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Filing date: **06/14/2019**

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

Proceeding	91246782
Party	Defendant Prana Foods, PBC
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Signature	/Shana Fried/
Date	06/14/2019
Attachments	PRANA FOODS PBC - Answer .pdf(171721 bytes) Exhibit A.pdf(279050 bytes) Exhibit B1.pdf(808292 bytes) Exhibit C1.pdf(2593526 bytes) Exhibit D.pdf(5593448 bytes) Exhibit E.pdf(3243323 bytes)

Registrations Subject to the filing

Registration No.	5158818	Registration date	03/14/2017
International Registration No.	NONE	International Registration Date	NONE
Registrant	PRANA BIOVEGAN INC. 1440 boul. Jules-Poitras Montreal, Quebec, H4N1X7 CANADA		

Goods/Services Subject to the filing

Class 029. First Use: 2015/11/05 First Use In Commerce: 2015/11/05 All goods and services in the class are requested, namely: (Based on Use in Commerce) processed edible nuts and seeds; dried fruits; driedfruit and nut mixes; (Based on 44(e)) processed edible nuts and seeds; dried fruits; edible oils; dried fruit and nut mixes			
Registration No.	5495022	Registration date	06/19/2018
International Registration No.	NONE	International Registration Date	NONE
Registrant	Prana Biovegan Inc. 1440 boul. Jules-Poitras Montreal, Quebec, H4N1X7 CANADA		

Goods/Services Subject to the filing

Class 030. First Use: 0 First Use In Commerce: 0 All goods and services in the class are requested, namely: Chocolate; chocolate confections; chocolate covered nuts; chocolate covered fruit			
Registration No.	4889728	Registration date	01/19/2016
Registrant	PRANA BIOVEGAN INC. 1440 boul. Jules-Poitras Montreal, Quebec, H4N1X7 CANADA Email: dphdocket@dpeterhochberg.com		

Goods/Services Subject to the filing

Class 029. First Use: 2015/11/05 First Use In Commerce: 2015/11/05 All goods and services in the class are requested, namely: processed edible nuts and seeds; dried fruits; dried fruit and nut mixes			
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**THE UNITED STATES PATENT AND TRADEMARK OFFICE BEFORE
THE TRADEMARK TRIAL AND APPEAL BOARD**

Prana Biovegan Inc.)	
)	
Opposer,)	
)	Opposition No. 91,246,782
v.)	
)	Application No. 87/955,104
Prana Foods, PBC)	
)	
Applicant.)	
)	
)	

**APPLICANT PRANA FOODS, PBC’S ANSWER TO NOTICE OF OPPOSITION
AND
COUNTERCLAIM**

Applicant, Prana Foods, PBC (the “**Applicant**”), by and through its counsel, The Fried Firm PLLC, by way of Answer to opposer Prana Biovengan Inc.’s (the “**Opposer**”) Opposition to the registration of Applicant’s Application No. 87/955,104 (the “Notice of Opposition”), states as follows:

1. Admitted.
2. Admitted.
3. Admitted.
4. Admitted.
5. Admitted.

6. Applicant has insufficient knowledge or information as to the truth of the allegations set forth in Paragraph 6 of the Notice of Opposition, and therefore, denies said allegations.

7. Applicant has insufficient knowledge or information as to the truth of the allegations set forth in Paragraph 7 of the Notice of Opposition, and therefore, denies said allegations.

8. Applicant admits that according to the U.S. Patent and Trademark Office TESS database, Opposer is identified as the owner of U.S. registration No. 5,495,022, for mark PRANA in International Class 30 covering “Chocolate; chocolate confections; chocolate covered nuts; chocolate covered fruit”, which was filed on November 09, 2016, on 44(e) basis and was registered on June 19, 2018. Applicant has insufficient knowledge or information as to the truth of the remainder of the allegations set forth in Paragraph 8 of the Notice of Opposition, and therefore, denies said remainder.

9. Applicant admits that according to the U.S. Patent and Trademark Office TESS database, Opposer is identified as the owner of U.S. registration No. 5,158,818 for mark PRANA in International Class 29 covering “processed edible nuts and seeds; dried fruits; dried fruit and nut mixes; (Based on 44(e)) processed edible nuts and seeds; dried fruits; edible oils; dried fruit and nut mixes”, which has a date of first use of November 05, 2015, and was registered on March 14, 2017. Applicant has insufficient knowledge or information as to the truth of the remainder of the allegations set forth in Paragraph 8 of the Notice of Opposition, and therefore, denies said remainder.

10. Applicant admits that according to the U.S. Patent and Trademark Office TESS database, Opposer is identified as the owner of U.S. registration No. 4,889,728 for mark

PRANA 

in International Class 29 covering “ processed edible nuts and seeds; dried fruits; dried fruit and nut mixes”, which has a date of first use of November 05, 2015, and was registered on January 19, 2016. Applicant has insufficient knowledge or information as to the

truth of the remainder of the allegations set forth in Paragraph 8 of the Notice of Opposition, and therefore, denies said remainder. The above three referenced registrations and marks are thereafter referred to as the “Opposer’s Marks” or the “Opposer’s Registrations.”

11. Denied.

12. Applicant has insufficient knowledge or information as to the truth of the allegations set forth in Paragraph 12 of the Notice of Opposition, and therefore, denies said allegations.

13. Applicant admits that according to the U.S. Patent and Trademark Office TESS database, Opposer’s Registrations were filed prior to the filing date on Applicant’s application for mark “PRANA TO THE PEOPLE” covering “veggie burger patties; Vegan Jerky” in International Class 29, “Mixes for making baking batters; Cookie mixes; Pancake mixes; Mixes for making chai and herbal tea; Spices” in International Class 30, and “Water beverages; Non-alcoholic beverages, namely, carbonated beverages” in International Class 32 (thereafter, “Applicant’s Mark” or “Applicant’s Application”).

14. Applicant has insufficient knowledge or information as to the truth of the allegations set forth in Paragraph 14 of the Notice of Opposition, and therefore, denies said allegations.

15. Applicant has insufficient knowledge or information as to the truth of the allegations set forth in Paragraph 15 of the Notice of Opposition, and therefore, denies said allegations.

16. Admitted.

17. Applicant has insufficient knowledge or information as to the truth of the allegations set forth in Paragraph 17 of the Notice of Opposition, and therefore, denies said allegations.

18. Applicant has insufficient knowledge or information as to the truth of the allegations set forth in Paragraph 18 (marked as a second “17” in the Notice of Opposition) of the Notice of Opposition, and therefore, denies said allegations.

19. Applicant has insufficient knowledge or information as to the truth of the allegations set forth in Paragraph 19 (marked as “18” in the Notice of Opposition) of the Notice of Opposition, and therefore, denies said allegations.

SEPARATE AND AFFIRMATIVE DEFENSES

Applicant incorporates all prior paragraphs as if fully referenced herein.

There are many live U.S. trademark registrations that incorporate the wording “PRANA” covering food products in International Classes 29 and 30. Evidence attached hereto as **Exhibit A**. Wording “prana” has become generic, at least merely descriptive, of healthy lifestyle products. Further evidence attached hereto as **Exhibit B**. Regardless of the generic or merely descriptive nature of wording “prana,” there are already many registered and unregistered trademarks for food products that predominately display wording “prana” in commerce and that they co-exist in commerce without causing consumer confusion. As a result, Applicant’s Mark “PRANA TO THE PEOPLE” is unlikely to cause any confusion with any existing U.S. trademark registrations. In addition, when compare the Applicant’s Mark and the Opposer’s Marks in their entirety, they are obviously different in their appearances, sounds and overall commercial impressions. Further, Applicant’s Mark covers completely different goods than the goods covered under the Opposer’s Marks, potential confusion is unlikely.

Applicant submits that the following affirmative defenses bar Opposer’s requested relief in its Notice of Opposition. Applicant reserves the right to amend these, raise additional affirmative defenses, or file additional counterclaims based on information obtained in discovery.

FIRST AFFIRMATIVE DEFENSE – FAILURE TO STATE A CLAIM

The Opposition should be dismissed on the grounds that Opposer has failed to state a claim upon which relief can be granted.

SECOND AFFIRMATIVE DEFENSE – LACHES

Opposer’s claims are barred by the doctrine of laches.

THIRD AFFIRMATIVE DEFENSE – ACQUIESCENCE

Opposer’s claims are barred by its acquiescence.

FOURTH AFFIRMATIVE DEFENSE – ESTOPPLE

Opposer’s claims are barred by the doctrine of equitable estoppel and waiver.

WHEREFORE, Applicant respectfully requests that:

- a. Opposer’s Opposition be dismissed, and judgment entered against Opposer; and
- b. for such other relief as the Board deems proper.

COUNTERCLAIM

1. Applicant (“Counterclaim Petitioner”) incorporates all prior paragraphs as if fully referenced herein.

2. Counterclaim Petitioner hereby petitions to cancel U.S. Trademark Registration Nos. 5,495,022 and 5,158,818 in their entireties and cancel the exclusive rights in wording “PRANA” in Registration No. 4,889,728 on the grounds that Applicant has prior rights in wording “PRANA” in trademarks related to food products and that the Opposer’s (“Counterclaim Respondent”) Marks have become generic of the identified goods, or at least have become merely

descriptive of the identified goods, and cancellation (including the partial cancellation) of Opposer's Registrations will avoid potential and alleged likelihood of confusion with Applicant's Mark and Applicant's long-standing common law rights in mark "PRANA FOODS", which has been in use in U.S. commerce since at least as early as 2009 for food products including pancake mix (thereafter, Applicant's 2009 Mark"), as follows:

Count I - Prior Rights

3. Counterclaim Petitioner incorporates all prior paragraphs as if fully referenced herein.

4. Counterclaim Petitioner, Prana Foods, PBC, is owned by Lisa Longnecker. Lisa Longnecker, for almost a decade, sold in the United States cake mix and pancake mix in containers bearing the mark "PRANA FOODS".

5. Specifically, Counterclaim Petitioner, through its owner Lisa Longnecker, has been advertising and selling food products using the mark "PRANA FOODS", which incorporates the predominate portion of the mark "PRANA", in the United States commerce since at least as early as 2009. Evidence of Counterclaim Petitioner and its owner's use of mark "PRANA FOODS" and their effort to attempt to obtain a U.S. trademark registration for mark "PRANA FOODS" (illustration) is attached hereto as **Exhibit C**.

6. Counterclaim Petitioner, through its owner, is the senior user of trademark "PRANA FOODS" in U.S commerce covering food products. Thus, has prior rights in wording "PRANA" for identifying certain foods products in the U.S. commerce.

7. If as Counterclaim Respondent stated in its Notice of Opposition that Opposer's Marks and their goods are identical or confusingly similar to Applicant's Mark and its goods due

to the overlapping of the sole wording “PRANA” in each respective mark, Applicant, as the senior user of mark “PRANA FOODS”, is and will be continuedly damaged by Opposer’s Registrations.

Count II - “PRANA” Is Generic or Merely Descriptive

8. Counterclaim Petitioner incorporates all prior paragraphs as if fully referenced herein.

9. Outside and inside of the United States, wording “prana” functions as a generic term, or at least merely descriptive term, referring to a type of healthy and organic diet and healthy eating style that associated only with organic, fresh and high quality food. Terms such as “prana diet” “prana eating” and “prana cooking” are commonly used in commerce and on the Internet to identify certain type of organic and healthy food choices. In addition, wording “prana” is clearly defined as a type of breath and energy flow according to several dictionary sources. “Prana” can be understood as describing a healthy way to live and eat, thus is merely describing a character of food products. Evidence of wording “prana” is generic or merely descriptive of food products is attached hereto as **Exhibit D**, also *see* Exhibits A and B. A descriptive term conveys an immediate idea of the ingredients, qualities or characteristic of the good. *Stix Product, Inc. v. United Merchants and Manufactures, Inc.*, 295 F. Supp. 479, 488 (S.D. N.Y. 1968).

10. As the wording “prana” is at least describing a character or a type of food, Counterclaim Petitioner is and will be continually damaged by Counterclaim Respondent’s (Opposer) Registrations as the Counterclaim Respondent claims exclusive rights in wording “prana” for identifying certain healthy and organic food products.

11. Marks that are merely descriptive of the goods or services may not be registered on the Principal Register absent a showing of acquired distinctiveness under 5 U.S.C. §1052(f).

12. The Lanham Act, § 14 (15 U.S.C. § 1064) Cancellation of registration, Amendment, Par. (3) provides for the cancellation of a registered mark if at any time "... the registered mark becomes the generic name for less than all of the goods or services for which it is registered, a petition to cancel the registration for only those goods or services may be filed. A registered mark shall not be deemed to be the generic name of goods or services solely because such mark is also used as a name of or to identify a unique product or service. The primary significance of the registered mark to the relevant public rather than purchaser motivation shall be the test for determining whether the registered mark has become the generic name of goods or services on or in connection with which it has been used."

13. Therefore, Counterclaim Petitioner is and will be continuedly damaged by Opposer's Registrations due to the exclusive rights of a generic or merely descriptive wording contained in Opposer's Registrations.

Count III - Fraud

14. Counterclaim Petitioner incorporates all prior paragraphs as if fully referenced herein.

15. On information and belief, Counterclaim Respondent applied to and obtained all Opposer's Registrations when the Counterclaim Respondent/Opposer knew or should have known that it was not the exclusive user of mark "PRANA" in commerce for food products, since a simple Internet search for information between 2014 – 2016 would reveal abundance of trademarks that incorporated and predominately displayed wording "PRANA" for food products. Evidence of an Internet Search for the above results between 2014 – 2016 is attached hereto as **Exhibit E**.

16. When Counterclaim Respondent applied to its "PRANA" registrations, Counterclaim Respondent submitted declarations that it believed that no other persons had the

right to use the mark in commerce, and therefore the Counterclaim Respondent willfully and falsely made the statements, under 18 U.S.C. § 1001.

THEREFORE, Applicant and Counterclaim Petitioner respectfully requests that the Opposition be dismissed and the Opposer's Registrations be cancelled or partially cancelled.

Respectfully Submitted,

Date: June 14, 2019

By: Shana Fried
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Attorney for the Applicant

PROOF OF SERVICE

I hereby certify that a complete electronic copy of the foregoing APPLICANT PRANA FOODS, PBC'S ANSWER TO NOTICE OF OPPOSITION AND COUNTERCLAIM has been served via email upon the following:

Sean F. Mellino
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Exhibit A

<p>Reg. No.: 2247148</p> <p>Serial No.: 75329234</p> <p>Registration Date: 05/25/1999</p>	<p>SHAKTI PRANA</p>	<p>005 ayurvedic herbal dietary supplement;</p> <p>029 ayurvedic herbal jam;</p>	<p>LAD WELLNESS CENTER</p> <p>1231 SETTER DR NE ALBUQUERQUE NM</p>
<p>Status: Published</p> <p>Serial No.: 79229647</p> <p>Filing Date: 07/06/2017</p>	<p>AMANPRANA</p>	<p>003 non medicated cosmetics; cosmetic preparations for skin and body care and skin and body nutrition; hair lotions; creams, ointments, gels, milk, masks, oils, lotions, greases and balms for cosmetic use; flavorings for beverages being essential oils; natural oils for cosmetic purposes; oral hygiene preparations for freshening breath; mouthwashes, not for medical purposes; massage oils; hair removal and shaving preparations; make-up removing preparations; nasal cleaning preparations for personal sanitary purposes; sunscreen preparations; essential oils; dentifrices; toothpaste;</p> <p>005 pharmaceutical preparations for skin care; vitamin preparations; organic and herbal preparations for medical use, namely, medicinal herbal preparations containing organic ingredients; pharmaceutical, vitamin, organic and herbal preparations for skin and body care, namely, medicinal herbal preparations containing organic ingredients; vitamin and nutritional supplements for human use; vitamin and nutritional supplements for skin and body care in the form of pills, tablets, capsules, drops, lubricating ointments, gels, oils, balsams and beverages; medical and therapeutic creams, ointments, gels, milk, masks, oils, lotions, greases and balms also for the purpose of skin and body care; nutraceuticals for therapeutic purposes; dietetic foodstuffs and dietetic substances adapted for medical use, namely, dietetic foods, dietetic beverages, dietetic sugar, dietetic infusions; medicated beverages for the purpose of skin and body care; depuratives; extracts of medicinal herbs; bactericides and fungicides; antiseptics; nasal cleaning preparations for medical purposes;</p> <p>029 seitan being a meat substitute; algae and algae products, algae being the basic component, all for human consumption, in particular being dried edible algae and processed algae, used as alternatives to meat and meat products; vegan meat substitutes, vegan fish substitutes, vegan protein as a meat substitute; frozen and fresh dishes, ingredients and meals based on vegan meat substitutes, in particular vegan burger patties, chilli, not containing meat, nuggets made with vegan meat substitutes, prepared salads with exclusion of macaroni, rice, and pasta salad, vegan and/or vegetarian burger patties; vegetable; potato chips; french fries; potato wedges; frozen and dried vegetarian foods, namely, frozen</p>	<p>NOBLE HOUSE, naamloze vennootschap</p> <p>Baillet Latourlei 97 B-2930 BRASSCHAAT BE</p>

	<p>vegetables, frozen fruits, dried vegetables, dried fruits; frozen and dried vegetable; frozen and dried vegetarian soy bean foods and products, namely, processed soy beans; vegetarian broodplant (konjac) products, namely, processed konjac; vegetarian kelp products also included seaweed products, namely, processed kelp, processed edible seaweed; frozen and dried vegetarian kelp being seaweed extracts for food; textured vegetable protein bits having a bacon flavor being a meat substitute; unformed textured vegetable protein for use as a meat extender; seaweed extracts for food; meat, fish, poultry and game, not live; meat extracts; preserved; dried; cooked fruits; vegetables; jellies; jams; compotes; eggs; milk; milk products excluding ice cream; ice milk; frozen yogurt; edible oils and fats; seafood, not live; meat, fish, vegetable and fruit extracts for food; meat products, namely, hamburger patties; sausages; prepared meals consisting principally of vegetables, meat, fish, poultry or meat substitutes; vegetable; meat; fish; poultry; meat substitutes-based snack foods; fruit preserves; vegetable preserves; yogurt; processed nuts and nut butters; pickles; tofu; soups; bouillons broth and soup; soy-based food bars; processed beans; dried lentils; protein prepared from soya beans being a meat substitute for human consumption; soya bean milk; whipped topping; dairy; non-dairy based; butter; butter substitutes; egg substitutes; entrees consisting primarily of meat, fish, poultry or vegetables; formed textured vegetable protein for use as a meat extender or meat substitute; dips; processed fruit and vegetables; snack mix consisting primarily of processed fruits, processed nuts and/or raisins; food package combinations consisting primarily of cheese, meat and/or processed fruit; dried beans; processed beans; processed nuts; dried fruit; dried fruit mixes; processed fruit; nut oils; candied fruits; candied nuts; preserved truffles; marmalade; canned meat; fish; vegetables; fruits; canned tomatoes; coconut oil for food; coconut milk for culinary purposes; coconut fat for food; preserved and prepared mushrooms; coconut products as spreads; superfoods, namely, processed nuts, grains and sweet corn kernels and preserved, dried and cooked fruits and vegetables; coconut milk used as beverage; beverage of almonds, namely, almond milk-based beverages; fermented soya bean; sesame paste;</p> <p>030 vegetarian; vegan sandwiches; cake dough; brownies; gluten additives for culinary purposes; gluten prepared as foodstuff, namely, maize gluten meal; condiments; prepared mixtures based on wheat protein being gluten additives for culinary purposes for preparation of seitan, a meat substitute; wheat germ for human consumption; tea substitutes; tea; tea-based beverages; sugar; maltose for food; hot dog sandwiches; almond paste; steel cut oats, rolled oats, oat flakes, oatmeal, breadcrumbs, steamed bread, steamed twisted roll, steamed bun stuffed with</p>	
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		<p>sweetened bean paste, instant rice, jiaozi being dumplings, steamed stuffed buns, cereal bars, bean meal, maize meal, maize flour, barley meal, wheat flour, rice, crushed oats, husked oats, couscous (semolina), instant noodle, noodles, soya flour, gluten additives for culinary purposes, sweet potato flour, potato flour, starch for food, farinaceous food pastes for human consumption, potato flour for food, cooking salt, vinegar, sauces, soya sauce, oyster sauce; powder of the five spices being a seasoning mixture of prickly ash, star aniseed, cinnamon, clove and fennel; gourmet powder being seasonings, flavoring sauce, seasonings, cinnamon (spice), curry powder, cloves (spice), ginger (spice), ketchup, mustard, peppers (seasonings), processed oats; sugar and sugar substitutes; coconut blossom sugar; coconut meal for human consumption; saffron for use as a food seasoning; cocoa, cocoa-based beverages and cocoa products, namely, cocoa milk; super foods, namely, raw honey and raw cocoa; cereal based snacks and snack products, including frozen, not included in other classes, namely, cereal bars; coffee; breakfast cereals; muesli; candy; cakes; rice; tapioca and sago; flour and preparations made from cereals, namely, cereal bars; bread, pastry and confectionery made of sugar; salt; processed wheat; unsorted wheat flour; flaked wheat in the nature of processed cereal; snack foods made from wheat and fruit sauces; seitan products, seitan being the basic components, namely, seitan hamburger sandwiches; vegetarian wheat products, namely, bread; frozen and dried vegetarian gluten products, namely, breakfast cereals;</p> <p>031 agricultural, horticultural and forestry products and grains not included in other classes, namely, bulbs, seeds, unprocessed grains, agricultural grains; live animals; fresh fruits and vegetables; plant seeds; natural plants; flowers; foodstuffs for animals; malt for brewing and distilling; edible chews for animals; animal feed preparations;</p> <p>032 beers; mineral and aerated waters; soft drinks; fruit drinks and fruit juices; energy drinks; powders used in the preparation of soft drinks, fruit-based beverages; sport drinks; energy drinks;</p>	
<p>Reg. No.: 5092216</p> <p>Serial No.: 86686224</p> <p>Registration Date: 11/29/2016</p>	<p>PRANA CHAI</p>	<p>030 beverages made of tea; beverages with a tea base; herbal tea; mixes for making tea; tea; tea-based beverages;</p>	<p>PRANA CHAI LICENSING PTY LTD</p> <p>Unit 2 / 8 Kembla St. Cheltenham, VIC AU</p> <p>Attorney: Rachel E. Lackert</p>

<p>Reg. No.: 4789388</p> <p>Serial No.: 86476303</p> <p>Registration Date: 08/11/2015</p>	<p>PRANA LIFE TEA</p>	<p>030 tea bags;</p>	<p>Prana Life LLC</p> <p>1807 N Orleans St. STE GS Chicago IL</p>
<p>Reg. No.: 5225240</p> <p>Serial No.: 79187693</p> <p>Registration Date: 06/20/2017</p>	<p>PRANAROM</p>	<p>003 soaps; perfumery; essential oils; cosmetics; hair lotions; dentifrices; cosmetic preparations for slimming purposes; non-medicated ointments for the treatment of sunburn; aromatics in the nature of essential oils; hydrolates in the nature of essential oils; oleates in the nature of essential oils; bath salts not for medical use; beauty masks; extracts of flowers; oils for cosmetic use; shampoos;</p> <p>005 pharmaceutical products for the treatment of sore throat, runny and stuffy nose, acne, skin burns and articular pain; sanitary preparations for medical use; dietetic substances for medical and/or paramedical use, namely, vegetable oils; medicinal tea; medicated therapeutic preparations for the bath; medicated bath salts for medical and/or paramedical use; medicinal mud; poultices; oils for medical use; soporifics; medicinal herbal teas; vitamin preparations; pharmaceutical preparations containing vitamins for the treatment of sore throat, runny and stuffy nose, acne, skin burns and articular pain; food supplements; medicated cosmetic products based on plant extracts; natural medicines, namely, sleep aids stress aids, digestion aids, oral preparations for body detoxification and immune system enhancers; medicinal oils;</p> <p>029 edible oils;</p> <p>035 providing office functions; retail and wholesale store services featuring soaps, perfumery, essential oils, cosmetics, hair lotions, dentifrices, cosmetic preparations for slimming purposes, sunscreen products, aromatics in the nature of essential oils, hydrolates in the nature of essential oils, oleates in the nature of essential oils, bath salts, beauty masks, extracts of flowers, oils for cosmetic use, shampoos, pharmaceutical products, sanitary products for medical purposes and dietetic substances for medical and/or paramedical use, medicinal tea, therapeutic preparations for the bath, bath salts for medical and/or paramedical use, biological preparations for medical and/or paramedical use, medicinal mud, poultices, oils for medical use, trace element preparations, soporifics, herbal teas, vitamin preparations, pharmaceutical products containing vitamins, dietetic substances for medical and/or paramedical use, food supplements, products based on plant extracts, natural medicines, medicinal oils; customer services management for others in the field of retail and</p>	<p>Pranarôm International S.A.</p> <p>Zoning des Artisans 37 B-7822 Ghislenghien BE</p> <p>Attorney: Martin W. Schiffmiller</p>

