in virtually any situation that causes stress or anxiety. Helps restore a sense of calm and control.

Gentle, safe, effective treatment for the whole family.

No artificial additives. Suitable for vegans.

**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 2

TO

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

RESCUE CREAM

NDC #057687-240-50

RESCUE CREAM

- Soothes dry, irritated skin
- Heals damaged skin
- Natural skincare for hands, body and face



RESCUE CREAM®

HELPS SOOTHE & HEAL THE SKIN

NATURAL SKINCARE FOR
HANDS, BODY & FACE

QUICKLY ABSORBED

Net Weight 50g (1.7 oz) e

A Homeopathic Remedy

Art.2186
WR201202

RESCUE CREAM

Rescue Cream is an intensive moisturizer designed to soothe dry, irritated, or damaged skin caused by the stresses and strains of everyday life. As a well-known indicator of how the body feels inside, our skin is often the first place where you see the effects of a demanding, busy life. This can lead to dry, rough, uneven, dull looking skin.

With regular use, **Rescue Cream** effectively repairs and helps protect the skin against environmental influences and other stress factors.

Rescue Cream is a combination of the famous flower essence **Rescue Remedy** developed by Dr. Bach, and the Original Bach Flower Remedy **Crab Apple**, which offers both cleansing and emotional support of appearance. Gentle, safe, and suitable for the whole family, **Rescue Cream** is non-greasy, fragrance-free, paraben-free, lanolin-free, and not tested on animals.

For more information, please visit
www.rescuere medy.com.

Bach Flower Remedies Ltd
Made in England
Distributed by Nelsons
Wilmington, MA 01887
1-800-319-9151

RESCUE CREAM

INDICATIONS

Helps to promote the healing of irritated or damaged skin.

DIRECTIONS

Clean affected area, then apply a generous amount of **Rescue Cream** to the desired area. Re-apply as required. Check that seal is intact before first use. To open, pierce tube seal with point in top of cap.

WARNINGS

Keep out of reach of children.
If pregnant or breastfeeding, ask a health professional before use.
FOR EXTERNAL USE ONLY.
In case of accidental ingestion, seek professional assistance or contact a Poison Control Center immediately.

ACTIVE INGREDIENTS

5x of combined *Malus pumila* HPUS, *Helianthemum nummularium* HPUS, *Clematis vitalba* HPUS, *Impatiens glandulifera* HPUS, *Prunus cerasifera* HPUS, *Ornithogalum umbellatum* HPUS.

INACTIVE INGREDIENTS

Aqua, Glyceryl monostearate & PEG 100 stearate, *Prunus armeniaca*, *Theobroma cacao*, Glycerine, Cetearyl Alcohol & PEG 20 stearate, Cetearyl Alcohol, Cetyl palmitate, Caprylyl glycol, Phenoxyethanol, Glyceryl caprylate, Benzyl alcohol

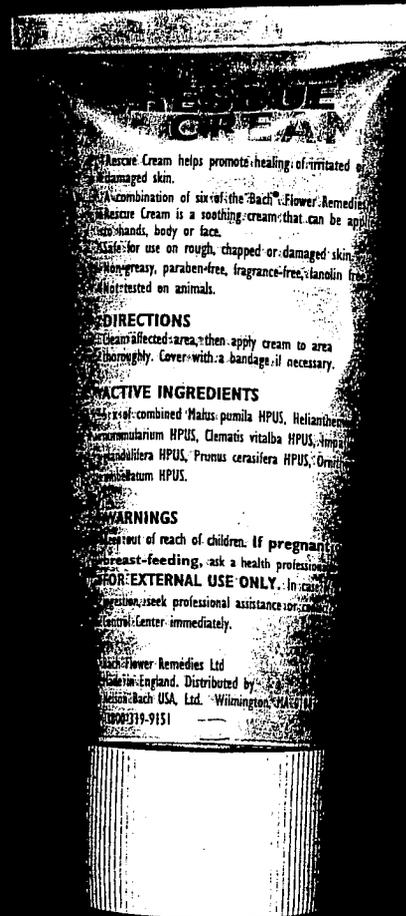
221453

2



7 41273 01463 8
Use by: Lot No.

BF 00063



Rescue Cream helps promote healing of irritated or damaged skin.

A combination of six of the Bach Flower Remedies, Rescue Cream is a soothing cream that can be applied to hands, body or face.

Use for use on rough, chapped or damaged skin. Non-greasy, paraben-free, fragrance-free, lanolin free. Not tested on animals.

DIRECTIONS

Clean affected area, then apply cream to area thoroughly. Cover with a bandage if necessary.

ACTIVE INGREDIENTS

A mixture of combined: Malus pumila HPUS, Helianthemum scaberrimum HPUS, Clematis vitalba HPUS, Impatiens glandulifera HPUS, Prunus cerasifera HPUS, Ornithogalum HPUS.

WARNINGS

Keep out of reach of children. If pregnant or breast-feeding, ask a health professional for advice before use. **FOR EXTERNAL USE ONLY.** In case of reaction, seek professional assistance for treatment. Contact center immediately.

Dr. Bach's Flower Remedies Ltd
London, England. Distributed by
Dr. Bach USA, Ltd., Wilmington, MA
1-800-331-9151

RESCUE
SLEEP
NATURAL SLEEP AID
Bach's
FLORONA ESSENCE
7oz (198.5g)
A non-sedative natural
Contains 37% alcohol

RESO
SLE
NATURAL

BF 00066

Produced by Federal Bureau of Investigation, U.S. Dept. of Justice

SEP 2011 1564
REPLICATION MARKS MAY BE PRESENT ON THIS COPY

Bach
ORIGINAL
FLOWER REMEDIES

Kids

NDC#057407-228-10

RESCUE[®] REMEDY

**NATURAL
STRESS RELIEF**

Alcohol-Free Formula

NATURAL, SAFE, NON DROWSY
TRUSTED FOR OVER 70 YEARS
IN 66 COUNTRIES

10ml (0.35fl oz) DROPPER
A Homeopathic Medicine



**Parents love Bach because it is safe & natural
and kids love the taste!**

Created to treat your child's emotions and restore balance, each remedy is part of a system of 38 Bach Flower Remedies developed by Dr. Edward Bach more than 70 years ago. Each kid-friendly remedy addresses a specific emotional state and is safe, non-habit forming, natural and used in 66 countries worldwide.

Drug Facts

Active Ingredients Each 5X (HPUS)	Purpose
Helianthemum nummularium	adds courage and presence of mind in the face of adversity
Clematis vitalba	helps give focus when you are not grounded in reality
Impatiens glandulifera	helps you cope calmly and patiently with irritating problems or people
Prunus cerasifera	helps you act rationally and think clearly with a calm and balanced mind when you feel you are losing control
Ornithogalum umbellatum	softens the impact of shock or fright

Uses

Rescue Remedy is the natural alternative to manage your everyday stress.

Warnings

- Keep out of reach of children.
- If pregnant or breast-feeding, ask a health professional before use.
- Do not use if the tamper evident seal is broken.

Directions

Take 4 drops directly on the tongue or 4 drops in water and sip at intervals. Repeat as necessary.

Other Information

- Store below 77° F (25° C)
- No artificial colors, artificial fragrances or animal products.
- Active ingredients made according to the Homeopathic Pharmacopoeia of the United States (HPUS).

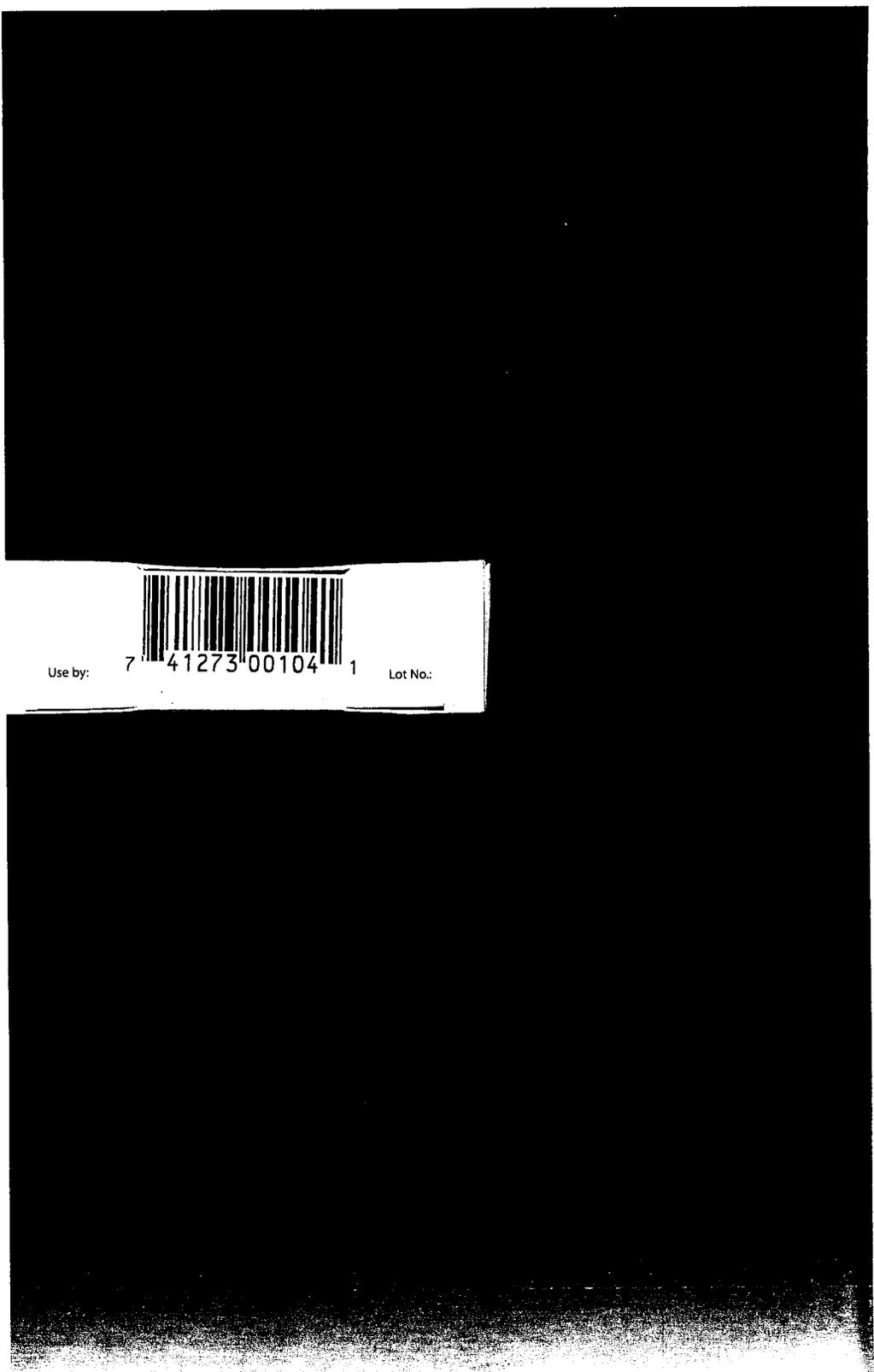
Inactive Ingredients 80% glycerine, 20% water.

Questions? 1-800-319-9151

www.bachkids.com

RESCUE[®]
REMEDY

BF 00070



Use by:

7 41273 00104 1

Lot No.:

BF 00071

**RESCUE[®]
REMEDY**



For a calmer animal,
try Rescue Remedy
to restore emotional
balance whenever
your pet is under
pressure. Appropriate
usage times include:

- Visits to the vet or
groomer
- Stress caused by
loud noises
- Excessive barking
or hissing caused
by stress
- After a shock, a
fright or
mistreatment
- Any emotional
crisis

BF 00072

**RESCUE
REMEDY**



Suitable for use
with all animals,
including:

- Dogs
- Cats
- Horses
- Birds

Bach Flower Remedies Ltd
Made in England
Distributed by Nelsons
Wilmington, MA 01887

For more information
please visit
www.rescuere medy.com/pets

WR 201247
Art No. 2271

BF 00073



**NATURAL
STRESS
RELIEF
FOR PETS**

**VETERINARIAN
RECOMMENDED**

**ALCOHOL-FREE
FORMULA**

SAFE AND GENTLE

10ml (0.35 fl oz) DROPPER
A Homeopathic remedy.

**RESCUE[®]
REMEDY**



NATURAL STRESS RELIEF FOR PETS

For years, Rescue Remedy has been recommended by veterinarians for animals worldwide as an emergency remedy to help calm pets in all kinds of stressful situations. This alcohol-free formulation is suitable for use with all animals, including dogs, cats, horses and birds.

Rescue Remedy is a combination remedy for crisis use. The full system of 38 Bach Original Flower Remedies can help with any kind of emotional imbalance. If symptoms persist, please consult a veterinarian.

Indications

Recommended to reduce animal stress and tension.

Directions

Place 4 drops of Rescue Remedy on a treat and offer to your animal. Alternatively add 4 drops of Rescue Remedy to drinking water.
Repeat as required.

Warnings

- Keep out of reach of children.
- Keep away from eyes.
- If symptoms persist, please consult a veterinarian.

Active Ingredients

HPUS 5x dilution of Helianthemum nummularium, Clematis vitalba, Impatiens glandulifera, Prunus cerasifera, Ornithogalum umbellatum.

Inactive Ingredients

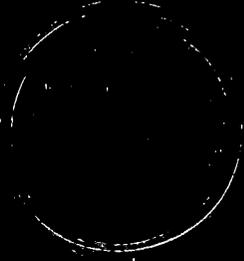
80% glycerine, 20% water.

Questions? 1-800-319-9151

BF 00075



BF 00076



BF 00077



BF 00078



BF 00079

ACTIVE INGREDIENTS:
5 x of combined Malus pumila HPUS,
Helianthemum nummularium HPUS,
Clematis vitalba HPUS, Impatiens
glandulifera HPUS, Prunus cerasifera
HPUS, Ornithogalum umbellatum HPUS.

INACTIVE INGREDIENTS:
Sunflower seed oil, Beeswax, Soybean oil,
Flavor, Calendula flower oil, Vitamin E.

RESCUE CREAM COUPON SAVINGS
AVAILABLE UNDER BOTTOM PANEL

BF 00080

Protect & moisturize stressed skin
Paraben-free & Lanolin-free
This product has not been tested
on animals

Store below 25°C / 77°F
For external use only

For more information,
please visit www.bachrescuebalm.com

Made in England, Distributed by
Nelson Bach USA, Ltd.
Wilmington, MA 01887
1-800-319-9151

BF 00081

INDICATIONS:

Protects and moisturizes environmentally stressed lips and skin.

DIRECTIONS:

Apply a generous amount of Rescue Balm to your lips. Re-apply as required. Suitable for use on rough, flaking or cracked lips.

WARNINGS:

Keep out of reach of children.
If pregnant or breast-feeding,
ask a health professional before use.

FOR EXTERNAL USE ONLY.

In case of accidental ingestion, seek professional assistance or contact a Poison Control Center immediately.

BF 00082



BF 00083



BF 00084

Use by: FEB11
Lot No. KL001
7 41273 01476 8



BF 00085

Bach® **Kids**
ORIGINAL
FLOWER REMEDIES

**RESCUE®
REMEDY**

**NATURAL STRESS
RELIEF FOR Kids**

**ALCOHOL-FREE
FORMULA**

**NATURAL, SAFE,
NON-DROWSY**

10ml (0.35fl oz)
DROPPER Homeopathic

BF 00086

Questions? 1-800-319-9151 www.bachkids.com

Inactive ingredients
80% glycerine, 20% water.

Other information
 ■ Store below 77° F (25° C) ■ No artificial colors, artificial fragrances or animal products
 ■ Active ingredients made according to the Homeopathic Pharmacopoeia of the United States (HPUS)

Inactive ingredients
80% glycerine, 20% water.

drops in water and sip at intervals.
Repeat as necessary.

NDC #057687-238-10

Use if the tamper evident seal is broken.

Bach[®] Kids
ORIGINAL FLOWER REMEDIES

BF 00087



BF 00088

Bach
ORIGINAL
FLOWER REMEDIES
Kids
RESCUE
REMEDY

Bach Flower Remedies Ltd
Made in England
Distributed by Nelsons
Wilmington, MA 01887

For more information
please visit
www.bachkids.com



BF 00089

Lot No:
Use By: 1
7 41273-00104
SEP 2014 51503



BF 00090

RESCUE[®]
REMEDY

BF 00091



Rescue Remedy is a registered trademark of Bach Flower Remedies, Ltd. © 1987
by Nelson A. Rockefeller, Ltd.

Use By: **09/2014** Lot No: **31503**

INDICATION: Rescue Remedy is the natural alternative to manage your everyday stress.

DIRECTIONS: See the back of the bottle for directions.

**RESCUE[®]
REMEDY**

**NATURAL
STRESS
RELIEF**

100% NATURAL

**FAST ACTING
SPRAY**

**TRUSTED FOR
OVER 70 YEARS IN
66 COUNTRIES**

**7ml (0.245 fl oz)
Homeopathic
Contains 27% alcohol.**



ORIGINAL
FLOWER REMEDIES
Bach

Check the tamper-evident seal.
■ Consult a physician for use
under 12 years of age ■ Keep

NDC #057687-241-07

■ Bring spray nozzle up to mouth and apply 2
sprays onto the tongue. Additional sprays
may be taken as needed.

Other information

■ Store below 77° F (25° C) ■ No artificial
colors, artificial fragrances or animal products
■ Active ingredients made according to the
Homeopathic Pharmacopoeia of the
United States (HPUS)

Inactive ingredients

27% alcohol

Questions? 1-800-319-9151

BF 00095

**RESCUE[®]
REMEDY**

RESCUE Remedy[®] is the natural alternative to manage everyday stress.

Whether you are traveling, sitting in a traffic jam, or juggling your busy schedule, the spray application of RESCUE Remedy[®] is easy to use and discreet.

100% natural and non-habit forming, RESCUE Remedy[®] is safe for the entire family.

Non-aerosol pump spray. Free from artificial additives. Gluten free and suitable for vegans.

BF 00096

**RESCUE[®]
REMEDY**

- 100% Natural
- Safe for the whole family
- Just 2 sprays to manage your everyday stress
- A trusted brand for over 70 years in 66 countries

Bach Flower Remedies Ltd
Made in England
Distributed by Nelsons
Wilmington, MA 01887
For more information
please visit
www.rescueremedy.com



BF 00097



DR. BACH'S
Bach
ORIGINAL
FLOWER ESSENCES
RESCUE REMEDY
SPRAY
NATURAL
STRESS RELIEF
1ml (0.216 fl. oz.)
A Bach's Remedy
Center, The World

30101 14 100
JAN2016 33008
30101 14 100
JAN2016 33008

NDC #057687-291-28

Bach[®]

ORIGINAL
FLOWER REMEDIES

RESCUE[®]
SLEEP
LIQUID
MELTS

NATURAL SLEEP AID
IN A CAPSULE

NON-HABIT FORMING
A TRUSTED BRAND FOR
OVER 70 YEARS
IN 66 COUNTRIES

28 CAPSULES

Homeopathic

7 1112123010152811 4

RESCUE® LIQUID SLEEP MELTS

Drug Facts

Active ingredients	Purpose
Each SX (HPUS)	
Helianthemum nummularium.....	courage and presence of mind
Clematis vitalba.....	focus when ungrounded
Impatiens glandulifera.....	patience with problems and people
Prunus cerasifera.....	balanced mind when losing control
Ornithogalum umbellatum.....	softens impact of shock
Aesculus hippocastanum.....	relief from repetitive thoughts

Uses

■ Provides natural relief of occasional sleeplessness caused by stress & repetitive thoughts.

Warnings

■ Keep out of reach of children ■ If pregnant or breast-feeding, ask a health professional before use ■ Do not use if the tamper evident seal is broken ■ Stop use and ask a doctor if sleeplessness persists for more than two weeks. Insomnia can be a symptom of serious underlying medical illness ■ Consult a physician for use in children under 12 years of age.

Directions

■ Place 1 capsule on tongue and let dissolve prior to retiring. Additional capsules may be taken as needed.

Other information

■ Store below 77° F (25° C) ■ No artificial colors or artificial fragrances ■ Active ingredients made according to the Homeopathic Pharmacopoeia of the United States (HPUS)

Inactive ingredients

Vegetable carrier oil (grapeseed oil), capsule shell (fish gelatin, pectin and carnauba wax), natural flavoring (orange oil and vanilla), bulking agent (sorbitol).

Questions? 1-800-319-9151

28 capsules

BF 00101

**RESCUE LIQUID
SLEEP MELTS**

BF 00102

Bach Flower Remedies Ltd Made in Japan
Distributed by Nelsons Wilmington, MA 01887
www.restlesleep.com

BF 00103

7 41273 01528



4

All natural, non narcotic and non habit forming. RESCUE Sleep Liquid
Melts provide relief from occasional sleeplessness caused by stress and
repetitive thoughts. Alcohol free and safe for the whole family.

BF 00104

1)

RESCUE[®] LIQUID SLEEP MELTS

DIRECTIONS FOR USE:

Place 1 RESCUE Sleep[®] capsule on your tongue and let it dissolve when your mind won't switch off from unwanted, repetitive thoughts. The fast-dissolving capsule quickly releases 4 drops of RESCUE Sleep[®] to help you achieve a peaceful night's sleep.

ACTIVE INGREDIENTS:

HPUS 5x dilution of Helianthemum nummularium, Clematis vitalba, Impatiens glandulifera, Prunus cerasifera, Ornithogalum umbellatum and Aesculus hippocastanum.

INACTIVE INGREDIENTS:

Vegetable carrier oil (grapeseed oil), capsule shell (fish gelatin, pectin and carnauba wax), natural flavoring (orange oil and vanilla), bulking agent (sorbitol).

Made in Japan. Distributed by Nelsons,
Wilmington MA 01887
978 988 3833

BF 00105

NDC #057687-248-20

Bach[®]

ORIGINAL
FLOWER REMEDIES

RESCUE[®]
REMEDY  **PET**

**NATURAL STRESS
RELIEF FOR PETS**

**ALCOHOL-FREE
FORMULA**

**VETERINARIAN
RECOMMENDED**

SAFE AND GENTLE

20ml(0.7 fl oz) DROPPER
Homeopathic

BF 00106

RESCUE[®] REMEDY

NATURAL STRESS RELIEF FOR PETS

For years, RESCUE Remedy[®] has been recommended by veterinarians for animals worldwide as an emergency remedy to help calm pets in all kinds of stressful situations. This alcohol-free formulation is suitable for use with all animals, including dogs, cats, horses and birds.

RESCUE Remedy[®] is a combination remedy for crisis use. The full system of 38 Bach[®] Original Flower Remedies can help with any kind of emotional imbalance. If symptoms persist, please consult a veterinarian.

Indications

Recommended to reduce animal stress and tension.

Directions

Place 4 drops of RESCUE Remedy[®] on a treat and offer to your animal. Alternatively add 4 drops of RESCUE Remedy[®] to drinking water. Repeat as required.

Warnings

- Keep out of reach of children
- Keep away from eyes
- If symptoms persist, please consult a veterinarian
- Store below 77°F

Active Ingredients

HPUS 5x dilution of Helianthemum nummularium, Clematis vitalba, Impatiens glandulifera, Prunus cerasifera, Ornithogalum umbellatum.

Inactive Ingredients

80% glycerine, 20% water.

Questions? 1-800-319-9151

7
4127301531
MAY 2016 34774
Use by
Lot No:



BF 00108

RESCUE[®]
REMEDY



For a calmer animal,
try **RESCUE**
Remedy[®] to restore
emotional balance
whenever your pet is
under pressure.

Appropriate usage
times include:

- Visits to the vet or
groomer
- Stress caused by
loud noises
- Excessive barking
or hissing caused
by stress
- After a shock, a
fright or
mistreatment
- Any emotional
crisis

BF 00109



BF 00110

RESCUE[®]
REMEDY



Suitable for use
with all animals,
including:

- Dogs
- Cats
- Horses
- Birds

Bach Flower Remedies Ltd
Made in England
Distributed by Nelsons
Wilmington, MA 01887

For more information
please visit
www.rescuere medy.com/pets



BF 00111

RESCUE[®] REMEDY[®] PET

ALLEVIATES STRESS. BRINGS CALM.

RESCUE Remedy[®] is the #1 natural reliever of everyday stress. It is a blend of five Bach[®] Original Flower Remedies and is known to be as helpful with animals as it is with people.

RESCUE[®] Remedy Pet is an alcohol-free variation of the original stress relieving formula available for more than 70 years. It can be used for an immediate calming effect in any stressful situation, or when your pet needs help overcoming a variety of emotional or behavioral problems.

APPROPRIATE USAGE TIMES INCLUDE:

- Visits to the vet or groomer
- Fear of loud noises
- Excessive barking or hissing
- Shock, trauma or mistreatment
- Loss of companion
- Adapting to new surroundings



RESCUE Remedy Pet is suitable for use on pets of all shapes & sizes:



DOGS

CATS

HORSES

RABBITS

FISH

BIRD

REPTILES

HOW TO TAKE RESCUE® REMEDY PET

Simply add 4 drops to your pet's food, waterbowl or on a treat. RESCUE® Remedy Pet can also be rubbed directly on your animal's nose, ear or paw. Choose the method easiest for you that ensures that the animal gets the correct dosage.

DOSAGE INFORMATION

Dosage of RESCUE Remedy Pet does not depend on the weight or type of animal. It depends on the situation of stress. RESCUE Remedy Pet is not a sedative, so find the dosage that works best for you and your pet.

RESCUE AND BACH ORIGINAL FLOWER REMEDIES

The five flower remedies in RESCUE Remedy Pet are part of a complete system of Bach® Original Flower Remedies developed by Dr. Edward Bach to help rediscover a positive balance of your emotions.

Certain behaviors of your pet may be better treated by using one of these other 38 remedies to help restore your pet's emotional balance which translates into a happier and healthier animal.

FOR INFORMATION

Write to Nelsons:
21 High Street
North Andover, MA 01845
1.800.314.BACH
Visit our websites at
www.rescuere medy.com/pets
www.bachremedies.com
www.nelsonsnaturalworld.com

Manufacturer Coupon Expires 12-31-2015

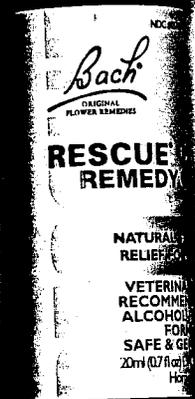
TAKE \$2.00 OFF
YOUR NEXT PURCHASE OF

**RESCUE®
REMEDY PET**
20ML Drops

CONSUMER: Limit one coupon per purchase of products indicated. Not valid with other coupons or discounts. You must pay any sales tax. All items not available in all stores. **RETAILER:** Nelsons will reimburse the face value plus 6¢ handling if submitted in accordance with our redemption policy. Mail to Nelson Bach, Mandik & Rhodes, Dept. 1003, Post Office Box 490, Tecate, CA 91980. Cash value 1/100¢. Coupon may not be bought, reproduced, transferred or sold. Void where prohibited or if transferred to any person, firm or group prior to store redemption. Valid only in the USA, its territories, & possessions. **EXPIRES 12/31/2015**

73911

5 41273 10282 9 (8101) 7 73911 1215
Art No. 3058-WR206076



Lot No.
WR02211047 No. 3049
MAY 2016 3474
INDICATION: Recommended to reduce animal stress and tension.
DIRECTIONS: Place 4 drops of RESCUE Remedy on a treat and
offer to your animal. Alternatively add 4 drops of RESCUE Remedy
to drinking water. Repeat as required.
VETERINARIAN: [illegible]
VETERINARY: [illegible]

RESCUE®

**NATURAL
FATIGUE
REMEDY**

100% NATURAL

**STIMULANT-FREE
& CAFFEINE-FREE**

**TRUSTED FOR
OVER 70 YEARS IN
66 COUNTRIES**

**7ml (0.245 fl oz)
Homeopathic
Contains 27% alcohol.**

BF 00116



ORIGINAL
FLOWER REMEDIES

Bach®

physician for use in children under 1,
from eyes
only

NDC #057687-251-07

If fatigue or drowsiness persists or continues to recur,
consult a physician
• Check that tamper-proof seal is not broken before first use

Directions

Bring spray nozzle up to mouth and apply 2 sprays onto the
tongue during times of emotional fatigue. Additional sprays
may be taken as needed.

Other Information

- Store below 77° F (25° C)
- No artificial colors, artificial fragrances or animal products
- Active ingredients made according to the Homeopathic
Pharmacopoeia of the United States (HPUS)

Inactive Ingredients
27% alcohol

Questions? 1-800-319-9151

BF 00117

RESCUE®

- 100% Natural
- Stimulant-free
and caffeine-free
- Trusted for
over 70 years
in 66 countries

Bach Flower Remedies Ltd
Made in England
Distributed by Nelsons
Wilmington, MA 01887

For more information
please visit
www.rescueenergy.com



BF 00118

RESCUE[®] ENERGY

Stimulant free Rescue Energy improves the body's ability to handle stress and strengthen it's natural energy reserves. Restoring emotional vitality, Rescue Energy is all natural, non narcotic and non habit forming.

Dr. Edward Bach stated that the flower remedy Olive, a key active ingredient in Rescue Energy, restores energy when you are physically and mentally exhausted.

Use when you need an energy support boost, anytime, anywhere.

Certain issues resulting in a lack of energy may be better treated by using one of the other 38 Bach[®] Original Flower Remedies.

BF 00119

7
41273 01504
SEP 2014 25537
8 Use By
Lot No. 1



BF 00120

RESCUE®

BF 00121



BF 00122

09/2014 25937

Use by: 09/2014 25937
INDICATION: Protein assay buffer for standard dilution
SUBJECT: Protein assay buffer for standard dilution

BF 00123

RDC #A57487-743-10

Bach.

ORIGINAL
FLOWER REMEDIES

RESCUE[®] SLEEP

**NATURAL
SLEEP AID**

SLEEP

NON-HABIT
FORMING AND
SAFE FOR THE
WHOLE FAMILY

FAST-ACTING
SPRAY

A TRUSTED
BRAND FOR OVER
70 YEARS IN
66 COUNTRIES

× .20ml (0.7fl oz) SPRAY

A Homeopathic remedy.
Contains 27% alcohol.

BF 00124

RESCUE[®] SLEEP

Drug Facts

Active Ingredients	Purpose
Each SX (HPUS)	
Aesculus hippocastanum	relief from repetitive thoughts
Helianthemum nummularium	adds courage and presence of mind in the face of adversity
Clematis vitalba	helps give focus when you are not grounded in reality
Impatiens glandulifera	helps you cope calmly and patiently with irritating problems or people
Prunus cerasifera	helps you act rationally and think clearly with a calm and balanced mind when you feel you are losing control
Ornithogalum umbellatum	softens the impact of shock or fright

Uses

Calms your restless mind providing natural relief of occasional sleeplessness caused by stress and repetitive thoughts.

Warnings

- Keep out of reach of children.
- If pregnant or breast-feeding, ask a health professional before use.
- Consult a physician for use in children under 6 years of age.
- Keep away from eyes.
- Stop use and ask a doctor if sleeplessness persists for more than two weeks. Insomnia can be a symptom of serious underlying medical illness.

Directions

Bring spray nozzle up to ...outh and apply 2 sprays onto the tongue prior to retiring. Additional sprays may be taken during the night as needed.

Other Information

- Store below 77° F (25° C)
- No artificial colors, artificial fragrances or animal products.
- This product has not been tested on animals.
- Active ingredients made according to the Homeopathic Pharmacopoeia of the United States (HPUS).

Inactive Ingredients

27% alcohol

Questions? 1-800-319-9151

**RESCUE
SLEEP**

- Non-habit forming
and safe for the
whole family
- Fast-acting spray
- A trusted brand
for over 70 years
in 66 countries
- 100% Natural



BF 00126

RESCUE SLEEP

**Rescue Sleep calms
your restless mind
providing natural
relief of occasional
sleeplessness
caused by stress
and repetitive
thoughts.**

**All-natural, non-narcotic,
and non-habit forming,
Rescue Sleep provides
relief for occasional
sleeplessness that is
safe for the whole
family. Certain sleep
difficulties may be
better treated by
using one of the other
38 Bach Flower Remedies.
To learn more and
develop your personal
remedy, visit
www.bachremedies.com.**

Bach Flower Remedies Ltd
Made in England.
Distributed by Nelsons
Wilmington, MA 01887
For more information please visit:
www.rescuesleep.com

BF 00127

7 41273 01449 2
Use by: SEP 2013
Lot No. 31871



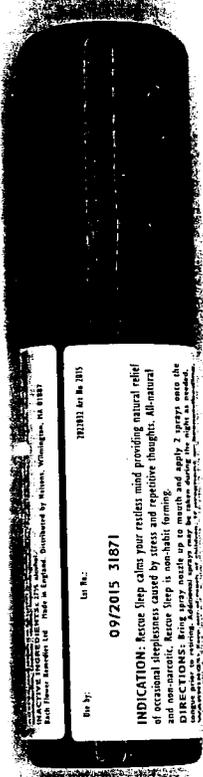
BF 00128

**RESCUE[®]
SLEEP**

BF 00129



BF 00130



INDICATION: Acute Sleep calms your restless mind providing natural relief of occasional sleeplessness caused by stress and repetitive thoughts. All-natural and non-carbolic. Acute Sleep is non-habit forming.

Lot No: 09/2015 31871

DIRECTIONS: Bring spray bottle up to mouth and apply. 2 sprays, once daily. For best results, use before bedtime.

NDC 057687-241-20

Bach[®]

ORIGINAL
FLOWER ESSENCES

**RESCUE[®]
REMEDY
SPRAY**



**NATURAL
STRESS
RELIEF**

**DISCREET
MOUTH
SPRAY**

**FAST
ACTING**

20ml (0.7fl oz)

A Homeopathic remedy. Contains 27% alcohol.

BF 00132

RESCUE[®] REMEDY SPRAY

Rescue Remedy Spray gives natural relief from the stresses of everyday life.

Bach Rescue Remedy Spray is easy to use and discreet, slipping easily into a bag or pocket - just the thing to ease those pre-interview nerves, help you keep your cool when you're stuck in a traffic jam, or calm you down after a stressful event.

Bach Rescue Remedy, the most famous and widely used of the Bach Flower Essences is a combination of five of the Bach Flower Essences: Rock Rose, Clematis, Impatiens, Cherry Plum and Star of Bethlehem.

INDICATIONS

Rock Rose adds courage and presence of mind in the face of terror or extreme fear.

Clematis helps you live more actively in the present rather than in the future or in your own dream world.

Impatiens helps you cope calmly with irritating problems or people.

Cherry Plum helps you act rationally and think clearly with a calm and balanced mind when you lose control.

Star of Bethlehem softens the impact of shock, grief or fright.

DIRECTIONS

Bring spray nozzle up to mouth and apply 2 sprays on the tongue.

WARNINGS

Keep out of reach of children. If pregnant or breast-feeding, ask a health professional before use. Keep away from eyes. Store below 77°F.

ACTIVE INGREDIENTS

HPUS 5s extract of *Helianthemum nemorosum*, *Clematis vitalba*, *Impatiens glandulifera*, *Prunus cerasifera*, *Ornithogalum umbellatum*

7
41273 01395
Use by: FEB 1988 3 13 87
Lot No. 2



BF 00134

**RESCUE[®]
REMEDY
SPRAY**

BF 00135

Bach

ORIGINAL
FLOWER ESSENCES

**RESCUE
REMEDY
SPRAY**

- Discreet and easy-to-use
- 100% natural
- Safe for all the family
- Ideal for busy people
- Before an interview, dealing with travel stress, after a shock...
- Rescue Remedy in a non-aerosol Spray



BF 00136

**RESCUE
REMEDY
SPRAY**

Bach Flower Remedies Ltd
Made in England
Distributed by
Nelsonbach USA Ltd
Wilmington MA 01887

BF 00137

051687-241-20
Bach
ORIGINAL
FLOWER ESSENCES
**RESCUE
REMEDY
SPRAY**
NATURAL
STRESS RELIEF
20ml (0.7 fl. oz.)
A homeopathic remedy. Contains 27% alcohol.

BF 00138



BF 00139

NDC #057687-249-30

Bach[®]

ORIGINAL
FLOWER REMEDIES

**RESCUE[®]
GEL**

**COOLS &
SOOTHES
TENSE &
STRESSED
MUSCLES**

NATURAL CARE
FOR
STRESS-CAUSED
BODY ACHES
& PAINS

EASILY ABSORBED

PARABEN &
FRAGRANCE FREE

Net weight
30g (1oz) e
A Homeopathic
Re

RESCUE®

Refreshing and cooling **RESCUE Gel** provides soothing relief for stressed muscles, aches, pains, stiffness, and tightness. Perfect for heavy legs and tired feet, **RESCUE Gel** is easily absorbed without greasy residue.

Day-to-day stress and anxiety can cause muscle tension, especially in the neck, shoulders, and lower back. **RESCUE Gel**, a combination of the famous flower essence **RESCUE Remedy** developed by Dr. Bach over 70 years ago, contains Crab Apple, which offers both cleansing and emotional support of appearance.

Gentle, safe, and suitable for the whole family, **RESCUE Gel** is non-greasy, fragrance-free, paraben-free, lanolin-free, and not tested on animals.



7
Use by: 4127301474
Lot No. 4



BF 00143

RESCUE®

BF 00144

RESCUE[®]

INDICATIONS

Helps soothe and relieve stress-caused body aches and pains.

DIRECTIONS

Clean affected area, then apply a generous amount of RESCUE Gel to the desired area. Re-apply as required. Check that seal is intact before use. To open pierce tube seal with top of cap.

WARNINGS

Keep out of reach of children. If pregnant or breast feeding, ask a health professional before use.

FOR EXTERNAL USE ONLY.

In case of accidental ingestion, seek professional assistance or contact a Poison Control Center immediately.

ACTIVE INGREDIENTS

5x of combined Malus pumila HPUS, Helianthemum nummularium HPUS, Clematis vitalba HPUS, Impatiens glandulifera HPUS, Prunus cerasifera HPUS, Ornithogalum umbellatum HPUS.

INACTIVE INGREDIENTS

Water, Alcohol denat., Acrylates/C10-30 alkyl acrylate crosspolymer, Triethylamine.

RESCUE®

- Soothes muscle aches or stiffness caused by stress or tension
- Natural and cooling care for aches and pains
- Paraben-free, fragrance-free, lanolin-free
- Easily absorbed and non-greasy

For more information,
please visit
www.rescuemedicine.com

Questions? 1-800-319-9151

Bach Flower
Remedies Ltd
Made in England
Distributed by Nelsons
Wilmington, MA 01887

BF 00146

RESCUE GEL

RESCUE® Gel helps soothe and relieve stress-caused body aches and pains. Perfect for heavy legs and tired feet, Rescue Gel is easily absorbed without greasy residues. Gentle, safe, and ideal for the whole family, Rescue Gel is non-greasy, fragrance-free, paraben-free, lanolin-free, and not tested on animals.

DIRECTIONS

Clean affected area, then apply a generous amount of gel to the desired area. Re-apply as required. Check that seal before first use. To open plastic tube seal with point of applicator.

ACTIVE INGREDIENTS

Oil of combined Nigella arvensis EPUS, Melaleuca alternifolia EPUS, Chamomile vulgata EPUS, Impatiens glandulifera EPUS, Arnica montana EPUS, Ursolic acid EPUS.

INACTIVE INGREDIENTS

Water, Methyl denat., Acrylates/C10-30 alkyl acrylate copolymer, Triethylamine.

WARNINGS

Keep out of reach of children. If pregnant or breast feeding, consult your doctor before use. **FOR EXTERNAL USE ONLY.** In case of accidental ingestion, seek professional advice. Call your local Poison Control Center immediately.

© 2007 Rescue Remedies Ltd
Made in England
Manufactured by Watson
Watson, MA 01887

For more information, please visit www.rescuemedicine.com
Toll-free 1-800-319-9151



BF 00147



BF 00148

NDC 057487-239-20

Bach[®]

ORIGINAL
FLOWER ESSENCES

**RESCUE[®]
REMEDY**

NATURAL
STRESS RELIEF

20ml (0.7 fl oz)

A Homeopathic Remedy
Contains 27% Alcohol

BF 00149

Bach
ORIGINAL
FLOWER ESSENCES

Dr. Bach's most famous Flower Essence formula, Rescue Remedy® is one of the world's best known natural stress relief remedies. Made from five of the Doctor's original 38 Flower Essences: Cherry Plum, Clematis, Impatiens, Rock Rose and Star of Bethlehem.

Rescue Remedy® is an all natural form of healing that can reduce everyday stress and help maintain control of your health. Effective in virtually any situation that causes stress or anxiety. Helps restore a sense of calm and control.

Gentle, safe, effective treatment for the whole family.

No artificial additives.
Suitable for vegans.

BF 00150

Bach
ORIGINAL
FLOWER ESSENCES

**RESCUE
REMEDY**



BF 00151

Bach
ORIGINAL
FLOWER ESSENCES

INDICATIONS

For relief of occasional stress.

DIRECTIONS

Take 4 drops in a small glass of water. Repeat as necessary. Can also be taken by placing 4 drops directly on or under the tongue.

WARNINGS

Keep out of reach of children. If pregnant or breast-feeding, ask a health professional before use.

ACTIVE INGREDIENTS

5x dilution of Helianthemum nummularium HPUS, Clematis vitalba HPUS, Impatiens glandulifera HPUS, Prunus cerasifera HPUS, Ornithogalum umbellatum HPUS.

INACTIVE INGREDIENTS

Alcohol.

For your protection, the bottle has an imprinted seal around the cap.

**BACH FLOWER
REMEDIES LTD**

Made in England. Distributed by
Nelson Bach USA, Ltd.
Wilmington, MA 01887

BF 00152

Expiry Date Lot No.
OCT2015 31920

BF 00153



BF 00154

RESCUE[®] REMEDY

Dr. Bach's most famous Flower Essence formula, Rescue Remedy, is one of the world's best known natural stress relief remedies.

It's a medical fact that emotional stress impacts health and well-being. Doctors, psychologists, and healthcare professionals often diagnose stress as an underlying cause of physical problems. Rescue Remedy is an all natural, complementary form of healing that will reduce your stress and help maintain control of your health.

Bach
ORIGINAL
FLOWER ESSENCES



Impatiens



Star of Bethlehem



Cherry Plum

Bach
ORIGINAL
FLOWER ESSENCES

Bach Flower Essences encourage the body's own healing process by restoring and maintaining emotional balance and clarity.

Dr. Edward Bach, a noted British physician, bacteriologist and immunologist, dedicated his life to discovering a system of healing that would address the correlation between negative psychological and emotional states and physical illness. In the 1930s, his research led to

his discovery of the 38 Bach Flower Essences, each for a specific emotional state. All but one are based on single wild flowers or tree blossoms. The exception, Rock Water, is made from the water of a natural spring with healing properties.

Today, the first vital stage of preparing the Essences is still carried out at his home, Mt. Vernon in the Bach Centre in Oxfordshire, England.

If you would like more information on Dr. Bach, the 38 Bach Flower Essences, and the Bach Flower Essence Seminar Programs please complete and mail the form on the opposite side.
(US inquiries only)



Rock Rose



Clematis

Name _____

Address _____

City _____ State _____ Zip _____

Email address _____

How did you hear about Rescue Remedy/
Bach Flower Essences?

Friend/Family Member

Doctor/Healthcare Provider

Magazine/TV/Radio Advertising

Other (please specify) _____



**RESCUE
REMEDY**

Please send to:
Bach Flower Essences Info
Nelsons USA
21 High St., Suite 302
North Andover, MA 01845
www.nelsonbach.com
www.rescuere medy.com

art no. 259
206015



NATURAL
STRESS
RELIEF



BF 00157

ACTIVE INGREDIENTS: 5¢ Division of Helianthemum mammosarum WPA,
Cassia virgata WPA, Impatiens glandulifera WPA, Prunus cerasifera WPA,
Cassia occidentalis WPA,
INACTIVE INGREDIENTS: 17% alcohol

Lot No. 100-100-100-100
Exp. By 10/10/10

202755 Art No 173
Lot No.
10/2015 31920
BACH FLOWER
REMEDIES LTD
Made in England
Distributed by
Helson Bach USA, Inc.
Wilmington, MA 01897

BF 00159

NDC# 057687-251-20

Bach.



ORIGINAL
FLOWER REMEDIES

RESCUE®

**NATURAL
FATIGUE REMEDY**

STIMULANT-FREE AND
CAFFEINE-FREE

100% NATURAL

A TRUSTED BRAND
FOR OVER 70 YEARS
IN 66 COUNTRIES

20ml (0.7 fl oz) SPRAY

A Homeopathic remedy

Contains 27% alcohol

BF 00160

RESCUE®

Drug Facts

Active Ingredients	Purpose
Each SX (HPUS)	
Clematis vitalba	helps give focus when you are not grounded in reality
Helianthemum nummularium	adds courage and presence of mind in the face of adversity
Impatiens glandulifera	helps you cope calmly and patiently with irritating problems or people
Olea europaea	helps restore emotional vitality when you are tired after making an effort
Ornithogalum umbellatum	softens the impact of shock or fright
Prunus cerasifera	helps you act rationally and think clearly with a calm and balanced mind when you feel you are losing control

Uses

Provides natural relief from emotional fatigue caused by stress or strain during times of personal difficulty.

Warnings

- Keep out of reach of children
- If pregnant or breast-feeding, ask a health professional before use
- Consult a physician for use in children under 12 years of age
- Keep away from eyes
- For occasional use only
- Consult a physician if condition exists for more than two weeks
- Not intended for use as a substitute for sleep. If fatigue or drowsiness persists or continues to recur, consult a physician
- Check that tamper-proof seal is not broken before first use

Directions

Bring spray nozzle up to mouth and apply 2 sprays onto the tongue during times of emotional fatigue. Additional sprays may be taken as needed.

Other Information

- Store below 77° F (25° C)
- No artificial colors, artificial fragrances or animal products
- Active ingredients made according to the Homeopathic Pharmacopoeia of the United States (HPUS)

Inactive Ingredient

27% alcohol

Questions? 1-800-319-9151

BF 00161

RESCUE[®]

Stimulant free Rescue Energy improves the body's ability to handle stress and strengthen its natural energy reserves. Restoring emotional vitality, Rescue Energy is all natural, non narcotic, and non habit forming.

Dr. Edward Bach stated that the flower remedy Olive, a key active ingredient in Rescue Energy, restores energy when you are physically and mentally exhausted.

Use when you need an energy support boost, anytime, anywhere.

Certain issues resulting in a lack of energy may be better treated by using one of the other 38 Bach Flower Remedies.

Bach Flower Remedies Ltd
Made in England
Distributed by Nelsons
Wilmington, MA 01887

For more information,
please visit
www.rescueenergy.com

BF 00162

RESCUE

- Stimulant-free and caffeine-free
- A trusted brand for over 70 years in 66 countries
- 100% natural



BF 00163

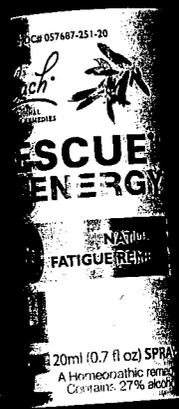
7 4127301506 2
Use by: 10/2014
Lot No. 32322



BF 00164

RESCUE®
ELECTRIC
CUTTING
TOOL

BF 00165



BF 00166

NDC 057487-239-10

Bach[®]

ORIGINAL
FLOWER ESSENCES

**RESCUE[®]
REMEDY**

NATURAL
STRESS RELIEF

10ml (0.35 fl oz)

A Homeopathic Remedy
Contains 27% Alcohol

BF 00168

Bach
ORIGINAL
FLOWER ESSENCES

Dr. Bach's most famous Flower
Essence formula, Rescue
Remedy® is one of the world's
best known natural stress relief
remedies. Made from five of the
Doctor's original 38 Flower
Essences: Cherry Plum, Clematis,
Impatiens, Rock Rose and Star of
Bethlehem.