		<p>wholesale store services featuring soaps, perfumery, essential oils, cosmetics, hair lotions, dentifrices, cosmetic preparations for slimming purposes, sunscreen products, aromatics in the nature of essential oils, hydrolates in the nature of essential oils, oleates in the nature of essential oils, bath salts, beauty masks, extracts of flowers, oils for cosmetic use, shampoos, pharmaceutical products, sanitary products for medical purposes and dietetic substances for medical and/or paramedical use, medicinal tea, therapeutic preparations for the bath, bath salts for medical and/or paramedical use, biological preparations for medical and/or paramedical use, medicinal mud, poultices, oils for medical use, trace element preparations, soporifics, herbal teas, vitamin preparations, pharmaceutical products containing vitamins, dietetic substances for medical and/or paramedical use, food supplements, products based on plant extracts, natural medicines, medicinal oils; advertising relating to pharmaceutical or medical products; information in the field of plant extract utilization in cosmetic and medicinal purposes; distribution of prospectuses and samples relating to pharmaceutical or medical products for advertising purposes; organization of exhibitions for commercial or advertising purposes; dissemination of communications or declarations or advertisements to the public, by all means of dissemination for advertising purposes and concerning goods in the nature of soaps, perfumery, essential oils, cosmetics, hair lotions, dentifrices, cosmetic preparations for slimming purposes, sunscreen products in the nature of essential oils, hydrolates in the nature of essential oils, oleates in the nature of essential oils, bath salts, beauty masks, extracts of flowers, oils for cosmetic use, shampoos, pharmaceutical products, sanitary products for medical purposes and dietetic substances for medical and/or paramedical use, medicinal tea, therapeutic preparations for the bath, bath salts for medical and/or paramedical use, biological preparations for medical and/or paramedical use, medicinal mud, poultices, oils for medical use, trace element preparations, soporifics, herbal teas, vitamin preparations, pharmaceutical products containing vitamins, dietetic substances for medical and/or paramedical use, food supplements, products based on plant extracts, natural medicines, medicinal oils;</p> <p>041 education services, namely, classes in the field of plant extract utilization in cosmetic and medicinal purposes; training in the field of plant extract utilization in cosmetic and medicinal purposes; organization of conferences, seminars, workshops and colloquiums on the use of essential oils, vegetable oils, natural medicines, medicinal oils, food supplements, products based on plant extracts and aromatherapy and gemmotherapy;</p>	
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		044 hygienic and beauty care for human beings and animals; providing treatment with gemmotherapy products; aromatherapy services; advice relating to pharmaceutical and parapharmaceutical products; medical advice relating to use of essential oils and vegetable oils, aromatherapy and gemmotherapy products; medical information relating to the use of pharmaceutical and parapharmaceutical products, essential oils and vegetable oils, aromatherapy and gemmotherapy products; providing aromatherapy and gemmotherapy medical, pharmaceutical and parapharmaceutical responses, information and advice; medical information online and on the internet relating to aromatherapy and gemmotherapy pharmaceutical, parapharmaceutical, medical products, solutions and advances;	
Status: Non-Final Office Action Serial No.: 88158261 Filed: 10/17/2018	PRANAM	029 processed fruit- and nut-based food;	Phyto Health Products LLC 8000 Innovation Park Drive Baton Rouge LA
Reg. No.: 5031488 Serial: 86882852 Registration date: 08/30/2016	PRANAYUMS	030 spice blends; spice rubs; spices; spices and ice; spices for the flavoring of pumpkin seeds; spices in the form of powders; baking spices; bread flavoured with spices; cardamom; cinnamon powder; clove powder; curry; curry powder; dry spice rub for meats and fish; edible spices; ginger; hot pepper powder; instant spice blends; japanese horseradish powder spice (wasabi powder); japanese pepper powder spice (sansho powder); masala powder and spices; mustard powder; natural spices; organic spices; pepper spice; pepper; processed ginseng used as an herb, spice or flavoring for food or beverages; zaatar spice blend;	Indian Table, LLC 466 Foothill Blvd Ste 253 La Cañada Flintridge CA Attorney: Jack Fritz
Status: Final Office Action Serial No.: 87192166 Filed: 10/04/2016	PRANAJUNKIE	025 clothing, namely, shirts, t-shirts; 030 food products; 041 on-line journal, namely, blogs in the field of food, cooking techniques, and recipes;	Prana Junkie, LLC 3533 St. Germaine Court Louisville KY Attorney: Mari-Elise Paul

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Mark: SHAKTI PRANA

US Serial Number: 75329234

Application Filing Date: Jul. 23, 1997

US Registration Number: 2247148

Registration Date: May 25, 1999

Register: Principal

Mark Type: Trademark

Status: The registration has been renewed.

Status Date: Jul. 13, 2018

Publication Date: Sep. 29, 1998

Mark Information

Mark Literal Elements: SHAKTI PRANA

Standard Character Claim: No

Mark Drawing Type: 1 - TYPESET WORD(S) /LETTER(S) /NUMBER(S)

Goods and Services

Note:

The following symbols indicate that the registrant/owner has amended the goods/services:

- Brackets [...] indicate deleted goods/services;
- Double parenthesis (..) identify any goods/services not claimed in a Section 15 affidavit of incontestability; and
- Asterisks *..* identify additional (new) wording in the goods/services.

For: ayurvedic herbal dietary supplement

International Class(es): 005 - Primary Class

U.S Class(es): 006, 018, 044, 046, 051, 052

Class Status: ACTIVE

Basis: 1(a)

First Use: Jan. 15, 1989

Use in Commerce: Jan. 15, 1989

For: ayurvedic herbal jam

International Class(es): 029 - Primary Class

U.S Class(es): 046

Class Status: ACTIVE

Basis: 1(a)

First Use: Jan. 15, 1989

Use in Commerce: Jan. 15, 1989

Basis Information (Case Level)

Filed Use: Yes

Currently Use: Yes

Amended Use: No

Filed ITU: No

Currently ITU: No

Amended ITU: No

Filed 44D: No

Currently 44D: No

Amended 44D: No

Filed 44E: No

Currently 44E: No

Amended 44E: No

Filed 66A: No

Currently 66A: No

Filed No Basis: No

Currently No Basis: No

Current Owner(s) Information

Owner Name: LAD WELLNESS CENTER

Owner Address: 1231 SETTER DR NE
ALBUQUERQUE, NEW MEXICO 87112
UNITED STATES

Legal Entity Type: LIMITED LIABILITY COMPANY

State or Country NEW MEXICO
Where Organized:

Attorney/Correspondence Information

Attorney of Record - None

Correspondent

Correspondent Name/Address: VASANT LAD
Lad Wellness Center LLC
1231 SETTER DR NE
ALBUQUERQUE, NEW MEXICO 87112
UNITED STATES

Phone: 505-291-9698

Fax: 505-294-7572

Domestic Representative - Not Found

Prosecution History

Date	Description	Proceeding Number
Nov. 24, 2018	REVIEW OF CORRESPONDENCE COMPLETE - INFORMATION MADE OF RECORD	69471
Nov. 20, 2018	CASE ASSIGNED TO POST REGISTRATION PARALEGAL	69471
Aug. 03, 2018	TEAS RESPONSE TO OFFICE ACTION-POST REG RECEIVED	
Jul. 13, 2018	NOTICE OF ACCEPTANCE OF SEC. 8 & 9 - E-MAILED	
Jul. 13, 2018	REGISTERED AND RENEWED (SECOND RENEWAL - 10 YRS)	77074
Jul. 13, 2018	REGISTERED - SEC. 8 (10-YR) ACCEPTED/SEC. 9 GRANTED	77074
Jul. 13, 2018	CASE ASSIGNED TO POST REGISTRATION PARALEGAL	77074
Jun. 29, 2018	TEAS CHANGE OF CORRESPONDENCE RECEIVED	
Jun. 29, 2018	TEAS SECTION 8 & 9 RECEIVED	
Jun. 27, 2018	AUTOMATIC UPDATE OF ASSIGNMENT OF OWNERSHIP	
Jun. 20, 2018	ASSIGNMENT OF OWNERSHIP NOT UPDATED AUTOMATICALLY	
Sep. 08, 2010	CASE FILE IN TICRS	66179
Sep. 02, 2008	REGISTERED AND RENEWED (FIRST RENEWAL - 10 YRS)	73376
Sep. 02, 2008	REGISTERED - SEC. 8 (10-YR) ACCEPTED/SEC. 9 GRANTED	
Jul. 17, 2008	ASSIGNED TO PARALEGAL	73376
Jul. 07, 2008	TEAS SECTION 8 & 9 RECEIVED	
Jul. 27, 2004	REGISTERED - SEC. 8 (6-YR) ACCEPTED & SEC. 15 ACK.	
Jun. 17, 2004	REGISTERED - SEC. 8 (6-YR) & SEC. 15 FILED	
Jun. 17, 2004	TEAS SECTION 8 & 15 RECEIVED	
May 25, 1999	REGISTERED-PRINCIPAL REGISTER	
Oct. 21, 1998	EXTENSION OF TIME TO OPPOSE RECEIVED	
Sep. 29, 1998	PUBLISHED FOR OPPOSITION	
Aug. 28, 1998	NOTICE OF PUBLICATION	
Jul. 22, 1998	APPROVED FOR PUB - PRINCIPAL REGISTER	
Jul. 13, 1998	NON-FINAL ACTION MAILED	
Jun. 22, 1998	CORRESPONDENCE RECEIVED IN LAW OFFICE	
Mar. 16, 1998	NON-FINAL ACTION MAILED	
Feb. 25, 1998	ASSIGNED TO EXAMINER	74666
Feb. 25, 1998	ASSIGNED TO EXAMINER	65999

Maintenance Filings or Post Registration Information

Affidavit of Continued Use: Section 8 - Accepted

Affidavit of Incontestability: Section 15 - Accepted

Renewal Date: May 25, 2019

TM Staff and Location Information

TM Staff Information - None

File Location

Current Location: GENERIC WEB UPDATE

Date in Location: Jul. 13, 2018

Assignment Abstract Of Title Information

Summary

Total Assignments: 2

Registrant: Lad, Vasant

Assignment 1 of 2

Conveyance: CHANGE IN CITIZENSHIP

Reel/Frame: [6353/0342](#)

Pages: 3

Date Recorded: Jun. 14, 2018

Supporting Documents: [assignment-tm-6353-0342.pdf](#)

Assignor

Name: [LAD, VASANT](#)

Execution Date: Jul. 04, 2005

Legal Entity Type: INDIVIDUAL

Citizenship: UNITED STATES

Assignee

Name: [LAD, VASANT](#)

Legal Entity Type: INDIVIDUAL

Citizenship: UNITED STATES

Address: 1231 SETTER DR NE
ALBUQUERQUE, NEW MEXICO 87112

Correspondent

Correspondent Name: VASANT LAD

Correspondent Address: 1231 SETTER DR NE
ALBUQUERQUE, NM 87112

Domestic Representative - Not Found

Assignment 2 of 2

Conveyance: ENTITY CONVERSION

Reel/Frame: [6359/0413](#)

Pages: 3

Date Recorded: Jun. 14, 2018

Supporting Documents: [assignment-tm-6359-0413.pdf](#)

Assignor

Name: [LAD, VASANT](#)

Execution Date: Jul. 11, 2014

Legal Entity Type: INDIVIDUAL

Citizenship: No Citizenship Found

Assignee

Name: [LAD WELLNESS CENTER](#)

Legal Entity Type: LIMITED LIABILITY COMPANY

State or Country Where Organized: NEW MEXICO

Address: 1231 SETTER DR NE
ALBUQUERQUE, NEW MEXICO 87112

Correspondent

Correspondent Name: VASANT LAD

Correspondent Address: 1231 SETTER DR NE
ALBUQUERQUE, NM 87112

Domestic Representative - Not Found

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Mark: AMANPRANA

AMANPRANA

US Serial Number: 79229647

Application Filing Date: Jul. 06, 2017

Register: Principal

Mark Type: Trademark

Status: A request for an extension of time to file an opposition has been filed with the Trademark Trial and Appeal Board. For further information, see TTABVUE on the Trademark Trial and Appeal Board web page.

Status Date: Mar. 26, 2019

Publication Date: Feb. 26, 2019

Mark Information

Mark Literal Elements: AMANPRANA

Standard Character Claim: Yes. The mark consists of standard characters without claim to any particular font style, size, or color.

Mark Drawing Type: 4 - STANDARD CHARACTER MARK

Related Properties Information

International Registration Number: 1395886

International Registration Date: May 26, 2017

Goods and Services

Note:

The following symbols indicate that the registrant/owner has amended the goods/services:

- Brackets [...] indicate deleted goods/services;
- Double parenthesis ((.)) identify any goods/services not claimed in a Section 15 affidavit of incontestability; and
- Asterisks *..* identify additional (new) wording in the goods/services.

For: Non medicated cosmetics; cosmetic preparations for skin and body care and skin and body nutrition; hair lotions; creams, ointments, gels, milk, masks, oils, lotions, greases and balms for cosmetic use; flavorings for beverages being essential oils; natural oils for cosmetic purposes; oral hygiene preparations for freshening breath; mouthwashes, not for medical purposes; massage oils; hair removal and shaving preparations; make-up removing preparations; nasal cleaning preparations for personal sanitary purposes; sunscreen preparations; essential oils; dentifrices; toothpaste

International Class(es): 003 - Primary Class

U.S Class(es): 001, 004, 006, 050, 051, 052

Class Status: ACTIVE

Basis: 66(a)

For: Pharmaceutical preparations for skin care; vitamin preparations; organic and herbal preparations for medical use, namely, medicinal herbal preparations containing organic ingredients; pharmaceutical, vitamin, organic and herbal preparations for skin and body care, namely, medicinal herbal preparations containing organic ingredients; vitamin and nutritional supplements for human use; vitamin and nutritional supplements for skin and body care in the form of pills, tablets, capsules, drops, lubricating ointments, gels, oils, balsams and beverages; medical and therapeutic creams, ointments, gels, milk, masks, oils, lotions, greases and balms also for the purpose of skin and body care; nutraceuticals for therapeutic purposes; dietetic foodstuffs and dietetic substances adapted for medical use, namely, dietetic foods, dietetic beverages, dietetic sugar, dietetic infusions; medicated beverages for the purpose of skin and body care; depuratives; extracts of medicinal herbs; bactericides and fungicides; antiseptics; nasal cleaning preparations for medical purposes

International Class(es): 005 - Primary Class

U.S Class(es): 006, 018, 044, 046, 051, 052

Class Status: ACTIVE

Basis: 66(a)

For: Seitan being a meat substitute; algae and algae products, algae being the basic component, all for human consumption, in particular being dried edible algae and processed algae, used as alternatives to meat and meat products; vegan meat substitutes, vegan fish

substitutes, vegan protein as a meat substitute; frozen and fresh dishes, ingredients and meals based on vegan meat substitutes, in particular vegan burger patties, chilli, not containing meat, nuggets made with vegan meat substitutes, prepared salads with exclusion of macaroni, rice, and pasta salad, vegan and/or vegetarian burger patties; vegetable and potato chips, french fries, potato wedges; frozen and dried vegetarian foods, namely, frozen vegetables, frozen fruits, dried vegetables, dried fruits; frozen and dried vegetable; frozen and dried vegetarian soy bean foods and products, namely, processed soy beans; vegetarian broodplant (konjac) products, namely, processed konjac; vegetarian kelp products also included seaweed products, namely processed kelp, processed edible seaweed; frozen and dried vegetarian kelp being seaweed extracts for food; textured vegetable protein bits having a bacon flavor being a meat substitute ; unformed textured vegetable protein for use as a meat extender; seaweed extracts for food; meat, fish, poultry and game, not live; meat extracts; preserved, dried and cooked fruits and vegetables; jellies, jams, compotes, eggs, milk and milk products excluding ice cream, ice milk, and frozen yogurt; edible oils and fats; seafood, not live; meat, fish, vegetable and fruit extracts for food; meat products, namely, hamburger patties; sausages; prepared meals consisting principally of vegetables, meat, fish, poultry or meat substitutes; vegetable, meat, fish, poultry or meat substitutes-based snack foods; fruit preserves; vegetable preserves; yogurt; processed nuts and nut butters; pickles; tofu; soups; bouillons broth and soup; soy-based food bars; processed beans; dried lentils; protein prepared from soya beans being a meat substitute for human consumption; soya bean milk; whipped topping, dairy or non-dairy based; butter; egg substitutes; entrees consisting primarily of meat, fish, poultry or vegetables; formed textured vegetable protein for use as a meat extender or meat substitute; dips; processed fruit and vegetables; snack mix consisting primarily of processed fruits, processed nuts and/or raisins; food package combinations consisting primarily of cheese, meat and/or processed fruit; dried beans, processed beans, processed nuts, dried fruit, dried fruit mixes, processed fruit, nut oils, candied fruits, candied nuts, preserved truffles, marmalade; canned meat, fish, vegetables and fruits; canned tomatoes; coconut oil for food; coconut milk for culinary purposes; coconut fat for food; preserved and prepared mushrooms; coconut products as spreads; superfoods, namely, processed nuts, grains and sweet corn kernels and preserved, dried and cooked fruits and vegetables; coconut milk used as beverage; beverage of almonds, namely, almond milk-based beverages; fermented soya bean; sesame paste

International Class(es): 029 - Primary Class

U.S Class(es): 046

Class Status: ACTIVE

Basis: 66(a)

For: Vegetarian and vegan sandwiches, cake dough, and brownies; gluten additives for culinary purposes; gluten prepared as foodstuff, namely, maize gluten meal; condiments; prepared mixtures based on wheat protein being gluten additives for culinary purposes for preparation of seitan, a meat substitute; wheat germ for human consumption; tea substitutes, tea, tea-based beverages; sugar; maltose for food; hot dog sandwiches; almond paste; steel cut oats, rolled oats, oat flakes, oatmeal, breadcrumbs, steamed bread, steamed twisted roll, steamed bun stuffed with sweetened bean paste, instant rice, jiaozi being dumplings, steamed stuffed buns, cereal bars, bean meal, maize meal, maize flour, barley meal, wheat flour, rice, crushed oats, husked oats, couscous (semolina), instant noodle, noodles, soya flour, gluten additives for culinary purposes, sweet potato flour, potato flour, starch for food, farinaceous food pastes for human consumption, potato flour for food, cooking salt, vinegar, sauces, soya sauce, oyster sauce ; powder of the five spices being a seasoning mixture of prickly ash, star aniseed, cinnamon, clove and fennel ; gourmet powder being seasonings, flavoring sauce, seasonings, cinnamon (spice), curry powder, cloves (spice), ginger (spice), ketchup, mustard, peppers (seasonings), processed oats; sugar and sugar substitutes; coconut blossom sugar; coconut meal for human consumption; saffron for use as a food seasoning; cocoa, cocoa-based beverages and cocoa products, namely, cocoa milk; super foods, namely, raw honey and raw cocoa; cereal based snacks and snack products, including frozen, not included in other classes, namely, cereal bars; coffee; breakfast cereals; muesli; candy; cakes; rice; tapioca and sago; flour and preparations made from cereals, namely, cereal bars; bread, pastry and confectionery made of sugar; salt; processed wheat; unsorted wheat flour; flaked wheat in the nature of processed cereal; snack foods made from wheat and fruit sauces; seitan products, seitan being the basic components, namely, seitan hamburger sandwiches; vegetarian wheat products, namely, bread; frozen and dried vegetarian gluten products, namely, breakfast cereals

International Class(es): 030 - Primary Class

U.S Class(es): 046

Class Status: ACTIVE

Basis: 66(a)

For: Agricultural, horticultural and forestry products and grains not included in other classes, namely, bulbs, seeds, unprocessed grains, agricultural grains; live animals; fresh fruits and vegetables; plant seeds, natural plants and flowers; foodstuffs for animals; malt for brewing and distilling; edible chews for animals; animal feed preparations

International Class(es): 031 - Primary Class

U.S Class(es): 001, 046

Class Status: ACTIVE

Basis: 66(a)

For: Beers; mineral and aerated waters; soft drinks; fruit drinks and fruit juices; energy drinks; powders used in the preparation of soft drinks, fruit-based beverages; sport drinks; energy drinks

International Class(es): 032 - Primary Class

U.S Class(es): 045, 046, 048

Class Status: ACTIVE

Basis: 66(a)

Basis Information (Case Level)

Filed Use: No

Currently Use: No

Amended Use: No

Filed ITU: No

Currently ITU: No

Amended ITU: No

Filed 44D: No

Currently 44D: No

Amended 44D: No

Filed 44E: No

Currently 44E: No

Amended 44E: No

Filed 66A: Yes

Currently 66A: Yes

Filed No Basis: No

Currently No Basis: No

Current Owner(s) Information

Owner Name: NOBLE HOUSE, naamloze vennootschap

Owner Address: Baillet Latourlei 97
B-2930 BRASSCHAAT
BELGIUM

Legal Entity Type: NAAMLOZE VENNOOTSCHAP (NV)

State or Country Where Organized: BELGIUM

Attorney/Correspondence Information

Attorney of Record - None

Correspondent

Correspondent Name/Address: BAP IP bvba - Brantsandpatents
Pauline Van Pottelsbergheleen 24
Gent (Sint-Denijs-Westrem)
B-9051
BELGIUM

Domestic Representative - Not Found

Prosecution History

Date	Description	Proceeding Number
May 13, 2019	ATTORNEY REVIEW COMPLETED	92456
May 10, 2019	CORRECTION FROM IB ENTERED - ATTORNEY REVIEW REQUIRED	71529
Apr. 19, 2019	CORRECTION TRANSACTION RECEIVED FROM IB	
Mar. 26, 2019	EXTENSION OF TIME TO OPPOSE RECEIVED	
Feb. 26, 2019	PUBLISHED FOR OPPOSITION	
Feb. 22, 2019	NOTIFICATION PROCESSED BY IB	
Feb. 06, 2019	NOTIFICATION OF POSSIBLE OPPOSITION SENT TO IB	
Feb. 06, 2019	NOTICE OF START OF OPPOSITION PERIOD CREATED, TO BE SENT TO IB	
Feb. 06, 2019	NOTICE OF PUBLICATION	
Dec. 18, 2018	WITHDRAWN FROM PUB - OG REVIEW QUERY	62699
Nov. 16, 2018	APPROVED FOR PUB - PRINCIPAL REGISTER	
Nov. 15, 2018	TEAS/EMAIL CORRESPONDENCE ENTERED	88889
Nov. 15, 2018	CORRESPONDENCE RECEIVED IN LAW OFFICE	88889
Nov. 15, 2018	TEAS REQUEST FOR RECONSIDERATION RECEIVED	
Oct. 04, 2018	NEW REPRESENTATIVE AT IB RECEIVED	
May 31, 2018	FINAL REFUSAL MAILED	
May 31, 2018	FINAL REFUSAL WRITTEN	92456
May 30, 2018	TEAS/EMAIL CORRESPONDENCE ENTERED	88889
May 30, 2018	CORRESPONDENCE RECEIVED IN LAW OFFICE	88889
May 30, 2018	TEAS RESPONSE TO OFFICE ACTION RECEIVED	
May 04, 2018	REFUSAL PROCESSED BY IB	
Apr. 13, 2018	NON-FINAL ACTION MAILED - REFUSAL SENT TO IB	
Apr. 13, 2018	REFUSAL PROCESSED BY MPU	67445
Apr. 10, 2018	NON-FINAL ACTION (IB REFUSAL) PREPARED FOR REVIEW	
Apr. 10, 2018	APPLICATION FILING RECEIPT MAILED	
Apr. 09, 2018	NON-FINAL ACTION WRITTEN	92456
Apr. 06, 2018	ASSIGNED TO EXAMINER	92456
Apr. 06, 2018	NEW APPLICATION OFFICE SUPPLIED DATA ENTERED IN TRAM	
Apr. 05, 2018	SN ASSIGNED FOR SECT 66A APPL FROM IB	

International Registration Information (Section 66a)

International Registration Number: 1395886
Priority Claimed Flag: Yes
Intl. Registration Status: REQUEST FOR EXTENSION OF PROTECTION PROCESSED
Notification of Designation Date: Apr. 05, 2018
International Registration Renewal Date: May 26, 2027
First Refusal Flag: Yes

International Registration Date: May 26, 2017
Date of Section 67 Priority Claim: Nov. 30, 2016
Date of International Registration Status: Apr. 05, 2018
Date of Automatic Protection: Oct. 18, 2020

TM Staff and Location Information

TM Staff Information

TM Attorney: VIGIL, JACOB E

Law Office Assigned: LAW OFFICE 103

File Location

Current Location: PUBLICATION AND ISSUE SECTION

Date in Location: Jan. 22, 2019

Proceedings

Summary

Number of Proceedings: 1

Type of Proceeding: Extension of Time

Proceeding Number: [79229647](#)

Filing Date: Mar 26, 2019

Status: Extension of Time to Oppose Filed

Status Date: Mar 26, 2019

Interlocutory Attorney:

Defendant

Name: NOBLE HOUSE, naamloze vennootschap

Correspondent Address: BAP IP BVBA - BRANTSANDPATENTS
CHARLES DE KERCHOVELAAN 17
B-9000 GHENT BELGIUM

Associated marks

Mark	Application Status	Serial Number	Registration Number
AMANPRANA	Request For Extension of Time to File Opposition	79229647	

Potential Opposer(s)

Name: Prana Biovegan Inc.