Rescue Remedy® is an all
natural form of healing that can
reduce everyday stress and help
maintain control of your health.
Effective in virtually any
situation that causes stress or
anxiety. Helps restore a sense of
calm and control.

Gentle, safe, effective treatment
for the whole family.

No artificial additives.
Suitable for vegans.

BF 00169

Bach

ORIGINAL
FLOWER ESSENCES

INDICATIONS

For relief of occasional stress.

DIRECTIONS

Take 4 drops in a small glass of water. Repeat as necessary. Can also be taken by placing 4 drops directly on or under the tongue.

WARNINGS

Keep out of reach of children. If pregnant or breast-feeding, ask a health professional before use.

ACTIVE INGREDIENTS

5x dilution of: Helianthemum
annuum HPUS, Clematis
vitalba HPUS, Impatiens
 glandulifera HPUS, Prunus
 cerasifera HPUS, Ornithogalum
 umbellatum HPUS.

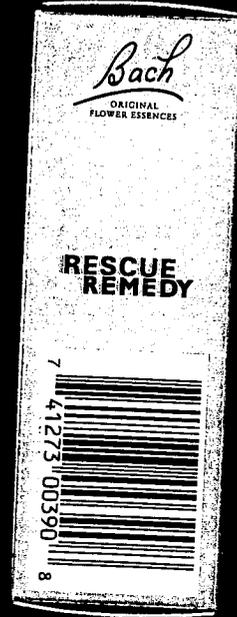
INACTIVE INGREDIENTS

Alcohol.
For your protection, the bottle has an unprinted seal around the cap.

BACH FLOWER

REMEDIES LTD

Made in England. Distributed by
Nelson Bach USA, Ltd.
Wilmington, MA 01807



BF 00171

Expiry Date Lot No.
SEP2015 31678

BF 00172



BF 00173

RESCUE[®] REMEDY

Dr. Bach's most famous Flower Essence formula, Rescue Remedy, is one of the world's best known natural stress relief remedies.

It's a medical fact that emotional stress impacts health and well-being. Doctors, psychologists, and healthcare professionals often diagnose stress as an underlying cause of physical problems. Rescue Remedy is an all-natural, complementary form of healing that will reduce your stress and help maintain control of your health.



Impatiens



Star of Bethlehem



Cherry Plum



Bach Flower Essences encourage the body's own healing process by restoring and maintaining emotional balance and clarity.

Dr. Edward Bach, a noted British physician, bacteriologist and immunologist, dedicated

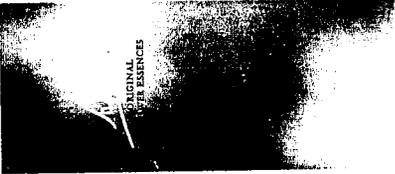
his life to discovering a system of healing that would address the correlation between negative psychological and emotional states and physical illness. In the 1930s, his research led to

his discovery of the 38 Bach Flower Essences, each for a specific emotional state. All but one are based on single wild flowers or tree blossoms.

The exception, Rock Water, is made from the water of a natural spring with healing properties.

Today, the first vital stage of preparing the Essences is still carried out at his home, Mr. Vernon (now the Bach Centre) in Oxfordshire, England.

If you would like more information on Dr. Bach, the 38 Bach Flower Essences, and the Bach Flower Essence Seminar Programs, please complete and mail the form on the opposite side. (US inquiries only)



**RESCUE
REMEDY**

NATURAL
STRESS
RELIEF

Name _____

Address _____

City _____ State _____ Zip _____

Email address _____

How did you hear about Rescue Remedy/
Bach Flower Essences?

Friend/Family Member

Doctor/Healthcare Provider

Magazine/TV/Radio Advertising

Other (please specify) _____

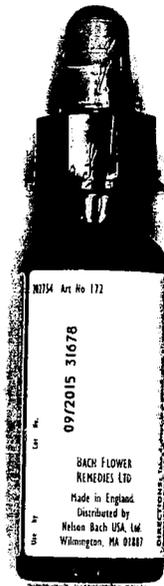
Please send to:
Bach Flower Essences Info
Nelsons USA
21 High St., Suite 302
North Andover, MA 01845
www.nelsonsbach.com
www.rescuementedy.com



art no. 259
206015



BF 00175



BF 00176



NDC# 05/607-290-17

Bach's
ORIGINAL
FLOWER REMEDIES

RESCUE®

GLIM

NATURAL STRESS RELIEF
FOR THE PAIN OF HEADACHE



17 pieces

Drug Facts

Active ingredients

Purpose

Each 5X (HPUS)
Helianthemum nummularium.....courage and
presence of mind
Clematis vitalba.....focus when ungrounded
Impatiens glandulifera.....patience with
problems and people
Prunus cerasifera.....balanced mind when
losing control
Ornithogalum umbellatum.....softens impact
of shock

Uses

■ For relief of occasional stress

Warnings

■ Keep out of reach of children ■ If pregnant or
breast-feeding, ask a health professional before
use ■ Excessive consumption may induce mildly
laxative effects ■ Not suitable for animals
■ May contain traces of gluten ■ Do not use if red
striped cellophane wrapper is broken.

Directions

■ Chew one piece of gum as needed

Other information

■ Store below 77° F (25° C)

Inactive ingredients

Isomalt, Gum Base (with Tocopherol), Sorbitol, Mannitol,
Mannitol, Glycerine, Xylitol, Gum Arabic, Natural Flavor
(Elderflower & Orange), Titanium Dioxide, Soya Lecithin,
Citric Acid, Malic Acid, Carnauba Wax,
Carboxymethylcellulose, Beta Carotene.

Questions? 1-800-319-9151

RESCUE[®]

BF 00180

BBE
06/20/12 2100/10
Lot No.
L9419 0013

BF 00181

Bach's

NDC #05147-10-07

ORIGINAL
FLOWER REMEDIES

RESCUE[®] SLEEP

NATURAL SLEEP AID

**NON-HABIT
FORMING AND
SAFE FOR THE
WHOLE FAMILY**

**FAST-ACTING
SPRAY**

**A TRUSTED
BRAND FOR
OVER 70 YEARS
IN 66 COUNTRIES**



7ml (0.245 fl oz)

A Homeopathic remedy. Contains 27% alcohol.

RESCUE® SLEEP

NATURAL SLEEP AID

Drug Facts

Active Ingredients Purpose

Each 5X (HPUS)

Aesculus hippocastanum	relief from repetitive thoughts
Helianthemum nummularium	adds courage and presence of mind in the face of adversity
Clematis vitalba	helps give focus when you are not grounded in reality
Impatiens glandulifera	helps you cope calmly and patiently with irritating problems or people
Prunus cerasifera	helps you act rationally and think clearly with a calm and balanced mind when you feel you are losing control
Ornithogalum umbellatum	softens the impact of shock or fright

Uses

Calms your restless mind providing natural relief of occasional sleeplessness caused by stress and repetitive thoughts.

Warnings

- Keep out of reach of children.
- If pregnant or breast-feeding, ask a health professional before use.
- Consult a physician for use in children under 6 years of age.
- Keep away from eyes.
- Stop use and ask a doctor if sleeplessness persists for more than two weeks. Insomnia can be a symptom of serious underlying medical illness.

Directions

Bring spray nozzle up to mouth and apply 2 sprays onto the tongue prior to retiring. Additional sprays may be taken during the night as needed.

Other Information

- Store below 77° F (25° C)
- No artificial colors, artificial fragrances or animal products.
- Active ingredients made according to the Homeopathic Pharmacopoeia of the United States (HPUS).

Inactive Ingredients

27% alcohol

Questions? 1-800-319-9151

Rescue Sleep calms your restless mind providing natural relief of occasional sleeplessness caused by stress and repetitive thoughts.

All-natural, non-narcotic, and non-habit forming, Rescue Sleep provides relief for occasional sleeplessness that is safe for the whole family. Certain sleep difficulties may be better treated by using one of the other 38 Bach Flower Remedies. Visit www.bachremedyquiz.com to learn more and develop your personal remedy.

Bach.
ORIGINAL
FLOWER REMEDIES

**RESCUE[®]
SLEEP**

Bach Flower Remedies Ltd
Made in England
Distributed by Nelsons
Wilmington, MA 01887

For more information
please visit
www.rescuesleep.com

BF 00184

**RESCUE
SLEEP**

- Non-habit
Forming and
Safe for the
Whole Family
- Fast-Acting
Spray
- A Trusted
Brand for over
70 years in 66
countries

BF 00185



RESCUE PASTILLES



Directions: For relief of occasional stress, upset stomach, indigestion, or minor ailments. Each pastille contains the equivalent of 100 mg of Valerian, 100 mg of Chamomile, 100 mg of Lemon Balm, and 100 mg of Peppermint. Onset of relief is usually within 15 minutes. For relief of occasional indigestion, upset stomach, or minor ailments, take one pastille with a meal or snack. For relief of occasional stress, upset stomach, or minor ailments, take one pastille as needed. Do not use if seal is broken. Not suitable for animals.

Warnings: Keep out of reach of children. Do not use if seal is broken. Not suitable for animals. Do not use if seal is broken. Not suitable for animals.



Bach Flower Remedies Ltd.
Made in Switzerland.
Distributed by: Vitacore, Minneapolis, MN 01687
For more information please visit:
www.vitacore.com
Questions? 1-800-319-9151

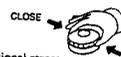
WB212957
Art No. 2488



RESCUE[®] PASTILLES



OPEN



CLOSE

Indications: For relief of occasional stress.

Directions: Chew one alcohol-free pastille as required.

Each pastille contains the equivalent of 1 dose of RESCUE[®] Remedy.

Active Ingredients: Six dilution of *Helianthemum nummularium*

HPUS, *Clematis vitalba* HPUS, *Impatiens glandulifera* HPUS,

Prunus cerasifera HPUS, *Ornithogalum umbellatum* HPUS

Inactive Ingredients: Sugar substitute (sorbitol, maltitol, isomalt, xylitol),

gelling agent (gum arabic), natural flavour (elderflower, orange),

glazing agent (vegetable oil, beeswax).

Warnings: Keep out of reach of children. If pregnant or breastfeeding, ask a

health professional before use. Excessive consumption may induce

mildly laxative effects. May contain traces of gluten. Store below 77° F (25°C).

Do not use if seal is broken. Not suitable for animals.



WR222051
Art. No. 2862

7 41273 01451 5

Bach Flower Remedies Ltd

Made in Switzerland.

Distributed by Nelsons, Wilmington, MA 01887

For more information please visit:

www.rescuerecure.com

Questions? 1-800-319-9151

NDC #057687-240-50

Bach[®]
ORIGINAL
FLOWER REMEDIES

RESCUE[®] CREAM

**HELPS SOOTHE &
HEAL THE SKIN**

NATURAL SKINCARE FOR
HANDS, BODY & FACE

QUICKLY ABSORBED

Net Weight 50g (1.7 oz) e

A Homeopathic Remedy

BF 00190

RESCUE CREAM

Rescue Cream is an intensive moisturizer designed to soothe dry, irritated, or damaged skin caused by the stresses and strains of everyday life. As a well-known indicator of how the body feels inside, our skin is often the first place where you see the effects of a demanding, busy life. This can lead to dry, rough, uneven, dull looking skin.

With regular use, **Rescue Cream** effectively repairs and helps protect the skin against environmental influences and other stress factors.

Rescue Cream is a combination of the famous flower essence *Rescue Remedy* developed by Dr. Bach, and the Original Bach Flower Remedy Crab Apple, which offers both cleansing and emotional support of appearance.

Gentle, safe, and suitable for the whole family.

Rescue Cream is non-greasy, fragrance-free, paraben-free, lanolin-free, and not tested on animals.

For more information, please visit
www.rescueremedy.com.

Bach Flower Remedies Ltd
Made in England
Distributed by Neisons
Wilmington, MA 01887
1-800-319-9151

BF 00191

RESCUE CREAM

INDICATIONS

Helps to promote the healing of irritated or damaged skin.

DIRECTIONS

Clean affected area, then apply a generous amount of Rescue Cream to the desired area. Re-apply as required. Check that seal is intact before first use. To open, pierce tube seal with point in top of cap.

WARNINGS

Keep out of reach of children.

If pregnant or breastfeeding, ask a health professional before use.

FOR EXTERNAL USE ONLY.

In case of accidental ingestion, seek professional assistance or contact a Poison Control Center immediately.

ACTIVE INGREDIENTS

5x of combined Malus pumila HPUS, Helianthemum nummularium HPUS, Clematis vitalba HPUS, Impatiens glandulifera HPUS, Prunus cerasifera HPUS, Ornithogalum umbellatum HPUS.

INACTIVE INGREDIENTS

Aqua, Glyceryl monostearate & PEG 100 stearate, Prunus armeniaca, Theobroma cacao, Glycerine, Cetearyl Alcohol & PEG 20 stearate, Cetearyl Alcohol, Cetyl palmitate, Caprylyl glycol, Phenoxyethanol, Glyceryl caprylate, Benzyl alcohol

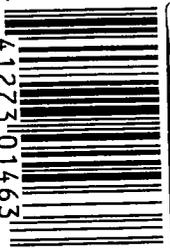
BF 00192

RESCUE CREAM

- Soothes dry, irritated skin
- Heals damaged skin
- Natural skincare for hands, body and face

BF 00193

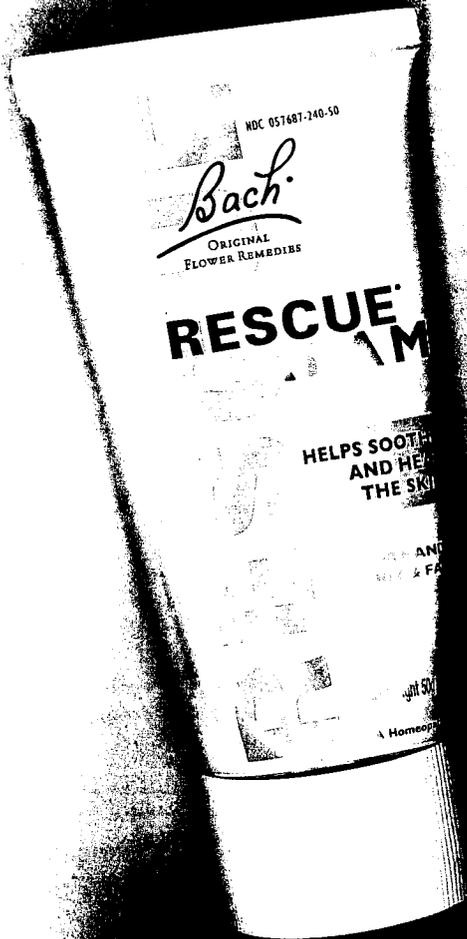
7
Use by
4 1273 01463
Lot No.
8



BF 00194



BF 00195



BF 00196

RESCUE

Rescue Cream helps promote healing of irritated or damaged skin.

A combination of six of the Bach® Flower Remedies, Rescue Cream is a soothing cream that can be applied to hands, body or face.

Safe for use on rough, chapped or damaged skin. Non-greasy, paraben-free, fragrance-free, lanolin free. Not tested on animals.

DIRECTIONS

Clean affected area, then apply cream to area thoroughly. Cover with a bandage if necessary.

ACTIVE INGREDIENTS

5 x of combined Malus pumila HPUS, Helianthemum nummularium HPUS, Clematis vitalba HPUS, Impatiens glandulifera HPUS, Prunus cerasifera HPUS, Ornithogalum umbellatum HPUS.

WARNINGS

Keep out of reach of children. If pregnant or breast-feeding, ask a health professional before use.

FOR EXTERNAL USE ONLY. In case of ingestion, seek professional assistance or contact a Poison Control Center immediately.

Bach Flower Remedies Ltd
Made in England. Distributed by
Nelson Bach USA, Ltd. Wilmington, MA 01897
1-800-319-9151

BF 00197

NDC #057687-240-30

Bach[®]

ORIGINAL
FLOWER REMEDIES

RESCUE[®]
CREAM

**HELPS
SOOTHE &
HEAL THE
SKIN**

NATURAL SKINCARE
FOR HANDS,
BODY & FACE

QUICKLY
ABSORBED

Net weight
30g (1 oz) 
A Homeopathic
Remedy

BF 00198

RESCUE[®] CREAM

RESCUE[®] Cream is an intensive moisturizer designed to soothe dry, irritated, or damaged skin caused by the stresses and strains of everyday life. As a well-known indicator of how the body feels inside, our skin is often the first place where you see the effects of a demanding, busy life. This can lead to dry, rough, uneven, dull looking skin.

With regular use, **RESCUE** Cream effectively repairs and helps protect the skin against environmental influences and other stress factors. **RESCUE** Cream is a combination of the famous flower essence *Rescue Remedy* developed by Dr. Bach, and the *Bach[®] Original Flower Remedy* Crab Apple, which offers both cleansing and emotional support of appearance. Gentle, safe, and suitable for the whole family.

RESCUE Cream is non-greasy, fragrance-free, paraben-free, lanolin-free, and not tested on animals.



RESCUE[®] CREAM

INDICATIONS

Helps to promote the healing of irritated or damaged skin.

DIRECTIONS

Clean affected area, then apply a generous amount of **RESCUE** Cream to the desired area. Re-apply as required. Check that seal is intact before first use. To open, pierce tube seal with point in top of cap.

WARNINGS

Keep out of reach of children. If pregnant or breastfeeding, ask a health professional before use.

FOR EXTERNAL USE ONLY.

In case of accidental ingestion, seek professional assistance or contact a Poison Control Center immediately.

ACTIVE INGREDIENTS

5x of combined *Malus pumila* HPUS, *Helianthemum nummularium* HPUS, *Clematis vitalba* HPUS, *Impatiens glandulifera* HPUS, *Prunus cerasifera* HPUS, *Ornithogalum umbellatum* HPUS.

INACTIVE INGREDIENTS

Purified water, Cetostearyl alcohol, Apricot kernel oil, Cocoa seed butter, Glycerin, Cetyl palmitate, Glyceryl monostearate, PEG-100 stearate, Caprylyl glycol, Phenoxyethanol, PEG-20 stearate, Glyceryl caprylate, Benzyl alcohol.

RESCUE[®] CREAM

- Soothes dry, irritated skin
- Heals damaged skin
- Natural skincare for hands, body and face
- Paraben free

For more information,
please visit
www.rescueremedy.com.

Bach Flower Remedies Ltd
Made in England
Distributed by Nelsons
Wilmington, MA 01887
1-800-319-9151

BF 00201

RESCUE[®]
CREAM

BF 00202

Use by: 7
4 1273 00059
Lot No. 4



BF 00203

NDC #057687-240-30

Bach

ORIGINAL
FLOWER REMEDIES

RESCUE

ALL

HELPS SOOTHEN
AND HEAL
THE SKIN

FOR HANDS
AND FACE

Net weight
30g (1 oz)
-homeopathic
Remedy

RESCUE®

RESCUE® Cream helps promote healing of irritated or damaged skin. A combination of six of the finest botanical flower Remedies, RESCUE Cream is a soothing cream that can be applied to hands, body or face. Safe for use on rough, chapped or damaged skin. Non-greasy, paraben-free, fragrance-free, alcohol free. Not tested on animals.

DIRECTIONS

Clean affected area. Follow by applying a generous layer of RESCUE Cream. Cover with a bandage if necessary.

ACTIVE INGREDIENTS

Consists of combined Plantain purif. HPLUS, Helianthus annuus HPLUS, Clematis vitalba HPLUS, Calendula glandulifera HPLUS, Prunus cerasifera HPLUS, Galium officinale HPLUS.

INACTIVE INGREDIENTS

Water, Cetostearyl alcohol, Apocynum androsaemifolium, Zinc stearate, Glycerin, Cetyl palmitate, Stearyl monostearate, PEG-100 stearate, Stearyl glycol, Phenoxyethanol, PEG-20 stearate, Benzyl copolyate, Benzyl alcohol.

WARNINGS

Keep out of reach of children. If pregnant or breastfeeding, ask a health professional before use. EXTERNAL USE ONLY. In case of ingestion, seek professional assistance. Contact a Poison Control Center immediately.

© Flower Remedies Ltd
Made in England. Distributed by
Flower Remedies USA, Ltd. Warrington, MA 01887
For more information, please visit
www.flowerremedies.com
Product Code: WR203073 Art 1/14/14

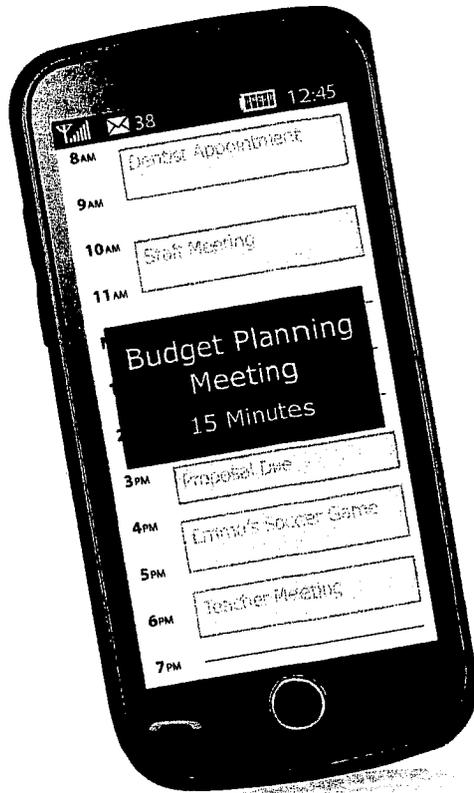
**IN THE UNITED STATES PATENT AND TRADEMARK OFFICE
BEFORE THE TRADEMARK TRIAL AND APPEAL BOARD**

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 3

TO

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



Life's a marathon and you're in it...

running...

and you're not even wearing sneakers.
Stay a step ahead with Rescue Remedy.®

Trusted for over 70 years, people all
over the world take it to help them
stress less, stay calm and in control.

Empower yourself
with Rescue Remedy®

Do. Life. Better.

RescueRemedy.com



Scan the QR code to learn more about the
Rescue Remedy 'Want' To-Do Sweepstakes.



Look for Rescue Remedy wherever you find natural products and health foods.

BF 00001



Thank you for making us proud winners. Again.

Voted the Best New Product in Health & Beauty Care by Retailers at the 2009 Natural Products Expo East, RESCUE Balm represents our 4th New Product Showcase Award winner in 5 years.

new products showcase AWARD
RESCUE BALM

RESCUE Balm provides soothing, natural care to moisturize and protect lips that are prone to dryness, roughness, cracking, and splitting due to environmental stressors.

Made with the same original formulas created by Dr. Bach over 70 years ago, RESCUE Balm includes RESCUE Remedy, named a 2009 "standout supplement trend" by *Natural Foods Merchandiser*. Also look for New Product Showcase Award finalists RESCUE Energy and Nelsons Pure & Clear acne care.

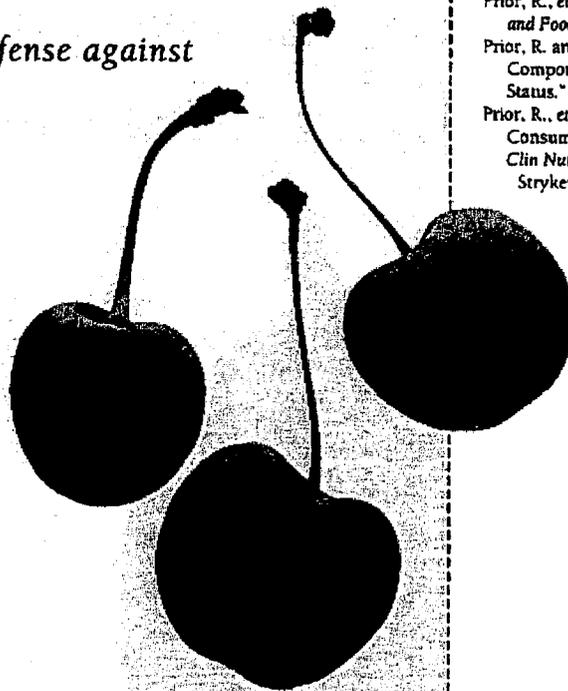
Contact your distributor or call us at 1.800.314.BACH

www.rescuemedicine.com

Nature's 12 Great Protectors

Your best defense against free radicals.

- grape juice
- kale
- prunes
- spinach
- strawberries
- blueberries
- beets
- oranges
- cranberry juice
- red peppers
- cherries
- green tea



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Stryker, L. *Biochemistry*. 3rd Edition, New York, NY: W.H. Freeman and Co., 1988.

Gary Bushkin, MS, CNC, and Estitta Bushkin, MS, CNC, are co-authors of *FAQ's - All About Green Food Supplements (Avery, Spring 1999)* and *FAQ's - All About Folic Acid (Avery, Spring 2000)*. They are consultants to the natural products industry.



Rescue Remedy®

The #1 Natural Reliever of Everyday Stress™

Rescue Remedy is a natural relief for nervousness, anxiety, and irritability, and is safe for use in children, pregnant women, and in normal, without side effects.

So, when everything you have to deal with seems a little too much to deal with, try Rescue Remedy. It helps.

Rescue Remedy is a registered trademark of Bach Flower Essences, Ltd.

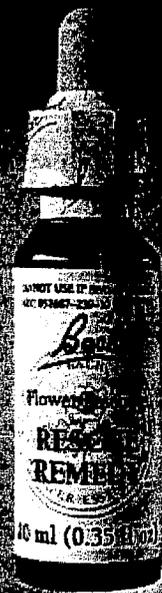
Distributor of



Rescue Remedy

Nelsons

Nelson Russell



Available in fine health food stores nationally. For information call 1-800-314-BACH. Dept. SBN200

If you are taking Aspirin, please consult your health care professional before using Rescue Remedy.

When their world has been turned
...**UPSIDE DOWN**



...offer them Rescue Remedy® to
TURN THINGS AROUND

For over 60 years, health care professionals have relied on the gentle, calming effects of Rescue Remedy, Dr. Bach's original formula.

Made from a combination of 5 Bach Flower Essences, Rescue Remedy is a powerful healing tool that helps two ways.

First, each office visit can become a more productive and enjoyable experience if Rescue Remedy is taken prior to the appointment to reduce stress and anxiety.

Second, between visits, Rescue Remedy helps your patients cope with stress arising from physical and emotional causes.

Now, with the latest educational materials, books, audio and video tapes and training programs, it has never been easier to integrate Dr. Bach's subtle healing Flower Essences into your practice!

For additional information and catalog call: **1-800-314-BACH**, Dept. AC 15.

nelsons

Nelson Bach USA, 1007 West Upsal Street, Philadelphia, PA 19119



BF 00004

Rescue Remedy®

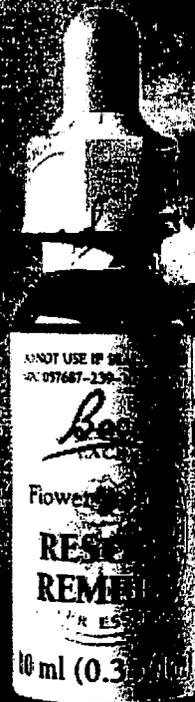
The #1 Natural Reliever of Everyday Stress SM

Drop by drop...

Rescue Remedy will calm and relax you, so you can be focused and in control without side effects.

It's a blend of 5 natural Flower Essences discovered in 1920 by Dr. Bach.

And even the smallest amount



Distributor of



Rescue
Remedy

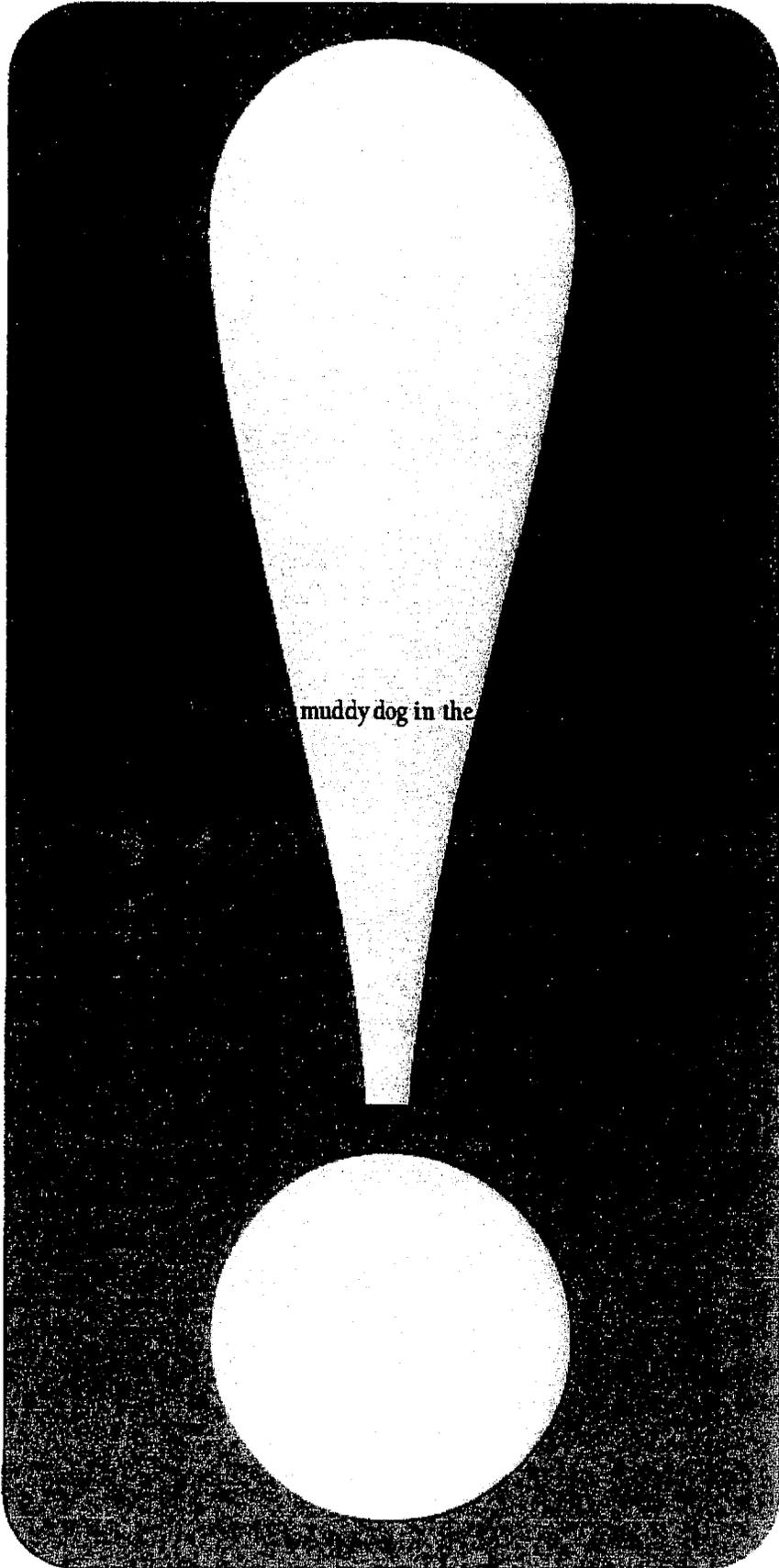
nelsons
HOMEOPATHY

NELSON-RUSSELL
APPROPRIATE CARE

If you are taking Antabuse (disulfiram) for treatment of alcoholism, do not use Rescue Remedy.

Available in fine health food stores nationally • For information call 1-800-314-BACH Dept. SNA10C • www.nelsonbach.com

BF 00005



BF 00006

The paw prints are everywhere. All over your white living room. Definitely a time for Rescue Remedy. The all-natural stress relief created by Dr. Edward

Bach. With just a few



drops, you feel calm, relaxed,

restored. What's more, it's

safe to use every day.

While the color of our

box has changed, the

original Rescue Remedy

you count on will

always be the same.

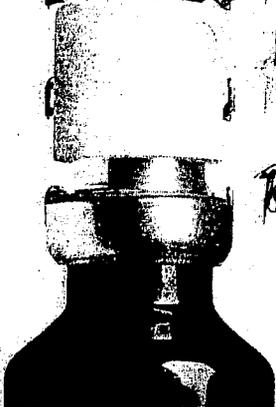
www.rescueremedy.com

BF 00007

DO YOU KNOW WHAT KIND OF DAY IVE HAD?
DO YOU KNOW WHAT KIND OF DAY IVE HAD?
DO YOU KNOW WHAT KIND OF DAY IVE HAD?
DO YOU KNOW WHAT KIND OF DAY IVE HAD?
DO YOU KNOW WHAT KIND OF DAY IVE HAD?
DO YOU KNOW WHAT KIND OF DAY IVE HAD?

DO YOU KNOW press when stressed

KNOW WHAT KIND OF DAY IVE HAD?



NBC 01741

Bach
ORIGINAL
FLOWER ESSENCES

**RESCUE
REMEDY
SPRAY**
NATURAL
STRESS RELIEF

**Rescue Remedy.
Now available in spray.**

It's now even easier to help people deal
with those days when life
seems a little too much. All it takes is
a quick spray to make stress go away-
and keep *Rescue Remedy*™ the
No 1 natural everyday stress relief.

Stress relief made even easier.

Bach
ORIGINAL
FLOWER ESSENCES

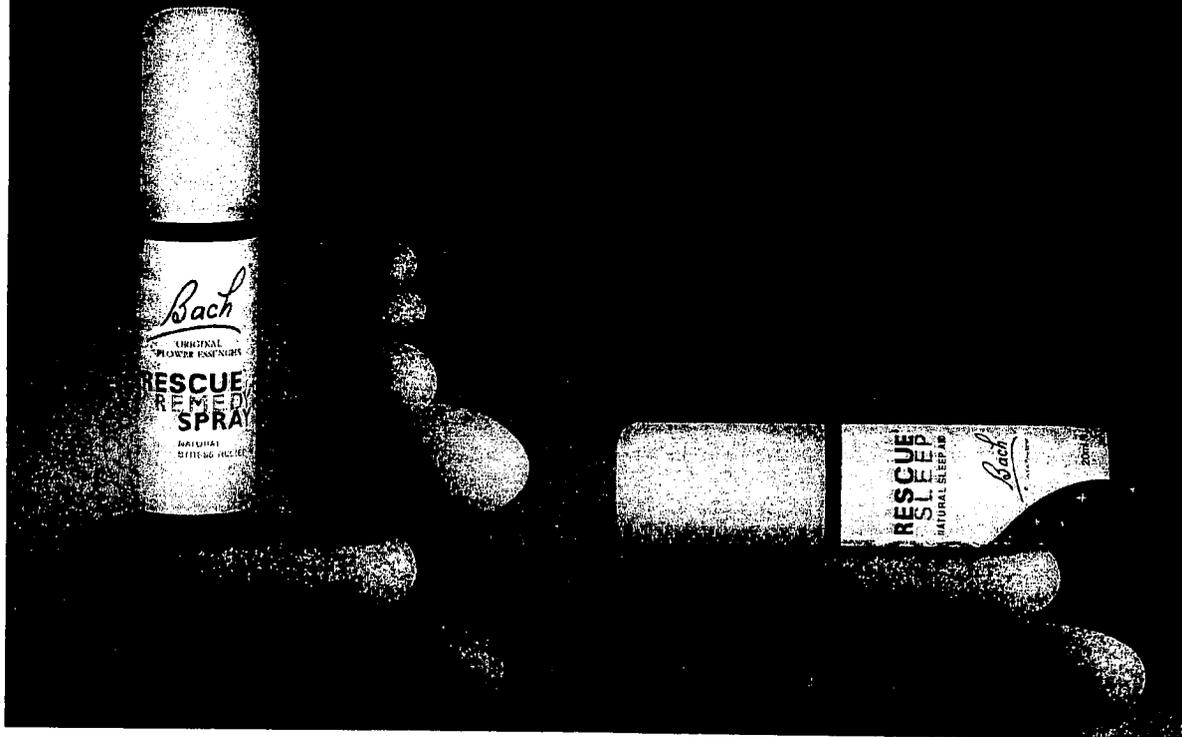
BACH IS PART OF THE NELSONBACH GROUP. Nelson Bach USA Ltd, 100 Research Drive, Wilmington, MA 01887.
Tel: 1-800-314-BACH. info@nelsonbach.com www.nelsonbach.com

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BF 00008

Live like a yogi...

Sleep like a baby.



**All-natural stress relief,
made for everyday life.**

Rescue[™] Remedy has become every woman's emotional ally and inner calm, on call. Used in 66 countries worldwide, Rescue Remedy provides unconditional support when life springs surprises that can throw us off balance. Small enough for a purse or pocket, the spray is a fast-acting way to relieve everyday stress. Still made with Dr. Bach's original formula created over 70 years ago and trusted around the world, Rescue Remedy is the calming exercise you can do anytime, anywhere.

**RESCUE[®]
REMEDY**

www.rescueremedy.com/usacal

**Sleep naturally.
Wake refreshed.**

Rescue Sleep offers all-natural, fast-acting relaxation for safe, restful nights. When sleeplessness is triggered by stress or repetitive thoughts, two quick sprays to your tongue help calm and quiet your mind, enabling you to go to sleep gently and easily. Rescue Sleep is non-narcotic, non-habit forming, and safe for the whole family. Keep it on your nightstand, pack it when you travel, and leave those sleepless nights behind forever.

**RESCUE[®]
SLEEP**

www.rescuesleep.com/usacal

MANUFACTURER'S COUPON | EXPIRATION DATE 7/31/08

**SAVE
\$2.00**

off the purchase of
Rescue Remedy or
Rescue Sleep

Available at these major retailers and wherever natural products are sold.

Walgreens
GNC LiveWell

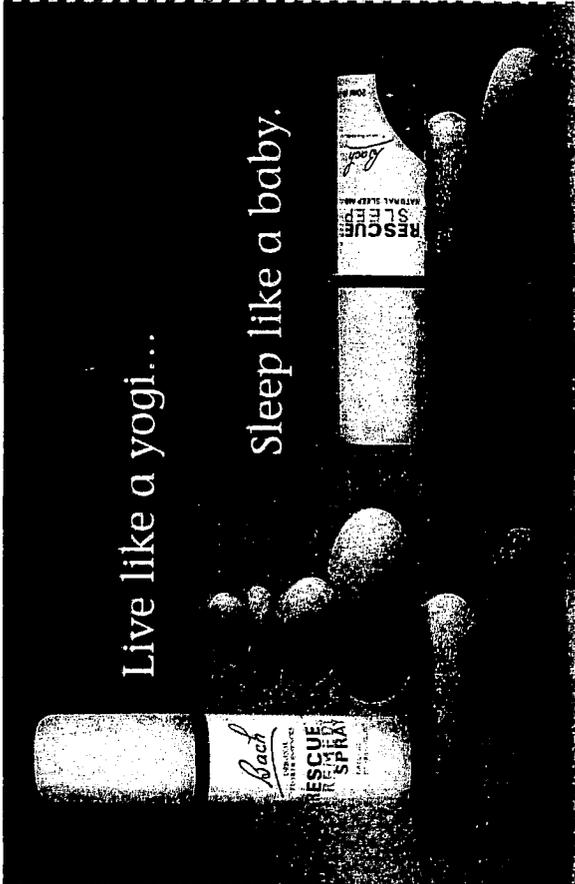
**WHOLE
FOODS**

WILD OATS
NATURAL MARKETPLACE



CONSUMER: Limit one coupon per purchase of product/s indicated. Not valid with other coupons or discounts. You must pay any sales tax. All items not available in all stores. **RETAILER:** Nelsons will reimburse the face value plus 8¢ handling if submitted in accordance with our redemption policy. Mail to Nelson Bach, Mandlik & Rhodes Dept. 1003, Post Office Box 490, Tecate, CA 91980. Cash value 1/100¢. Coupon may not be bought, reproduced, transferred or sold. Void where prohibited or if transferred to any person, firm or group prior to store redemption. Valid only in the USA, its territories, and possessions. **CODE: USACAL**

BF 00009



All-natural stress relief and sleep-aid, for everyday life.

Whatever the situation, RESCUE Remedy® provides safe and natural stress relief for everyday life. When sleeplessness is triggered by stress or repetitive thoughts, two quick sprays of RESCUE Sleep™ to your tongue can help you sleep naturally and wake refreshed. Both are non-narcotic, non-habit forming, and still made with the original formulas created by Dr. Bach over 70 years ago and trusted around the world. Also look for stimulant and caffeine free RESCUE Energy™.

www.facebook.com/rescuemeddy
www.twitter.com/bachrescue

www.rescuemeddy.com/bn

SAVE \$1 OFF
RESCUE®
REMEDY



CONSUMER: Limit one coupon per purchase of products indicated, including Rescue Cream and Rescue Energy products. Other excludes Rescue Pastilles and Rescue Bath products. Not valid with other coupons or discounts. You must pay any sales tax. **RETAILER:** Nelsons will reimburse the face value plus 6% handling fee. Scanned in-store only. Offer valid through 12/31/10. Good in the U.S. only. Excludes Alaska, Hawaii, Puerto Rico, Guam, Virgin Islands, and U.S. Possessions. **MANUFACTURER:** Dr. Bach's, 1003 Post Office Box 980, Tecate, CA 91980. Cash value 1/100¢. Coupon may not be bought, reproduced, transferred or sold. Void where prohibited or if transferred to any person, firm or group prior to store redemption. Valid only in the USA, its territories, and possessions. **CODE: BNR609**

MANUFACTURER'S COUPON **EXPIRATION DATE 30/1/10**

SAVE \$2 OFF
RESCUE®
SLEEP

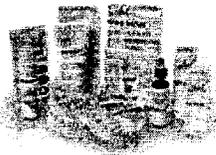


CONSUMER: Limit one coupon per purchase of products indicated. Not valid with other coupons or discounts. You must pay any sales tax. **RETAILER:** Nelsons will reimburse the face value plus 6% handling fee. Scanned in-store only. Offer valid through 12/31/10. Good in the U.S. only. Excludes Alaska, Hawaii, Puerto Rico, Guam, Virgin Islands, and U.S. Possessions. **MANUFACTURER:** Dr. Bach's, 1003 Post Office Box 980, Tecate, CA 91980. Cash value 1/100¢. Coupon may not be bought, reproduced, transferred or sold. Void where prohibited or if transferred to any person, firm or group prior to store redemption. Valid only in the USA, its territories, and possessions. **CODE: BNR609**

MANUFACTURER'S COUPON **EXPIRATION DATE 30/1/10**

What's all the buzz about?

**RESCUE[®]
REMEDY**



In today's economy, stress seems unavoidable. But managing your stress well can make a huge difference in your professional and personal life. Stress affects your overall health and your ability to fight off disease and infection. Don't get discouraged — two quick sprays of RESCUE[®] Remedy to your tongue can provide a safe and natural stress relief to deal with everyday issues.

What are the benefits?

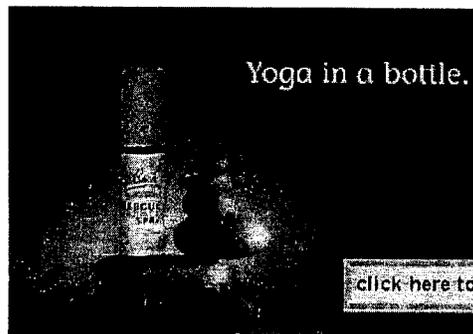
RESCUE[®] Remedy — the worldwide leader in all-natural stress relief — is a calming step you can take anytime, anywhere! Made with Dr. Bach's original formula created over 70 years ago and used in 66 countries, Rescue Remedy is a fast-acting way to relieve everyday stress. Small enough for a purse or pocket, the spray provides unconditional support when life throws us off balance. You can also find Rescue Pastilles, a tasty gummy lozenge that will relieve stress and is ideal for sharing!



Also look for: **RESCUE[®] ENERGY** **RESCUE[®] SLEEP** **RESCUE[®] CREAM**



- RESCUE Energy™ provides a safe, stimulant free boost to strengthen your mind's natural energy reserves without caffeine or sugar. You'll feel awake and alive — not "wired."
- Sleeplessness can be triggered by stress or repetitive thoughts. Two quick sprays of RESCUE Sleep™ to your tongue can help you fall asleep naturally and wake up refreshed.
- For irritated or stressed skin find soothing relief with RESCUE Cream[®].
- All RESCUE[®] products are non-narcotic, non-habit forming and trusted around the world.



\$2 Off

any ONE (1)

**RESCUE[®]
REMEDY**
all-natural stress relief

[click here to download coupon](#)

Want to learn more?

RESCUE REMEDY *Club Koff* FOR A \$2 OFF COUPON

Print | Send to a Friend | Share | Like

How to Survive and Thrive During The Holidays

Posted Sun, 11/04/2009 - 10:33

Tags: Holidays & Celebrations, Christmas, Holiday, Holiday Spirit, Thanksgiving

Holiday Survival Intent

Check Out Holiday Survival's Blog

View Holiday Survival's Profile

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 - One should always follow me 26 min 48 sec ago
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 - Sure, you have my support 52 min 47 sec ago
 - Hi Bob, I agree with you when 53 min 37 sec ago
 - Hi Bob, I agree with you when 53 min 53 sec ago
- [more](#)

Welcome to the hub page of Intent's exclusive series "How to Survive and Thrive During the Holidays."

To mirror the traditional 12 days of Christmas that follow December 25, one article will be posted for each of the 12 days through the New Year. After the excitement and preparation of the holidays, the days following can be anticlimactic and equally stressful - you've eaten too much, drank too much, and now you are hoping to put the family quarrels behind you. Each expert blog will provide tips on how to survive the holiday crash, start the New Year stress-free and healthy, and manage your family and friends.

Ready to get started on reducing stress for the holiday season? [Click here for the full article from Intent.com founder Mallika Chopra on how to survive and thrive during the holiday season.](#)

Start 2010 With a New Year Cleanse By Ashley Koff

8 Ways to Be Stress-Free from the Holidays By Brett Blumenthal

Small Steps, Giant Gains For the Coming New Year By Debbie Mandel

April Show-Ups: Check In With Yourself to Change Attitudes By Debra Moffitt-Leslie

In 2010, How to Reduce Stress, Promote Harmony, Eliminate Toxic Energy and Lose Weight By Janice Taylor

12 Ways for Yoga: Less Stress With a Yoga New Year By Mark Reinhold

A Conscious Family Christmas By Meg Brown

10 Steps to Beat the Post-Holiday Binge By Michelle Schoffro Cook

How More Giving Can Cause Post-Holiday Stress By Olivia Kuhl

What Is Your Intention For 2010? How to Get Intero-Satisfied! By Patricia Moreno

Top 10 Healthy Things To Do in 2010 By Rebecca Pacheco

What to Include in Your Post-Holiday Recovery Wellness Kit By Yuni Sakugawa

We look forward to sharing some great post-holiday stress-reducing tips with all of you!

About Intent.com:

Intent, as a brand and Web site, aspires to be the most trusted wellness destination for capturing and sharing people's intentions - personal, social, spiritual and environmental. Intent features content from over 500 experts on wellness, tools to articulate and share ones intentions, and global of community of people dedicated to healthy living, relationships, success, a healthy society and planet.

About Mallika Chopra, Founder & CEO of Intent.com:

"My intent is to connect with others by sharing and listening to each other's stories."

Mallika Chopra is the mother of Tara and Leela. She has written two books inspired by them: *100 Promises to My Baby* and *100 Questions from My Child*. She is also the founder of Intent.com, a website focused on personal, social and global wellness. Mallika's intent is to harness the power of social media to connect people from around the world to improve their own lives, their communities and the planet.