Correspondent Address: SEAN F MELLINO
WALTER | HAVERFIELD LLP
1301 EAST 9TH STREET, SUITE 3500 THE TOWER AT ERIEVIEW
CLEVELAND OH , 44114
UNITED STATES

Correspondent e-mail: smellino@walterhav.com , ksoucek@walterhav.com , trademarks@walterhav.com

Prosecution History

Entry Number	History Text	Date	Due Date
1	FIRST 90-DAY REQUEST TO EXT TIME TO OPPOSE	Mar 26, 2019	
2	EXT GRANTED	Mar 28, 2019	

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Mark: PRANA CHAI

PRANA CHAI

US Serial Number: 86686224

Application Filing Date: Jul. 08, 2015

US Registration Number: 5092216

Registration Date: Nov. 29, 2016

Filed as TEAS RF: Yes

Currently TEAS RF: Yes

Register: Principal

Mark Type: Trademark

TM5 Common Status Descriptor:



LIVE/REGISTRATION/Issued and Active

The trademark application has been registered with the Office.

Status: Registered. The registration date is used to determine when post-registration maintenance documents are due.

Status Date: Nov. 29, 2016

Publication Date: May 17, 2016

Notice of Allowance Date: Jul. 12, 2016

Mark Information

Mark Literal Elements: PRANA CHAI

Standard Character Claim: Yes. The mark consists of standard characters without claim to any particular font style, size, or color.

Mark Drawing Type: 4 - STANDARD CHARACTER MARK

Disclaimer: "CHAI"

Goods and Services

Note:

The following symbols indicate that the registrant/owner has amended the goods/services:

- Brackets [...] indicate deleted goods/services;
- Double parenthesis (..) identify any goods/services not claimed in a Section 15 affidavit of incontestability; and
- Asterisks *.* identify additional (new) wording in the goods/services.

For: Beverages made of tea; beverages with a tea base; herbal tea; mixes for making tea; tea; tea-based beverages

International Class(es): 030 - Primary Class

U.S Class(es): 046

Class Status: ACTIVE

Basis: 1(a)

First Use: Nov. 2011

Use in Commerce: Oct. 03, 2014

Basis Information (Case Level)

Filed Use: No

Currently Use: Yes

Filed ITU: Yes

Currently ITU: No

Filed 44D: No

Currently 44E: No

Filed 44E: No

Currently 66A: No

Filed 66A: No

Currently No Basis: No

Filed No Basis: No

Current Owner(s) Information

Owner Name: PRANA CHAI LICENSING PTY LTD

Owner Address: Unit 2 / 8 Kembla St.
Cheltenham, VIC AUSTRALIA 3192

Legal Entity Type: LIMITED LIABILITY COMPANY

State or Country AUSTRALIA
Where Organized:

Attorney/Correspondence Information

Attorney of Record

Attorney Name: Rachel E. Lackert

Docket Number: LAN0002US-01

Attorney Primary trademark@dsiplaw.com
Email Address:

Attorney Email Yes
Authorized:

Correspondent

Correspondent Name/Address: RACHEL E. LACKERT
Servilla Whitney Llc
33 Wood Ave S Ste 830
Iselin, NEW JERSEY UNITED STATES 08830-2717

Phone: 732-815-0404

Fax: 732-815-1330

Correspondent e-mail: trademark@dsiplaw.com rlackert@dsiplaw.com sservilla@dsiplaw.com

Correspondent e-mail Yes
Authorized:

Domestic Representative - Not Found

Prosecution History

Date	Description	Proceeding Number
Nov. 29, 2016	REGISTERED-PRINCIPAL REGISTER	
Oct. 25, 2016	NOTICE OF ACCEPTANCE OF STATEMENT OF USE E-MAILED	
Oct. 24, 2016	ALLOWED PRINCIPAL REGISTER - SOU ACCEPTED	
Oct. 20, 2016	STATEMENT OF USE PROCESSING COMPLETE	65362
Oct. 05, 2016	USE AMENDMENT FILED	65362
Oct. 20, 2016	CASE ASSIGNED TO INTENT TO USE PARALEGAL	65362
Oct. 05, 2016	TEAS STATEMENT OF USE RECEIVED	
Jul. 12, 2016	NOA E-MAILED - SOU REQUIRED FROM APPLICANT	
May 17, 2016	OFFICIAL GAZETTE PUBLICATION CONFIRMATION E-MAILED	
May 17, 2016	PUBLISHED FOR OPPOSITION	
Apr. 27, 2016	NOTIFICATION OF NOTICE OF PUBLICATION E-MAILED	
Apr. 05, 2016	APPROVED FOR PUB - PRINCIPAL REGISTER	
Mar. 03, 2016	TEAS/EMAIL CORRESPONDENCE ENTERED	88889
Mar. 03, 2016	CORRESPONDENCE RECEIVED IN LAW OFFICE	88889
Mar. 03, 2016	TEAS RESPONSE TO OFFICE ACTION RECEIVED	
Dec. 21, 2015	APPLICANT/CORRESPONDENCE CHANGES (NON-RESPONSIVE) ENTERED	88888
Dec. 21, 2015	TEAS CHANGE OF OWNER ADDRESS RECEIVED	
Oct. 21, 2015	NOTIFICATION OF NON-FINAL ACTION E-MAILED	6325
Oct. 21, 2015	NON-FINAL ACTION E-MAILED	6325
Oct. 21, 2015	NON-FINAL ACTION WRITTEN	67971
Oct. 19, 2015	ASSIGNED TO EXAMINER	67971
Jul. 13, 2015	NEW APPLICATION OFFICE SUPPLIED DATA ENTERED IN TRAM	
Jul. 11, 2015	NEW APPLICATION ENTERED IN TRAM	

TM Staff and Location Information

TM Staff Information - None

File Location

Current Location: PUBLICATION AND ISSUE SECTION

Date in Location: Oct. 24, 2016

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Mark: PRANA LIFE TEA



US Serial Number: 86476303

Application Filing Date: Dec. 10, 2014

US Registration Number: 4789388

Registration Date: Aug. 11, 2015

Filed as TEAS Plus: Yes

Currently TEAS Plus: Yes

Register: Principal

Mark Type: Trademark

Status: Registered. The registration date is used to determine when post-registration maintenance documents are due.

Status Date: Aug. 11, 2015

Publication Date: May 26, 2015

Mark Information

Mark Literal Elements: PRANA LIFE TEA

Standard Character Claim: No

Mark Drawing Type: 3 - AN ILLUSTRATION DRAWING WHICH INCLUDES WORD(S)/ LETTER(S)/NUMBER(S)

Description of Mark: The mark consists of a turquoise circle outline with the words "PRANA LIFE TEA" in gray written within the circle horizontally and a turquoise flower containing a darkened heart shape in the middle of the flower. The background within the circle is white.

Color Drawing: Yes

Color(s) Claimed: The color(s) turquoise, white and gray is/are claimed as a feature of the mark.

Disclaimer: "TEA"

Translation: The English translation of the word "PRANA" in the mark is "LIFE FORCE".

Design Search Code(s): 05.05.25 - Daffodils; Iris (flower); Other flowers
26.01.01 - Circles as carriers or as single line borders

Goods and Services

Note:

The following symbols indicate that the registrant/owner has amended the goods/services:

- Brackets [...] indicate deleted goods/services;
- Double parenthesis ((.)) identify any goods/services not claimed in a Section 15 affidavit of incontestability; and
- Asterisks *..* identify additional (new) wording in the goods/services.

For: Tea bags

International Class(es): 030 - Primary Class

U.S Class(es): 046

Class Status: ACTIVE

Basis: 1(a)

First Use: Aug. 15, 2014

Use in Commerce: Aug. 15, 2014

Basis Information (Case Level)

Filed Use: Yes
Filed ITU: No
Filed 44D: No
Filed 44E: No
Filed 66A: No
Filed No Basis: No

Currently Use: Yes
Currently ITU: No
Currently 44D: No
Currently 44E: No
Currently 66A: No
Currently No Basis: No

Amended Use: No
Amended ITU: No
Amended 44D: No
Amended 44E: No

Current Owner(s) Information

Owner Name: Prana Life LLC

Owner Address: 1807 N Orleans St. STE GS
Chicago, ILLINOIS 60614
UNITED STATES

Legal Entity Type: LIMITED LIABILITY COMPANY

State or Country ILLINOIS
Where Organized:

Attorney/Correspondence Information

Attorney of Record - None

Correspondent

Correspondent Name/Address: Joshua Fu
888 7th St. Unit L19
San Francisco, CALIFORNIA 94107
UNITED STATES

Domestic Representative - Not Found

Prosecution History

Date	Description	Proceeding Number
Aug. 18, 2015	WITHDRAWAL OF ATTORNEY GRANTED	
Aug. 18, 2015	TEAS WITHDRAWAL OF ATTORNEY RECEIVED	
Aug. 11, 2015	REGISTERED-PRINCIPAL REGISTER	
May 26, 2015	OFFICIAL GAZETTE PUBLICATION CONFIRMATION E-MAILED	
May 26, 2015	PUBLISHED FOR OPPOSITION	
May 06, 2015	NOTIFICATION OF NOTICE OF PUBLICATION E-MAILED	
Apr. 17, 2015	LAW OFFICE PUBLICATION REVIEW COMPLETED	73797
Apr. 13, 2015	ASSIGNED TO LIE	73797
Mar. 24, 2015	APPROVED FOR PUB - PRINCIPAL REGISTER	
Mar. 24, 2015	EXAMINER'S AMENDMENT ENTERED	88888
Mar. 24, 2015	NOTIFICATION OF EXAMINERS AMENDMENT E-MAILED	6328
Mar. 24, 2015	EXAMINERS AMENDMENT E-MAILED	6328
Mar. 24, 2015	EXAMINERS AMENDMENT -WRITTEN	73703
Mar. 24, 2015	ASSIGNED TO EXAMINER	73703
Dec. 16, 2014	NOTICE OF DESIGN SEARCH CODE E-MAILED	
Dec. 13, 2014	NEW APPLICATION OFFICE SUPPLIED DATA ENTERED IN TRAM	
Dec. 13, 2014	NEW APPLICATION ENTERED IN TRAM	

TM Staff and Location Information

TM Staff Information - None

File Location

Current Location: PUBLICATION AND ISSUE SECTION

Date in Location: Aug. 11, 2015

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Mark: PRANAROM

PRANAROM

US Serial Number: 79187693

Application Filing Date: Feb. 25, 2016

US Registration Number: 5225240

Registration Date: Jun. 20, 2017

Register: Principal

Mark Type: Trademark, Service Mark

Status: Registered. The registration date is used to determine when post-registration maintenance documents are due.

Status Date: Jun. 20, 2017

Publication Date: Apr. 04, 2017

Mark Information

Mark Literal Elements: PRANAROM

Standard Character Claim: No

Mark Drawing Type: 5 - AN ILLUSTRATION DRAWING WITH WORD(S)/LETTER(S)/NUMBER(S) INSTYLIZED FORM

Color(s) Claimed: Color is not claimed as a feature of the mark.

Translation: The word(s) "PRANAROM" has no meaning in a foreign language.

Related Properties Information

International Registration Number: 1299555

International Registration Date: Feb. 25, 2016

Goods and Services

Note:

The following symbols indicate that the registrant/owner has amended the goods/services:

- Brackets [...] indicate deleted goods/services;
- Double parenthesis ((.)) identify any goods/services not claimed in a Section 15 affidavit of incontestability; and
- Asterisks *..* identify additional (new) wording in the goods/services.

For: Soaps; perfumery; essential oils; cosmetics; hair lotions; dentifrices; cosmetic preparations for slimming purposes; non-medicated ointments for the treatment of sunburn; aromatics in the nature of essential oils; hydrolates in the nature of essential oils; oleates in the nature of essential oils; bath salts not for medical use; beauty masks; extracts of flowers; oils for cosmetic use; shampoos

International Class(es): 003 - Primary Class

U.S Class(es): 001, 004, 006, 050, 051, 052

Class Status: ACTIVE

Basis: 66(a)

For: Pharmaceutical products for the treatment of sore throat, runny and stuffy nose, acne, skin burns and articular pain; sanitary preparations for medical use; dietetic substances for medical and/or paramedical use, namely, vegetable oils; medicinal tea; medicated therapeutic preparations for the bath; medicated bath salts for medical and/or paramedical use; medicinal mud; poultices; oils for medical use; soporifics; medicinal herbal teas; vitamin preparations; pharmaceutical preparations containing vitamins for the treatment of sore throat, runny and stuffy nose, acne, skin burns and articular pain; food supplements; medicated cosmetic products based on plant extracts; natural medicines, namely, sleep aids stress aids, digestion aids, oral preparations for body detoxification and immune system enhancers; medicinal oils

International Class(es): 005 - Primary Class

U.S Class(es): 006, 018, 044, 046, 051, 052

Class Status: ACTIVE

Basis: 66(a)

For: Edible oils

International Class(es): 029 - Primary Class

U.S Class(es): 046

Class Status: ACTIVE

Basis: 66(a)

For: Providing office functions; retail and wholesale store services featuring soaps, perfumery, essential oils, cosmetics, hair lotions, dentifrices, cosmetic preparations for slimming purposes, sunscreen products, aromatics in the nature of essential oils, hydrolates in the nature of essential oils, oleates in the nature of essential oils, bath salts, beauty masks, extracts of flowers, oils for cosmetic use, shampoos, pharmaceutical products, sanitary products for medical purposes and dietetic substances for medical and/or paramedical use, medicinal tea, therapeutic preparations for the bath, bath salts for medical and/or paramedical use, biological preparations for medical and/or paramedical use, medicinal mud, poultices, oils for medical use, trace element preparations, soporifics, herbal teas, vitamin preparations, pharmaceutical products containing vitamins, dietetic substances for medical and/or paramedical use, food supplements, products based on plant extracts, natural medicines, medicinal oils; customer services management for others in the field of retail and wholesale store services featuring soaps, perfumery, essential oils, cosmetics, hair lotions, dentifrices, cosmetic preparations for slimming purposes, sunscreen products, aromatics in the nature of essential oils, hydrolates in the nature of essential oils, oleates in the nature of essential oils, bath salts, beauty masks, extracts of flowers, oils for cosmetic use, shampoos, pharmaceutical products, sanitary products for medical purposes and dietetic substances for medical and/or paramedical use, medicinal tea, therapeutic preparations for the bath, bath salts for medical and/or paramedical use, biological preparations for medical and/or paramedical use, medicinal mud, poultices, oils for medical use, trace element preparations, soporifics, herbal teas, vitamin preparations, pharmaceutical products containing vitamins, dietetic substances for medical and/or paramedical use, food supplements, products based on plant extracts, natural medicines, medicinal oils; advertising relating to pharmaceutical or medical products; information in the field of plant extract utilization in cosmetic and medicinal purposes; distribution of prospectuses and samples relating to pharmaceutical or medical products for advertising purposes; organization of exhibitions for commercial or advertising purposes; dissemination of communications or declarations or advertisements to the public, by all means of dissemination for advertising purposes and concerning goods in the nature of soaps, perfumery, essential oils, cosmetics, hair lotions, dentifrices, cosmetic preparations for slimming purposes, sunscreen products in the nature of essential oils, hydrolates in the nature of essential oils, oleates in the nature of essential oils, bath salts, beauty masks, extracts of flowers, oils for cosmetic use, shampoos, pharmaceutical products, sanitary products for medical purposes and dietetic substances for medical and/or paramedical use, medicinal tea, therapeutic preparations for the bath, bath salts for medical and/or paramedical use, biological preparations for medical and/or paramedical use, medicinal mud, poultices, oils for medical use, trace element preparations, soporifics, herbal teas, vitamin preparations, pharmaceutical products containing vitamins, dietetic substances for medical and/or paramedical use, food supplements, products based on plant extracts, natural medicines, medicinal oils

International Class(es): 035 - Primary Class

U.S Class(es): 100, 101, 102

Class Status: ACTIVE

Basis: 66(a)

For: Education services, namely, classes in the field of plant extract utilization in cosmetic and medicinal purposes; training in the field of plant extract utilization in cosmetic and medicinal purposes; organization of conferences, seminars, workshops and colloquiums on the use of essential oils, vegetable oils, natural medicines, medicinal oils, food supplements, products based on plant extracts and aromatherapy and gemmotherapy

International Class(es): 041 - Primary Class

U.S Class(es): 100, 101, 107

Class Status: ACTIVE

Basis: 66(a)

For: Hygienic and beauty care for human beings and animals; providing treatment with gemmotherapy products; aromatherapy services; advice relating to pharmaceutical and parapharmaceutical products; medical advice relating to use of essential oils and vegetable oils, aromatherapy and gemmotherapy products; medical information relating to the use of pharmaceutical and parapharmaceutical products, essential oils and vegetable oils, aromatherapy and gemmotherapy products; providing aromatherapy and gemmotherapy medical, pharmaceutical and parapharmaceutical responses, information and advice; medical information online and on the Internet relating to aromatherapy and gemmotherapy pharmaceutical, parapharmaceutical, medical products, solutions and advances

International Class(es): 044 - Primary Class

U.S Class(es): 100, 101

Class Status: ACTIVE

Basis: 66(a)

Basis Information (Case Level)

Filed Use: No

Currently Use: No

Amended Use: No

Filed ITU: No

Currently ITU: No

Amended ITU: No

Filed 44D: No

Currently 44D: No

Amended 44D: No

Filed 44E: No

Currently 44E: No

Amended 44E: No

Filed 66A: Yes

Currently 66A: Yes

Filed No Basis: No

Currently No Basis: No

Current Owner(s) Information

Owner Name: Pranarôm International S.A.

Owner Address: Zoning des Artisans 37
B-7822 Ghislenghien
BELGIUM

Legal Entity Type: JOINT STOCK COMPANY

State or Country BELGIUM
Where Organized:

Attorney/Correspondence Information

Attorney of Record

Attorney Name: Martin W. Schiffmiller

Attorney Primary mws@kirschsteinlaw.com
Email Address:

Attorney Email Yes
Authorized:

Correspondent

Correspondent MARTIN W. SCHIFFMILLER
Name/Address: KIRSCHSTEIN ISRAEL SCHIFFMILLER & PIERON
425 FIFTH AVENUE
5TH FLOOR
NEW YORK, NEW YORK 10016-2223
UNITED STATES

Phone: 2126973750

Fax: 2129491690

Correspondent e-mail: mws@kirschsteinlaw.com

Correspondent e-mail Yes
Authorized:

Domestic Representative

Domestic Martin W. Schiffmiller
Representative
Name:

Phone: 2126973750

Fax: 2129491690

Domestic mws@kirschsteinlaw.com
Representative e-mail:

Domestic Yes
Representative e-mail Authorized:

Prosecution History

Date	Description	Proceeding Number
Oct. 28, 2017	FINAL DECISION TRANSACTION PROCESSED BY IB	
Sep. 27, 2017	FINAL DISPOSITION NOTICE SENT TO IB	
Sep. 27, 2017	FINAL DISPOSITION PROCESSED	73787
Sep. 20, 2017	FINAL DISPOSITION NOTICE CREATED, TO BE SENT TO IB	
Jun. 20, 2017	REGISTERED-PRINCIPAL REGISTER	
Apr. 04, 2017	OFFICIAL GAZETTE PUBLICATION CONFIRMATION E-MAILED	
Apr. 04, 2017	PUBLISHED FOR OPPOSITION	
Apr. 01, 2017	NOTIFICATION PROCESSED BY IB	
Mar. 15, 2017	NOTIFICATION OF POSSIBLE OPPOSITION SENT TO IB	
Mar. 15, 2017	NOTICE OF START OF OPPOSITION PERIOD CREATED, TO BE SENT TO IB	
Mar. 15, 2017	NOTIFICATION OF NOTICE OF PUBLICATION E-MAILED	
Feb. 27, 2017	LAW OFFICE PUBLICATION REVIEW COMPLETED	66213
Feb. 08, 2017	APPROVED FOR PUB - PRINCIPAL REGISTER	
Jan. 13, 2017	TEAS/EMAIL CORRESPONDENCE ENTERED	66213
Jan. 13, 2017	CORRESPONDENCE RECEIVED IN LAW OFFICE	66213
Jan. 06, 2017	ASSIGNED TO LIE	66213
Dec. 07, 2016	ATTORNEY/DOM.REP.REVOKED AND/OR APPOINTED	
Dec. 07, 2016	TEAS REVOKE/APP/CHANGE ADDR OF ATTY/DOM REP RECEIVED	
Dec. 07, 2016	TEAS RESPONSE TO OFFICE ACTION RECEIVED	
Jul. 09, 2016	REFUSAL PROCESSED BY IB	
Jun. 21, 2016	NON-FINAL ACTION MAILED - REFUSAL SENT TO IB	

Jun. 21, 2016	REFUSAL PROCESSED BY MPU	71529
Jun. 21, 2016	NON-FINAL ACTION (IB REFUSAL) PREPARED FOR REVIEW	
Jun. 21, 2016	APPLICATION FILING RECEIPT MAILED	
Jun. 20, 2016	NON-FINAL ACTION WRITTEN	81099
Jun. 17, 2016	ASSIGNED TO EXAMINER	81099
Jun. 17, 2016	NEW APPLICATION OFFICE SUPPLIED DATA ENTERED IN TRAM	
Jun. 16, 2016	SN ASSIGNED FOR SECT 66A APPL FROM IB	

International Registration Information (Section 66a)

International Registration Number: 1299555	International Registration Date: Feb. 25, 2016
Priority Claimed Flag: Yes	Date of Section 67 Priority Claim: Sep. 01, 2015
Intl. Registration Status: REQUEST FOR EXTENSION OF PROTECTION PROCESSED	Date of International Registration Status: Jun. 16, 2016
Notification of Designation Date: Jun. 16, 2016	Date of Automatic Protection: Dec. 16, 2017
International Registration Renewal Date: Feb. 25, 2026	
First Refusal Flag: Yes	

TM Staff and Location Information

TM Staff Information - None
File Location

Current Location: PUBLICATION AND ISSUE SECTION	Date in Location: Jun. 20, 2017
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Mark: PRANAM

PRANAM

US Serial Number: 88158261

Application Filing Date: Oct. 17, 2018

Filed as TEAS RF: Yes

Currently TEAS RF: Yes

Register: Principal

Mark Type: Trademark

Status: A non-final Office action has been sent (issued) to the applicant. This is a letter from the examining attorney requiring additional information and/or making an initial refusal. The applicant must respond to this Office action. To view all documents in this file, click on the Trademark Document Retrieval link at the top of this page.

Status Date: Feb. 20, 2019

Mark Information

Mark Literal Elements: PRANAM

Standard Character Claim: Yes. The mark consists of standard characters without claim to any particular font style, size, or color.

Mark Drawing Type: 4 - STANDARD CHARACTER MARK

Goods and Services

Note:

The following symbols indicate that the registrant/owner has amended the goods/services:

- Brackets [...] indicate deleted goods/services;
- Double parenthesis ((..)) identify any goods/services not claimed in a Section 15 affidavit of incontestability; and
- Asterisks *..* identify additional (new) wording in the goods/services.

For: Processed fruit- and nut-based food

International Class(es): 029 - Primary Class

U.S Class(es): 046

Class Status: ACTIVE

Basis: 1(b)

Basis Information (Case Level)

Filed Use: No

Currently Use: No

Amended Use: No

Filed ITU: Yes

Currently ITU: Yes

Amended ITU: No

Filed 44D: No

Currently 44D: No

Amended 44D: No

Filed 44E: No

Currently 44E: No

Amended 44E: No

Filed 66A: No

Currently 66A: No

Filed No Basis: No

Currently No Basis: No

Current Owner(s) Information

Owner Name: Phyto Health Products LLC

Owner Address: 8000 Innovation Park Drive
Baton Rouge, LOUISIANA 70820
UNITED STATES

Legal Entity Type: LIMITED LIABILITY COMPANY

State or Country Where Organized: LOUISIANA

Attorney/Correspondence Information

Attorney of Record - None**Correspondent**

Correspondent Name/Address: PHYTO HEALTH PRODUCTS LLC
8000 INNOVATION PARK DRIVE
BATON ROUGE, LOUISIANA 70820
UNITED STATES

Domestic Representative - Not Found**Prosecution History**

Date	Description	Proceeding Number
Feb. 20, 2019	NOTIFICATION OF NON-FINAL ACTION E-MAILED	6325
Feb. 20, 2019	NON-FINAL ACTION E-MAILED	6325
Feb. 20, 2019	NON-FINAL ACTION WRITTEN	68603
Feb. 06, 2019	TEAS/EMAIL CORRESPONDENCE ENTERED	88889
Feb. 05, 2019	CORRESPONDENCE RECEIVED IN LAW OFFICE	88889
Feb. 05, 2019	TEAS RESPONSE TO OFFICE ACTION RECEIVED	
Jan. 28, 2019	NOTIFICATION OF NON-FINAL ACTION E-MAILED	6325
Jan. 28, 2019	NON-FINAL ACTION E-MAILED	6325
Jan. 28, 2019	NON-FINAL ACTION WRITTEN	68603
Jan. 28, 2019	ASSIGNED TO EXAMINER	68603
Oct. 27, 2018	NEW APPLICATION OFFICE SUPPLIED DATA ENTERED IN TRAM	
Oct. 20, 2018	NEW APPLICATION ENTERED IN TRAM	

TM Staff and Location Information**TM Staff Information**

TM Attorney: EVANKO, PATRICIA MALES

Law Office Assigned: LAW OFFICE 119

File Location

Current Location: TMO LAW OFFICE 119 - EXAMINING ATTORNEY ASSIGNED

Date in Location: Feb. 20, 2019

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Mark: PRANAYUMS

PRANAYUMS

US Serial Number: 86882852

Application Filing Date: Jan. 21, 2016

US Registration Number: 5031488

Registration Date: Aug. 30, 2016

Filed as TEAS Plus: Yes

Currently TEAS Plus: Yes

Register: Principal

Mark Type: Trademark

Status: Registered. The registration date is used to determine when post-registration maintenance documents are due.

Status Date: Aug. 30, 2016

Publication Date: Jun. 14, 2016

Mark Information

Mark Literal Elements: PRANAYUMS

Standard Character Claim: No

Mark Drawing Type: 5 - AN ILLUSTRATION DRAWING WITH WORD(S)/LETTER(S)/NUMBER(S) INSTYLIZED FORM

Description of Mark: The mark consists of the stylized literal element "Pranayums" wherein the literal sub-elements "P", "R" and "N" are capitalized.

Color(s) Claimed: Color is not claimed as a feature of the mark.

Translation: The wording "pranayums" has no meaning in a foreign language.

Goods and Services

Note:

The following symbols indicate that the registrant/owner has amended the goods/services:

- Brackets [...] indicate deleted goods/services;
- Double parenthesis (..) identify any goods/services not claimed in a Section 15 affidavit of incontestability; and
- Asterisks *..* identify additional (new) wording in the goods/services.

For: Spice blends; Spice rubs; Spices; Spices and ice; Spices for the flavoring of pumpkin seeds; Spices in the form of powders; Baking spices; Bread flavoured with spices; Cardamom; Cinnamon powder; Clove powder; Curry; Curry powder; Dry spice rub for meats and fish; Edible spices; Ginger; Hot pepper powder; Instant spice blends; Japanese horseradish powder spice (wasabi powder); Japanese pepper powder spice (sansho powder); Masala powder and spices; Mustard powder; Natural spices; Organic spices; Pepper spice; Pepper; Processed ginseng used as an herb, spice or flavoring for food or beverages; Zaatar spice blend

International Class(es): 030 - Primary Class

U.S Class(es): 046

Class Status: ACTIVE

Basis: 1(a)

First Use: Jan. 01, 2016

Use in Commerce: Jan. 01, 2016

Basis Information (Case Level)

Filed Use: Yes

Currently Use: Yes

Amended Use: No

Filed ITU: No

Currently ITU: No

Amended ITU: No

Filed 44D: No

Currently 44D: No

Amended 44D: No

Filed 44E: No

Currently 44E: No

Amended 44E: No

Filed 66A: No

Currently 66A: No

Filed No Basis: No

Currently No Basis: No

Current Owner(s) Information

Owner Name: Indian Table, LLC

Owner Address: 466 Foothill Blvd Ste 253
La Cañada Flintridge, CALIFORNIA 91011
UNITED STATES

Legal Entity Type: LIMITED LIABILITY COMPANY

State or Country CALIFORNIA
Where Organized:

Attorney/Correspondence Information

Attorney of Record

Attorney Name: Jack Fritz

Attorney Primary jack@fritzlawgroup.com
Email Address:

Attorney Email Yes
Authorized:

Correspondent

Correspondent JACK FRITZ
Name/Address: FRITZ LAW GROUP
87 N RAYMOND AVE SUITE 927
PASADENA, CALIFORNIA 91103
UNITED STATES

Phone: 626-629-8845

Correspondent e- jack@fritzlawgroup.com
mail:

Correspondent e- Yes
mail Authorized:

Domestic Representative - Not Found

Prosecution History

Date	Description	Proceeding Number
Nov. 21, 2017	TEAS CHANGE OF CORRESPONDENCE RECEIVED	
Aug. 30, 2016	REGISTERED-PRINCIPAL REGISTER	
Aug. 05, 2016	TEAS CHANGE OF CORRESPONDENCE RECEIVED	
Jun. 14, 2016	OFFICIAL GAZETTE PUBLICATION CONFIRMATION E-MAILED	
Jun. 14, 2016	PUBLISHED FOR OPPOSITION	
May 25, 2016	NOTIFICATION OF NOTICE OF PUBLICATION E-MAILED	
May 05, 2016	APPROVED FOR PUB - PRINCIPAL REGISTER	
May 05, 2016	ASSIGNED TO EXAMINER	74662
Jan. 27, 2016	NEW APPLICATION OFFICE SUPPLIED DATA ENTERED IN TRAM	
Jan. 25, 2016	NEW APPLICATION ENTERED IN TRAM	

TM Staff and Location Information

TM Staff Information - None

File Location

Current Location: PUBLICATION AND ISSUE SECTION

Date in Location: Aug. 30, 2016

Generated on: This page was generated by TSDR on 2019-06-14 10:52:11 EDT

Mark: PRANAJUNKIE

PRANAJUNKIE

US Serial Number: 87192166

Application Filing Date: Oct. 04, 2016

Filed as TEAS RF: Yes

Currently TEAS RF: Yes

Register: Principal

Mark Type: Trademark, Service Mark

Status: A final Office action refusing registration has been sent (issued) because the applicant neither satisfied nor overcame all requirements and/or refusals previously raised. The applicant may respond by filing (1) a request for reconsideration; and/or (2) an appeal to the Trademark Trial and Appeal Board. To view all documents in this file, click on the Trademark Document Retrieval link at the top of this page.

Status Date: Dec. 05, 2018

Mark Information

Mark Literal Elements: PRANAJUNKIE

Standard Character Claim: Yes. The mark consists of standard characters without claim to any particular font style, size, or color.

Mark Drawing Type: 4 - STANDARD CHARACTER MARK

Goods and Services

Note:

The following symbols indicate that the registrant/owner has amended the goods/services:

- Brackets [...] indicate deleted goods/services;
- Double parenthesis ((.)) identify any goods/services not claimed in a Section 15 affidavit of incontestability; and
- Asterisks *..* identify additional (new) wording in the goods/services.

For: clothing, namely, shirts, t-shirts

International Class(es): 025 - Primary Class

U.S Class(es): 022, 039

Class Status: ACTIVE

Basis: 1(b)

For: food products

International Class(es): 030 - Primary Class

U.S Class(es): 046

Class Status: ACTIVE

Basis: 1(b)

For: On-line journal, namely, blogs in the field of food, cooking techniques, and recipes

International Class(es): 041 - Primary Class

U.S Class(es): 100, 101, 107

Class Status: ACTIVE

Basis: 1(b)

Basis Information (Case Level)

Filed Use: No

Currently Use: No

Amended Use: No

Filed ITU: Yes

Currently ITU: Yes

Amended ITU: No

Filed 44D: No

Currently 44D: No

Amended 44D: No

Filed 44E: No

Currently 44E: No

Amended 44E: No

Filed 66A: No

Currently 66A: No

Filed No Basis: No

Currently No Basis: No

Current Owner(s) Information

Owner Name: Prana Junkie, LLC

Owner Address: 3533 St. Germaine Court
Louisville, KENTUCKY 40207
UNITED STATES

Legal Entity Type: LIMITED LIABILITY COMPANY

State or Country KENTUCKY
Where Organized:

Attorney/Correspondence Information

Attorney of Record

Attorney Name: Mari-Elise Paul

Docket Number: PR253-000PR

Attorney Primary mpaul@stites.com
Email Address:

Attorney Email Yes
Authorized:

Correspondent

Correspondent MARI-ELISE PAUL
Name/Address: STITES & HARBISON PLLC
400 W. MARKET ST., SUITE 1800
LOUISVILLE, KENTUCKY 40202
UNITED STATES

Phone: 703.8373.932

Fax: 703.518.2952

Correspondent e- mpaul@stites.com tmlou@stites.com
mail:

Correspondent e- Yes
mail Authorized:

Domestic Representative - Not Found

Prosecution History

Date	Description	Proceeding Number
Dec. 05, 2018	NOTIFICATION OF FINAL REFUSAL EMAILED	
Dec. 05, 2018	FINAL REFUSAL E-MAILED	
Dec. 05, 2018	FINAL REFUSAL WRITTEN	81092
Nov. 07, 2018	LIE CHECKED SUSP - TO ATTY FOR ACTION	69712
Nov. 01, 2018	ASSIGNED TO LIE	69712
Apr. 15, 2018	NOTIFICATION OF LETTER OF SUSPENSION E-MAILED	6332
Apr. 15, 2018	LETTER OF SUSPENSION E-MAILED	6332
Apr. 15, 2018	SUSPENSION LETTER WRITTEN	81092
Feb. 21, 2018	TEAS/EMAIL CORRESPONDENCE ENTERED	88889
Feb. 20, 2018	CORRESPONDENCE RECEIVED IN LAW OFFICE	88889
Feb. 20, 2018	TEAS RESPONSE TO OFFICE ACTION RECEIVED	
Aug. 20, 2017	NOTIFICATION OF NON-FINAL ACTION E-MAILED	6325
Aug. 20, 2017	NON-FINAL ACTION E-MAILED	6325
Aug. 20, 2017	NON-FINAL ACTION WRITTEN	81092
Jul. 15, 2017	TEAS/EMAIL CORRESPONDENCE ENTERED	88889
Jul. 14, 2017	CORRESPONDENCE RECEIVED IN LAW OFFICE	88889
Jul. 14, 2017	TEAS RESPONSE TO OFFICE ACTION RECEIVED	
Jan. 14, 2017	NOTIFICATION OF NON-FINAL ACTION E-MAILED	6325
Jan. 14, 2017	NON-FINAL ACTION E-MAILED	6325
Jan. 14, 2017	NON-FINAL ACTION WRITTEN	81092
Jan. 11, 2017	ASSIGNED TO EXAMINER	81092
Oct. 07, 2016	NEW APPLICATION OFFICE SUPPLIED DATA ENTERED IN TRAM	
Oct. 07, 2016	NEW APPLICATION ENTERED IN TRAM	

TM Staff and Location Information

TM Staff Information

TM Attorney: HELLMAN, ELI J

Law Office Assigned: LAW OFFICE 102

File Location

Current Location: TMEG LAW OFFICE 102 - EXAMINING
ATTORNEY ASSIGNED

Date in Location: Dec. 05, 2018

Exhibit B



Travel



What to Eat Before, During & After Plane Flight

Planning for international travel? Worried about what to eat on the plane? Below you'll find a stress-free guide to help you eat well before, during, and after your flight.

Through Prana World Projects, we have tried to bring the knowledge of Prana, Spirituality and Pranic Healing, introduced and developed by Master Choa Kok Sui, into every single part of our life, to enrich, empower and make it a brilliant success.



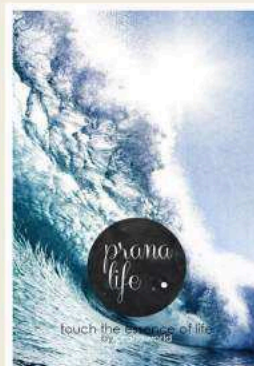
Prana Food

Thinking of preparing a magnificent meal? Take your cooking knowledge to the next level with the knowledge of



Prana Home

This year renew your home! We're here to make it happen! With simple steps and practical guides, bring the spirit of



Prana Life

Life is fabulous! It's amazing! Life is tremendously awesome! and there is no reason why you should not make



Prana Books

Begin the search within with your little ones, and experience the magnificence of giving the gift of Pranic Healing and



Prana Organics

 **Health Store**

★★★★☆ (/reviews/prana-organics-tallinn-50256#reviews) (3 reviews)

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 **CONTACT**

+372-5281512 (tel:+372-5281512)

 **FIND**

Pärnu Maantee 4, Tallinn (/europe/estonia/tallinn/), Estonia (/europe/estonia/)

Small health store selling various items, including juices, snack bars, spirulina, coffee, tea, raw cakes, cocoa beans, and other organic products. Open Mon-Sun 11:00-19:00.

 [Add Review \(/reviews/prana-organics-tallinn-50256/write\)](/reviews/prana-organics-tallinn-50256/write)

 [Add Photo \(/reviews/prana-organics-tallinn-50256/images/upload\)](/reviews/prana-organics-tallinn-50256/images/upload)



(https://images.happycow.net/venues/1024/50/25/hcmp50256_81072.jpeg)



(<https://image:>



Update

Favorite

Trip

Share

[\(/reviews/prana-organics-tallinn-50256/update\)](/reviews/prana-organics-tallinn-50256/update)

[View larger map](#)



Features

Website [superfoods.ee \(http://www.superfoods.ee\)](http://www.superfoods.ee)

 [facebook \(http://facebook.com/PranaOrganics\)](http://facebook.com/PranaOrganics)

3 Reviews

First Review by CLRtraveller (</members/profile/CLRtraveller>)

Default



Emmeline H
(/members/profile/Emmeline%20H)

Points +156

Vegan

(/members/profile/Emmeline%20H)

★★★★☆ 08 Apr 2018

tiny

Really tiny shop, no room to browse really and is on the pricier side.

Comment

Share

Report

(/contact/abuse/review/50256/31141:



vegjohanna (/members/profile/vegjohanna)

Points +42

Vegan

(/members/profile/vegjohanna)

★★★☆☆ 11 Aug 2017

Really small

This shop is really small. When I came in the seller was talking in phone. And didn't say hi or anything. There weren't many products. I saw outside a sign of some cakes but inside there I didn't see any. The prices felt also kind of expensive.

Comment

Share

Report

(/contact/abuse/review/50256/23644;

CLRtraveller (/members/profile/CLRtraveller)

Points +2851



Vegan

(/members/profile/CLRtraveller)

★★★★☆ 09 Sep 2014

Snack bars, teas, etc.

Very small and sparse shop: only teas, smoothies, a few things in jars and raw snack bars. I bought only some RooBars at €2,20 each.

Pros: central location

Cons: not much on offer



Comment



Share

! Report

(/contact/abuse/review/50256/10324:



Write Review (/reviews/prana-organics-tallinn-50256/write)

Link to this page (/reviews/prana-organics-tallinn-50256/link) from your site. Entry info .

Return to Tallinn Vegetarian Restaurants & Health Food Store Listings

(/europe/estonia/tallinn)

Business Owners, if you see an unfair review, read this (/reviews/faq#unfair-review).

Why was my review removed? - details (/reviews/faq#removed-review) / Review guidelines

(https://www.happycow.net/review-guidelines)

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Has Prana Organics closed, shut down, moved, or changed? Please use the Update Form

(/reviews/prana-organics-tallinn-50256/update).

This page has been viewed 2385 times.

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[FAQ \(/faq\)](#)

[Flyers \(/press-kits\)](#)

[Press \(/press\)](#)

[Advertise \(/advertise\)](#)

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[Privacy Policy \(/privacy-policy\)](#)

[Terms of Use \(/terms-of-use\)](#)

[DMCA Compliance \(/dmca-compliance\)](#)

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[CORE HEALING \(/CORE-HEALING-COURSE\)](#)

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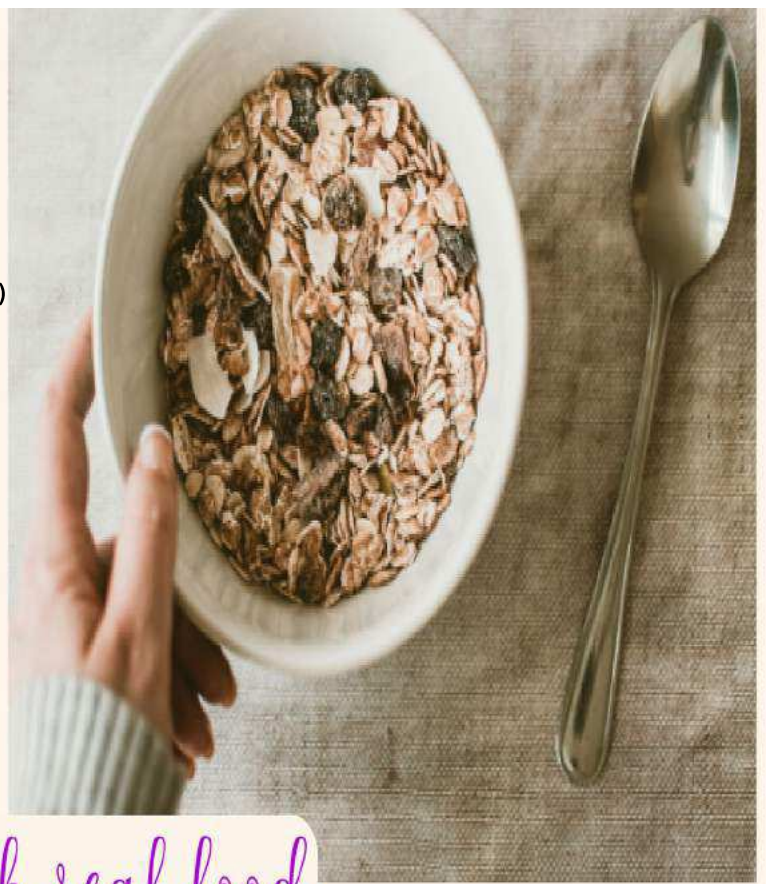
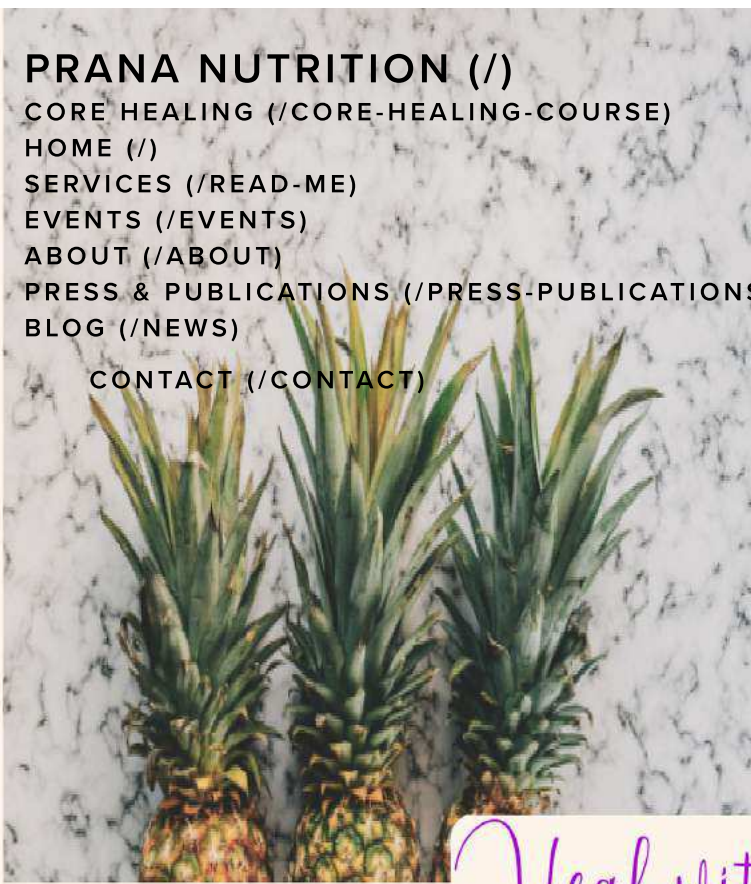
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Nutrition for your mind, body, & spirit.

The link between diet and health is definitive. Science has made significant progress in understanding human health and the effects of food and diet, but all this knowledge can still be hard to turn into healthy action. With emphasis on plant-based nutrition, Prana Nutrition practices mindful and practical nutrition to promote both physical and mental well-being.

As a Registered Dietitian I can show you that eating nourishing, whole, plant-based foods can transform your well-being on all levels (mind-body-spirit). I'm here to help you take your health and wellness to the next level by optimizing the way you think about food. Contact me to get started on your path to health!

SUBSCRIBE TO PN MONTHLY!

Sign up with your email address to receive monthly news and updates. Every month I will send out an exclusive email of my top favorite finds that month. These will be things like food prep hacks, recipes, nutrition headlines or tips, products or supplements that I've tried, podcasts, inspirational quotes or stories that I think are worth sharing!

I'M IN!





(/new-page)



(/why-plantbased-1)

WHAT'S THE DIFFERENCE BETWEEN A REGISTERED DIETITIAN AND A NUTRITIONIST? (/NEW-PAGE)

Learn More → (/new-page)

WHY PLANT-BASED? (/WHY-PLANTBASED-1)

Learn about the power of plants! → (/why-plantbased-1)

SEE WHAT CLIENTS ARE SAYING!

“

What can I say about the diet that saved my life?

Over two years ago I was diagnosed with SLE lupus. I was recommended multiple treatment options, and most didn't help at all. I've been taking unprecedented amounts of medications to try to suppress my immune system, in the hopes of finding relief.

When I began LEAP my symptom survey was 134. After 10 days my score was 11! I began to see improvements very quickly and this became my motivation for success. Foods I thought I couldn't live without became foods I didn't crave it all. I lost 18 lbs. as a side effect but it wasn't because of lack of calories.

Now I'm a different person. I'm on half the amount of medications I was before and my chemo dose is lowered to the smallest amount they can prescribe.

Jen was so helpful and supportive, I could not have done it without her. I am grateful every day that she helped me find an answer, and resolve what I was going through. I couldn't be more grateful for LEAP!

— Elizabeth Pelaez, LEAP client

“

My doctor referred me to Jennifer and after meeting with her, I'm glad he did! I've wanted to make the switch to a plant-based diet for a while and have been taking small steps towards that. Jennifer helped me complete that goal. She's knowledgeable, open, friendly and passionate about what she does. That comes through in her enthusiasm and willingness to share information and answer questions. I appreciate her approach and would recommend contacting her if you need help making a smart, informed switch to a plant-based lifestyle.

— Karen Sawicki, plant-based client

“

Jennifer was fantastic. Very down to earth and easy to talk to. I was looking for a vegan dietitian to provide me some pointers and information. I would recommend her to anyone. Vegan or not!

— Fernando Perez, vegan client

PRANANUTRITIONIST@GMAIL.COM (MAILTO:PRANANUTRITIONIST@GMAIL.COM)

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All content is provided for informational or educational purposes only. Please consult your healthcare provider in regards to recommendations and opinions that may relate to your medical condition or symptoms.

Exhibit C

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2008

2009

2011

[12 captures](#)

25 Oct 2009 – 7 Mar 2016

▼ About this capture

- [Home](#)
- [Ancient Pancake Wisdom](#)
- [Ingredients](#)
- [Gluten Free](#)
- [How to Prepare](#)
- [Our Story](#)
- [Recipes](#)
- [Blog](#)
- [Testimonials](#)

Prana Pancakes

- [Home](#)
- [Ancient Pancake Wisdom](#)
- [Ingredients](#)
- [Gluten Free](#)
- [How to Prepare](#)
- [Our Story](#)
- [Recipes](#)
- [Blog](#)
- [Testimonials](#)

Where to Buy

For now you can buy Prana Pancakes directly from us. Stay tuned--we will be in stores soon!

This form does not yet contain any fields.

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- [Home](#)
- [Ancient Pancake Wisdom](#)
- [Ingredients](#)
- [Gluten Free](#)
- [How to Prepare](#)
- [Our Story](#)
- [Recipes](#)
- [Blog](#)
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Search

If you have read "[our story](#)" you would know how much people love Prana Pancakes and how their [premium ingredients](#) make them a powerhouse of nutrition. "Oh, my god, these are the best pancakes I've ever had!" is a

<http://www.pranapancakes.com/>

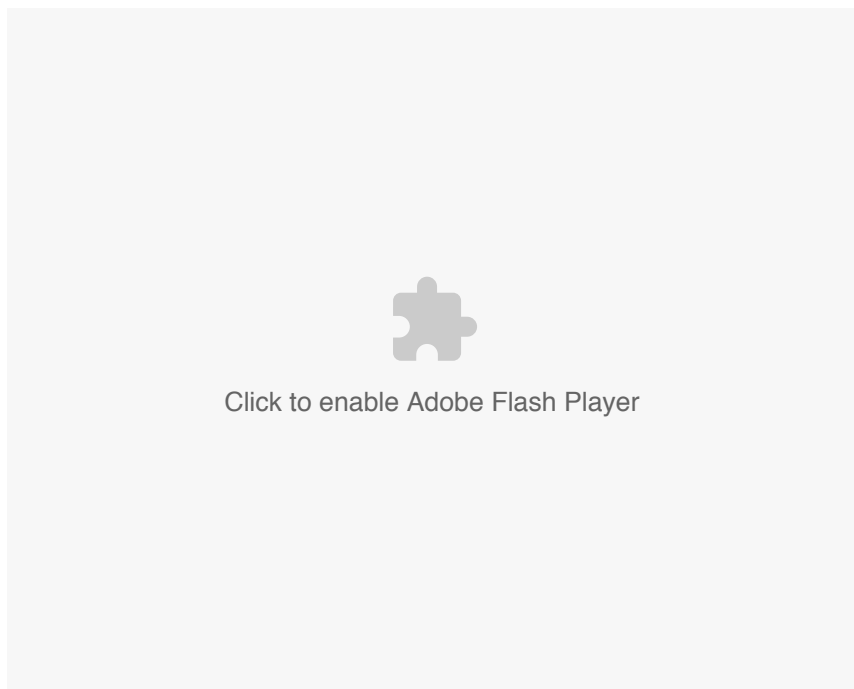
 reSEP **OCT** **25** **OCT** people who love
 2008 **2009** 2011

Prana Pancakes! Happy Viewing!
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 25 Oct 2009 - 7 Mar 2016



Sharon Moore describes how much energy

she has on a bike trip after eating Prana Pancakes.