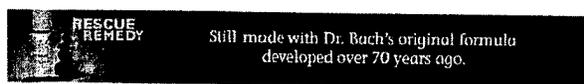
About Rescue Remedy:

Trusted for over 70 years in 66 countries around the world, Rescue Remedy provides an all-natural, gentle and effective approach for dealing with the short-term aspects of stress. Created by Dr. Bach as a natural formulation to deal with the immediate effects of stress and anxiety, Rescue Remedy can be taken anytime, anywhere to help during any stressful situation - temporary or ongoing. Rescue Remedy contains five of the 38 Bach's Original Flower Remedies: Rock Rose for stress and anxiety, Impatiens for irritation and impatience, Clematis for inattentiveness, Star of Bethlehem for agitation, and Cherry Plum for irrational thoughts. Rescue Remedy is the one product needed to take care of both emergencies and daily emotional stress. Rescue Remedy will calm the feelings of fear and nervousness, helping you face any situation in a better frame of mind.

"The season for sharing good intentions in preparing for 2010. Need some motivation on celebrating the end of 2009 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 now!"

This Week's Theme

Each week, our members contribute stories and articles to our weekly theme. This week's call for content is **Making Small Steps For Big Change**.



Start 2010 With a New Year Cleanse

Printed March 04, 2010 at 11:00 AM

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Holiday Survival Intent

Check Out My Holiday Survival Blog

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HOW TO SURVIVE AND THRIVE DURING THE HOLIDAYS

So, the holidays and end of 2009 hit you hard, eh? I've had more than a few requests for a cleanse. The readers who would like to step away from the sweets and alcohol and resume an organic, whole foods diet. But, sometimes we need a little more, something that feels detoxifying; something that reduces bloating, clears the skin, and yes, amends the Feb Five or Fifteen that we put on since the leaves turned.

Here in LA and NYC there are amazing options - visit We Care Spa, get detox beverages delivered to your door, visit an ashram and that. However, if those don't fit into your budget or schedule, I wanted to share my cleanse with you.

Supplies:

- Algaen or other high quality probiotic
- Nannocenna or Green Vibrance powders
- Udo's Choice Wholestone Fast Food or Barbecue Furti-Pax
- Barlean's Total Omega Vegan Swirl
- Santa Cruz Organic applesauce or organic apples
- Tons of frozen and fresh organic fruits and vegetables
- Mandibla Harvest Hemp Pro Fiber or Hemp Protein and Hempseed
- Fresh spices and herbs
- Tea of Wellness Winter tea
- Seaweed
- Healing Movements Coconut Water Jellif and Cultured Veggies
- Coconut Secret raw vinegar and amino
- Bragg's Apple Cider Vinegar and Ginger - Sooma dressing
- Barlean's Olive Leaf Complex
- New Chapter Herb Defense
- Pteris Giliberto's Natural Calm
- Traditional Medicinals Urtica Tea and Smooth Move (NOT for longer than a week)
- Complensitiv or other Vitamin D3 zinkoil
- Miamia Honey
- Panacea Matcha Mas!

Here we go:

- 1) Read my other blog about entering and exiting a cleanse
- 2) DO plan to get regular exercise (yog you want to sweat), schedule massage and infrared sauna sessions, go to yoga, take long (child's) walks, and find time to sit in silence (or Grab On to Zen Tare cards to do a guided meditation)
- 3) On waking, take a probiotic with a hot tea or hot water with lemon
- 4) Stretch, do some exercise, you may feel hungry or slightly lightheaded so adjust your pace / duration accordingly but even 15 minutes will get some fat burning effects
- 5) Make a protein - protein drink with water (lemon juice, orange juice, and greens). Drink slowly and take your vitamin D3 here
- 6) Sip on hot beverages (herbal tea, water with lemon) throughout the morning. If snacking, add almond or rice milk (organic, plain)
- 7) Mid-morning have a snack of 1 cup applesauce and 1 Tbsp Flaxseeds or Wholestone Junk Food
- 8) Midday - your best time for you "meal" - organic veggies or veggie soup (pauved, no dairy) with vinegars, amino's or hempseed, herbs and spices (steamed and roasted veggies are great too) if done with a healthy organic oil
- 9) Mid-afternoon - perhaps a tea latte (self made unless you have a place that does organic almond or rice milk and SO sweetener) with some veggies OR cultured veggies with hempseed, spices, and dressing OR small cup of soup OR small roasted salad (not the usual green sweet one at the store)
- 10) Before you - have another pre-protein drink. Note: if you have trouble sleeping you may want to switch mid-afternoon eating occasion with pre-protein drink

Note: all of these eating occasions can be interchangeable to if you go out to dinner get no organic greens salad and swap (make) bring your own (soo) or dressing so just opt for lemon juice) or if you have a morning meeting have your drink and get roasted veggies at the meeting

- 11) About 1 hour before bed make Natural Calm (dancing should reflect your readiness - if you are having regular bowel movements go with 1-2 tsp, if you aren't) (on cleanse need at least a daily 1/2 tsp daily) start with 1 Tbsp and go up from there. If after the first night / morning you don't have an ear bowl or stomach ache Smooth Move to your nightly tea (ok to do with Natural Calm). With tea take Olive Leaf and Herb Defense.
- 12) Consider dry brushing the skin, a hot bath or shower, coconut oil on wet skin, the matcha drink for 20 min, using a roller to roll out your muscles, and make a note on any bleeders (liquid minerals work great for this too)
- 13) If you can during the cleanse wear minimal / no makeup or nail polish and let the body air itself out.

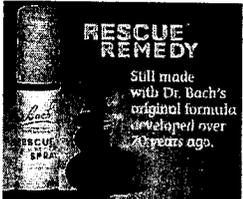
About the Author

Ashley Koff is a registered dietitian (R.D.) who strives to make better nutrition a way of life for all. Koff has the proven ability to demystify the science of nutrition and communicate the importance of a healthy lifestyle to clients in a way that instills logic and trust. Never ceasing, Koff clients truly admire her gentle and patient way of finding the correct and effective nutritional program to suit their individual needs. Her passionate style is effective, resulting in Koff being named by Citysearch as LA's "Best Nutritionist" three years running. Visit www.ashleykoff.com to learn more.

"As the season for sharing good intentions in preparing for 2010, need some motivation on celebrating the end of 2009 with minimal stress and optimal cheer? Join an online or local group plan on opening your heart for 2010 and receive support from the community now!"

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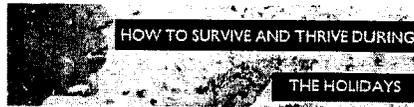
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8 Ways to De-Stress From the Holidays

Posted Wed, 12/16/2009 - 09:43

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Tags: healthy living, christmas, holiday stress, holiday wellness, new year, resolve, resolve



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 reheating, yummy foods and festive cocktails. We've fought crowds, backed clothes racks, clogged 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 hang!

- 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 swear 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.
- Laugh: 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 system 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.
- Ohmari 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 just 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 use 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! Receive Not to Diet in 2010 with bestselling book *'GET REAL' and STOP Dieting!* Buy it Now!

About the Author

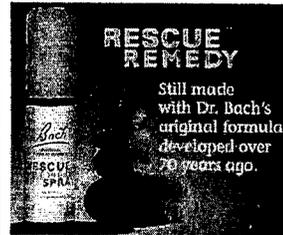
Brett Humenick is the founder of *Steer Balance*, an online media company geared towards simplifying healthy, balanced living for individuals. With a holistic approach in mind, Steer Balance provides visitors with information on everything they need to know about their physical health (fitness, nutrition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

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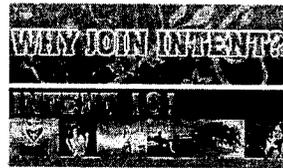
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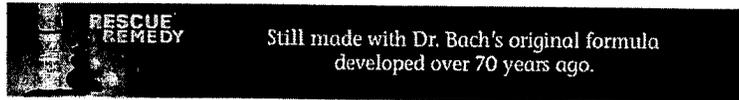


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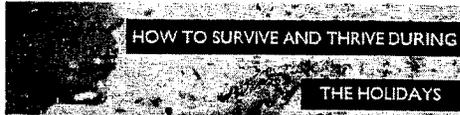
Avoid Blow Ups: Check-In with Yourself to Change Attitudes

Posted Mon, 12/21/2009 10:58

3 Comments

Tags: Release, christmas, holiday stress, holiday, mental health, rescue-remedy, stress management

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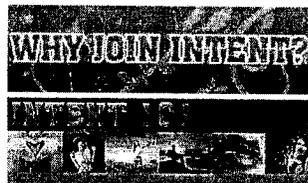
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In 2010: How to Reduce Stress, Promote Harmony, Eliminate Toxic Energy and Lose Weight

Posted by: JENICE TAYLOR on 11/24/09
2 Comments

Tags: healthy living, energy, zen, zen, zen, zen, zen, zen



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? Maybe yes, but maybe not?
This soundso big-time-takes it here to tell you that the best way to begin anew 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 more: more!



Now, imagine that - after this recuperating day - you are tentatively putting your key in the front door lock, turning the knob and entering. You are met by two weeks worth 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 chipmunk, or dust bunnies 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 Our Lady of Weight Loss: How the Fat Cells Out of Your Mind work best! What's your disaster look like?
Feng Shui girl!
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 first and then in one's life.

You can now understand why it is that the perfect way to start anew, to begin your journey to Sweetenville House of Our Lady of Weight Loss and the Kirk in the Trade Club) is to clear your space, so that you can promote the flowing energy throughout your environment. After the energy flows, we can start to fill the fridge with healthy foods!

- Keep Shui: to 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; something to negotiate your way around? What does it do to your "Chi"? No, you sure don't want to enter your home faced with obstacles. It shreds circuit your energy, that's what it does!
2. Air Quality Matters. In terms of your health, air quality is your number one priority. I know that some of us live in the country, where clean air is plentiful; and then there are those of us who live in the inner-city where smog and unwanted particles are floating through the air and landing on our windowsills.
I'm telling you, do whatever it takes to clear and clean your air. You can grow an indoor garden of an air-purifying plant, use essential oils to clear the air, make an air-purifier?
3. Let There Be Light. Natural light increases your energy level. If there are things cluttering your windowsills or your blinds or your windows are in need of cleaning, clear and clean them.
Needless to say, if natural light is not as bright or plentiful as you'd like it to be, there are intelligent, smart indoor lighting products to choose from. As you move into the light, your energy level will improve ten-fold!
4. Sleep Right. You will miraculously find that you will sleep better at night if your bed is positioned so that your head isn't resting towards the door. It just feels right. And, if you are sleeping with someone, sharing your bed... do not push two box-spring or mattress together. The great "divide-divide!"
5. Dust Under Things. You may not see the dust under the bed or even in the closet, but it is there and it is blocking the energy flow.
6. Paint Your Kitchens. It is said that by painting your kitchen a pastel color, you are promoting positive energy, and that bright red and orange promotes appetite. What color in your kitchen and how does it make you feel to you?
7. Three Feet Between Furniture. The rule of thumb is to leave three feet of open space between all furniture, because it allows for free flow of energy and it will ease your mind.
I have noticed this 3 feet between furniture to 3 feet between seating areas. For instance, if I were to leave a foot between my sofa and coffee table, and table and side chair, I'd have to buy my neighbor's apartment, knock down the walls for it all to fit in, and it would be ugly! Still, so furniture space, please!
8. Decorate Organically. The use of earth tones, earth materials such as wood and clay promote a sense of calm and comfort. There are so many amazing, sophisticated shades of yummy clay from brown to grey available.
9. De-Clutter. If the magazines are old, if the newspapers are piling up, if you haven't worn that outfit in over 5 years... for goodness sake, toss it! Even if you follow every one of the above steps - paint your kitchen a pastel color, use healthy plants for healthy air, dust under the bed - the clutter will negate the benefits and sap your energy big time.
10. The Fridge. Now that you have created good Feng Shui throughout your home, it is time to stock your fridge with the right stuff. A bounty of fruits, vegetables, whole grains.

Spread the word... NOT the fat!
Janice
About the Author
Janice Taylor is a Life & Wellness Coach specializing in transformation, reinvention and weight loss. She has worked with thousands of individuals worldwide to help them to uncover their authentic selves and to learn to create balance and success in their personal and professional lives. For more information, visit www.onetwoeightythree.com

It's the season for sharing good intentions in preparing for 2010. Need some motivation on celebrating the start of 2010 with natural stress relief and optimal health? The on-line on how you start on opening your heart, for calm and receive support from the community here!

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A Conscious Family Christmas

Posted Wed, 12/16/2009 10:40

1 Comment

Tags: Holidays, Christmas, conscious parenting, being present, kids, children, social remedy

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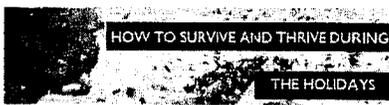
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With all the holiday hustle and bustle, it might seem impossible to practice conscious parenting. Don't give up. A little Christmas spirit is all you need.

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 beleaguered Christmas tree, with colorfully wrapped packages piled all around? Can you hear the sounds of caroling, or the music 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 experience, 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 one fading turn 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 sledding 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 looking up in all the holiday craziness? Accept whatever you find. Give yourself 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 overnight 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. Suggle up and read a favorite Christmas story. Skip those errands. '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. Children are *food* that you're all overstimulated, 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. True love, 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 pocket.

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 — pass 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.consciousparentingjournal.com.

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 Posted by Donovan Moore

very nice

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10 Steps to Beat the Post-Holiday Bulge

Posted Wed, 12/31/2009 - 10:06

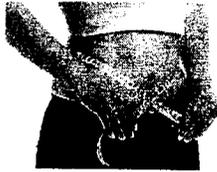
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Tags: Food & Nutrition, Bulge, Weight, New Year's Resolutions, Resolutions, Weight Loss



Do you have a spare tire, love handles, or a belly bulge left over from the holidays? Or maybe it's been accumulating for more than a few holiday seasons? Did you have your cake, 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 Energy Diet* (Wiley, 2006) 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 "bump over" 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 bulges 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 Energy Diet* (Wiley, 2006).

About the Author

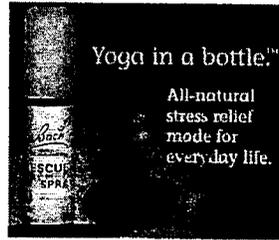
Michelle Schoffero Cook, RNCP, ROHP, DAC, DNM, is a best-selling and six-time book author and doctor of natural medicine, whose works include: *The Late Home Diet*, *The Ultimate pH Solution*, and *The 4 Week Ultimate Body Detox Plan*. Learn more at: www.lifeenergydiet.com

'Tis the season for sharing good intentions in preparing for 2010. Need some motivation on celebrating the end of 2009 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 now!

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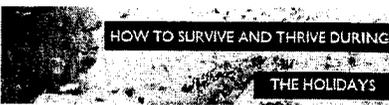
How More Giving Can Cure Post-Holiday Stress

Posted 10/11/2014 2:10:00 PM
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Tags: Holidays & Celebrations, Christmas, Holiday giving, Holiday Stress, Rescue Remedy



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 sugary (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 consulted 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-landing is a trending topic for a reason. It's simple to participate as a leader, the impact is infinite and the satisfaction is addictive. Greenest Bank, 350, Women's Choice and 500.org are some of the largest and most effective micro-landing organizations.
- GiveForward.org is 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 Gives. 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. Post 3 News partners with companies to sponsor your workout 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 tells 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 Hubs for Hunger last year at age nine to raise money for Heifer International. He and his brother make hand sand hats and donate 100% of the profits to a nonprofit. Last year, they raised \$1,500 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, Wilson Kamukamba 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 database VolunteerMatch, ServeLocal or Volunteer Network for your next trip.

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

About the Author

Olivia Khalil 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.

Tis the season for sharing good intentions in preparing for 2015. Need some motivation on celebrating the end of 2014 with minimal stress and optimal cheer? Visit an intent on how you plan on opening your heart for 2015 and receive support from the community now!

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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.

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

Posted May 07/06/2009 - 11:26
 0 Comments

Tags: Resolutions, 2010, 2009, new year's resolutions



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 year's 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 life 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 get 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 fastest 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 plug in 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 settling for mediocre. You get what you settle for. Remind yourself there 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 build 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 Stornio is the author of the soon to be released "The IntenSati Method, 7 principles to thinner you." She is the founder of Sat Life, 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.intenSati.com

Need some instruction 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, read!

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Top 10 Healthy Things to Do in 2010

Posted Mon, 10/04/2009 10:23
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 Tags: fitness, 2010, New Year, how, your, mood, stress



- 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 sweaty 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 Jivanauski, 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 dweeb, 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 end 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, sneaking 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 them 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 karni, 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.

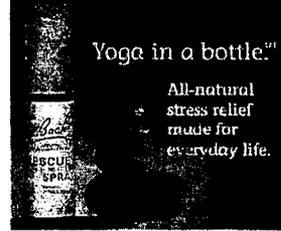


Happy New Year!

About the Author
 Rebecca Pacheco, creator of OmGal.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.OmGal.com for more information.

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

Posted Feb 12, 2010 by Yumi Sakagawa

2 Comments

Tags: intention, energy, healthy living, holistic health, wellness, mental health, new orleans, stress management

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 begging 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 like 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 worrying 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 refreshing smell that can stimulate us out of our lethargy or soothe our jangled nerves. Use your favorite scents sporadically so that you can keep the charm 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 undernourishing 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-Maltese 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 darkest? What is the life lesson 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 cocoa 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 an herbal tea, hot cocoa or instant soup is a way of hitting the pause button and taking a breather where you are—right here, right now.
8. Your favorite CD. Blast 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 Sakagawa is the online editorial producer for intent.com.

The reason for sharing good intentions is preparing for 2010. Need some motivation on celebrating the end of 2009 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 now!

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Posted by Angie Provost

Fabulous list Yumi... where would I find the rescue remedy spray?

Posted by Yumi Sakagawa

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 rescueremedy.com. Happy early new year to you!



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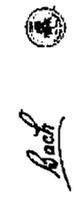
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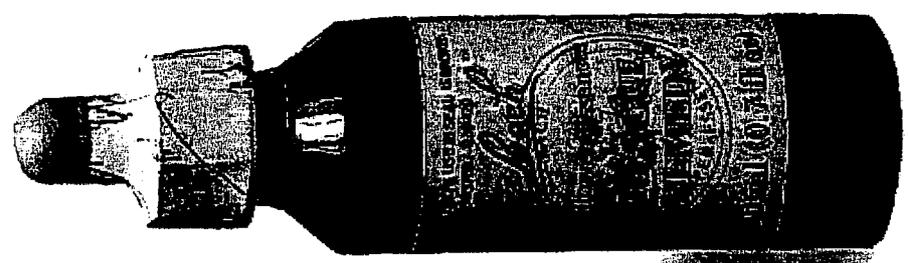
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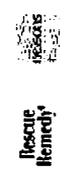
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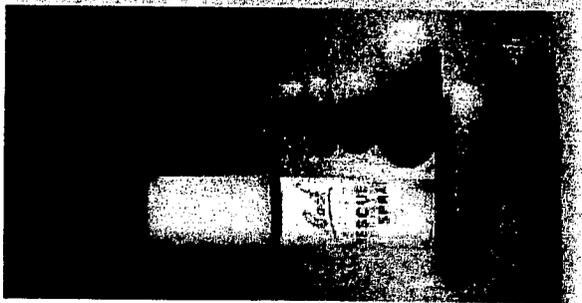
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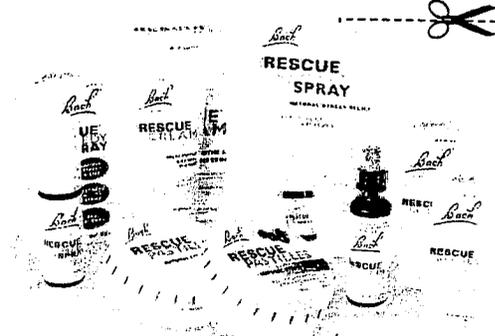


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TONE EVERY INCH!

See Results in Just Days, Not Weeks!

Sizzling Sex Secrets!

- ✓ Turn-On Triggers
- ✓ His #1 Craving
- ✓ Surprising New Pleasure Zones

Live Longer
Do This One Simple Thing—Starting Today

Zoe Saldana
Strong, Sexy
and Totally
Uncensored

FALL STYLE GUIDE

FLIP THIS ISSUE OVER 

DROP 5, 10, 20+ POUNDS

Tricks That Speed Up Your Slim Down

FLAT ABS! FIRM BUTT! LEAN LEGS!

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Women'sHealth

Hot Stuff

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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

CRUSH THE URBANATHLON™ COURSE

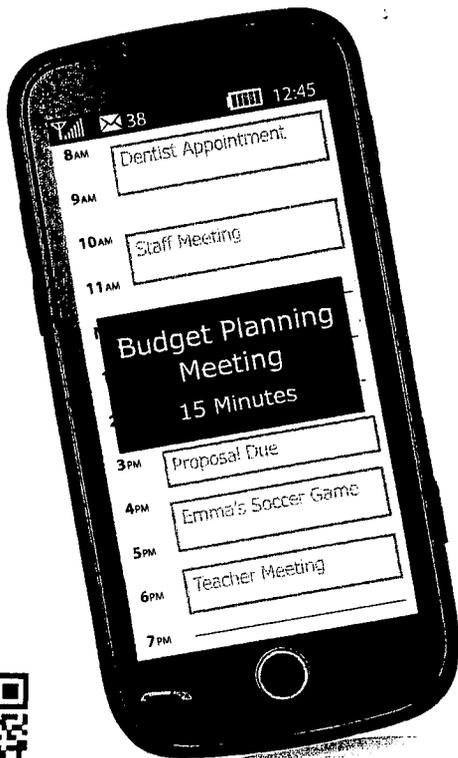
Follow our fitness blogging pros, Sarah Dussault and Ray Maker, as they get all the insider info you need to come out on top.

Plus: Follow the blog to win free stuff that helps you train, perform—and feel—better than ever.

Find it all at CrushingTheCourse.com, fueled by G Series FIT.



CHECK OUT OUR WEB SITE AT WOMENSHEALTHMAG.COM/HOTSTUFF FOR THE LATEST PRODUCTS, EVENTS AND SPECIAL OFFERS.



Scan the QR code to learn more about the Rescue Remedy 'Want' To-Do Sweepstakes.

Life's a marathon and you're in it...

running... and you're not even wearing sneakers.

Stay a step ahead with Rescue Remedy.®

Trusted for over 70 years, people all over the world take it to help them stress less, stay calm and in control.

Empower yourself with Rescue Remedy.®

Do. Life. Better.

RescueRemedy.com



Look for Rescue Remedy wherever you find natural products and health foods.

BF 00045

FROM TOP: MITCH MANDEL (2); CHARLES MASTERS (1)

Time to Burn the Cargo Pants and Kick In Your Shirt

ESQUIRE

MARCH 2008

75
Esquire

Ask Dr. Oz THE LIGHTNING ROUND

By Dr. Mehmet Oz

Man at His Best

If you had one of the world's foremost medical professionals cornered at a party, what would you ask him?

1. What is the best multivitamin for a man under 50?
One a Day Men's Health Formula or Opti-Men

2. I read that the heat from my dishwasher can cause toxins to be released from plastic things like food containers and water bottles. True?

It depends on the type of plastic. Any you've used and washed is fine.

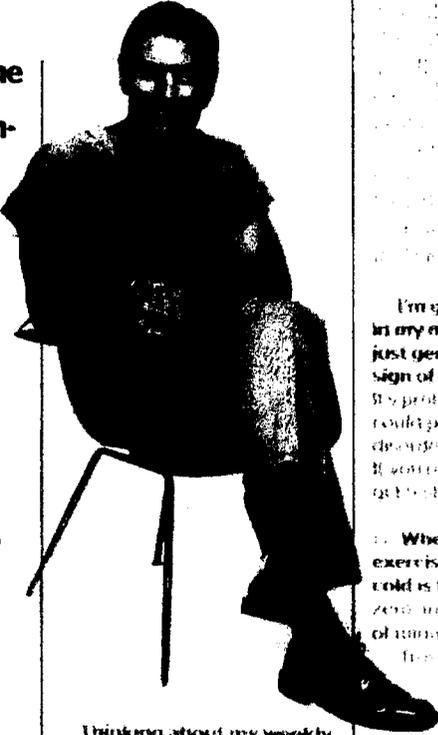
Aspirin, Tylenol, ibuprofen. Above. What are the differences, and when should I take one and not the others?