Steve Currie, Sharon's husband, compares the

taste and texture of Prana Pancakes to authentic sourdough!

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OCT OCT JAN

22

2009 2010 2013



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12 captures

25 Oct 2009 - 7 Mar 2016

page contents

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- [Gluten Free](#)
- [GMO Statement](#)
- [Nutrition](#)
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OCT OCT JAN

22

2009 2010 2013



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12 captures

25 Oct 2009 - 7 Mar 2016

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Name:
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Status:
This is for Fred Lamotte: Prana Pancakes uplift...

Fans:
26

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Free Local Shipping!

Order a case to share with friends.

A case contains six one-pound bags of Prana Pancake Mix. The price includes **free local shipping** in the State of Washington. Shipping is \$5 shipping in the other 49 states.



Case of Prana Pancake Mix \$48

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JAN

22

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Prana Pancake Sample

\$5

Add to Cart

If you have questions about **price, quantity and other considerations**, read this **note from the President** and feel free to **contact us**.

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OCT JAN AUG

28

2009 2011 2013



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12 captures

25 Oct 2009 - 7 Mar 2016

page contents

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- [What is Prana?](#)
- [Our Story](#)
- [Gluten Free](#)
- [GMO Statement](#)
- [Nutrition](#)
- [Blog](#)
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28

2009 2011 2013



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12 captures

25 Oct 2009 - 7 Mar 2016

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JAN

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JUN

◀

28

▶

2009

2011

2013



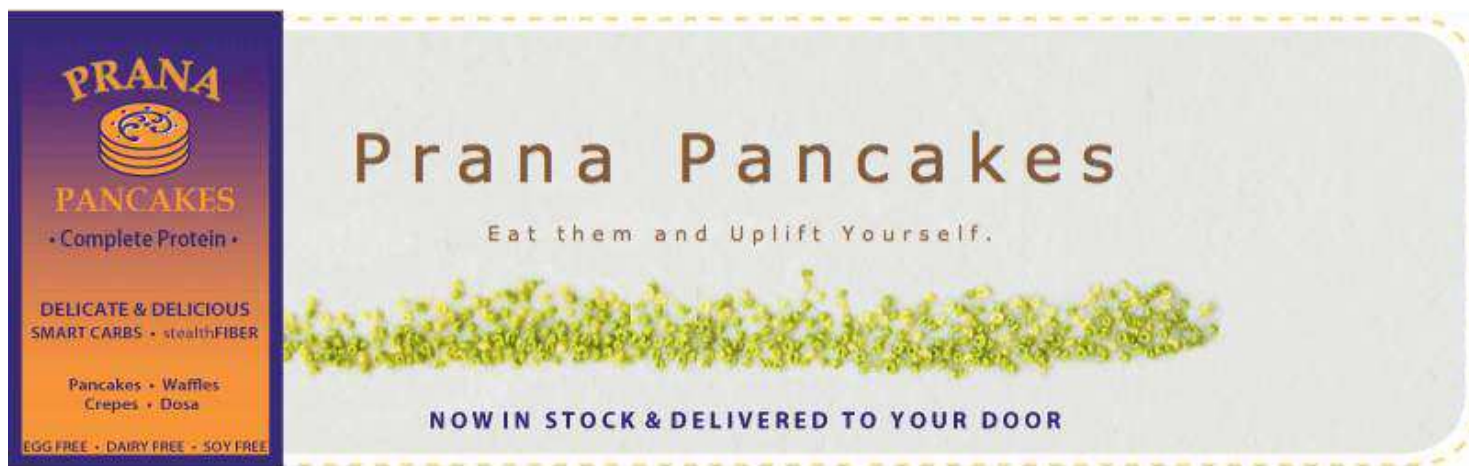
About this capture

[12 captures](#)

25 Oct 2009 - 7 Mar 2016

page contents

- [Home](#)
- [Shop Online](#)
- [Ingredients](#)
- [Testimonials](#)
- [New Product Announcements](#)



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- [Shop Online](#)
- [Ingredients](#)
- [Testimonials](#)
- [New Product Announcements](#)

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- [Home](#)
- [Shop Online](#)
- [Ingredients](#)
- [Testimonials](#)
- [New Product Announcements](#)

- [Where to Buy](#)
- [How to Prepare](#)
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- [Our Story](#)
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- [Zero GMO Policy](#)
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Free Shipping on Mixed Cases!

Order any combination of six of our products and you will get free shipping!

Single item orders can also be made.

Shipping applies. See below for details.

Gluten Free Prana Cookies

If you thought Prana Pancakes were great, just wait till you try our new **Chocolate Chip Cookie Mix**. You'll never believe they're **Wheat Free, Gluten Free, Dairy Free, Egg Free, Soy Free, Corn Free, Rice Free and GMO Free!** And the most common comments we get is "These are the best gluten free cookies I've ever tasted!" and "These are the best vegan cookies I've ever tasted!"

One Package Chocolate Chip Cookie Mix - \$7.50 (plus shipping.)

[Add to Cart](#)

Gluten Free Prana Pancakes

And if you were waiting for the **Gluten Free Pancake Mix**, wait no longer! The new Gluten Free Pancake mix is also in stock and shipping.

Package of Gluten Free Pancake Mix \$6.50 plus shipping.

[Add to Cart](#)

Go

JAN

AUG

JUN

28

2009

2011

2013



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12 captures

25 Oct 2009 - 7 Mar 2016

...complete protein and fiber, you'll love them and your kids will too.

One Package Prana Pancake Mix - \$6 plus shipping

[Add to Cart](#)

One Case Prana Pancake Mix Original - \$30 (limited time in this size)

[Add to Cart](#)

Want to try the pancake mix first? No problem! You can order a free sample. Just send \$2.00 to cover the cost of mailing.



Prana Pancake Sample (please specify Original or Gluten Free) \$2

[Add to Cart](#)

FREE SHIPPING ON CASES ALWAYS APPLIES. A CASE IS ANY SIX ITEMS, IN ANY COMBINATION. Shipping is \$5 for a single item or \$10 flat rate for three items together. Order some of each or three of your favorite! You will be sent a separate paypal invoice for shipping based on the size of your order.

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Go

h JAN AUG JUN

28

2009 2011 2013



[12 captures](#)

25 Oct 2009 - 7 Mar 2016

About this capture

http://www.pranapancakes.com/

Go

JUN NOV JAN

01

2011 2013 2014



About this capture

12 captures

25 Oct 2009 - 7 Mar 2016

page contents

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- [How to Prepare](#)
- [What is Prana?](#)
- [Our Story](#)
- [Gluten Free](#)
- [Zero GMO Policy](#)
- [Nutrition](#)
- [Blog](#)

http://www.pranapancakes.com/

Go

JUN NOV JAN

01

2011 2013 2014



About this capture

12 captures


25 Oct 2009 - 7 Mar 2016

Us


Us

We have changed our case size to reduce shipping cost!

When we moved to the Blue Ridge, unfortunately, about the same time, shipping a case of Prana Pancakes went up from about \$7 across town and \$12 across the country, to about \$12 across town or \$17 the country! That's prohibitive for groceries! So, we've changed our shipping method and have devised a new bag size that fits in a USPS flat rate envelope. Now you can buy 2lbs of Prana Pancakes (as much as we can fit in that flat rate envelope!) with flat \$2.99 shipping. We keep the shipping low so you can order as many Prana Pancakes as you like! Now there is no need to calculate shipping within the state or not. It's a flat \$2.99 shipping anywhere in the country. Click below to add a "mini case" of Prana Pancakes to your cart! It is a flat \$18.99.

 PayPal - The safer, easier way to pay online!

Prana Pancakes GF are being reformulated, so the old formula is on sale! Instead of \$8 it is now \$6 a pound. We can send you two of those in the same kind of envelope as the original. This is while supplies last!

 PayPal - The safer, easier way to pay online!

Our cookie mix is currently out of stock...we are waiting for our gluten free Oat provider to make their next harvest! We could have made this batch with non-organic flour but we believe in supporting organic as much as possible so we'll wait. I guess we learned to buy more of the current harvest for next time!

Go

JUN NOV JAN

◀ 01 ▶

2011 2013 2014



[12 captures](#)

25 Oct 2009 - 7 Mar 2016

▼ About this capture

http://www.pranapancakes.com/

Go

JAN FEB DEC

10

2011 2014 2016



About this capture

12 captures

25 Oct 2009 - 7 Mar 2016

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- [How to Prepare](#)
- [What is Prana?](#)
- [Our Story](#)
- [Gluten Free](#)
- [Zero GMO Policy](#)
- [Nutrition](#)
- [Blog](#)

<http://www.pranapancakes.com/>

Go

JAN

FEB

DEC



12 captures

25 Oct 2009 – 7 Mar 2016

2011

10
2014

2016

About this capture

Us

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[Add to Cart](#)

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[Add to Cart](#)

Cookie mix is back in stock! Order away! We just made a batch this evening and I marvelled again at how fabulous they are. Crisp on the outside, soft and chewy on the inside...great for dipping in milk!

[Add to Cart](#)

<http://www.pranapancakes.com/>

Go

JAN

FEB

DEC



10



2011

2014

2016



[12 captures](#)

25 Oct 2009 - 7 Mar 2016

About this capture

McPhee, Katie

July 9, 2014 at 1:16 PM



To: lisa@pranafoods.net, sales@pranapancakes.com

RE: pancake order

Hi Lisa,

I confirmed that I did have the correct mailing address in the Paypal payment but definitely no shipment. Are you able to resend please? I am eagerly awaiting the mix. I also went ahead and put in another order so then you can ship them together (confirmation below – 2nd screenshot – on bottom). Thanks!

Shopping Cart Payment Sent (Unique Transaction ID #9W3236921U8620712)

Original Transaction				
Date	Type	Status	Details	Amount
Apr 30, 2014	Payment To Prana Foods, LLC	Completed	...	-\$26.99 USD

Related Transaction				
Date	Type	Status	Details	Amount
Apr 30, 2014	Charge From Credit Card	Completed	Details	\$26.99 USD

Business Name: Prana Foods, LLC (The recipient of this payment is **Verified**)

Email: sales@pranapancakes.com

Shopping Cart Contents

Qty	Item	Options	Price
2	Prana Pancakes GF Old Formula Mini-Case Item # 4		\$24.00 USD
Amount			\$24.00 USD



To: Lisa Longnecker

Reply-To: pinbot@sendgrid.net

Lau Rodríguez started following 1 of your boards



Hi, Prana Foods!



Lau Rodríguez started following your board **Prana Foods Products**.



4 pins · 1 follower

Happy pinning!



To: Lisa Longnecker

Order Confirmation

Dear Lisa Longnecker,

Thank you for your recent order with Europe Registry, your global solutions provider.

The notice has been sent to you to confirm that we have received an order for the following products:

=====
Order Confirmation on 2015-01-23
=====

1. DOMAIN CREATE: prana.food **PREREG**, Term: 1 YEAR(S)
=====

Total Amount: EUR 0
=====

****Please Note****

PRE-REGISTRATION Phase

By pre-registering your interest you've given yourself the best possible chance of securing your desired domain name(s) when it becomes publicly available.

For most new domain name launches there are three availability phases, which are called Sunrise, Landrush and General Availability.

There are exceptions but for most domain launches Sunrise is for trademark holders, Landrush is for premium priced domains, early access plus auctions and General Availability operates on a first come, first serve basis like .com domains.

Before we can attempt to register your pre-registered domain name(s) you'll need to upgrade them to one of these phases. You'll be notified via email once a phase is about to begin so you'll have plenty of time to upgrade.

Europe Registry will do everything we can to secure your domain(s) in the launch phase you select, but cannot guarantee a successful registration. If a domain name is not successfully registered we will issue a credit in the first instance.

Some new domain names have non-refundable fees in specific launch phases. Please see our web site for further details.

If your pre-registered domain name(s) is related to a brand that is trademarked by you or your company, we recommend you investigate the [Trademark Clearinghouse \(TMCH\)](#). This allows brand owners a greater chance to secure a domain name during the Sunrise phase.

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To view and/or upgrade the status of your pre-registered domain(s), please use your Europe Registry Web site portal, which can be found online at: <http://login.europeregistry.com>

Europe Registry is committed to providing the highest level of support to our customers. Should you require further assistance, please contact our customer service team via one of the email addresses below.

Kind Regards,

Europe Registry

www.europeregistry.com

An Instra Corporation Company

For sales & customer support:

sales@europeregistry.com

support@europeregistry.com

billing@europeregistry.com

IMPORTANT NOTICE:

By submitting this Application for a Product, you hereby confirm that you are Eligible to hold the Product set out in this Application, and that all information provided in this Application is true, complete and correct, and is not misleading in any way. If any of the information is later found not to be true, or is incomplete, incorrect, or misleading in any way, or if you have submitted this Application in bad faith, the Product License shall be Cancelled and you shall permanently lose the use of the Product.

Please do not reply to this notice, as this message has been sent by an automated process

☆ **SELF-Tax@seattle.gov**

January 25, 2015 at 2:17 AM



To: Lisa Longnecker

City of Seattle SELF Online Due Date Reminder - (Notice ID 224525) - Jan 25 2015 12:43AM



City of Seattle
Edward B. Murray, Mayor

Finance and Administrative Services
Fred Podesta, Director

This is a courtesy reminder of the upcoming tax due date for:

Customer #	Tax Period	Due Date	Description	Business Name
0727156	ANNUAL, 2014	01/31/2015	BUSINESS LICENSE TAX	PRANA FOODS LLC

Please do not respond to this email. This is just a reminder notice. If you have already filed and/or paid this return, please disregard this message.

To file your tax returns, please log onto SELF (Seattle Electronic Filing System), seattle.gov/self/.

Thank you.
City of Seattle

Department of Finance and Administrative Services
Licensing and Tax Administration Division
700 5th Ave, Suite 4250, PO Box 34214, Seattle, WA 98124-4214
T. 206 684 8484
Email: tax@seattle.gov



pinbot@pinterest.com

Reply-To: pinbot@sendgrid.net

These boards share Pins with your Good Looking Recipes board



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Mobile App

Hi Prana Foods,

We found your pin on some other boards!



Zucchini Pasta with Raw (vegan & gluten-free) Alfredo Sauce



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- February wrap Up - win a Prize...
Win a Prize and Save 10% View
this email in your browser FOLL...
 - Dealjumbo** 2/26/15
Cartoon Mascots & Icons - Only...
Cartoon Mascots & Icons
Megabundle More than 112 cart...
 - Non-GMO Project** 2/27/15
Notice of changes to Non-GMO...
Web Version | Update preferences |

Squarespace
To: Lisa Longnecker
Reply-To: jpitt916@gmail.com
Form Submission - Cookie

February 28, 2015 at 9:41 AM



First Name: Jon

Email Address: jpitt916@gmail.com

(Sent via [Allergen-Free Comfort Foods as Good as the Real Thing!](#))

<http://www.pranafoods.net>

Open with Google Chrome

Add to Reading List

Shirley Virgil

May 13, 2015 at 3:26 PM

SV

To: lisa@pranafoods.net

Fwd: Commercial Kitchen in San Rafael

After you have reviewed this information, I am happy to answer any of your questions. The kitchen is available after 4:30 PM Monday – Friday and is available all day on weekends. The kitchen has the ability to work 24 hours per day. We have fourteen stovetop burners, four convection ovens, three standard ovens, an 80 qt and a 20 qt mixers. Large bowls, sheet pans, cook pots and saute pans are provided. You provide all the small utensils, blenders, food processors and cleaning supplies. The next step would be to make an appointment to see the facility at 415-456-2191

Donna's Tamales is a vegetarian business. We previously did not allow the preparation of meat, fish, seafood or fowl. The kitchen is now available for these types of foods only when the handling of these items is with great care. Additionally, we charge a \$500.00 deposit (refundable at the end of the lease if there are no damages) due upon signing the lease. Liability insurance is required up to \$1,000,000 and workers compensation if you have employees. Dry storage is \$125.00/ month for a small cabinet, \$375 for a large cabinet and refrigeration is \$75.00 per small shelf/month, \$100 for a large shelf.

Minimum usage is \$125.00 per month. Any storage that you have on site would be added to this base. The \$125.00 per month entitles you to 4 hours of kitchen time that must be prearranged with a minimum 48-hour notice of intent to use. This four hours does not accumulate, it must be used in the month it is paid. The minimum daily usage is three hours. For example, you pay the \$125.00 minimum, which is 4 hours of use and is deducted from your overall usage. So if you used the kitchen two days a month three hours each day, the first 4 hours are covered by the \$125 minimum and the remaining 2 hours are billed at \$25/hour. Planning your production carefully reduces your costs.

Clean up following farmers markets or catering gigs is charged at a minimum rate of 3 hours per month. You must punch in and out for cleanup and excess time will be billed at the end of the month.

Use is defined as preparation time and or use of any of the equipment. Pick up and deliveries may be made throughout the month as long as they are made quickly and do not disrupt other clients or utilize any equipment (stoves, ovens, mixers, and sinks).

These rates do not include any equipment, such as dehydrators, freezers battery chargers etc., that would require electrical hook up beyond the hours of use. The use of this type of equipment would be subject to a rate approval by Donna's. Tamales. There is no overnight parking on site.

Shirley Virgil

May 18, 2015 at 11:35 AM



To: Lisa Longnecker

Re: Commercial Kitchen in San Rafael

I am at the kitchen from 10-4 wed, Thursday 10-6 and Friday 10-4. it is best to pick a specific time as I often run errands.

[See More from Lisa Longnecker](#)

Lisa Longnecker

May 16, 2015 at 10:46 PM



To: Shirley Virgil

Sent - lisa@pranafoods.net

Re: Commercial Kitchen in San Rafael

Hi, Shirley!

We are strict vegetarians—I love the care and attention to any issues with meat. :) I'd love to come and look at the kitchen.

Thank you!

Lisa

[See More from Shirley Virgil](#)

Lisa Longnecker

To: Shirley Virgil

Re: Commercial Kitchen in San Rafael

May 18, 2015 at 10:52 PM

Sent - lisa@pranafoods.net 



Thanks, Shirley!
See you Wednesday.
Cheerio
Lisa

[See More from Shirley Virgil](#)

Shirley Virgil

To: Lisa Longnecker

Re: Commercial Kitchen in San Rafael

May 18, 2015 at 5:00 PM



Yes, Wed at 11 am at 1241 Andersen Drive Suite M, San Rafael. nearest cross street is Bellam. Please pull into our driveway in front of the BIG 1241 sign, parking is on the right for visitors. Continue walking down the driveway, we are the first bay door on the right. call if you have any problems

[See More from Lisa Longnecker](#)

Lisa Longnecker

To: Shirley Virgil

Re: Commercial Kitchen in San Rafael

May 18, 2015 at 2:36 PM

Sent - lisa@pranafoods.net 



Hi, Shirley!

When I checked the location I realized it's too far to bike and I'll get stuck in rush hour traffic going back. So let's do Wednesday morning. How is 11am for you?

Thank you!
Lisa

Lisa Longnecker

To: Shirley Virgil

Re: Commercial Kitchen in San Rafael

May 20, 2015 at 8:49 PM

Sent - lisa@pranafoods.net 



Thanks, Shirley! Me too. :)

I couple of questions came up after I left.

1. On cleaning, I'm assuming that I clean up the kitchen and that's part of the hourly rental. Please confirm if this is true. I guess I didn't quite understand the part in your earlier email about 3 hours of cleaning and catering gigs/farmer's markets.
2. Do you have a freezer where I could freeze the burgers after baking and pick them up in the morning after producing, without necessarily buying a freezer shelf by the month? It is safer to transport them when they are frozen hard.

Thank you!
Lisa

[See More from Shirley Virgil](#)

Shirley Virgil

To: Lisa Longnecker

Re: Commercial Kitchen in San Rafael

May 20, 2015 at 1:01 PM



it was a pleasure meeting you. I look forward to ding business with you. Shirley

[See More from Lisa Longnecker](#)

Lisa Longnecker

To: Shirley Virgil

Re: Commercial Kitchen in San Rafael

May 21, 2015 at 11:53 AM

Sent - lisa@pranafoods.net 

LL

Thanks, Shirley!
Understood, and that works. :)
Talk soon!
Lisa

[See More from Shirley Virgil](#)

Shirley Virgil

To: Lisa Longnecker

Re: Commercial Kitchen in San Rafael

May 21, 2015 at 11:00 AM

SV

1. Yes, cleaning the kitchen is a part of your rental time. It is the kindergarten rule. You will find the kitchen clean when you arrive and you leave it the way you found it. If you find the kitchen dirty you need to let me know right away, in 23 years it has only happened once.

Some folks work farmers markets or catering gigs then return to the kitchen to wash dishes. That is what the 3 hours cleaning is about. They might not be at the kitchen the three hour minimum but for dishwashing I make an exception to the three hour minimum rule.

2. I rent time and space, if you need refrigeration while you are in production there is no charge but when you leave product overnight especially frozen where you open my freezer and it has to work to freeze your product then there will be a fee. Because you will not be leaving your product in the freezer for an extended time but will need to pick it up the next day during someone else's work shift, going in and out of the freezer causing it to work again that will cost me money. So yes there will be a fee and that will depend on how much space you will need for your product and how often you use the freezer.

[See More from Lisa Longnecker](#)

customer_service_donotreply@fedex.com

June 8, 2015 at 5:23 AM



To: LISA@PRANAFOODS.NET

Notification of expired payment option – Need immediate action



Subject: Notification of expired payment option – Need immediate action

fedex.com

2015-06-08

, WA 98103

Dear FedEx Customer:

The credit card associated with your FedEx[®] AutoPay service has expired.

Card number ending in 5505

Expiration date: 11-14

To ensure the continuation of your FedEx AutoPay service, please update your payment option immediately. Update the payment information linked to your account by contacting 1.800.GoFedEx (1.800.463.3339).

If you have any further questions, please contact FedEx Customer Service at 1.800.GoFedEx (1.800.463.3339).

Thank you for using FedEx.

FedEx Express, Revenue Services Department

This message has been sent by an auto responder system. Please do not reply to this message.

Lisa Longnecker

To: Lisa Bauguess
Re: Kitchen Deposit

July 13, 2015 at 8:21 AM

Sent - lisa@pranafoods.net 

LL 

Thanks, Lisa!
That's a huge help actually! I hope you're doing great.
Take care,
Lisa

[See More from Lisa Bauguess](#)

Lisa Bauguess

To: Lisa Longnecker
RE: Kitchen Deposit

July 12, 2015 at 7:49 AM

LB 

Hey Lisa,
Hope things are going great with you. I am no longer with the kitchen, they shut the doors Feb.1st. You need to get in touch with Ashe County Partnership for Children I think the number is 336 982 4500. Missy Cruey will be the one to help you. I guess where you had moved is why you didnt get the letter. Sorry I can not be much help. Thanks

[See More from Lisa Longnecker](#)

Lisa Longnecker

To: Lisa Bauguess
Kitchen Deposit

July 10, 2015 at 6:03 PM

Sent - lisa@pranafoods.net 

LL 

Hi, Lisa!

How are you? How are things going at the Ashe county kitchen? I hope all is going great! We moved to California last summer and I'd like to check into getting our \$450 deposit returned that we put down on the kitchen. I can't remember if it was \$430 or \$460 but it was something like that. :)

Please let me know if there's any kind of form you need filled out or how I can reach you on the phone to discuss.

To: Lisa Longnecker

Reply-To: customercare@squarespace.com

Your Squarespace Account Renews This Week



Your Squarespace Account Renews This Week

Hi Prana Foods,

Thank you for choosing Squarespace for your website, <http://brana-foods.squarespace.com/>.

As a friendly reminder, your account will be renewed for \$192.00 on July 25, 2015. If you wish to keep your account with us, no action is required.

My entire team is dedicated to ensuring your Squarespace experience is first rate. If you have any questions, comments, or suggestions, please let me know. Simply reply to this email and I'll make sure you receive a prompt response.

Thank you again for choosing Squarespace.

Sincerely

Cory Taylor
Customer Care Manager
Squarespace

Home

Analytics

OVERVIEW

Sales

Traffic

Geography

COMMERCE

Sales By Product

Purchase Funnel

Abandoned Cart

ACQUISITION

Traffic Sources

Google Search Keywords

Other Search Keywords

ENGAGEMENT

Activity Log

Form & Button Conversions

Popular Content

Site Search Keywords

RSS Subscribers



Analytics on Mobile
Get the Squarespace Analytics App on the [App Store](#) or [Google Play](#).

Sales

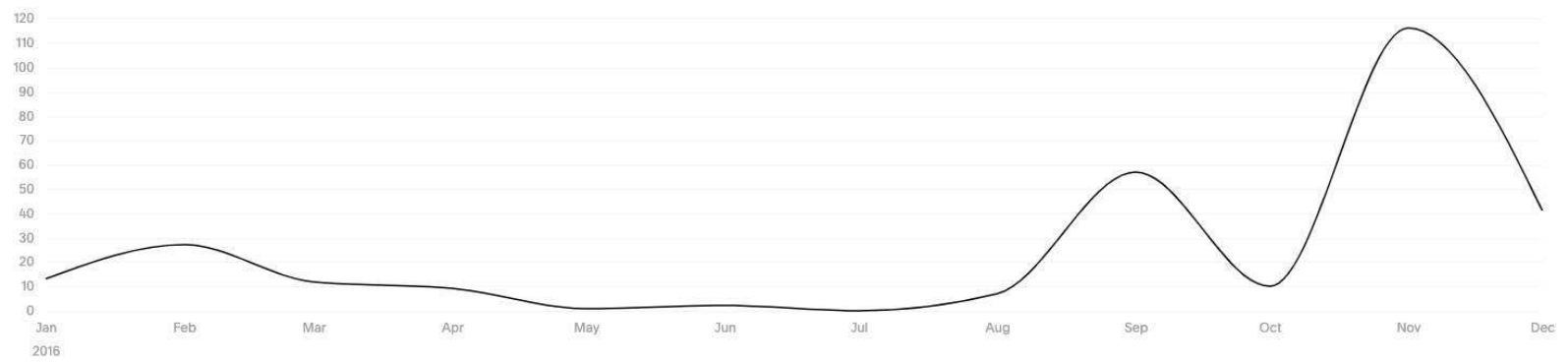
Fri, Jan 1 – Sat, Dec 31, 2016

Jan 1 – Dec 31, 2016

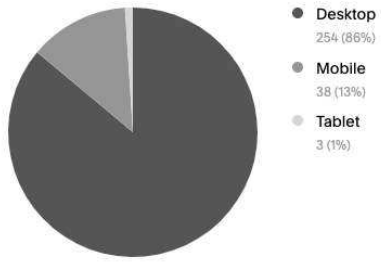
+ 5.0% yr/yr

Visits

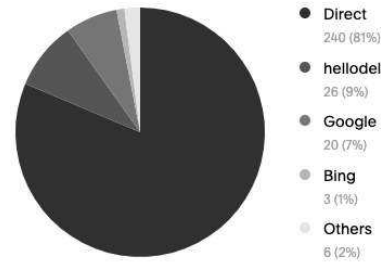
Monthly



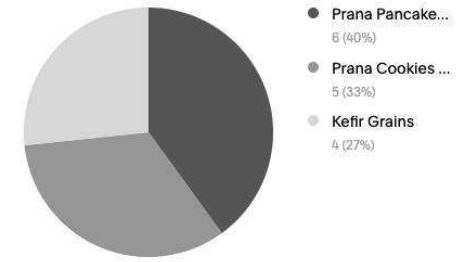
Visits by Device Type



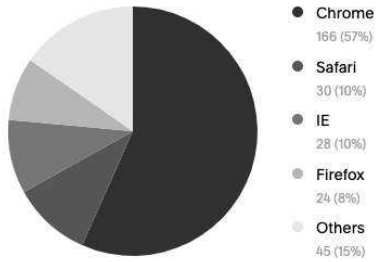
Visits by Source



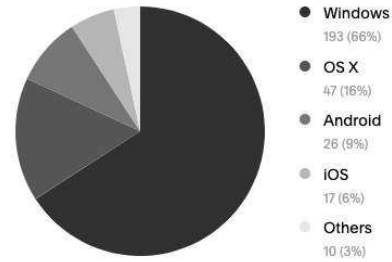
Visits by Product



Visits by Browser



Visits by Operating System



Sales

Fri, Jan 1 – Sat, Dec 31, 2016

Jan 1 – Dec 31, 2016 ▼

Revenue
\$0

Units Sold
0

Orders
0

Visits
295
+ 5.0% yr/yr

Conv. Rate
0%

AOV
\$0

RPV
\$0



No Data Available

Try selecting another date range or optimizing inventory to collect more analytics data.

Contributor Invitation from Prana Foods

Inbox x



Squarespace <no-reply@squarespace.com>

Mon, Aug 29, 2016, 12:00 PM



to me ▾



ACCOUNT INFORMATION

Hi Lisa Prana Foods Co,

Prana Foods has invited you to contribute to Allergen-Free Comfort Foods as Good as the Real Thing! with Content Editor, Billing, Store Manager, Reporting, Trusted Commenter, Comment Moderator and Administrator permissions.

Fwd: Your Squarespace Website is About to Renew

Inbox x



Lisa Longnecker <soohum@gmail.com>

Thu, Dec 8, 2016, 3:48 PM



to me ▾

----- Forwarded message -----

From: **Squarespace** <customercare@squarespace.com>

Date: Thu, Dec 8, 2016 at 3:43 PM

Subject: Your Squarespace Website is About to Renew

To: lisa@pranafoods.net



ACCOUNT STATUS

Hi Prana Foods,

As a friendly reminder, your Squarespace website is set to auto-renew on

- Home
- Analytics
 - OVERVIEW
 - Sales
 - Traffic
 - Geography
 - COMMERCE
 - Sales By Product
 - Purchase Funnel
 - Abandoned Cart
 - ACQUISITION
 - Traffic Sources
 - Google Search Keywords
 - Other Search Keywords
 - ENGAGEMENT
 - Activity Log
 - Form & Button Conversions
 - Popular Content
 - Site Search Keywords
 - RSS Subscribers

Sales

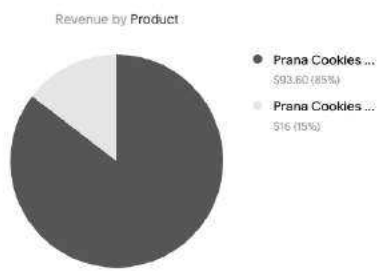
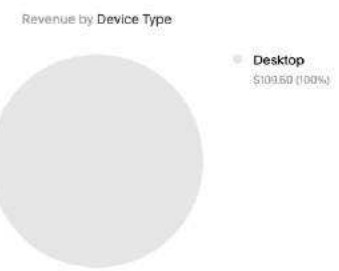
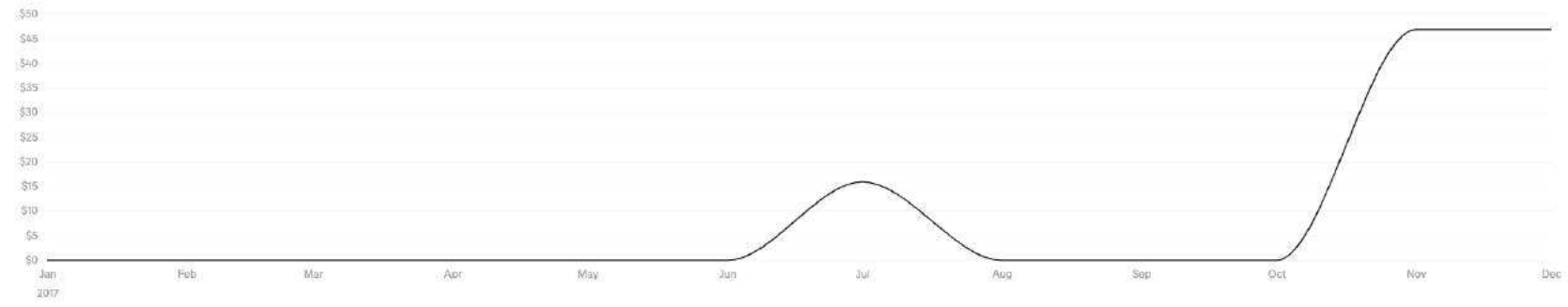
Sun, Jan 1 – Sun, Dec 31, 2017

Jan 1 – Dec 31, 2017

Revenue	Units Sold	Orders	Visits	Conv. Rate	AOV	RPV
\$110	7	5	776	0.39%	\$21.92	\$0.08
\$109.60			+161.3% yr/yr			

Revenue

Monthly



Analytics on Mobile
Get the Squarespace Analytics App on the [App Store](#) or [Google Play](#).

Fwd: Cookie mix is back and 20% off! Plus BIG NEWS...

Lisa Longnecker <lisa@pranafoods.co>

Tue, May 28, 2019 at 2:40 PM

To: Silvia Xiaoyun Sun <silvia@thefriedfirm.com>, Shana Fried <shana@thefriedfirm.com>, Jessica Feldman <jessica@thefriedfirm.com>

Hi Silvia,

Here's one of our posts from 2017. This response is from a customer who loves our pancake mix, an older product.

----- Forwarded message -----

From: **Jameelah** <jameelahd@gmail.com>

Date: Thu, Nov 30, 2017 at 11:04 AM

Subject: Re: Cookie mix is back and 20% off! Plus BIG NEWS...

To: Lisa Longnecker <lisa@pranafoods.co>

Yay!!!!

Is the pancake mix back too!?

Sent from my iPhone

On Nov 30, 2017, at 10:44 AM, Lisa Longnecker <lisa@pranafoods.co> wrote:

After a long wait...

**We're Baaaaaack! (and so are
the cookies!)**



It's been a long time since we connected. I'm so excited to tell you about the things we've been doing at Prana Foods!

Our crunchy-on-the-outside-chewy-on-the-inside Gluten Free Chocolate Chip Cookie Mix is now available for pre-sale [in our online store!](#)

It is currently on backorder and **will arrive to you by Christmas**. Orders placed until stock has arrived at the warehouse will **get 20% off!** You can plan to use it as a stocking stuffer and at holiday gatherings with your gluten free, lactose intolerant, soy allergic and vegan friends. **Don't wait! As soon as our**

stock is ready to ship, the sale will end. We don't know yet when that will be so you better hurry...Muahahahahaha!

- **We have new packaging!** Get a glimpse [in our store](#)--and get the sale price while you're there!
- **Prana Foods is now a [Public Benefit Corporation](#)!**
- **We're [Fundraising](#)...!**

Don't miss a single juicy detail! Go to our blog now to read the full update.

Find Out All the Juicy Stuff!



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Our mailing address is:

Prana Foods, PBC
574 Kernberry Drive, Suite A
San Rafael, CA 94903

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--
Lisa Longnecker
Founder & Chief Formulator | Prana Foods
e: lisa@pranafoods.co
p: +1.415.212.8787



Fwd: Cookie mix is IN STORES!!! + New Recipe & New Person!

Lisa Longnecker <lisa@pranafoods.co>

Tue, May 28, 2019 at 2:33 PM

To: Silvia Xiaoyun Sun <silvia@thefriedfirm.com>, Shana Fried <shana@thefriedfirm.com>, Jessica Feldman <jessica@thefriedfirm.com>

May 2nd newsletter.

----- Forwarded message -----

From: **Lisa Longnecker** <soohum@gmail.com>

Date: Tue, May 28, 2019 at 11:31 AM

Subject: Fwd: Cookie mix is IN STORES!!! + New Recipe & New Person!

To: Lisa Longnecker <lisa@pranafoods.co>

----- Forwarded message -----

From: **Lisa Longnecker** <lisa@pranafoods.co>

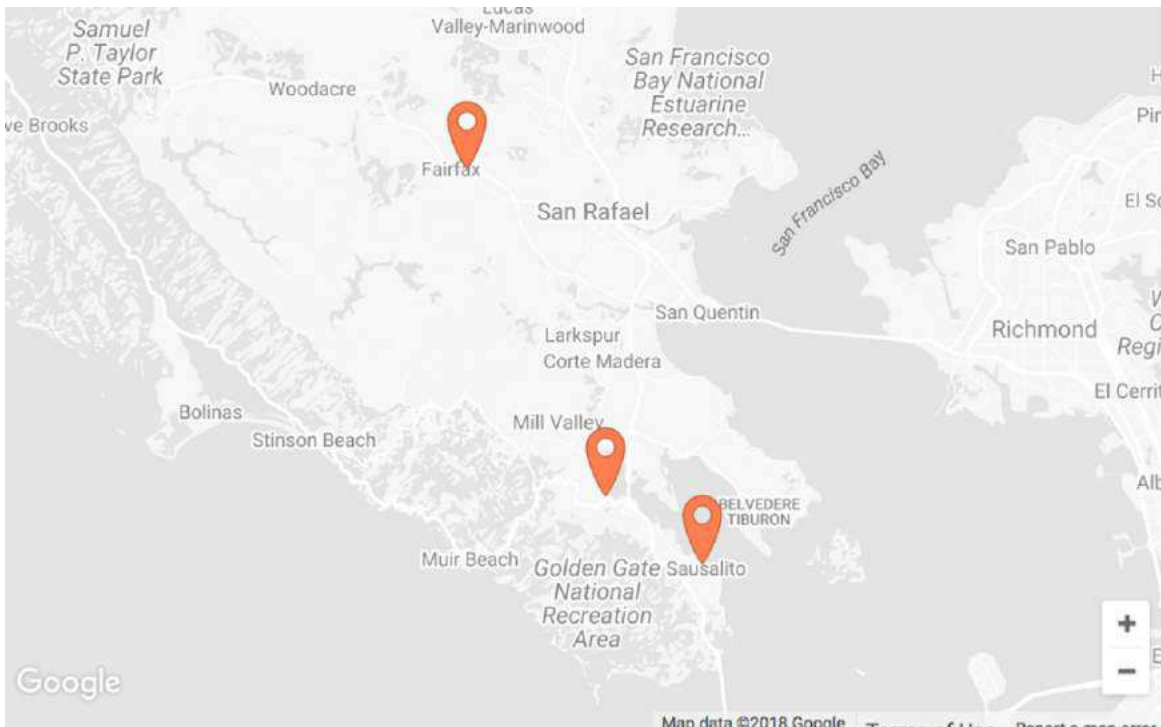
Date: Thu, May 3, 2018 at 12:33 PM

Subject: Cookie mix is IN STORES!!! + New Recipe & New Person!

To: <soohum@gmail.com>



Breaking News...WE'RE IN STORES!!! Wahoooooo! Click the map to see exactly where you can buy our cookie mix...IN PERSON!



Do you love Prana Cookies? (Yay! We thought so!)) The very BEST way you can support us is to go buy it in stores! Now that I've got you thinking about them I bet you can't wait to savor that just-right-sweet, crunchy on the outside, chewy on the inside, organic, pure, 100% plant based goodness! And check this page regularly.

[If you're out of the area...you can still buy it in our online store!](#)



Recipe of the Moment

Or should we say "remedy" of the moment? Now that it's the turn of the season to Spring, tricky last minute colds can sneak up on us just when we thought winter was over. Read on for an



Meet Kathie!

Kathie is our new Operations Manager and we could not be more thrilled to have her. She comes to us with years of experience managing restaurants, retail stores and people. Read how Kathie solved an ahem... "sticky" situation!

ancient Miwok remedy that works
BEAUTIFULLY in the modern day.

Share this email:



Manage your preferences | **Opt out** using **TrueRemove™**
Got this as a forward? **Sign up** to receive our future emails.
View this email **online**.

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San Rafael, CA | 94903 US

This email was sent to soohum@gmail.com.
To continue receiving our emails, add us to your address book.



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Lisa Longnecker
(805) 619-0622

--
Lisa Longnecker
Founder & Chief Formulator | Prana Foods
e: lisa@pranafoods.co
p: +1.415.212.8787



Fwd: Your response summary for Newsletter May 2, 2018

Lisa Longnecker <lisa@pranafoods.co>

Tue, May 28, 2019 at 2:28 PM

To: Silvia Xiaoyun Sun <silvia@thefriedfirm.com>, Shana Fried <shana@thefriedfirm.com>, Jessica Feldman <jessica@thefriedfirm.com>

Hi Silvia, I'm going to start forwarding these things to you. Or would you prefer I save screenshots and put them in a google drive folder?

Thank you!

Lisa

----- Forwarded message -----

From: **Emma** <engagement@myemma.com>

Date: Fri, May 4, 2018 at 12:34 PM

Subject: Your response summary for Newsletter May 2, 2018

To: <lisa@pranafoods.co>



Hello there, Lisa Longnecker.

The mailing, **Newsletter May 2, 2018**, was sent 24 hours ago, and we've summarized your results below. For all the details, [log in](#) to your Emma account.



Your Mailing Score

We've taken your email results (opens, clicks, shares, etc.) and rolled them into a single Mailing Score that shows how your email did on a 10-point scale. It's the best way to quickly gauge and compare the success of each email.

[Download Metric](#) to check your Mailing Score from anywhere!

Delivery

98%

477 received

12 bounced

Opens

38%

63% Desktop

37% Mobile

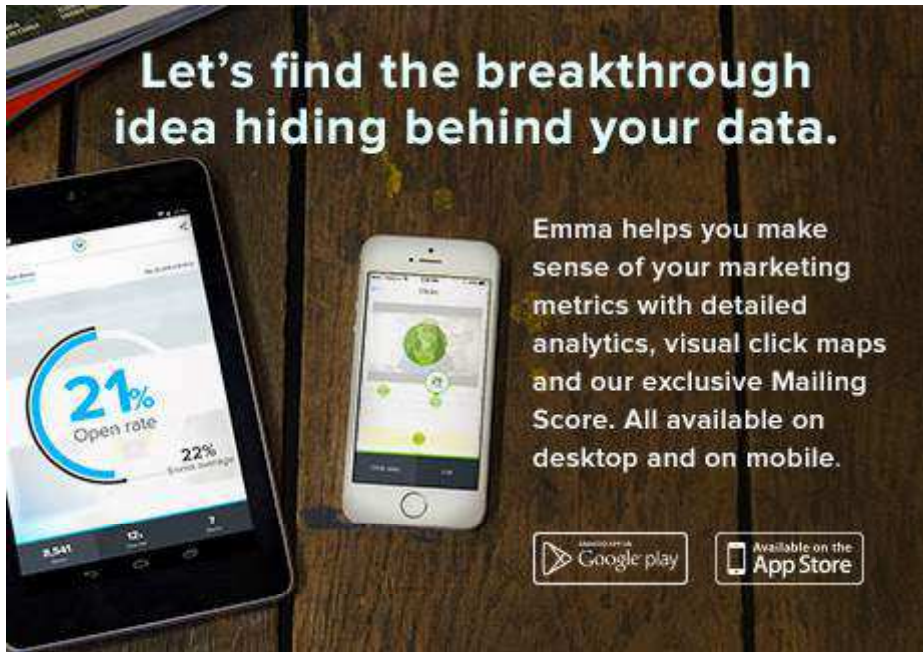
Clicks

21%

Click Analysis

The click map shows where people are clicking in your email. The size of the circle is a quick indicator of activity. To interact with your click map, [log in](#) to Emma.

Oops, that wasn't supposed to happen.
We're sorry, something unexpected happened and your request could not be completed. Use your browser's back button and try again, or contact your technical support team.



Let's find the breakthrough idea hiding behind your data.

Emma helps you make sense of your marketing metrics with detailed analytics, visual click maps and our exclusive Mailing Score. All available on desktop and on mobile.

Available on Google play

Available on the App Store

[Sign up your teammates](#) to receive these updates.

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Lisa Longnecker
Founder & Chief Formulator | Prana Foods
e: lisa@pranafoods.co
p: +1.415.212.8787



Fwd: Join us this Saturday for our Community Launch! + Chai Recipe at last

Lisa Longnecker <lisa@pranafoods.co>

Tue, May 28, 2019 at 2:32 PM

To: Silvia Xiaoyun Sun <silvia@thefriedfirm.com>, Shana Fried <shana@thefriedfirm.com>, Jessica Feldman <jessica@thefriedfirm.com>

Here's the email newsletter from May 16th. By the way, all these email campaigns show up on our blog with similar timing as well.

----- Forwarded message -----

From: **Lisa Longnecker** <soohum@gmail.com>

Date: Tue, May 28, 2019 at 11:30 AM

Subject: Fwd: Join us this Saturday for our Community Launch! + Chai Recipe at last

To: Lisa Longnecker <lisa@pranafoods.co>

----- Forwarded message -----

From: **Lisa Longnecker** <lisa@pranafoods.co>

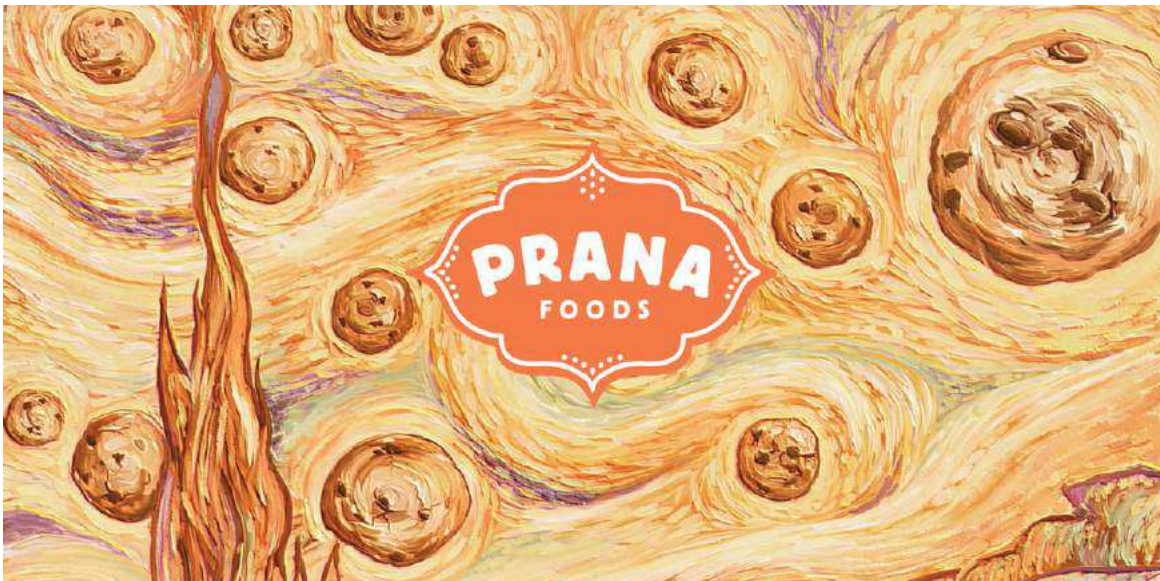
Date: Wed, May 16, 2018 at 2:47 PM

Subject: Join us this Saturday for our Community Launch! + Chai Recipe at last

To: <soohum@gmail.com>



Join us Saturday, May 19th from 12 to 3 at Open Secret for our Community Launch!



We're excited to "unveil" our presence in the community and share some new products with you that you might not have tried before. Open Secret will be including our veggie burgers in their menu for the launch, and cookies made from Prana Foods Chocolate Chip Cookie Mix. Want to eat our cookies already baked? This is your chance!

Besides delicious, organic, life supporting food, we'll have a reading (the fairy tale of how Prana Foods came to be), Sanskrit chanting and meditation. We look forward to being with you.

It only takes a sec to RSVP! And then you can add it to your calendar easily!



Chai Recipe!!!

At long last, I'm sharing the recipe for the Best Chai in the Universe! Publicly. It's never been a great secret, actually, although it may seem so since it causes Ooooh and Aaaahs of amazing volume, and poetry of untold proportion. Do you want to know a secret...?



News:

We're in Marin Independent Journal! Check out the article. Ok, there are a few factual errors...but all press is good press, so feel free to share. Thank you Kate, the writer, for spending time with us and finding us worthy to promote!

Share this email:



Manage your preferences | **Opt out** using TrueRemove™
Got this as a forward? **Sign up** to receive our future emails.
View this email **online**.

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San Rafael, CA | 94903 US

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--
Lisa Longnecker
(805) 619-0622

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Lisa Longnecker
Founder & Chief Formulator | Prana Foods
e: lisa@pranafoods.co
p: +1.415.212.8787



Fwd: Your response summary for Newsletter May 16, 2018

Lisa Longnecker <lisa@pranafoods.co>

Tue, May 28, 2019 at 2:29 PM

To: Silvia Xiaoyun Sun <silvia@thefriedfirm.com>, Shana Fried <shana@thefriedfirm.com>, Jessica Feldman <jessica@thefriedfirm.com>

Number two

----- Forwarded message -----

From: **Emma** <engagement@myemma.com>

Date: Thu, May 17, 2018 at 2:46 PM

Subject: Your response summary for Newsletter May 16, 2018

To: <lisa@pranafoods.co>



Hello there, Lisa Longnecker.

The mailing, **Newsletter May 16, 2018**, was sent 24 hours ago, and we've summarized your results below. For all the details, [log in](#) to your Emma account.



Your Mailing Score

We've taken your email results (opens, clicks, shares, etc.) and rolled them into a single Mailing Score that shows how your email did on a 10-point scale. It's the best way to quickly gauge and compare the success of each email.

[Download Metric](#) to check your Mailing Score from anywhere!