Tylenol and aspirin are for pain relief. Aspirin is also for heart health. Ibuprofen is for pain relief and inflammation. Aspirin is for heart health and pain relief. Tylenol is for pain relief.

I quit smoking five years ago but still chew the nicotine gum—about two pieces a day. Problem?

Yes, it's a problem. Nicotine gum is addictive. You should quit. Nicotine gum is addictive. You should quit.

Does your taking your knees apart dry lead to arthritis?



Thinking about my weekly diet. Am I wrong to put sushi in the "good for me" column?
Sushi is good for you. It's low in fat and high in protein. It's a good choice for a healthy diet.

I usually treat myself when I have the flu. What are some signs that I should seek medical help?

High fever, difficulty breathing, chest pain, and symptoms that last more than a week. These are signs that you should see a doctor.

How can I tell whether it's just a virus or a bacterial infection?
A bacterial infection usually lasts longer than a viral infection. It also often causes more severe symptoms. If you're not getting better, see a doctor.

Are there any vegetables that are bad for you?
No, but some vegetables are better than others. Leafy greens are good for you. Potatoes are not so good.

10. Are there any drawbacks to all these new raw food diets?

Raw food diets can be unhealthy. They lack essential nutrients like protein and healthy fats. They can also be expensive and difficult to follow.

I'm going gray early—like in my mid-20s. Is this likely just genetic or could it be a sign of something wrong?
It's probably genetic. But it could point to a thyroid disorder or B12 deficiency. If you're also tired, you might want to get checked.

11. When it comes to exercising outdoors, how cold is too cold?
Zero and below are ways out of my mind. Above 32 is fine.

The Biltmore Hotel has a "Women's Paradise" spa. How do you like that, overall?

It's a pretty nice spa. It's a good place to relax. It's a good place to relax.

12. If I'm otherwise a pretty healthy eater, is one doughnut a week really so bad?

No. One doughnut a week is fine. It's a treat. It's a treat.

14. What are common dietary deficiencies in American men?

Vitamin D, potassium, and magnesium. These are common deficiencies in American men. They are important for heart health and energy.

I use sleeping pills a couple times a week. Any long-term risks?

Yes, there are risks. Sleeping pills can be addictive. They can also cause drowsiness and affect your judgment. Use them sparingly.

What are your thoughts on acupuncture? In my case, it'd be for chronic back pain.
Acupuncture can help with back pain. It's a natural way to relieve pain. It's a natural way to relieve pain.

Is my distrust of nonstick pans justified?

Yes, it is. Nonstick pans can contain toxic chemicals. They can be harmful to your health.

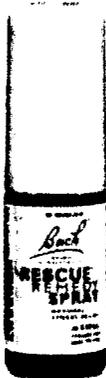
Are there any common household chemicals that you don't think belong in the home?

Lead paint and asbestos. These are dangerous chemicals. They should be removed from homes.

Should I be worried about the health of my dog?

Yes, you should be. Dogs can get sick. They can get sick. You should take care of your dog.

» THE CALM MAN Rescue Remedy Spray



THE LIQUID IN THIS VIAL, a natural calming agent invented by British doctor Edward Bach in the 1930s, is flower extracts diluted to microscopic levels in a mix of water and brandy. Homeopathic stress relief. Does it work? I doubt we could prove it in a clinical trial, but not everything that's measured is important, and not everything that's important can be measured. I'm convinced it does. I squirt it on my own tongue—and, when they're rowdy, my kids'. —M.O.

**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,)	
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v.)	Opposition No. 91200168
)	Serial No.: 85/111,156
Absolutely Natural, Inc., by name change)	
from Richards Distributing, Inc.)	
)	
Applicant.)	

EXHIBIT 4

TO

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



Useful Tools

Try one of our interactive online tools today



Monthly Specials

Check out our monthly tips and specials



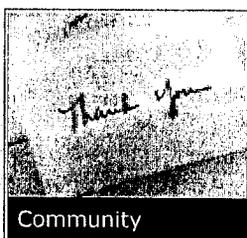
Online Store

Buy online or in store at a natural products retailer



Who We Are

Find out more about Nelsons, a leader in natural medicine



Community

Join our online community



Latest News

The latest news straight from the Nelsons press office



All-natural stress relief.



[RESCUE® Remedy](#)

[About RESCUE](#)

[For Pets](#)



Dr. Bach's original system of 38 flower remedies.



[Bach Flower Remedies](#)

[Bach Kids](#)

[Emotional Eating](#)



Nelsons branded products - natural care since 1860.



[Arnileve™](#)

[Nelsons H+care™](#)



A homeopathic beauty system that addresses the causes of acne naturally.



[About Pure & Clear](#)

[Product Info](#)

[Buy online](#)



Natural stress relief for pets.

BF 00215

[Rescue Remedy Pet](#)

[How to use](#)

[Bach Pet Chart](#)

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BF 00216

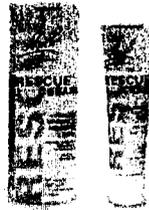
Because Life's Demands Don't Stop

You're doing the work thing, the family thing, the social thing. Stay a step ahead with RESCUE Remedy®.

A blend of 5 of the 38 *Bach® Original Flower Remedies*, RESCUE Remedy® is perfect for anyone with a "To Do" list. Formulated to help you stress less and keep up with life's demands. RESCUE® is available in several convenient formats to fit within your busy day. Keep Pastilles handy for the rush of your commute. Drops in your child's beverage before an exam, or Gum in your purse for that unexpected change in schedule.



You won't find anything but all natural ingredients in RESCUE Remedy®, so go on and Rescue your friends and family (including the four-legged kind!).



New! RESCUE® Sleep Melts

Quick-dissolving RESCUE® Sleep Melts capsules provide a safe and natural way to fall asleep.



When Life Keeps You Running

RESCUE® Pastilles in your pocket help you stay ahead of life's demands. Try Black Currant or Original flavor!

Need a Restful Night's Sleep?

Find your way to a peaceful night of sleep with some helpful tips from RESCUE® Sleep.

Look After Your Skin

RESCUE® Cream soothes and restores stressed skin of the hands, body and face. Receive the therapeutic benefits of the flower remedies in a cream that moisturizes and heals rough dry skin.



Connect with Us!

Like us on Facebook
Follow us on Twitter



RESCUE® Remedy Pet

Alcohol-free RESCUE® Remedy Pet is safe for animals of all shapes and sizes.

History - Our Story

Discover the history of RESCUE Remedy® and the system of the 38 Bach® Original Flower Remedies developed by Dr Edward Bach, a Harley Street doctor in the 1920s and 30s



FAQs about RESCUE®

Read the answers to frequently asked questions about RESCUE®



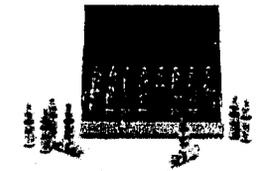
What is RESCUE Remedy®

RESCUE Remedy® is a natural remedy made from flower essences. It has been used by generations as an effective remedy to help restore inner calm, control and focus.



Bach® Original Flower Remedies

Dr Edward Bach discovered 38 remedies that can be combined to suit any individual. They work by treating the individual rather than the disease or the symptoms



How is RESCUE Remedy® Made?

The flower remedies used in RESCUE Remedy® are still made at the Bach Centre in Mount Vernon, Oxfordshire using the methods developed by Dr Bach over 70 years ago



History



© Image of Dr. Bach is a registered trademark of Nelson Bach USA Ltd.

"Every Single person has a life to live, a work to do, a glorious personality, a wonderful individuality."

Dr. Edward Bach - The Original Writings



RESCUE® Remedy and the system of 38 Bach® Original Flower Remedies were developed by Dr Edward Bach, a Harley Street doctor in the 1920s and 30s.

Dr Bach was a well-known Physician, Bacteriologist, Homeopath and Researcher and operated a successful practice in Harley St, London. Despite the success of his work in conventional medicine he felt dissatisfied with the way doctors focused on the disease while ignoring the person who was suffering.

He was inspired by his work with homeopathy but wanted to find remedies that would be purer and less reliant on the symptoms of a disease. So in 1930 he gave up his lucrative Harley St practice and left London dedicating the rest of his life to researching nature to develop a new system of medicine.

Dr Bach believed that attitude and mental state play a vital role in maintaining health and recovering from illnesses. Over the following years he researched and identified 36 negative states of mind and a corresponding flower or plant remedy for each one.

Wanting to make his remedies more available to the general public in the 1930s Dr Bach enlisted the help of the Nelsons Homeopathic Pharmacy in Duke St, London. Under his guidance they began to make and sell the remedies from the Mother Tinctures he supplied them. In 1990 this relationship was formalised and since then Nelsons (the Nelsons Homeopathic Pharmacy's parent company) has been responsible for bottling and distributing RESCUE® Remedy.

Today Nelsons produce millions of bottles of RESCUE® Remedy each year in Wimbleton, London and they are sold in over 70 countries around the world.

For information on the Bach Centre and visiting the home of Dr Bach go to the Bach Centre website

(Always read the label.)

RESCUE® Remedy is a unique combination of five Bach® Original Flower Remedies all working on emotional imbalances associated with daily stressful situations:



Rock Rose - for terror and panic

Impatiens - for irritation and impatience

Clematis - for inattentiveness and to counteract faintness

Star of Bethlehem - for shock

Cherry Plum - for irrational thoughts and lack of self control

What is RESCUE Remedy®?



"For millions of people worldwide RESCUE Remedy® has become an emotional ally."

Carly Harding, Registered Bach Practitioner



Rescue Remedy® is a unique combination of five Bach® Original Flower Remedies all working on emotional imbalances associated with daily stressful situations:



- Rock Rose - for terror and panic
- Impatiens - for irritation and impatience
- Clematis - for inattentiveness and to counteract fairness
- Star of Bethlehem - for shock
- Cherry Plum - for irrational thoughts and lack of self control

Original RESCUE Remedy® in the distinctive yellow bottle is a natural remedy made from flower essences. It was first made by Dr Edward Bach in England in the 1930s and is still made in accordance with the traditional methods he developed over 70 years ago. You can find out more about Dr Bach and how he discovered RESCUE Remedy® in [HISTORY – Our story](#).

RESCUE Remedy® has been used by generations and is trusted as a safe, gentle and effective remedy to help restore inner calm and control. It is used up for a wide range of everyday stressful situations as it can be taken by anyone, anywhere.

RESCUE Remedy® is made up of a five individual flower remedies that help you cope with the different emotional aspects of stressful situations:

- Rock Rose is used for terror and panic
- Impatiens addresses irritation and impatience
- Clematis is for inattentiveness and a lack of focus
- Star of Bethlehem is for shock
- Cherry Plum helps with irrational thoughts and a lack of self control

RESCUE Remedy® is the most well known part of the Bach® Original Flower Remedies which is a system of 38 individual flower remedies developed by Dr Bach to help us rediscover the positive side of ourselves.

You can find out more about the Bach® Original Flower Remedies at our [Bach® Original Flower Remedies brand site](#)

"Every single person has a life to live, a work to do, a glorious personality, a wonderful individuality"

Dr. Edward Bach - The Original Writings

(Always read the label.)



Bach Original Flower Remedies



Rescue Remedy® is a unique combination of five Bach® Original Flower Remedies all working on emotional imbalances associated with daily stressful situations.



- Rock Rose - for terror and panic
- Impatiens - for irritation and impatience
- Clematis - for inattentiveness and to counteract faintness
- Star of Bethlehem - for shock
- Cherry Plum - for irrational thoughts and lack of self control

"We can judge our health by our happiness."

Dr. Edward Bach - The Original Writings



Dr Edward Bach discovered 38 remedies which he split into seven different groups that can be combined to suit any individual. The flower remedies are made from wild plants, trees and bushes. They work by treating the individual rather than the disease or its symptoms and are a gentle way to manage your emotions and rediscover a positive side to yourself.

Each of the 38 Bach® Original Flower Remedies is unique and helps treat a different emotion. Most people find it reasonably easy to select their own remedies. All you need to do is find the remedy (or remedies) that seem to reflect your situation, mood or personality best. All the states described are everyday human emotions that we feel from time to time. Even the most negative state has a corresponding positive quality that shows us what we can be when we are completely ourselves.

For more information about how to select your own Bach® Original Flower Remedies and courses to learn more about the system of 38 remedies developed by Dr Bach visit our Bach® Original Flower Remedies brand site.

(Always read the label)

How is RESCUE Remedy made?



"Amongst the type of remedies that will be used will be those obtained from the most beautiful plants and herbs to be found in the pharmacy of Nature."

Dr. Edward Bach - Heal Thyself



RESCUE Remedy® is a unique combination of five Bach® Original Flower Remedies all working on emotional imbalances associated with daily stressful situations:



- Rock Rose - for terror and panic
- Impatiens - for irritation and impatience
- Clematis - for inattentiveness and to counteract faintness
- Star of Bethlehem - for shock
- Cherry Plum - for irrational thoughts and lack of self control

The flower remedies (Mother Tinctures) used in RESCUE Remedy® are still made at the Bach Centre in Mount Vernon, Oxfordshire, England using the methods developed by Dr Bach over 70 years ago. They are then sent to our factory in Wimbledon, London where they are diluted with brandy (legally declared as 27% grape alcohol) and bottled in a licensed manufacturing facility to the highest quality standard.

There are 3 key steps involved in manufacturing RESCUE Remedy®:

Step 1

The five Mother Tinctures are made from plant material or flower heads and natural spring water using either the Sun or Boiling methods as laid out by Dr Bach. The sun method is used to make the remedies derived from the most delicate flowers that bloom in the height of summer. The boiling method is used for the remedies from trees, bushes and plants most of which flower in the early part of the year.

Step 2

The flowers are removed from the potentised water which is then filtered and mixed with an equal part of 40% brandy, this makes the Mother Tincture. The brandy acts purely as a preservative and is a non-active ingredient.

Step 3

The Mother Tinctures are sent from Oxfordshire to Nelsons' bottling plant in London. Here the Mother Tincture is diluted with 27% grape alcohol (the legal name for brandy at this strength) to produce the finished product you buy at the shops.

If you're interested in more information about how the Bach® Original Flower Remedies are made you can visit our Bach page on how the remedies are made.

Remember, only the Bach® signature guarantees that you will receive genuine Bach® Original Flower Remedies from Mother Tinctures prepared at the Bach Centre, Mount Vernon, England as they have been since Dr Edward Bach's time.

Always read the label.

BF 00222

The Original RESCUE Remedy®

Perfect for those everyday stressful moments as well as big life-changing events.

Where to buy RESCUE® products

Find out where you can buy RESCUE® products online and in store.



RESCUE® Drops



RESCUE® Spray



RESCUE® Kids



RESCUE® Pet

RESCUE® On the Go

Keep a RESCUE® product on hand so you can have a little help anytime, anywhere.



RESCUE® Pastilles



RESCUE® Gum



RESCUE® Cream

RESCUE® for a Good Night's Sleep

RESCUE® Sleep calms your restless mind, providing natural relief for sleeplessness caused by stress and repetitive thoughts.



RESCUE® Sleep Spray



RESCUE® Sleep Liquid Melts

The Original RESCUE® Remedy

RESCUE® Remedy is the original. A blend of 5 of the 38 *Bach® Original Flower Remedies*, RESCUE® Remedy is perfect for those everyday stressful moments as well as life-changing events. Sometimes it's the little things like sitting in traffic when you know you're late, or when people interrupt you when you're trying to meet a deadline, or the kids screaming when all you really need to do is get some groceries from the supermarket - reach for RESCUE® Remedy to help you get on with what you need to.

RESCUE® Remedy is safe, easy for the whole family to use and comes in a number of different formats for your convenience.



Original RESCUE Remedy® Drops

The traditional dropper bottle - keep at home in your first-aid cabinet or in your desk at work so RESCUE Remedy® is on hand when you need it.

Directions: Put four drops directly onto the tongue or into a glass of water and sip at intervals.

The dropper is available in two sizes: 10ml and 20ml.

Always read the label!

BUY NOW! 10ml

BUY NOW! 20ml



RESCUE Remedy® Spray

RESCUE® Remedy Spray recreates the same calming effects as four drops of the liquid in two quick sprays. RESCUE Remedy Spray is convenient and small enough for a purse or pocket. For people on the go RESCUE Remedy Spray is fast-acting.

Directions: Two sprays directly on the tongue will help you relax when you need a little extra support.

Always read the label!

The spray bottle is available in two sizes: 7ml and 20ml.

BUY NOW! 7ml

BUY NOW! 20ml

RESCUE® Kids

RESCUE® Kids contains Dr. Edward Bach's original blend of five individual flower remedies in a non-drowsy, alcohol-free formula just for children.



Growing up is full of ups and downs and some parts of your child's life may be more stressful than others. RESCUE® Kids may help them cope with everyday stressful situations such as exams, or big life changes such as the loss of a family pet.

Directions: A few drops can simply be added to a drink or placed on the tongue.

Always read the label!

BUY NOW!

RESCUE® Pet

RESCUE® Pet is an alcohol-free formula made especially for your pet. These drops can be put on a treat, dropped into your pet's water bowl, or rubbed onto their hair, to calm them down.

Animals have emotions and can occasionally feel anxious too. The first thing to do is visit your vet even if you can't see anything physically wrong with them. Changes in behavior are sometimes the first symptoms of a problem that may require medical treatment. Once you have the all-clear

BF 00224



you may find RESCUE® Pet helps your pet cope with being separated from you, traveling in the car, or taking that next trip to the vet more easily.

Directions: A few drops can simply be added to their water bowl or on their food. Do not try to administer RESCUE® directly into your pet's mouth.

Always read the label.

BUY NOW!

BF 00225

BF 00226

RESCUE® On The Go

Keeping a RESCUE® product on hand allows you to always have a little help available when you need it. They help take the edge off, so you can regain control and focus in everyday stressful situations.

What do the experts say?

Find out what the experts say about stress

RESCUE® Pastilles

RESCUE® Pastilles are an alcohol-free alternative that contains the same combination of the five flower remedies found in RESCUE® but in a delicious and chewy pastille



The Pastilles are alcohol and sugar-free and safe for all the family, including children. The handy pop closed tin is perfect for traveling or to keep in your purse or desk for when a stressful situation arises. The action of chewing a pastille is soothing making you calmer and more relaxed.

Important: Do not give RESCUE® Pastilles to your pets.

How to use: Chew one pastille as required.

Always read the label

RESCUE® Pastilles are available in two delicious natural flavors: Elderflower & Orange and Black Currant

BUY NOW! Elderflower & Orange

BUY NOW! Black Currant

RESCUE® Gum

RESCUE® Gum is a zesty orange and elderflower flavored gum with a liquid center that contains 4 drops of RESCUE® Remedy®, the famous combination of 5 flower remedies discovered by Dr Bach and used by millions around the world



The action of chewing gum can be soothing and help you unwind. The gum cardboard box is perfect to take with you in your purse or pocket.

How to use: Chew RESCUE® Gum as required

Always read the label

BUY NOW!

RESCUE® Cream

RESCUE® Cream soothes and restores stressed skin of the hands, body and face. Containing a blend of Rescue Remedy® plus the sixth Bach Original Flower Remedy Crab Apple, the topical application offers the therapeutic benefits of the flower remedies in a quickly absorbed cream that moisturizes and heals rough, dry skin, restoring it to its natural good condition



With regular use, RESCUE Cream effectively repairs and helps protect the skin against environmental influences and other stress factors.

Non-greasy, fragrance-free, paraben-free, lanolin-free, and not tested on animals

HOW TO USE: Clean affected area, then apply a generous amount of Rescue Cream to the desired area. Re-apply as required.

Always read the label

BUY NOW!

BF 00227

BF 00228

RESCUE® for a Restful Night's Sleep

RESCUE® Sleep calms your restless mind, providing natural relief for sleeplessness caused by stress and repetitive thoughts.

RESCUE® Sleep

Containing a blend of RESCUE® Remedy and the *Bach® Original Flower Remedy* White Chestnut, RESCUE® Sleep allows you to sleep naturally and wake refreshed.



RESCUE® Sleep Spray



RESCUE® Sleep
Melts

Who can take RESCUE® products?

RESCUE Remedy® is safe for the whole family to use. It has been used for over 70 years by millions of consumers in over 60 different countries.



Original Rescue Remedy®

For those everyday stressful moments.



Why RESCUE® Remedy Pet?

Veterinarian-recommended, alcohol-free RESCUE® Remedy Pet is safe for animals of all shapes and sizes - dogs, cats, horses, rabbits, birds, reptiles...

100% Natural Safe Gentle No Side Effects



FAQs

Frequently asked questions about RESCUE®



Celebrity fans

RESCUE® is becoming a celebrity favorite. It has been said that Jennifer Aniston, Liz Hurley, Victoria Beckham, Cate Blanchett, Daryl Hannah, Salma Hayek and Ruby Wax are all users!



Everyday stresses

Stress is one of the most common complaints of the 21st Century. It affects almost everyone at some point in time.



Who can take RESCUE®?



RESCUE® Kids

Non-drowsy, non-habit forming, alcohol-free formula created just for your child.



Because PETS have EMOTIONS Too

Veterinarian-recommended, natural stress relief for pets.



You won't find anything but all natural ingredients in RESCUE® products. For over 70 years millions of consumers in more than 70 countries have used them.

So go on and Rescue your friends, family and pets!

RESCUE® for Children

Alcohol-free, safe, gentle, non-drowsy, RESCUE® Kids may be given during times of stress and anxiety.

RESCUE® for Animals

For years, RESCUE Remedy® has been recommended by veterinarians. The alcohol-free formulation in RESCUE® Pet is suitable for animals of all shapes and sizes.

RESCUE® and You

Who can take RESCUE®? You can! RESCUE is available in 5 different formats -in drops, spray, gum, pastilles or cream - to fit your lifestyle.

RESCUE® and Vegetarians and Vegans

RESCUE Remedy®, RESCUE® Pastilles, RESCUE® Sleep and RESCUE® Cream are all suitable for vegetarians and vegans.

BF 00231

RESCUE® and Your Child

Growing up is full of ups and downs and children experience anxiety of varying degrees just like adults. RESCUE® Kids was developed to help them through the situations that cause them stress. The anxiety might be apprehension over exam-taking or transitioning to a new daycare or school. RESCUE® Kids may also help children cope with major life-changing events like a parents' divorce, or the loss of a family member or pet.

A few drops can simply be added to a drink. For older children give them a bottle of RESCUE® Kids, so they can use it as they need it. This formulation is alcohol-free - natural, safe, non-drowsy and made especially for your child.



RESCUE® Sleep, can help your child get a good night's sleep if they are suffering from a racing mind of unwanted thoughts. You may like to take a look at the *36 Bach® Original Flower Remedies* for other possible solutions.



RESCUE Remedy®

World-famous for restoring inner calm RESCUE Remedy® is suitable for the whole family



FAQs

Frequently asked questions about RESCUE®



BF 00232

RESCUE and You

It's a fact of life

A certain amount of stress is built into all of our lives and there is often no way to escape it. The anxiety may be brought about by a small event or huge responsibilities.

- Juggling child rearing, household chores and work
- Today's to-do list feels formidable
- Morning commute was horrific
- An appointment is making you anxious

Whatever the cause RESCUE Remedy® may ease the tension you are experiencing, and there are five convenient formats to help you ease through the day.



RESCUE® and Animals

Alleviates Stress. Brings Calm.

RESCUE Remedy® is the #1 natural reliever of everyday stress. It is a blend of five of the 38 *Bach® Original Flower Remedies* and is proven to be as helpful with animals as it is with people. RESCUE Remedy is suitable for use on animals of all shapes and sizes. Some pets may be sensitive to alcohol, in which case, RESCUE Remedy should be diluted before it is administered, or the alcohol-free RESCUE® Pet can be used as it is.

The first thing to do is make an appointment to see your vet even if you can't see anything physically wrong as sometimes changes in behavior are the first symptoms of a problem that may require medical treatment. Once you have the all clear you may find RESCUE® Pet helps your animal cope with being separated from you, traveling in the car, or other outside stressors.



RESCUE® Pet

Pets have emotions too and there is an alcohol-free formula made especially for your pet.

BF 00234

Frequently Asked Questions

RESCUE Remedy®

Q - Why does RESCUE Remedy® smell and taste like Brandy?

A - That's because it is preserved in 27% grape alcohol so the smell and the taste is characteristic of brandy.

Q - If it tastes and smells like alcohol, can I still use it before driving or before an interview?

A - Yes, if used according to the dosage instructions given: 4 drops or 2 sprays per dose.

Q - Does it interact with any other drugs or medication?

A - RESCUE Remedy® is considered to be a safe form of treatment that can be used in addition to conventional medicine, but it does contain alcohol. So, if you are taking a prescribed medication that specifically reacts with alcohol, you may want to talk to your doctor before taking RESCUE®.

Q - How often can I use RESCUE Remedy®? Can I overdose?

A - No, The remedy can be taken as often as required until you feel emotionally in control. If the emotional imbalance is persistent, one of the individual *Bach® Original Flower Remedies* might be more relevant to your specific emotional need.

As with any new product, check with your physician or health professional before using.



RESCUE® Pastilles

Q - Can I give RESCUE® Pastilles to my pets?

A - No, RESCUE® Pastilles were developed for human consumption only, and are not suitable for animals. The sugar substitute they contain is not suited for animals and the chewy texture may be a choking hazard for your pet. Instead, drop original RESCUE® Remedy or RESCUE® Remedy Pet into their water bowl or on a treat.

RESCUE® Sleep

Q - How often can I use RESCUE® Sleep? Can I overdose?

A - No, The product can be taken as often as needed until a peaceful sleep is reached. If sleeplessness persists, speak to a healthcare professional.

RESCUE® Cream

Q - I have very sensitive skin, can I use RESCUE® Cream?

A - RESCUE® Cream is designed especially for people with sensitive skin, however, everyone is different and so we always recommend testing RESCUE® Cream on a small patch of skin before use.

Q - I used RESCUE® Cream and I experienced a stinging sensation, what should I do?

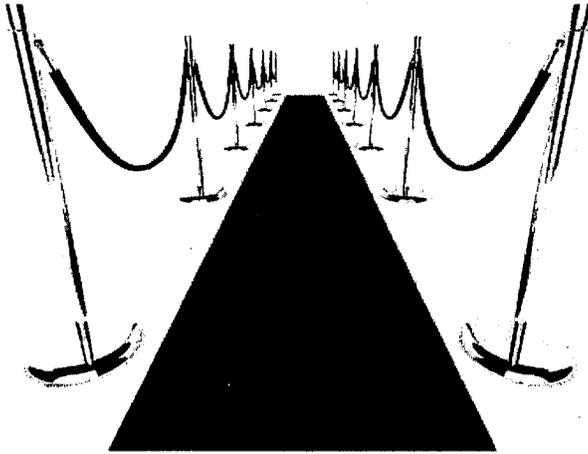
A - Stop using the product immediately. You can contact our Customer Service Department at rescue@nelsons.net.



RESCUE® Sleep Liquid Mel
Peace of mind for peaceful sleep.



Celebrity fans



The rich and famous may have adoring fans, chauffer-driven limousines and millions in the bank but, like us, they still need a little extra emotional support every once in a while. Much to our delight **RESCUE Remedy®** is becoming as much of a celebrity essential as Louis Vuitton handbag and Dolce and Gabbana sunglasses!

In fact, the little yellow bottle has gathered quite a following over the years. It has been said that **Jennifer Aniston, Liz Hurley, Victoria Beckham, Cate Blanchett, Daryl Hannah, Salma Hayek, Emma Watson, Dr. Mehmet Oz, Nelly Furtado** and **Ruby Wax** are all among the ranks of devotees!

So whether you're an international pop star embarking on a big promotional tour or a working professional juggling the demands of your frantic boss and three young children you'll find some relief reaching for your **RESCUE®**.

RESCUE® reveals..

See if you can guess who's been reaching for the **RESCUE®** recently!

Who confessed to a fear of our fined spaces and was said to admit he wouldn't be able to get through the Brit Awards without Rescue Remedy?

Cliff Richard

Which Queen of morning TV suffers from drowsiness? Luckily she has been known to use Rescue Remedy to keep her on an even keel when it's all getting the better of her!

Cliff Richard

Which metal band's fans suffer from stage-frenzy? Concert organisers have been advised to make sure a bottle of Rescue Remedy's always handy in their dressing room!

Cliff Richard

Which fan of Rescue might have benefited from having it handy to calm her to low contact - its nerves of "I'm a Celebrity"?

Cliff Richard

Which Diego Diza is terrified of flying and has been known to refuse to even consider a flight without a bottle of Rescue handy?

BF 00236

This media kitten is afraid of heights, planes and spiders! Thank goodness she's told fans she always has some Rescue Remedy nearby!

Which actress says she has to use Rescue to "calm" her down before any interview?

Which supermodel has been known to keep some Rescue with her wherever she goes?

BF 00237

Everyday Stresses

Stress is an adverse reaction to an excess of pressure; it is one of the most common complaints of the 21st Century. It is a very personal thing and the amount of stress we can each reasonably cope with varies from person to person. Each individual responds differently to the ups and downs of daily life.



RESCUE Remedy[®]

RESCUE Remedy[®] can help to ease the emotional stress of a busy lifestyle.



The daily pressures of work, commuting, study, caring for children or traveling can all cause stress. If you feel under pressure at any point during the day reach for RESCUE Remedy[®] to restore your inner calm and help you manage your daily stresses.

What RESCUE® users say

Consumers tell you why and how they use RESCUE "in their own words"



Who can use RESCUE?

RESCUE® offers multiple formats which are safe for all family members



What the experts say about RESCUE®

Expert opinions from consultant psychotherapists, registered Bach practitioners, company managers, and more



BF 00239

What our users say about RESCUE

"I keep a bottle in my gym bag, after my workout I typically take a long hot shower coupled with a few drops of Rescue Remedy. I always feel so relaxed and centered afterwards."

- Jill B.



RESCUE yourself, your friends,
your family and pets - because
life's demands don't stop.

"It's great to have a tin of the pastilles in my purse, in my car, and my teenage daughter keeps a tin in her backpack and uses them before tests."

- Sandy G.

"I've always used the drops, but I finally found the gum and I LOVE it! I have been a ball of stress between work, personal things, and the day to day and started chewing the gum several times a day and it seems to help SO much. And it's tasty and convenient!"

- Suzanne B.

"I've been giving my dachshund Rescue Remedy for fireworks and thunderstorm related anxiety attacks for 7 years. It works wonders."

- Laney G.



RESCUE Cream

Skincare: tips on taking care of your outside so you feel good on the inside.

What the experts say about RESCUE

John Davies, Consultant Psychotherapist says: *"Going on holiday can be really stressful, what with finishing everything at work, deciding what to pack and the thought of long delays at the airport. Add to that the very real fear of flying and it can leave you feeling very anxious. I always recommend people try Rescue as it really can calm you down and make everything seem OK."*

Liz Tucker, TV Stress Expert says: *"When you are stressed out, even simple tasks can push you to your limit. We all need a system in place to help protect us from the harmful effects of stress."*



RESCUE® Cream

Skincare: tips on taking care of your outside so you feel good on the inside.



"We all need a system in place to help protect us from the harmful effects of stress."

Carly Harding, Registered Bach Practitioner: *"For millions of people worldwide, Rescue Remedy has become an emotional ally - restoring a sense of inner calm when everything seems to be toppling down around them."*

Shakila Sanderson, Freelance Wedding Organiser and Events Manager admits: *"I always keep a bottle of Rescue in my handbag - it's a life saver and really helps me stay sane when things start to get frantic. It's also essential for calming the nerves of my stressed out brides!"*

Sarah-Jane Atwood is the founder of her own Management Consultancy. A 37 year-old mother of two young children, she manages to combine her active lifestyle with the demands of a successful agency. Sarah-Jane explains: *"I always keep a bottle of Rescue in my bag, draw a for those moments when I need a little extra help. On days when I know I've got lots on, I'll put a few drops in a glass of water to sip through the day."*

What is sleep?

Sleep is a necessary biological function essential to a person's physical and emotional well being. without enough sleep a person's ability to perform even simple tasks declines dramatically.

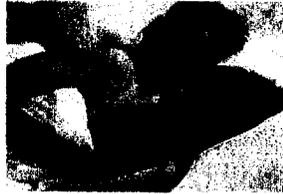


RESCUE® products to help with other symptoms of stress

Sleeplessness and skin problems are common side effects of stress. RESCUE products have been developed by Nelsons to help you combat these unwanted symptoms of stress.

Facts about sleep

Did you know?



Sleeplessness

Sleeplessness is a common side effect of a stressful lifestyle. Find out more about sleep and how to de-stress your way to a good night's sleep.



SKINCARE

Our skin is often the first place to show the signs of a demanding and busy life. Learn more about stress and your skin and how to de-stress your way to looking younger.



Sleeplessness

When your days are hectic and full of life's ups and downs it can lead to trouble sleeping.

This may be difficulty falling asleep, disturbed sleep, waking in the middle of the night and being unable to go back to sleep or waking up in the morning exhausted.



De-stress yourself to a good night's sleep

BF 00243

What is sleep?



Sleep takes up around a third of our life and is our body's most vital need after breathing and drinking. As a result our well-being relies heavily on a good night's sleep and without it our body is unable to perform its routine maintenance, regenerate itself and repair damage from the day.

How much sleep does the body need?

The amount of sleep the body requires varies by individual and can depend on your age. Some adults require as little as 6 hours sleep to wake up refreshed while others need to sleep for up to 9 hours for their brain and body to function properly. However, research typically suggests that 7 hours of sleep a night is a good average.

The Sleep Cycle

Sleep consists of 5 phases which last from 90 to 110 minutes each.

Phase 1 - Your eye and body movements slow down and your body enters into a light sleep phase. During that time you can be woken up easily.

Phase 2 - The eye movement stops and your brain waves (a measure of the activity level of the brain) become slower.

Phase 3 - Your body enters its first phase of deep sleep and it might be very difficult to wake you up.

Phase 4 - The body enters its second stage of deep sleep and it might also be difficult to wake you up during that time.

Phase 5 - Also called Rapid Eye Movement, that's when dreams take over!

The key to waking up refreshed and energized in the morning is to ensure that both deep sleep stages are uninterrupted. It is when your body is frequently deprived of those essential deep sleep phases, that you may start experiencing health problems associated with fatigue.

Consequences of Poor Sleep

Disturbed sleep can have a significant impact on your health, relationships, mood and concentration. A poor sleep can result in:

- * Feeling tired all day with a lack of energy
- * Finding it hard to concentrate and cope with daily pressures
- * Inattentiveness
- * Stress and worry
- * Irritability and tension
- * Difficulty in making decisions
- * Slow reactions to traffic lights. This causes many accidents on the road each year!
- * Forgetfulness

"The main reason for sleep problems is that we can only rest if we have fulfilled all our needs for the day. When this is not so, the body is unable to let go, so we do not get to the deepest period of sleep. We only sleep in a forced, stressed and anxious way."

Freud's views on sleep.

BF 00244

BF 00245

Facts about sleep



Did you know?

- 20% of women regularly have trouble sleeping.¹
- Only 1 in 10 of us always sleep well.²
- We move in bed an average of 40 times per night.
- A new baby typically results in 400-750 hours of lost sleep for parents in the first year.³
- Some research suggests women need up to an hour extra sleep a night than men.⁴

NHS Choice magazine

Bounty - a UK pregnancy and parenting club

ABC.net.au

ABC.net.au

De-stress yourself to a good night's sleep

Don't worry; in addition to RESCUE® Sleep, there are lots of natural ways to enhance the quality of your sleep. The key is to start by finding out what is causing of sleeplessness. Are the demands of your lifestyle actually preventing you from getting the sleep you need?

Important: Always consult your doctor if you are experiencing sleeping problems.

Improve the quality of your sleep

Keep a healthy daily routine

- Exercise during the day: take a 30 minute brisk walk, give up elevators and opt for stairs!
- Stick to a healthy and balanced diet: have light evening meals such as rice, fish, pasta, soup or steamed vegetables and avoid eating after 7pm. Don't go to bed hungry though!



Say no to unhealthy habits

- Stop smoking as cigarettes contain nicotine that can keep you awake.
- Avoid taking Vitamin C in the evening - it is a stimulant and can keep you up.
- Caffeine affects the quality of your sleep, so try cutting it out after lunch time.
- Alcohol can also leave you wide awake, so try to avoid it in the late evening, or perhaps altogether.
- Share your worries with a friend or your partner
- Avoid eating and working in your room: keep it as a haven for relaxation.

Optimise your sleeping environment

- Make sure you have a comfortable mattress and pillows. It's worth the investment as they will last for years!
- Sleep in comfortable pajamas.
- Make your room as dark and quiet as possible.
- Try to ensure your room isn't too warm. A temperature of 63-68°C is ideal.

Create a bedtime routine

- Try to go to bed and wake up at the same time each day to help regulate your body clock.
- Use relaxation techniques such as yoga or having a warm bath 2 hours before bed time.
- Swap your evening cup of tea for a cup of herbal tea such as chamomile, rosemary or lavender
- Stop working 2 hours before going to bed.
- If you can't fall asleep read a book or listen to relaxing music.
- Read a book if you wake up during the night

Other natural options which may help with a good night's sleep

- Natural relaxing teas such as tilia, chamomile, valerian or passiflora
- Lemongrass can promote a restful and natural nights sleep
- A glass of warm milk can help promote sleep according to traditional folklore
- Lavender oil on your pillow has also been used for many years to help people fall asleep.

All good but I still can't sleep!

There is a wide variety of sleep conditions such as disturbed sleep, insomnia, sleep apnea, narcolepsy and restless leg syndrome. The key to a better night's sleep is establishing the cause of your sleeplessness -- if you continue to have sleeping difficulties, consult your doctor immediately.

Skincare

Facts about skin

- Skin is the largest organ of the body, making up 15% of body weight. Total adult skin surface adds up to between 1.5 and 2 square metres - that's a lot of skin to take care of!
- Skin is thickest on the palms and soles at up to 4 mm thick, and thinnest on the lips and around the eyes at just a fraction of a millimetre thick.
- Every 24 hours, the skin sheds a layer of dead cells, constantly renewing around every 28 days. An average of 40 kg of skin is shed during a lifetime, and dead skin cells make up about 90% of household dust.
- Stress is hard on the skin. Low-level tensing of facial muscles works to create an aged appearance.
- Sun damage is thought to be responsible for 80% of skin aging. Without sun damage, we would probably not develop wrinkles until we were in our 80s.

Looking after your skin

Our skin has an amazing ability to balance and heal itself and it responds constantly to changes in our internal and external environments. Drinking plenty of water, eating a healthy, balanced diet and managing daily stresses will help keep your skin nourished and cared for. However, sometimes it needs some help along the way such as extra SPF protection. Skin may also get thrown out of balance by illness or outside pressures. At these times an intensive moisturiser suitable for sensitive skin, such as RESCUE® Cream can help restore your skin to its natural condition.



RESCUE® Cream

RESCUE® Cream can help hydrate and soothe dry, rough or sensitive skin.



Stress & the skin

Our skin is often the first place to show the effects of a demanding busy life. Stress can lead to dry, rough, uneven, dull-looking skin and chapped lips.

There are a number of reasons that stress can affect your skin:

- Stress triggers the 'fight or flight' response in the body which causes blood to be directed away from the skin reducing the oxygen supply necessary for healthy skin
- Stress is one of the main causes of increased free radicals in the body and these have been shown to cause premature ageing
- Raised hormone levels due to stress can induce blemishes in some people
- Stress can cause muscles to tense contributing to the formation of facial lines and wrinkles
- Reduced or restricted circulation impairs the transport of oxygen and nutrients to the skin
- If the immune system is lowered by stress it can leave the skin more susceptible to infection



RESCUE® Cream

RESCUE® Cream and Balm soothes dry, rough or sensitive skin with 6 flower remedies



Our skin is often the first place to show the effects of a demanding busy life.

When dermatologists treat both the skin and stress the skin often clears more quickly. Managing your daily stresses can help to keep your skin in good condition. If skin is dry, chapped or flaky RESCUE® Cream can help you restore calm outside so you feel good inside.

De-stress your way to looking younger

Working hard, running around and being super-mom can take its toll on your skin. And while we like working hard and playing hard, we certainly don't like it to show on our face and body.

There are a number of things you can do to help de-stress your skin, so that no matter what life throws at you, you're always looking your best.

1. Diet

It is important to put the right things in to your body so you get the results you'd like to see on the surface. As you can't avoid stress you need to make sure you are in the best possible health to deal with it. Skipping meals and too much caffeine can stimulate adrenaline production that can clog pores. Instead eat plenty of leafy greens, fruit and high protein grains and lentils as well as healthy fats like those found in avocados and olive oil.

Stress is one of the main causes of increased free radicals in the body and these have been shown to cause premature aging. Fruit and vegetables are high in antioxidants that are perfect for combating this.

2. Sleep

Not getting enough sleep can show on the skin with dark circles under your eyes and dull looking skin. Ensure you get the rest you need to make sure you always look your best.

To find out how to get a good nights sleep take a look at our sleeplessness section



There are a number of things you can do to help de-stress your skin.

3. Exercise

Have you noticed how the world can look much brighter after some exercise? 15 to 30 minutes of cardiovascular exercise releases those feel-good endorphins. And it doesn't have to be running, anything that gets your heart rate up such as walking, yoga, tai chi, stretching or even the housework can count. Keeping active can provide a physical outlet for your frustrations, keeps you healthy and makes you feel good about yourself.

Just make sure you don't over do it!

4. Massage

Self-massage is a quick and easy way to help de-stress yourself and can be done daily. Just use massage oil and lubricate the skin making it soft and smooth. Add aromatherapy oils to create your own personal de-stressing blend or try RESCUE® Cream as an alternative to oils.

5. Relaxation

Sometimes dealing with stress is about quieting your mind and re-grouping so you are in a place where you can better cope with what's required – take 30 minutes to meditate, relax in the bath, listen to soothing music or read a magazine with a cup of tea to help you do this.

By actively practicing relaxation you can build up a resistance to stress over time.

6. Exercise your face

When you're feeling under pressure the "fight or flight" mechanism directs the flow of blood to our vital organs such as the heart and lungs and away from non-essential ones like the skin. This reduces the oxygen flow to the skin meaning toxins aren't flushed away as regularly.

One way to help combat this is by exercising your facial muscles. This can help tone them while also increasing the circulation of blood flow to your muscles, tissues and skin.

7. Moisturise

Protecting your skin from environmental stresses is also essential to keeping it looking great. Be careful of the delicate eye area and anti-agers containing retinoids and alpha-hydroxy acids. Some people find these effective for removing dead skin cells and treating age spots and wrinkles however they can be very irritating to the skin. Also

Take the stress test

Take the RESCUE® stress test



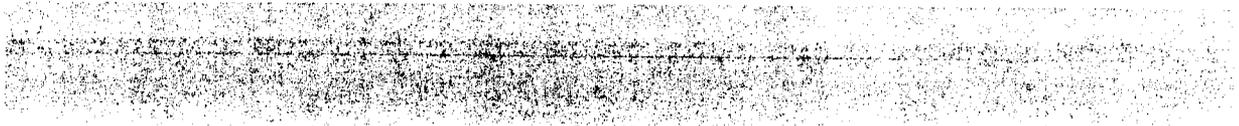
RESCUE® Cream

RESCUE® Cream and Balm are designed to soothe dry, rough skin with six flower remedies

BF 00250

don't forget your lips: many dermatologists recommend a flavor-less lip balm such as Rescue® Balm, as women tend to lick their lips more when they're wearing flavored lip products.

BF 00251



BF 00252

Where to buy

Where to buy RESCUE Remedy® and the rest of the RESCUE® family of products online and in store.



Useful Links

Recommended websites and online resources from RESCUE®.



Contact Us

Contact details for getting in touch with the RESCUE® team, and other affiliated organisations



RESCUE Remedy® eCard

Send a friend a RESCUE® eCard to brighten their day



Where to buy

Our RESCUE® products can be purchased online at our online store.

Visit the Online Store!

Or found by using our store locator

Visit the Store Locator!

The Bach® signature, Bach® Original Flower Remedies, RESCUE®, RESCUE Remedy® and RESCUE Sleep® are trademarks and/or registered trademarks of Nelson Bach USA Ltd., 21 High Street, Suite 302 North Andover, MA 01845.



Show a friend you care

Send a RESCUE Remedy® eCard to let a friend know you are thinking of them.



Skincare

RESCUE® has some great tips on how to look after your skin...

BF 00254

Useful links



Send an eCard

Show a friend you're thinking of them with our RESCUE® eCards.

Stressbusting Relief

Stressbusting relief portal for ideas on beating stress and combating anxiety

Yoga

Yoga, meditation, massage and wellness information

Yoga Finder

Find your inner calm at a yoga class or studio near you.

Bach Centre

Home of Dr Bach and the Bach flower remedy system.

Bach Education

Bach Centre approved BIEP Education Programme in the US.

National Center for Homeopathy

NCH is an open membership organization whose mission is to promote health through homeopathy.

Contact us

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Fax: (978) 988-0233

Email: info@nelsons.net

If you are interested in Bach® Original Flower Remedies courses, more information can be found online at www.bachflowereducation.com or by phone (800) 928-1270



BF 00256

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Welcome to Nelsons Store



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Testimonials

<u>Bach Flowers</u>	<u>RESCUE Remedy</u>	<u>Arnica</u>	<u>Pure & Clear</u>
<u>Bach Kids</u>	<u>RESCUE Pet</u>	<u>Books</u>	<u>H+care</u>

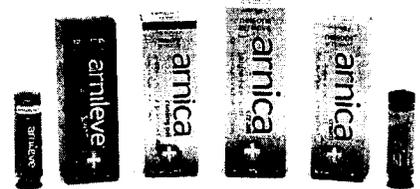
Resolutions! Out with the Old in with the New



Emotional Eating Support Kit
Save \$4, Now \$19.95!

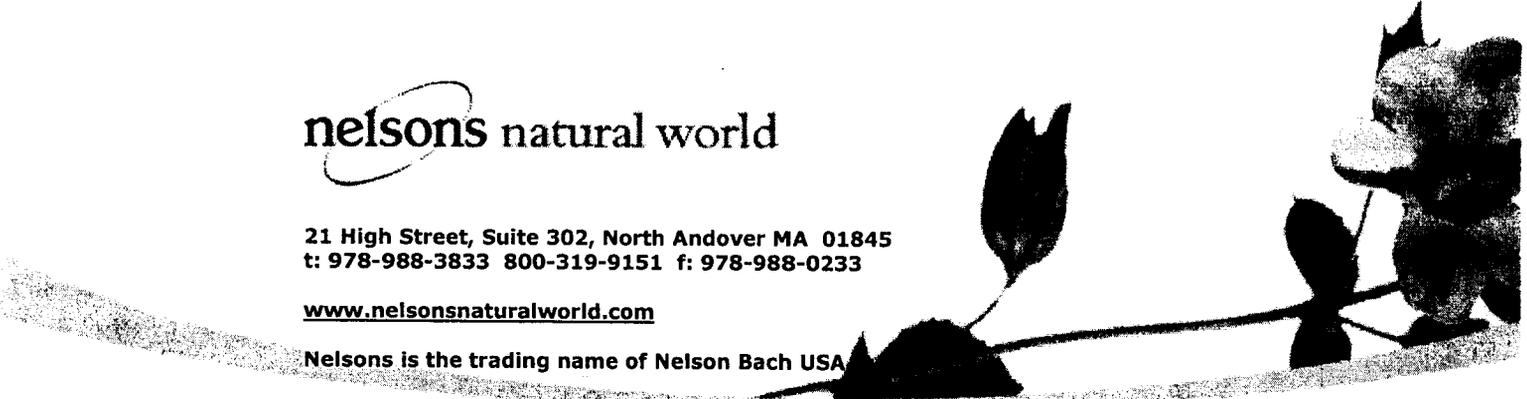
**RESCUE[®]
REMEDY**

10ml and 20ml Drops,
Cream, Gel
20% Off



Arnica and Arnileve
20% Off

BF 00258



nelsons natural world

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www.nelsonsnaturalworld.com

Nelsons is the trading name of Nelson Bach USA

The following country sites are available for RESCUE®:

🇬🇧 United Kingdom

🇺🇸 United States of America

The following countries sites will be coming soon:

🇩🇪 Deutschland

Our products are also available worldwide through international distributors. Please visit our [Contact Us](#) page for more details



nelsons

arnileve



H-care

Teetha

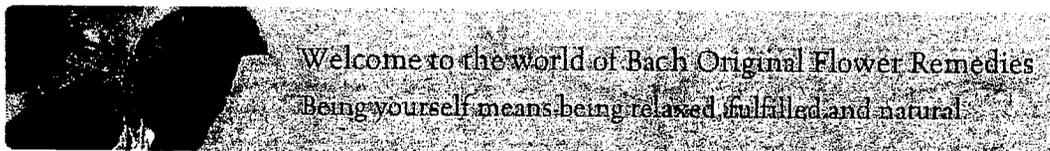
NELSONS
HOMEOPATHIC
PHARMACY



RESCUE

spatone

BF 00260



How the Remedies are Made

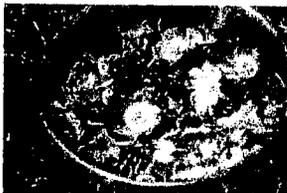
Preparing the *Bach® Original Flower Remedies* Mother Tinctures is a three step process.