Delivery

100%482 received
1 bounced

Opens

42%67% Desktop
33% Mobile

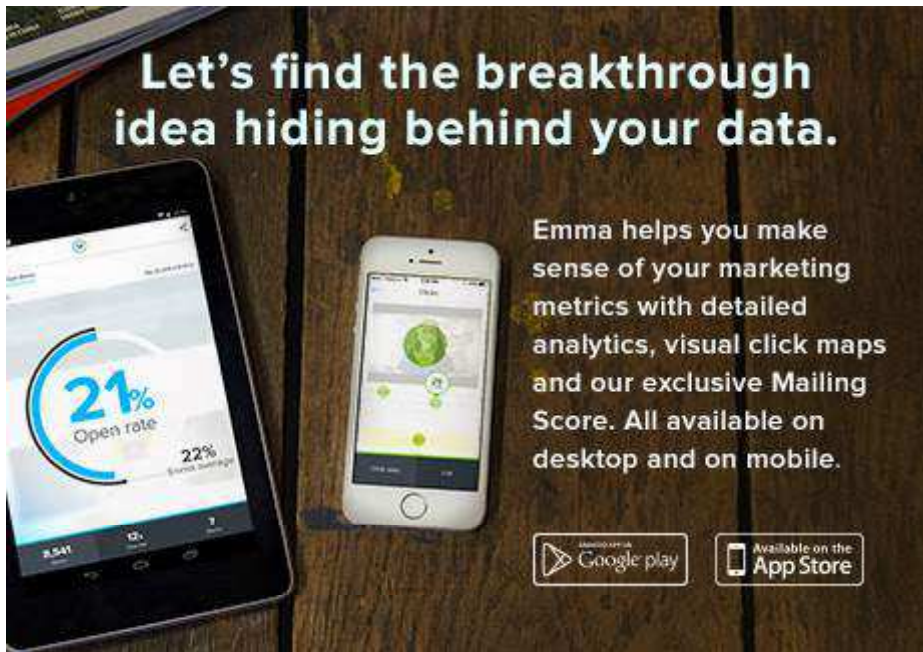
Clicks

17%

Click Analysis

The click map shows where people are clicking in your email. The size of the circle is a quick indicator of activity. To interact with your click map, [log in](#) to Emma.

Dope, that wasn't supposed to happen.
We're sorry, something unexpected happened and your request could not be completed. Use your browser's back button and try again, or contact your technical support team.



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Available on the **Google play** and **App Store**

Sign up your teammates to receive these updates.

--

Lisa Longnecker
Founder & Chief Formulator | Prana Foods
e: lisa@pranafoods.co
p: +1.415.212.8787



Found pinterest page

Lisa Longnecker <lisa@pranafoods.co>

Tue, May 28, 2019 at 10:59 PM

To: Silvia Xiaoyun Sun <silvia@thefriedfirm.com>, Shana Fried <shana@thefriedfirm.com>, Jessica Feldman <jessica@thefriedfirm.com>

It's here...only three followers! I've never done anything with it. <https://www.pinterest.com/pranafoods/>
but at least it's there...
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Lisa Longnecker
Founder & Chief Formulator | Prana Foods
e: lisa@pranafoods.co
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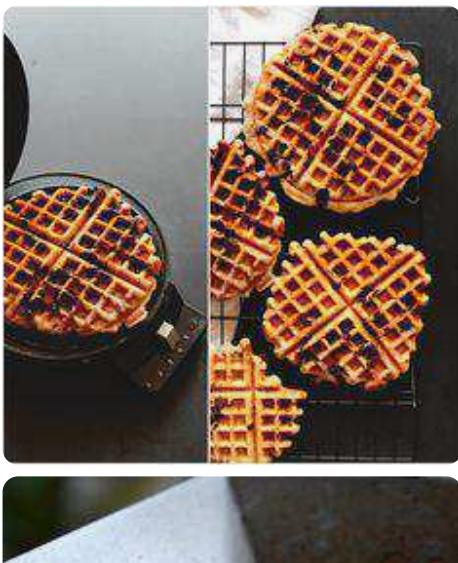
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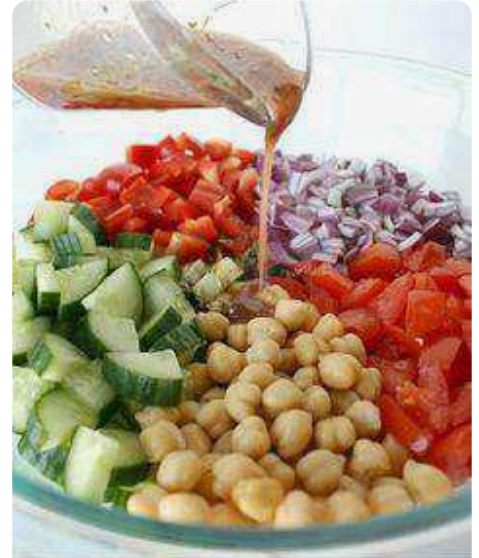
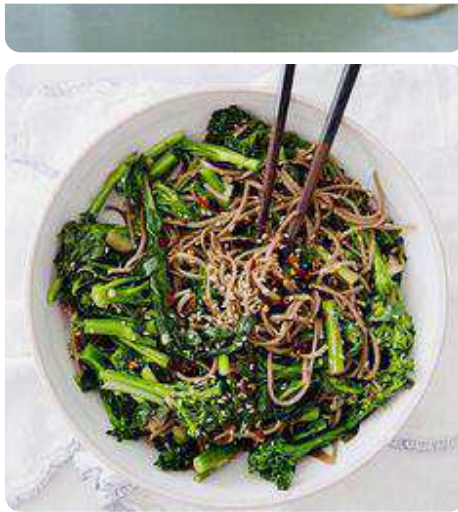
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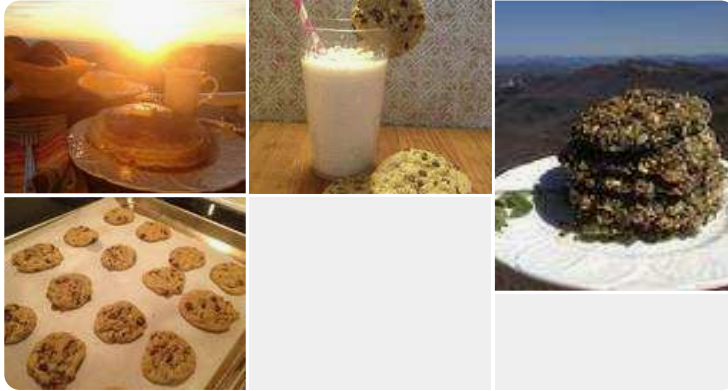




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Prana Foods Products

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Mark: PRANA FOODS



US Serial Number: 77725121

Application Filing Date: Apr. 29, 2009

Register: Principal

Mark Type: Trademark

Status: Abandoned because the applicant failed to respond or filed a late response to an Office action. To view all documents in this file, click on the Trademark Document Retrieval link at the top of this page.

Status Date: Mar. 16, 2010

Date Abandoned: Jan. 29, 2010

Mark Information

Mark Literal Elements: PRANA FOODS

Standard Character Claim: No

Mark Drawing Type: 3 - AN ILLUSTRATION DRAWING WHICH INCLUDES WORD(S)/ LETTER(S)/NUMBER(S)

Description of Mark: The mark consists of prana foods with a symbol in the middle (a stylized nautilus) and a gradient background with golden orange on the bottom fading up to indigo on top.

Color Drawing: Yes

Color(s) Claimed: The color(s) golden orange indigo rgb indigo is 50.18.122 rgb golden orange is 255.153.51 is/are claimed as a feature of the mark.

Design Search Code(s): 26.01.02 - Circles, plain single line; Plain single line circles
26.01.21 - Circles that are totally or partially shaded.
26.01.31 - Circles - five or more; Five or more circles
26.11.20 - Rectangles inside one another
26.11.21 - Rectangles that are completely or partially shaded
26.17.25 - Other lines, bands or bars

Goods and Services

Note:

The following symbols indicate that the registrant/owner has amended the goods/services:

- Brackets [...] indicate deleted goods/services;
- Double parenthesis ((.)) identify any goods/services not claimed in a Section 15 affidavit of incontestability; and
- Asterisks *..* identify additional (new) wording in the goods/services.

For: Processed cereal-based food to be used as a breakfast food, snack food or ingredient for making other foods

International Class(es): 030 - Primary Class

U.S Class(es): 046

Class Status: ACTIVE

Basis: 1(a)

First Use: Oct. 05, 2007

Use in Commerce: Nov. 10, 2008

Basis Information (Case Level)

Filed Use: Yes

Currently Use: Yes

Amended Use: No

Filed ITU: No

Currently ITU: No

Amended ITU: No

Filed 44D: No

Currently 44D: No

Amended 44D: No

Filed 44E: No

Currently 44E: No

Amended 44E: No

Filed 66A: No

Currently 66A: No

Filed No Basis: No

Currently No Basis: No

Current Owner(s) Information

Owner Name: Longnecker, Lisa

DBA, AKA, Formerly: TA Prana Foods

Owner Address: 2311 N 45th St
Seattle, WASHINGTON 98103
UNITED STATES

Legal Entity Type: LIMITED LIABILITY COMPANY

State or Country Where Organized: WASHINGTON

Attorney/Correspondence Information

Attorney of Record - None

Correspondent

Correspondent Name/Address: LONGNECKER, LISA
LONGNECKER, LISA
2311 N 45TH ST # 318
SEATTLE, WASHINGTON 98103-6905
UNITED STATES

Phone: 206.225.7300

Domestic Representative - Not Found

Prosecution History

Date	Description	Proceeding Number
Mar. 16, 2010	ABANDONMENT NOTICE MAILED - FAILURE TO RESPOND	
Mar. 16, 2010	ABANDONMENT - FAILURE TO RESPOND OR LATE RESPONSE	
Jul. 29, 2009	NOTIFICATION OF NON-FINAL ACTION E-MAILED	6325
Jul. 29, 2009	NON-FINAL ACTION E-MAILED	6325
Jul. 29, 2009	NON-FINAL ACTION WRITTEN	75593
Jul. 23, 2009	ASSIGNED TO EXAMINER	75593
May 05, 2009	NOTICE OF DESIGN SEARCH CODE MAILED	
May 04, 2009	NEW APPLICATION OFFICE SUPPLIED DATA ENTERED IN TRAM	
May 02, 2009	NEW APPLICATION ENTERED IN TRAM	

TM Staff and Location Information

TM Staff Information

TM Attorney: SWAIN, MICHELE LYNN

Law Office Assigned: LAW OFFICE 116

File Location

Current Location: TMO LAW OFFICE 116 - EXAMINING ATTORNEY ASSIGNED

Date in Location: Mar. 16, 2010

Exhibit D



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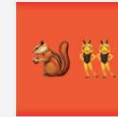
prana [prah-nuh] [SHOW IPA](#)

[EXAMPLES](#) | [WORD ORIGIN](#)

noun

- 1 *Yoga, Jainism.* the vital principle.
- 2 *Yoga.* one of five vital breaths moving in the body.

OTHERS ARE READING



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What's The Difference Between "i.e." And "e.g."?





[Home](#) > [English](#) > [prana](#)

Definition of prana in English:

prana



NOUN

[mass noun]

Hinduism

Breath, considered as a life-giving force.

'prana is seen as a universal energy which flows in currents in and around the body'

+ More example sentences

Origin

Sanskrit.

Pronunciation

prana /'pra:nə/

WORD OF THE DAY

cuddlesome



How Are Adverbs Formed?



"Ante-" Or "Anti-?"



SINCE 1828



prana [X] [Q]

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prana noun

prə·na | \ 'prānə\

plural -s

Definition of prana

: a life breath or vital principle in Vedic and later Hindu religion : any of the three or more vital currents : the principle of life moving in the human body

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WORD OF THE DAY

scrutinize [Speaker icon]

ABOUT

AYURVEDA

FOODS TO INCREASE PRANA | 10.17.2018

In yesterday's podcast (<http://behappyhealthyhuman.com/happyhealthyhuman/prana/>), we talked about prana – the powerful energy and life force of the universe. Prana is a subtle energy that fills us, but it's also the life energy that's found in nature.

While breathwork and noticing our breathing is one of the best ways for us to tap into our internal prana and feel that energy moving through our bodies, we can also cultivate our prana through our interactions with the world around us.

When I first starting learning about Ayurveda (<http://behappyhealthyhuman.com/discover-your-dosha-quiz/>), I learned to appreciate the power of food. What we eat literally becomes our skin and muscles and cells inside of us. What we eat is what we are.

And, what we eat can also nurture and increase or it can drain our prana. So how do we know which foods are high in prana and will nurture our spirit as well as our body?

FOODS THAT ARE HIGH IN PRANA

Perhaps unsurprisingly, high-prana foods are fresh, whole foods. Foods that are grown or raised and are unprocessed. White bread is a lot different than pure wheat. Cherry jam doesn't have the same zing as a ripe, fresh cherry.

So once again, we have a reason to eat our fruits and vegetables. We want whole foods that are fresh from the Earth in order to nurture our prana.

HOW TO KEEP YOUR FOODS HIGH IN PRANA

Besides not having additional processing, it's important to think about how we treat the foods that we eat. In Ayurveda, they would say that freezing, microwaving, or burning foods destroys the prana in it. Similarly, eating leftovers that have been stored in the fridge would be considered low-prana foods.

Now, I'm going to be honest: I still eat foods from the freezer. And sometimes I use the microwave, or even eat leftovers. This is not about perfection. But, I am aware of the effect these foods can have, and if possible, I'll mix my leftovers with some fresh foods, or put fresh spices on frozen meals. Those small touches can boost the prana in the foods that you eat.

Another interesting thing about prana is that it also relates to how the food is treated when it's grown and processed. So soil rich in microbes, that's left on the plant until it's ripe, that's picked by loving hands and transported safely will have more prana than a tomato that's been grown in poor soil, picked when it's still green and shipped and stored for a month under refrigeration.

In this way, protecting our prana is about protecting the environment. Nurturing our positive energy relies on us nurturing the positive energy in the world around us. And that is a beautiful lesson that we can take with us.

SOAKING AND SPROUTING TO INCREASE PRANA

Another way to increase prana in dried foods like grains, nuts, and beans is to soak or sprout them. This makes sense: if you take a lentil and you actually start to sprout it – you’ve woken up chemical processes and enzymes to help the plant grow – you’ve made your food buzz with life and prana again.

One of my favorite things to do is to soak nuts like almonds and walnuts. It takes a dry, “dead” food and makes it come a little more alive. I always find that eating soaked nuts actually helps me feel fuller and more nourished when I eat them too.

So today, I’m sharing a soaked almond recipe that makes the perfect snack. It’s super easy to do, and once you get started, you can’t believe you ever ate your almonds in a different way. By the way, you can substitute any raw nut for the almonds in this recipe!

Foods to increase Prana

Author: Happy Healthy Human

Ingredients

- 1 cup almonds
- 2 cups room temperature water
- 1 tbsp + ½ tsp salt
- ¼ tsp cinnamon



Save
()

Instructions

1. Combine the almonds, water, and 1 tbsp salt in a big jar or bowl, stir, and let sit for about 8 hours or overnight.
2. Drain and rinse the almonds, and preheat the oven to 300F.
3. Add ½ tsp salt and ¼ tsp cinnamon (or any other desired spices) and mix into the almonds.
4. Spread the almonds in a single layer on a baking sheet and bake for about

45 minutes-1hour. After about 30 minutes, check the almonds every 10 minutes. You're looking to make sure that the almonds are cooked all the way through and are crispy, not squishy.

5. Cool the almonds and store in a container in the fridge for up to 1 month.

Thanks for reading, and have a wonderful day,

Sam

http://samanthaattard.com/wp-content/uploads/2015/02/sam_transparentname.gif



http://behappyhealthyhuman.com/wp-content/uploads/2015/09/rsz_biophoto.png) Samantha Attard, PhD, is the founder of Happy Healthy Human. Sam is a performance coach (www.behappyhealthyhuman.com/ayurvedic-consultation) and yoga instructor (www.behappyhealthyhuman.com/yoga) who helps people eat, move, and live with intention. Learn more here (<http://behappyhealthyhuman.com/about>).

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Saturday, June 15

9:00am Yoga Basics in Ballston!

1:30pm Prenatal Yoga @ Spark Yoga Arl

Monday, June 17

4:30pm Vinyasa Yoga @ Spark Arlington

Tuesday, June 18

7:00am Office Yoga @ Tishman Speyer

12:00pm Office Yoga @ Tishman Speyer

6:00pm Vinyasa Yoga @ Spark

Saturday, June 22

9:00am Yoga Basics in Ballston!

1:30pm Prenatal Yoga @ Spark Yoga Arl

Monday, June 24

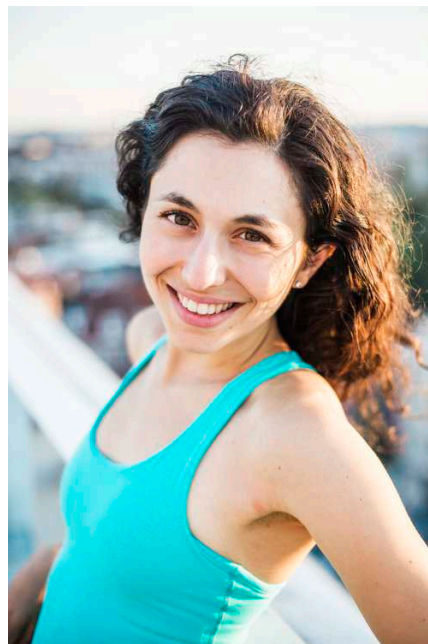
4:30pm Vinyasa Yoga @ Spark Arlington

Tuesday, June 25

7:00am Office Yoga @ Tishman Speyer

Calendar

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<https://www.healthcentral.com/article/for-increased-vitality-enjoy-foods-rich-in-prana>

Prana is a word quite common in the yogic world. Most people know that prana means life force energy and that our breathing controls the level of vitality that flows throughout our body. Pranayama, also known as the art or science of breath control, is a practice in yoga that goes hand in hand with the postures. However, understanding that prana manifests not only in our bodies, but also in our food, is important knowledge for increasing our health, vitality and ability to prevent and heal from disease.

Pranamayakosa, also known as the "vital body" or "etheric body", literally translates to the sheath of vital energy within the human being. The pranic body is part of the physical body, which is made up of our skin, bones, organs, tissues, etc. It is a very thin layer of energy that surrounds the body (3-4 cm) and protects it. It's the "life" you see when you look at someone or something alive and the physical body cannot live without it. When the prana dies, so does the person. For this reason, it's imperative that the pranic body be rebuilt first when injury or sickness occurs in order to allow the body to heal.

ARTICLE CONTINUES BELOW

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Prana not only exists in humans, it also exists in all living things. For example, cats have a particularly strong pranic body and are able to survive falls that other living people and animals cannot. Yoga, breathing and food are three excellent

ways to build and expand one's prana. Food in particular has been the source of inspiration for the raw live food diet and is an excellent way to heal, regenerate and purify the body. The pranic energy of the foods you choose directly impacts your own prana, influencing your health, vitality and overall wellbeing. Here are some tips to help you obtain the most prana from the foods you eat.

1.Choose Live Foods

Live foods have the most pranic value of any food because they are the closest to being alive. Packed with vitamins, minerals, enzymes and phytonutrients; sprouted grains, beans, vegetables, nuts, seeds, etc. assist with digestion and the assimilation of nutrients. Most report feeling an immediate increase in energy and enthusiasm after consuming live foods.

2.The Fresher the Better

Again, prana exists in living foods, so you'll want to make sure that you are always consuming the freshest food possible while the prana is still active. Frozen, canned, preserved and packaged foods are low or empty on prana. Dead foods do not provide the same level of nutrients that live foods do. Try to avoid eating too many leftovers or foods that have been sitting for long periods of time.

3.Vivid Colors, Great Smell, Vibrant Taste

Anyone who has watched vegetables begin to lose their color, smell, wilt or go bad has witnessed the disappearance of prana and life energy. Foods that still show signs of life are vibrant and vivid in color, smell fragrant and rich, and are full of flavor. There is also an unmistakable lightness to high pranic foods that produces energy and vitality once consumed.

4.Organic, Locally Grown

When looking for foods rich in prana and life energy, you'll want to make sure you only consume organic foods. Not only do they have more nutrients they are also devoid of chemicals and pesticides that can kill off aspects of the food's energy. Locally grown foods are also higher in prana since they are typically fresher (closer to the source) than foods that have been transported long distances.

5. Whole Foods, Nothing Processed

Avoid processed foods that are more or less "dead". Whole foods such as vegetables, fruits, grains, beans, nuts, seeds and even raw and/or organic dairy products are all high in prana. Chemical preservatives and additives create altered, "fake" foods, which negatively impact your health for many reasons beyond their lack of prana alone.

6. Raw or Lightly Cooked

Prana is destroyed by fire, which is why cooking eliminates a lot of the nutritional value contained in its original form. The recommendation here (regardless of the diet you consume) is to at least eat some raw foods on a daily basis. Even lightly cooked or steamed foods contain more prana than foods that are over-exposed to heat during the cooking process.

By including more prana rich foods in your diet, you'll notice increased energy, a heightened zest for living and an overall healthier body, mind and spirit.



Kara Bauer

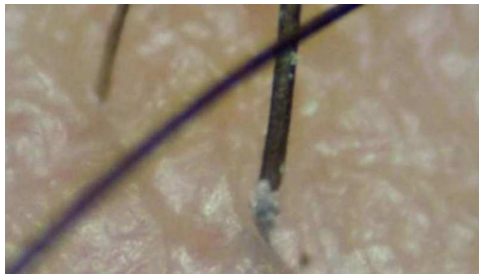
Kara wrote for HealthCentral as a patient expert for Food & Nutrition.

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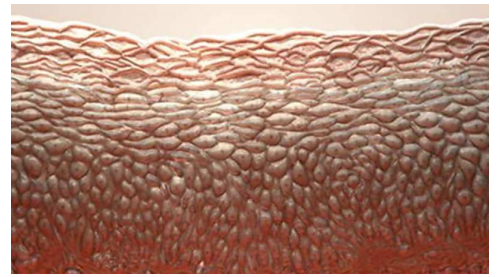
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As we move from gross to subtle, the laws of Physics become more generalized and encompassing. We have seen in Science that generalized laws contain the grosser laws; often, the subtler laws reduce themselves to grosser laws. The theory of relativity is totally different when the velocity of particles reaches the velocity of light. But at normal speed, the laws reduce to Newtonian laws.

Molecules are bound very closely in ice and much less rigidly in water; hence water acquires fluidity and follows the law that water finds its own level by flowing from higher to lower levels. The rigid binding of molecules in water is loosened by heating. When we raise the temperature to nearly 100°C, the molecules are so energized that they get the freedom to leave the folds of gravitation and start evaporating raising high in air. It is the heat energy that makes solid ice become water and then steam. Yet another happening is the absorption of latent heat, which converts boiling water into steam at 100 degrees Celsius. This phase transition energy goes on accumulating without an increase in temperature at this boiling point of water. Steam, when cooled, becomes water and later ice. The whole process is reversible.

In the same way, the panchabhutas – akasa (space), vayu (wind), agni (fire), apah (water) and prithivi (earth) are grossified dimensions of subtle Pancha Tanmatras, which constitute our Annamaya, Pranamaya, Manomaya and Vijnanamaya koshas while Anandamaya Kosha is the causal dimension from where all others emerge. The laws of Pranamaya Kosha are therefore more generalized than those of Annamaya Kosha (Physical world), which have been almost fully tracked by modern physics, both by classical (CM) and quantum mechanics (QM). So the laws that govern the Pranamaya kosha are more generalized and subtler than those of CM and QM. There is greater freedom for subtle particles of Pranamaya Kosha than molecules and atoms of the physical world. When a Yogi with his sadhana, purifies the gross body and moves to the subtle body, the process of purification converts his Annamaya grossness to subtlety of Pranamaya Kosha. Levitation and flying in air, freedom from need of gross food and water (liquid intake in general) will all emerge. These are regarded as siddhis or, in common parlance, super natural powers. These siddhis are rarely found well demonstrable in modern times as there are not many highly purified Yogis who get these powers. Many of them get the glimpses of the same, but have no further purification to sustain those powers - leading often to doubt whether such siddhis exist at all.

Patanjali's Yoga sutras not only describe such possibilities, they also offer precise methods to achieve the same through Samyama – the Dharana, dhyana, Samadhi triplet. Maharishi Mahesh Yogi's efforts towards the same were partially accomplished; few sadhakas could really get glimpses of such lightness, which made them feel as if they were levitating. However, more purification is needed to make such glimpses grow to repeatable and demonstrable levels.

Interaction of Pranamaya and Annamaya kosha is imbedded in psycho-kinetic powers which have become more demonstrable today. The delegates who attended our earlier international conferences were awestruck to see Senehi bend spoons, metal coins and wooden pencils by the mere passing of palms over them, not only on the stage (which is normally well equipped with tools and gadgets by the magicians) but also in front of all scientists without any hidden tricks.

The power of Prana used in pranic healing demonstrated by us[1] and in bringing significant favorable changes in cancer cells published recently by Gloria Gronowicz[2] from the University of Connecticut are empirical proof of the above mentioned, holding great promise of bringing these higher capacities of powered up prana in human systems, to deal with subtle and modern diseases such as cancer and HIV.

REFERENCES

1. Jain R, Nagarathna R, Nagendra HR, Telles S. Effect of 'pranic' healing in chronic musculoskeletal pain: A single blind control study. *Int J Alternat Compl Med.* 1999;17:14–7.
2. Gronowicz G. Therapeutic touch affects osteoblast proliferation and bone formation in cell culture “Connection” *J Nurse Healers Prof Assoc Int.* 2007;27:1–3.