Step One: Mother Tinctures are prepared from plant material, flower heads and natural spring water using either the Sun or Boiling Method as defined by Dr. Bach in the 1930s. There are two methods of preparing the Mother Tinctures:



The Sun Method

Dr. Bach used this method to make 20 of the remedies, most of which are delicate flowers and bloom in the height of summer. Flower heads are floated on water in a glass bowl and left in full sunlight for three hours. On a busy remedy-making day, there might be as many as six or seven bowls in the sun. Some of the flowers are only in bloom for a day or two, so timing is crucial.



The Boiling Method

Dr. Bach used this method to prepare the remaining 18 remedies, from trees, bushes and plants, most of which flower in the early part of the year. These are picked, boiled in a saucepan and left in the pan to cool outdoors.

Step Two: The flowers are removed from the potentised water, which is then filtered and mixed with an equal part of 40% proof brandy, this makes the Mother Tincture. The brandy acts purely as a preservative for the remedy and is non-active ingredient.

Step Three: The Mother Tinctures arrive at the Nelsons bottling plant in Wimbledon, South London. To make the individual stock bottles you buy in shops, the Mother Tincture is added to 27% grape alcohol. The stock bottles are then packed up, sealed for safety and quality and dispatched to stores and countries around the world.

Did you know?

Every single bottle of *Bach Original Flower Remedies* around the world originates from the UK, so you can be assured that it has been made according to Dr. Bach's guidelines. Just look for the Bach signature.



History



© Image of Dr. Bach is a registered trademark of Nelsons USA L.L.C.

"Every Single person has a life to live, a work to do, a godlike personality, a wonderful individuality."

Dr. Edward Bach - The Original Writings



RESCUE® Remedy and the system of 38 Bach® Original Flower Remedies were developed by Dr Edward Bach through a series of experiments in the 1930s.

Dr. Bach was a well known English homeopath and a determined and motivated spiritual healer. He was a pioneer in the use of flowers in homeopathy. He discovered that flowers could be used with the same results as the 600 remedies in homeopathy. He discovered that flowers could be used with the same results as the 600 remedies in homeopathy.

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For information on Dr. Bach's life and work, visit the [Bach Centre website](#)

(Always read the label)

RESCUE® Remedy and the system of 38 Bach® Original Flower Remedies were developed by Dr Edward Bach through a series of experiments in the 1930s.



- Blue Bells - for nervous ailments
- Chickweed - for skin ailments
- Chrysanthemum - for eye ailments
- Clouds - for nervous ailments
- Golden Poppy - for nervous ailments

Because Life's Demands Don't Stop

Stress is part of life. When the demands of life exceed your ability to cope, you need help. RESCUE® products are here to help.

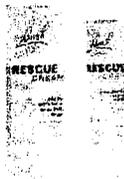
Discover the power of the **38 Bach® Original Flower Remedies**. These remedies protect your senses with a "feel good" effect, help you deal with stress, and improve your overall health. They are the perfect complement to your daily life, helping you stay calm and focused in the face of life's challenges.

For every day, whether you're feeling stressed, tired, or just need a little extra support, RESCUE® has the solution. RESCUE® products help you stay calm and focused, and they're available in a variety of forms to suit your needs.



Need a Restful Night's Sleep?

Find a new way to a peaceful night of sleep with some helpful tips from RESCUE® Sleep.



Care After Your Skin

RESCUE® Cream soothes and restores stressed skin of the face, body and more. Receive the therapeutic benefits of the flower remedies in a cream that hydrates and nourishes your skin.

New! RESCUE® Sleep Melts

Quick dissolution
RESCUE® Sleep
Melts capsules provide a fast and effective way to fall asleep.



When Life Keeps You Running

RESCUE® Fast Relief can help you stay ahead of life's demands. The Stress-Relieving Formula is here to help.



Connect with Us!

View our manifesto
Follow us on Twitter



RESCUE® Pet

Available in RESCUE® Pet capsules, Pet capsules of all shapes and sizes.

RESCUE® Your Skin

Our skin is often the first place to show the effects of a demanding busy life. Stress can lead to dry, rough, uneven and dull-looking skin. RESCUE® Cream can help you restore calm from the outside so you feel good inside.

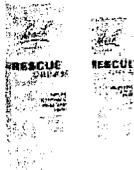
Frequently Asked Questions

FAQs about RESCUE®



RESCUE® Cream

RESCUE® Cream contains a combination of the five *Bach® Original Flower Remedies* contained in RESCUE® Liquid Harmony, with the addition of the standard *Bach® Original Flower Remedies* Chamomile.



RESCUE® Cream is an effective moisturiser designed to hydrate and soothe dry, sensitive or rough skin and restore it to its natural condition. With regular use, it helps protect the skin against environmental pollutants and other external stress factors. It is tan-free, paraben- and perfume-free.

Directions: Apply a generous amount of cream to desired area. Re-apply as required.

BUY NOW!

BF 00264

Frequently Asked Questions

RESCUE® Remedy®

Q - Why does RESCUE Remedy® smell and taste like Brandy?

A - The natural essence of the medicinal herbs, grape seed oil and the alcohol in the brandy are all natural and safe.

Q - If it tastes and smells like alcohol, can I still use it before driving or before an interview?

A - Yes. The alcohol is contained in the massage extractions given. It dissipates very quickly.

Q - Does it interact with any other drugs or medication?

A - RESCUE® Remedy® is considered to be a safe form of treatment that may be used in addition to conventional medicine, but please consult your doctor. Do not use the brandy if a physician has advised that you should not drink alcohol and you want to talk to your doctor before taking RESCUE®.

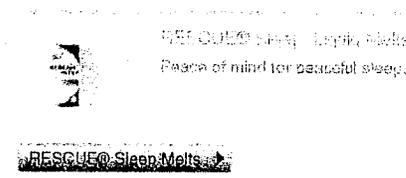
Q - How often can I use RESCUE Remedy®? Can I overdose?

A - The brandy can be taken as often as required until you feel symptoms in control. If the symptoms improve, a practitioner or one of the individuals *Bach® Original Flower Remedies* might be more relevant to your specific emotional need.

Q - If I am pregnant or breastfeeding, can I still use RESCUE Remedy®?

A - Yes. RESCUE® Remedy® can be a useful resource for both you and your unborn baby and growing child, pregnant and breastfeeding.

A - With any new product, check with your physician or health professional before using.



RESCUE® Pastilles

Q - Can I give RESCUE® Pastilles to my pet?

A - No. RESCUE® Pastilles were developed for human consumption only and are not suitable for animals. The sugar coating (they contain) is not suited for animals and the chewy texture may be a choking hazard for your pet. Instead, you can give RESCUE® Remedy or RESCUE® Remedy Pastils to their water bowl, or on a treat.

RESCUE® Sleep

Q - How often can I use RESCUE® Sleep? Can I overdose?

A - Yes. The brandy can be taken as often as needed until a peaceful sleep is reached. If sleep comes, persist to speak to a healthcare professional.

Q - If I am pregnant or breastfeeding, can I still use RESCUE® Sleep?

A - Yes. RESCUE® Sleep may be very useful to help calm your mind from unwanted, repetitive thoughts when you are pregnant or caring for your new baby.

A - With any new product, check with your physician or health professional before using.

RESCUE® Cream

Q - I have very sensitive skin, can I use RESCUE® Cream?

A - RESCUE® Cream is safe for everybody, including babies, children, pregnant, strenuous athletes and people with a compromised immune system. RESCUE® Cream is a great way to use before you go.

Q - I used RESCUE® Cream and experienced a skinning sensation, what should I do?

A - Stop using the product immediately. You can contact us at 1-800-828-8282 or email us at rescue@nelsons.net

BF 00265

Frequently Asked Questions

RESCUE® Remedy®

Q - Why does RESCUE Remedy® smell and taste like Brandy?

A - That's because it is preserved in 27% grape alcohol to free smell, and the taste is characteristic of Brandy.

Q - If it tastes and smells like alcohol, can I still use it before driving or before an interview?

A - Yes, if used according to the usage instructions (given 4 drops or 2 sprays per dose).

Q - Does it interact with any other drugs or medication?

A - RESCUE Remedy® is considered to be a safe form of treatment that can be used in addition to conventional medicine, but always contact your doctor. If you are taking a prescription medication that specifically reacts with alcohol, you may want to talk to your doctor before taking RESCUE®.

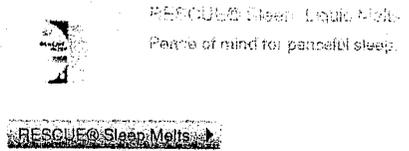
Q - How often can I use RESCUE Remedy®? Can I overdose?

A - No. The remedy can be taken as often as required until you feel emotionally in control. If the emotional imbalance is persistent, one of the individual **Bach® Original Flower Remedies** might be more relevant to your specific emotional need.

Q - If I am pregnant or breastfeeding, can I still use RESCUE Remedy®?

A - RESCUE Remedy® can be a great resource to help you cope with the emotional ups and downs during pregnancy and breastfeeding.

A - With any new product, check with your physician or health professional before using.



RESCUE® Pastilles

Q - Can I give RESCUE® Pastilles to my pets?

A - No. RESCUE® Pastilles were developed for human consumption only, and are not suitable for animals. The large substance they contain is not suited for animals and the chewy texture may be a choking hazard for your pet. Instead, drop original RESCUE® Remedy or RESCUE® Remedy Pellets into their water bowl, or on a treat.

RESCUE® Sleep

Q - How often can I use RESCUE® Sleep? Can I overdose?

A - No. The product can be taken as often as needed until a peaceful sleep is reached. If sleeplessness persists, speak to a healthcare professional.

Q - If I am pregnant or breastfeeding, can I still use RESCUE® Sleep?

A - Yes, RESCUE® Sleep may be very useful to help calm your mind from unwanted, repetitive thoughts when you are pregnant or caring for your new baby.

If pregnant or breastfeeding, consult with your physician or health professional before using.

RESCUE® Cream

Q - I have very sensitive skin, can I use RESCUE® Cream?

A - RESCUE® Cream is designed especially for people with sensitive skin, however, everyone is different and so we always recommend testing RESCUE® Cream on a small patch of skin before use.

Q - I used RESCUE® Cream and I experienced a stinging sensation, what should I do?

A - Stop using the product immediately. You can contact our Customer Support Department at rescue@nelsons.net

Where to buy

Where to buy RESCUE Remedy® and the rest of the RESCUE® family of professional-grade and at-home



Useful Links

Get recommended formulas and plant products from RESCUE®



Contact Us

Contact details for getting in touch with the RESCUE® team, and other affiliated organisations



RESCUE Remedy® eCard

Send a friend a RESCUE Remedy® to brighten their day



What is RESCUE Remedy®?



For millions of people worldwide RESCUE Remedy® has become an essential ally.

Early Morning, Registered Bach Practitioner

Rescue Remedy® is a unique combination of five Bach® Original Flower Remedies that can help you deal with stress and anxiety.



- Early Morning
- Anxiety
- Stress
- Irritability
- Nervousness
- Fear
- Depression
- Headaches
- Menstrual Pain
- Allergies
- Cold and Flu
- Travel Sickness
- Motion Sickness
- Hangovers
- Insomnia
- Indigestion
- Irritable Bowel Syndrome
- Menopausal Symptoms
- Post-Traumatic Stress Disorder
- Panic Attacks
- Phobias
- Public Speaking
- Social Anxiety
- Tinnitus
- Vertigo
- Worry

What is RESCUE Remedy®? It's a unique combination of five Bach® Original Flower Remedies that can help you deal with stress and anxiety. It's a natural, gentle, and effective way to manage your emotions and improve your overall well-being.

HISTORY - Our story
Dr. Edward Bach discovered the power of flowers in 1936. He found that certain flowers could help people overcome their emotional and physical ailments. He created the Original Flower Remedies, which are now known as the Bach® Original Flower Remedies.

Dr. Edward Bach's Original Flower Remedies are a natural, gentle, and effective way to manage your emotions and improve your overall well-being.

- Drink Green Tea
- Avoid Alcohol
- Avoid Caffeine
- Avoid Sugar
- Avoid Processed Foods
- Avoid Artificial Sweeteners
- Avoid Artificial Flavors
- Avoid Artificial Colors
- Avoid Artificial Preservatives
- Avoid Artificial Fragrances
- Avoid Artificial Perfumes
- Avoid Artificial Hair Conditioners
- Avoid Artificial Sunscreens
- Avoid Artificial Cosmetics
- Avoid Artificial Nails
- Avoid Artificial Hair Extensions
- Avoid Artificial Hair Dyes
- Avoid Artificial Hair Relaxers
- Avoid Artificial Hair Straighteners
- Avoid Artificial Hair Curlers
- Avoid Artificial Hair Brushes
- Avoid Artificial Hair Combs
- Avoid Artificial Hair Clips
- Avoid Artificial Hair Ties
- Avoid Artificial Hair Bands
- Avoid Artificial Hair Accessories
- Avoid Artificial Hair Care Products
- Avoid Artificial Hair Styling Products
- Avoid Artificial Hair Treatments
- Avoid Artificial Hair Extensions
- Avoid Artificial Hair Dyes
- Avoid Artificial Hair Relaxers
- Avoid Artificial Hair Straighteners
- Avoid Artificial Hair Curlers
- Avoid Artificial Hair Brushes
- Avoid Artificial Hair Combs
- Avoid Artificial Hair Clips
- Avoid Artificial Hair Ties
- Avoid Artificial Hair Bands
- Avoid Artificial Hair Accessories
- Avoid Artificial Hair Care Products
- Avoid Artificial Hair Styling Products
- Avoid Artificial Hair Treatments

Dr. Edward Bach's Original Flower Remedies are a natural, gentle, and effective way to manage your emotions and improve your overall well-being.

Dr. Edward Bach's Original Flower Remedies are a natural, gentle, and effective way to manage your emotions and improve your overall well-being.

"Every single person has a life to live, a work to do, a glorious personality, a wonderful individuality."

Dr. Edward Bach - The Original Writings

Dr. Edward Bach's Original Flower Remedies are a natural, gentle, and effective way to manage your emotions and improve your overall well-being.

How is RESCUE Remedy made?



"Amongst the type of remedies that will be used will be those obtained from the most beautiful plants and herbs to be found in the pharmacy of Nature."

Dr. Edward Bach - Heal Thyself



RESCUE Remedy® is a unique combination of five Bach's Original Flower Remedies all working on emotional imbalances associated with daily or stressful situations.

- Rock Rose - for tension, anxiety and
- Impatiens - for irritation and impatience
- Chionodoxa - for self-pity and self-compassion
- Star of Bethlehem - for shock
- Cherry Plum - for irrational thoughts and lack of self control

The Bach's remedies (Mother Tinctures) used in RESCUE Remedy® are still made at the Bach Centre in Mount Vernon, Oxfordshire, England using the methods developed by Dr Bach over 70 years ago. They are then sent to our factory in Warrington, Lancashire where they are diluted with brandy (legally declared as 27% grape alcohol) and bottled in a modern manufacturing facility to the highest quality standard.

There are 3 key steps involved in manufacturing RESCUE Remedy®:

Step 1

The five Mother Tinctures are made from plant material or flower heads and natural spring water using either the **Sun or Boiling methods** as laid out by Dr Bach. This special method is used to make the remedies delicate and the most delicate flowers must bloom in the height of summer. The boiling method is used for the remedies from trees, bushes and plants most of which flower in the early part of the year.

Step 2

The flowers are removed from the pot/pan of water which is then filtered and mixed with an equal part of 40% brandy, this makes the Mother Tincture. The brandy acts purely as a preservative and is a non-active ingredient.

Step 3

The Mother Tinctures are sent from Oxfordshire to Nelsons' bottling plant in Liphook. Here the Mother Tincture is diluted with 27% grape alcohol (the legal name for brandy at this strength) to produce the finished product you buy at the shops.

Want to know more about how the Bach's Original Flower Remedies are made? You can visit our [Bach's Centre](#) or [how the remedies are made](#)

How is the only the Bach's remedies guaranteed to work, all in natural gentle strength. Original flower Remedies from Mother Tinctures prepared at the Bach Centre, Mount Vernon, England as they have been since Dr Edward Bach's time.

Share this page with others

BF 00269

What is RESCUE Remedy®?



Rescue Remedy® is a unique combination of five Bach® Original Flower Remedies all working on emotional imbalances associated with daily stressful situations:

- Rock Rose - for terror and panic
- Impatiens - for irritation and impatience
- Clematis - for inattentiveness and to counteract faintness
- Star of Bethlehem - for shock
- Cherry Plum - for irrational thoughts and lack of self control

"For millions of people worldwide RESCUE Remedy® has become an emotional ally."

Carly Harding, Registered Bach Practitioner



Original RESCUE Remedy® in the distinctive yellow bottle is a natural remedy made from flower essences. It was first made by Dr Edward Bach in England in the 1930s and is still made in accordance with the traditional methods he developed over 70 years ago. You can find out more about Dr Bach and how he discovered RESCUE Remedy® in [HISTORY - Our story](#).

RESCUE Remedy® has been used by generations and is trusted as a safe, gentle and effective remedy to help restore inner calm, control and focus. It's relied upon for a wide range of everyday stressful situations as it can be taken by anyone, anywhere.

RESCUE Remedy® is made up of a five individual flower remedies that help you cope with the different emotional aspects of stressful situations:

- Rock Rose is used for terror and panic
- Impatiens addresses irritation and impatience
- Clematis is for inattentiveness and a lack of focus
- Star of Bethlehem is for shock
- Cherry Plum helps with irrational thoughts and a lack of self control

RESCUE Remedy® is the most well known part of the Bach® Original Flower Remedies which is a system of 38 individual flower remedies developed by Dr Bach to help us rediscover the positive side of ourselves.

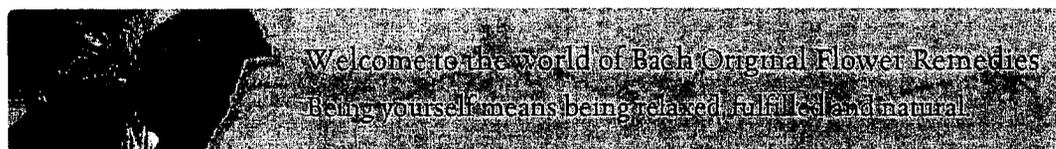
You can find out more about the Bach® Original Flower Remedies at our [Bach® Original Flower Remedies brand site](#).

"Every single person has a life to live, a work to do, a glorious personality, a wonderful individuality."

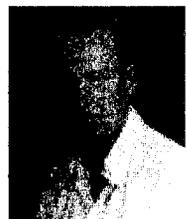
Dr. Edward Bach - The Original Writings

(Always read the label.)

BF 00270



The History of Bach® Original Flower Remedies



Bach Original Flower Remedies were developed by Dr. Edward Bach, a Harley Street doctor and well known Physician, Bacteriologist, Homeopath and Researcher in the U.K. Despite the success of his work with orthodox medicine, he felt dissatisfied with the way doctors were expected to concentrate on diseases and ignore the people who were suffering from them. He was inspired by his work with homeopathy but wanted to find remedies that would be purer and less reliant on the products of disease. So in 1930, he gave up his lucrative Harley Street practice and left London, determined to devote the rest of his life to a new system of medicine that he was sure could be found in nature.

Dr. Bach believed that attitude of mind plays a vital role in maintaining health and recovering from illness and wanted to find something that treated the cause rather than the symptom. After identifying 38 basic negative states of mind and spending several years exploring the countryside, he managed to create a plant or flower based remedy for each one.

In 1934, he decided to settle down and create a center for his work, and chose Mount Vernon, a small cottage in Sorwell, Oxfordshire, England.

He spent the last years of his life at Mount Vernon, now also known as the Bach Centre, and it was here that he completed his research.

"Our work is to steadfastly adhere to the simplicity and purity of this method of healing" - Dr. Edward Bach

Over seventy years after his death, the guiding principle of 'simplicity and purity in the method' remains paramount for all those who work preparing and distributing the remedies. Known around the world, they are still made to his exact specifications at his home, Mount Vernon, in Oxfordshire, England.



The continuation of Dr. Bach's work in this way has been enabled by the friends and colleagues he trained and to whom he entrusted full responsibility to adhere to his exact methods of preparation. As principal of the Bach Centre, it is Judy Ramsell Howard's role to ensure that the preparation of the flower essences never strays from Dr. Bach's original methods. She says, "Many of the plants we use come from sites originally identified by Dr. Bach himself and we still make the remedies just as they were made in Dr. Bach's day. The method has been passed down lovingly through the generations. He taught his assistants who taught my aunt and father, who have in turn taught me, and we continue to make the remedies using all the love, care and attention to detail that has always gone into their preparation here at Mount Vernon."

Wanting to make his flower essences more available to the general public, Dr. Bach enlisted the help of Nelsons Homeopathic Pharmacy in London back in the 1930s. Under his instruction, they began to make and sell stock remedies from the mother tinctures he supplied. In 1990, this relationship was formalized, and since then Nelsons (the Pharmacy's parent company) has been responsible for all the bottling and distribution of the remedies.

Today, Nelsons produces millions of stock bottles each year from its warehouse facility in Wimbledon, London, and the Bach Original Flower Remedies are sold in over 70 countries around the world.

The Bach Original Flower Remedies are used by individuals and respected medical and complementary health practitioners alike. To make sure that you have a genuine Bach Original Flower Remedy, just look for the Bach signature on the bottle. This guarantees a Bach Original Flower Remedy just like Dr. Bach himself used to make.

You are here » Welcome » Homeopathy

Homeopathy

As Europe's longest established homeopathic manufacturer, Nelsons has supplied quality homeopathic medicines, prepared to traditional Hahnemannian methods, since 1860. First opened by Ernst Armbrecht, a pharmacist and disciple of Hahnemann, Nelsons Homeopathic Pharmacy continues to provide the highest quality advice and service on homeopathy for practitioners and the general public.

Nelsons is committed to education about homeopathy to enable people to make informed choices about their health care. We are also proud to support Homeopathy Awareness Week in the UK each year.

- Read more **about Nelsons** and our history with homeopathy that dates back to 1860.
- Visit the **Heal Through Homeopathy** website, which explains homeopathy and how it can be used to address common allergies and every day ailments. Written in association with Registered Homeopath Laura Kenyon LCH, RSHom, the web site and associated free guide provide jargon-free, practical information and advice for everyone.
- Find out about different **homeopathic remedies**.
- **Buy homeopathic products** in our online store.

Heal Through Homeopathy



Learn more about
homeopathy
www.healthroughhomeopathy.c

Buy our products



Buy online now

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