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The Yogic Diet: 10 Foods to Enjoy & Avoid

By Lisa Mitchell



“And he knew that food was Brahman. From food all beings are born. By food they live and into food they return”. – Upanishad 3.2

Everything that we eat is food for our soul. Yogis believe that food is the creator of prana (life force) that sustains our bodies and brings us vitality and health. Therefore, the types of foods we choose to eat reflect the level of our conscious development. The discipline of yoga suggests a pure (ethical) vegetarian diet, which facilitates the development of *sattva*. *Sattva* is a quality of love, awareness, connection, and peace with all sentient beings. Yogis believe that food is our first interaction with the world around us, and if we do not eat with a sense of love, connection, and peace, all other facets of our lives are inclined to suffer.

The basis of *sattva* is the concept of *ahimsa* (non-harming). A sattvic diet avoids any foods that involve killing or harming of animals. Sattvic diets also encourage foods grown harmoniously with nature, and foods that are ripened and grown naturally.

In addition, the foods that we eat should be prepared with love and positive intention. In eating a yogic diet, we are increasing prana and a higher state of consciousness. Please take note of these suggested yogic foods, while avoiding foods that do not align with yogic principles. These suggestions are recommended for any level of yoga practitioner or individual seeking a healthy, spiritual path.

Foods to Eat When Following a Yogic Diet

1. Fruits of all types, especially those that are naturally sweet
2. All vegetables, except onions and garlic
3. Whole grains, especially oats, wheat, and rice
4. Beans, tofu, mung, aduki
5. Plant-based oils, like sesame, sunflower, and olive oil
6. Nuts and seeds, yet not salted or overly roasted
7. Natural, raw sugar, maple, molasses
8. Herbal teas, water with lemon and/or lime
9. Sweet spices, like cinnamon, cardamom, mint, basil, turmeric, ginger, cumin, fennel

10. Food prepared with love, and gratitude given before consumption

Foods to Avoid or Reduce When Following a Yogic Diet

1. Meat and fish of all types, including eggs

2. Processed and/or artificial foods, junk food, artificial sweeteners, soda

3. Animal fats, margarine

4. Fried foods

5. Canned foods, except naturally canned tomatoes and fruit

6. White flour, white sugar

7. Garlic, onions, spicy foods

8. Stale or overly cooked foods

9. Microwaved foods

10. Alcohol, tobacco, stimulants

11. Foods that are genetically engineered

12. Foods that are eaten in a rush or in a disturbed environment

A yogic diet can improve your body, mind, and spirit. For maximum benefit, combine these dietary suggestions with asana (physical postures), pranayama (breathing techniques), and meditation.

*Ready to learn more about how to unlock the power of food to heal your body, prevent disease & achieve optimal health? Register now for our **FREE Functional Nutrition Webinar with Kelly LeVeque.***

Lisa Mitchell

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Why You Should Consider a High Prana Diet

Choose foods by their life force, and you may look and feel better.



By **Kristine Crane**, Contributor Aug. 27, 2014, at 9:51 a.m.



FEW PEOPLE WOULD probably argue that as a nation, we're surrounded by food trends and diets. But ever heard the word prana? The Sanskrit word for energy or life force, prana is the underlying concept behind whole foods, [raw foods](#) and anything organic.

And nutritionists say that if you eat a high prana diet, you will naturally get the weight-loss and nutritional benefits touted by other [diets](#). So why don't more people eat according to foods' prana index? Apart from not knowing about it, prana is a less quantifiable measure than, say, calories.

"The definition [of prana] is life force energy – basically anything that gives you energy: watching the beach, being near the ocean," says Los Angeles-based Kasia Fraser, who founded a website dedicated to high prana food called [Hello Delicious](#). "That energy gets in your system. When that energy is in your system, you feel good. It shows on your face. You either have it, or you don't have it."

And in food terms, Fraser continues, "Prana is anything that's fresh or organic." Fresh food has a lot of enzymes, which help break down food so our body can use the nutrients. For this reason, raw food has the most prana, since cooking food destroys those enzymes.

[Read: [Garden Goodies to Grow for Good Health.](#)]

"The moment food is picked from the tree, it starts to lose prana," says Emily Potter, a clinical nutritionist and holistic health counselor based in Coeur D'Alene, Idaho. So eating locally grown, organic food is the best policy for getting prana into your system. Cooking food will kill off some of the prana, and microwaving will pretty much destroy it, Potter adds.

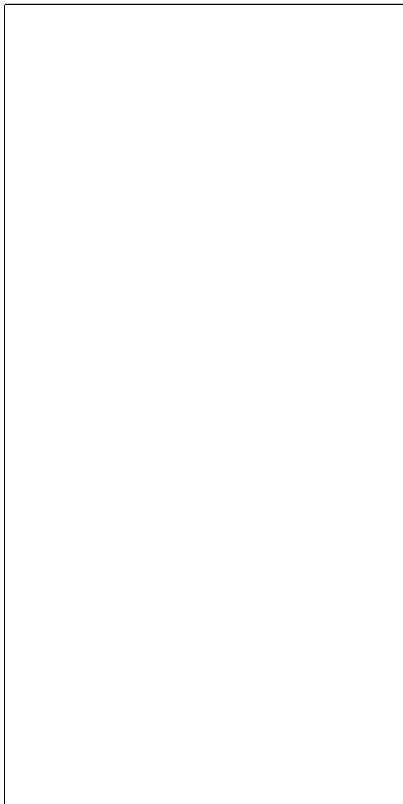
Potter says high prana food typically gets a lot of sunlight, the root of life on the planet. "[They are] foods that radiate energy," Potter says. "Vegetables and fruits are getting the most sunlight, so they have the highest life force." Some scientists have found that sunlight is stored in the DNA of plants in the form of biophotons, which may contain an abundance of nutrients. Sea vegetables such as seaweed, nori and dulse are also rich in prana since they absorb abundant sunlight from the sea, Potter adds.

The Mental Payoff

High prana food is good for your body, but the hidden payoff is the benefits to the mind. "Mostly, we don't want to pay attention (to food) unless we want to lose weight," Fraser says. "But food can change our mood and how we feel about ourselves. If your prana is high, you will be more dynamic and energized."

So who should eat a high prana diet? "Everyone who wants to feel good about themselves – whoever wants to wake up and feel happy," Fraser continues.

On the contrary, low prana foods are those deceptive comfort foods, usually in the form of caffeine, sugar and fat, which pick us up quickly, and then leave us more down than we were



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before we consumed them, Fraser says. She adds that eating a high prana diet [starting with breakfast](#) can help fend off the 4 p.m. fatigue that usually sends us reaching for the cookie jar or vending machine.

[Read: [Reconciling With Real Food.](#)]

High prana food also provides a form of happiness that's more sustainable than the quick hit of a cup of coffee or soda, Potter says. Although we've generally been socialized to reward or comfort ourselves with junk food, eating foods that will actually make you feel better long-term is a better tactic, she adds. "It takes effort, but the benefits are physical for sure, but also spiritual, emotional and mental."

Potter compares the feelings associated with consuming low and high prana foods to how you feel eating a lot of cheese or creamy sauces versus lightly sautéed vegetables. Dairy is generally a source of low prana foods because the pasteurization process kills the nutrients, she explains. Meat is also generally low prana because it's dead, although some nutritionists consider fresh meat to be OK because one index of measuring prana is how close food is to something that was once alive.

High prana food is also generally alkalizing, or nonacidic. So people who are healing from [conditions like cancer](#) should seek high prana foods, as should people who want to boost their health, say for conception. The root of a lot of health conditions is inflammation in the body, and high prana foods are by nature anti-inflammatory, Potter adds.

[Read: [The Acid Alkaline Diet.](#)]

How to Find High Prana Foods

If, like most people, you don't actually live on an organic farm or near the sea, you can still find plenty of sources of high prana food. [Farmers markets](#) are one surefire source because of the [organic and locally grown fruits](#), vegetables and eggs. The local label is important, Potter adds. "You can get organic blueberries from Trader Joe's, but they might be from Chile, and it's been three weeks since they were picked." Potter advises her clients to follow these rules:

Look for bright colors. "If it looks vibrant, it's going to be vibrant," Potter says. Tomatoes, peppers, leafy greens – the same foods known for their antioxidant properties are going to be high in prana.

Dismiss foods with a long shelf life. Literally. "Stick to the perimeter of the store," Potter says. "Don't even go down the aisles. You won't find high prana food there." Processed food with distant expiration dates should be avoided, and similarly, don't consume food that's been sitting in your fridge for too long. "Every day that it sits in the fridge, it's losing prana," she says.

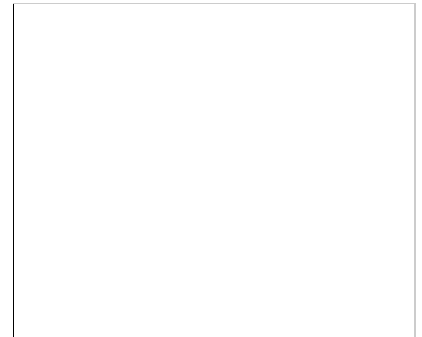
Look for non-meat sources of protein. Any number of little-known protein sources can be [added to a smoothie](#), Potter says. These include spirulina, pea or hemp protein (better than whey or dairy), or super algae. Beans – lentils, chickpeas – are also OK, but they haven't received the same direct sunlight as peas.

Guzzle green juices. "Green juice with kale, celery and cucumber is probably about as alive as we can get," Potter says. This will pick you up – and keep you up – much more than any caffeinated beverage.

Look for sprouted things. Alfalfa sprouts, those harmless, hairy-looking additions on your sandwiches, are actually full of life. And broccoli sprouts have 50 times as many cancer-fighting properties as a regular head of broccoli, Potter says. Sprouted nuts are also a good

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source of prana.

Explore sea plants and tropical fruits. The best source of prana is freshwater algae called chlorella, Potter says. You can get it in powder form at a health foods store. Nori, kelp and dulse are also good sources of sea plant life, and even Trader Joe's has seaweed snacks. When it comes to fruit, tropical produce grown near the equator (mango, pineapple, kiwi) is the way to go because it receives the most sunlight exposure.

[Read: [8 Ways to Save Money at Your Local Farmer's Market.](#)]

It is important to remember that eating foods with high prana is not a "diet" in the traditional sense, but a "lens" through which to look at food altogether, Potter says.

And there are lots of yummy options out there. Fraser's artful website has recipes for dishes such as raw pad thai, cashew yogurt and creamy broccoli soup. And it doesn't leave out dessert. Her personal favorite? Chocolate avocado mousse topped with fresh berries – that looks as good as it sounds.

Kristine Crane, Contributor

Kristine Crane is a freelance Health + Wellness reporter at U.S. News. You can follow her on [Tw...](#) **READ MORE »**

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Dec 7, 2016 - Before you reach for that box of quick oats, remember that the less processing your food has gone through, the more prana it contains. Quick or rolled oats have ...

12 Ways to Increase Healthy Prana - Svastha Ayurveda

<https://svasthaayurveda.com/12-ways-to-increase-healthy-prana/>

Dec 11, 2015 - According to Ayurveda, Prana is stored in healthy, whole, fresh foods, and therefore taking in fresh-cooked meals made with whole foods each day will naturally ...

Pranic Energy: Food Sources - World Pranic Healing

<https://www.worldpranichealing.com/en/energy/pranic-energy-food-sources/>

Dec 2, 2015 - Fresh food contains much more pranic energy than dietary supplements. Our articles on Prana and Pranic Energy will help you understand the nature of this ...

Five currents of prana and how they organize your physiology (5 Vayus)

<https://sequencewiz.org/2014/09/03/5-vayus/>

Sep 3, 2014 - This is an example of your vayus (currents of prana) at work. ... Vedas say: "Mortals eat food with Apana, while the gods eat food with Prana" (mortals are the ...

Chia Seed Strawberry Overnight Oats - Running on Real Food

<https://runningonrealfood.com/chia-seed-overnight-oats/>

Oct 13, 2016 - PRANA is a family-owned Canadian company born out of the love for food and the belief that food can fuel our appetite for love. These guys are speaking my ...

Pranayama: The Beginner's Guide to Yoga Breathing Exercises | The ...

<https://www.artofliving.org/us-en/yoga/breathing-techniques/yoga-and-pranayama>

Jan 15, 2016 - There is more prana in fresh foods than canned, frozen or stale foods. Similarly, vegetarian foods is said to be generally of high prana, while meat, being dead, ...

Roots Restaraunt Costa Rica - Locally Sourced Organic Food - Rythmia

<https://www.rythmia.com/roots>

Dec 5, 2015 - Rythmia LAC presents foods that are of the highest vibration, innovative and creative, and of course nutritious and healthy.

Connecting to your Prana Body - Living into Balance

<https://livingintobalance.com/yoga/connecting-to-your-prana-body/>

Apr 27, 2016 - We get prana from the air we breathe. The deeper, more conscious our breathing, the more prana we gather. Some of our prana comes from the foods we eat, ...

Greenstar Foods Delivery - 95 DeLancey St New York | Order Online ...

<https://www.grubhub.com/restaurant/greenstar-foods-95-delancey-st-new.../285718>

★ ★ ★ ★ ☆ Rating: 3.5 - 3,430 votes

Oct 2, 2015 - Order delivery online from Greenstar Foods in New York instantly! View Greenstar ... Temple Turmeric - Organic - Pure Prana - Tumeric Shot - 3 oz. \$7.69.

Prana - Wikiquote

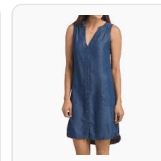
<https://en.wikiquote.org/wiki/Prana>

Sep 24, 2014 - The universal prana is thus the Para-Prakriti (pure Nature), immanent energy or and my churner and dairy foods and apparatuses, may all these grow strong ...

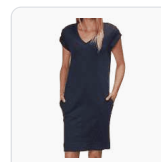
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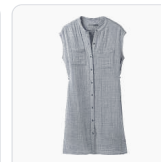
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Prana Organic Amandine Maple Almonds - Shop Nuts & Seeds at H-E-B

<https://www.heb.com/product-detail/prana-organic-amandine-maple.../2069957> ▾

Sep 30, 2015 - Shop Prana Organic Amandine Maple Almonds - compare prices, see product info & reviews, add to shopping ... Spice Foods Levantine Zaatar Almonds, 4 oz.

Being Pregnant in my prAna | Brown Sugar Food Blog

<https://bsugarmama.com/being-pregnant-in-my-prana/> ▾

Jun 8, 2016 - So you know I'm pregnant right? prana-pregnant-1. I am now a whopping 4 months pregnant going on 10 months, at least that is how I feel. Lately, some of my ...

Prana Promos: Save 15% w/ June 2019 Coupons, Deals

<https://www.couponchief.com/pranasnacks>

Sep 5, 2016 - Our latest June 2019 Prana promo codes: \$5 Off on Hazelnut, Blanched A.. | Shop Prana! ... to Cryptocurrency · Prana - organic & vegan foods 1 coupon codes ...

Trail Mix & Snack Mix at Erewhon - Instacart

<https://www.instacart.com> ▸ Erewhon ▸ Snacks ▾

May 17, 2015 - prAna Organic Exotic Fruit & Nut Mix Machu Pichu · prAna Organic Almond-Goji-Cranberry Trail Mix Annapurna · Living Intentions Sprouted Trail Mix · Essential ...

ayurveda chp 6 & 8 Flashcards | Quizlet

<https://quizlet.com/121416664/ayurveda-chp-6-8-flash-cards/> ▾

Apr 29, 2016 - The diet which balances Vata includes foods which are warm, moist, oily, heavy, mostly cooked, and emphasizing the sweet, sour and salty taste. Spicy foods ...

PRANA, TEJAS, & OJAS IN LIFE, MARMA THERAPY ...

<https://amadeamorningstar.net/prana-tejas-ojas-life-marma-therapy-nourishment/> ▾

Oct 27, 2016 - I also spoke about fresh air and fresh food, food deserts, and where and how we live and work. Prana-rich foods are those that have grown up well-treated in ...

Transformational Breath Work® – Concord Food Co-op

concordfoodcoop.coop/transformational-breath-work/ ▾

Mar 1, 2016 - They said that we take into our bodies from exposure to sunlight and by eating foods which store it. Through Transformational Breathing, we believe that prana is ...

Pranaful

www.pranaful.com/ ▾

Mar 20, 2016 - At Pranaful, we are passionate about helping you to experience radical transformation through the practices of mindfulness and healthy, conscious eating.

Liberté Canada | LinkedIn

<https://www.linkedin.com/company/liberte-canada> ▾



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Home- Original Bridge - Prana-Kombucha

<https://www.prana-kombucha.com/home/> ▼

Jul 12, 2016 - Kombucha is a tea that has gone through a fermentation process using sugar and friendly bacteria (live, active cultures). Fermented **foods** are a rich source of ...



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Prana Boracay - Farm to Table Concept, Vegetarian Food Destination

pranaboracay.com/

Dec 23, 2016 - The only farm to table concept in Boracay! Visit us as the ultimate vegetarian food destination. Prana Boracay is located at Mandala Spa and Resort Villas.

AYURVEDIC NUTRITION & CULINARY TRAINING – bhakticenter.org

bhakticenter.org/ayurvedic-nutrition-culinary-training/

Apr 19, 2016 - ... Understand the dosha-balancing properties of foods and spices based on their ... Learn a variety of skills and techniques to prepare prana-rich food; Gain high ...

Prana Protein Bar™ - 24 Pack - thankful-foods

<https://www.thankfulfoods.com/product-page/prana-bar>

Feb 13, 2016 - This is our minimum "starter" order for the amazing Prana Protein Bar, our ... Best of all, I feel safe, as a vegan cancer survivor, eating these bars knowing I'm not ...

OJAS -THE FOUNTAIN OF YOUTH | Ayurveda Health Retreat Florida

<https://www.ayurvedahealthretreat.com/single.../OJAS-THE-FOUNTAIN-OF-YOUTH>

Oct 27, 2016 - Do you ever wonder why some people get sick all the time and others never get a cold and stay healthy and strong. It's because of Ojas.OJAS is the essence of ...

CocoPrana - Home | Facebook

<https://www.facebook.com> > Places > Colorado Springs, Colorado > Farmers Market

Apr 17, 2014 - Food Stand in Colorado Springs, Colorado. Closed Now. CommunitySee All. Highlights info row image. 477 people like this. Highlights info row image.

Prana Snacks (@pranabio) • Instagram photos and videos

<https://www.instagram.com/pranabio/>

Mar 27, 2014 - 77 Followers, 3 Following, 3 Posts - See Instagram photos and videos from Prana Snacks (@pranabio) ... Image may contain: food and text · Instagram.

Tejas Effect in Ayurveda - Joyful Belly

<https://www.joyfulbelly.com/Ayurveda/herbal-action/Tejas>

Jul 13, 2014 - The body transforms food into ojas through digestion and metabolism. Maintenance of ojas requires conservation of your vital energy (prana), as well as a ...

Prana Chai Agave Blend : Grocery & Gourmet Food - Amazon.com

<https://www.amazon.com/Prana-Chai-Agave-Blend/dp/B01MYNO3MZ>

★★★★★ Rating: 5 - 1 review

Dec 15, 2016 - Delicious all-natural chai; Hand-blended with natural Agave nectar; No Sugars, No Powders, No Concentrates, No Syrups. Prana Chai is Only the Good Stuff.

FAQs - Pranayums

<https://www.pranayums.com/pages/faqs>

Sep 18, 2016 - Pranayums is a flexible, easy-to-use blend of spices that can be taken in water, in your coffee or tea, or added to many foods you already eat each day! Some of ...

Raspberry Coconut & Vanilla Chia Pudding | Nutrition in the Kitch

<https://nutritioninthekitch.com> > Breakfast

May 16, 2014 - I was recently contacted by PRANA foods to share about their great products! This was exciting for me because I was already very familiar with PRANA as I use ...

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Understanding Prana | Yoga International

https://yogainternational.com/article/view/understanding-prana

★★★★★ Rating: 9.2/10 - 1,823 reviews

Dec 21, 2015 - Prana vayu literally means "forward-moving air," because it moves inward and governs all kinds of reception into the body, from eating, drinking, and inhaling, ...

Thoughtful Threads – Food and Thought

https://foodandthought.com/thoughtful-threads/

Oct 22, 2016 - We work with responsible companies that you can feel good about supporting: companies like Patagonia, Prana, Groceries Apparel, Winter Water Factory, ...

Making Your Own *Fast* Food? Is It Possible? - Plexus Slim Point

www.plexuspoint.com/making-your-own-fast-foods/

Dec 27, 2014 - These foods – that are grown pure in nature or made with love – are brimming with prana! They are alive, vibrant and in turn, when you eat them, they increase ...

Prana – The Pulse of Consciousness | Anna Welle Ayurveda

www.annaveda.com/prana-the-pulse-of-consciousness/

Jun 3, 2016 - Prana is the movement and pulsation that happens. It is your beating heart, your inhale and exhale, swallowing your food and moving your waste out. It is also ...

5 Yogic Tips for Boosting Energy - Yoga Journal

https://www.yogajournal.com/lifestyle/5-yogic-tips-boosting-energy-2

Sep 20, 2016 - And healthy eating is a key part of any mindful yoga practice. ... Made with high potency B-Vitamins that help convert food into energy* Available in delicious fruit flavors with and ... 6 Poses to Open Your Energy Channels & Boost Prana Flow.

Organic Food Producer: Prana | The Organic Box

https://www.theorganicbox.ca/producers/prana/

Jul 22, 2016 - Our Mission. PRANA is born out of a love of food and a belief that food can fuel appetite for life. We promote wholesome living through good nourishment.

Saying Farewell to Leftovers | Banyan Botanicals

https://www.banyanbotanicals.com/info/blog-the.../saying-farewell-to-leftovers/

Jul 24, 2015 - Unfortunately, once food has been cooked, cooled and then re-heated, the prana (life force) has left the food, and our bodies have to work much harder to digest ...

Ways to Increase Life Force Prana Energy | Sivananda Yoga Farm

https://sivanandayogafarm.org/4-Paths-of-Yoga

Feb 20, 2014 - From your lifestyle you create a certain type of energy, or prana, so lifestyle, food choices and thought choices, all these are affecting your energy. So checking ...

20% off Prana Organic Coupons & Promo Codes 2019 - Offers.com

https://www.offers.com/Food-&Gifts/Special-Diet

Feb 26, 2016 - 35 Promo Codes for Prana.bio | Today's best offer is: Free Shipping on ... \$10 off Prana items over \$70 ... Discover something special with Prana health foods.

The Connection Between Food and Spirituality - Information Press

informationpress.net/2014/02/262-paluka-sauer/

Feb 15, 2014 - To quote Swami Vishnu -Devananda in "The Complete Book of Yoga," " Food, water and air are only the media through which the prana is carried. We absorb ...

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what is prana and how to boost it - History Disclosure

https://www.historydisclosure.com/increasing-you-prana-energy/

Dec 5, 2015 - The ancient Bhagavat Gita scripts provide a classification of food in three categories according to their quality of prana energy. According to a scientific study, ...

Ayurvedic Diet Guidelines for Radiant, Lifelong Health

https://www.consciouslifestylemag.com/ayurvedic-diet-guidelines-for-health/

Jun 18, 2015 - Ayurvedic Diet Guideline #1: Eat Freshly Prepared Foods at Every Meal fresh food has higher levels of 'prana' or 'life energy' according to ayurvedic diet ...

Raw Foods: An Ayurvedic Perspective | The Chopra Center

https://chopra.com/articles/raw-foods-an-ayurvedic-perspective

Apr 23, 2015 - Depending on your dosha type, a raw food diet might not be the best option for ... however, that overcooking foods can reduce their nutrient content and Prana, ...

7 Outdoor Activities that Boost Your Prana | The Chopra Center

https://chopra.com/articles/7-outdoor-activities-that-boost-your-prana

May 5, 2016 - Prana is the invisible but powerful energetic force that pulses throughout nature. The more you are connected to living things, including food and water, the ...

PDF Introduction to Food - Bhagavat Life

bvtlife.com/w/wp-content/uploads/2016/04/Introduction-to-Food-ANACT.pdf

Apr 27, 2016 - Intelligent food is full of life: In Sanskrit, we would say that it is full of prana, or life ... highly valued aspect of selecting food that contains the most prana, but being.

Skin Food: Ayurvedic Diet for Beautiful Skin - YogaDigest.com

https://yogadigest.com/skin-food-ayurvedic-diet-for-beautiful-skin/

Aug 14, 2015 - The purest and most nutrient-dense foods can do nothing for our bodies if our digestion, ... According to Ayurveda, they are dead foods, and low in prana.

Why is it important for me to know what prana is? | Unimed Living

https://www.unimedliving.com/unimedpedia/word-index/unimedpedia-prana.html

Mar 15, 2015 - You can find advertisements and websites promoting: Prana Yoga, Prana Food, Prana Shoes, Prana Pants, Prana Spa, Prana Healing, Prana Sound, Prana ...

The Best Foods For Your Child's Brain Development | PRANA

https://www.pranasnacks.com/en.../the-best-foods-for-your-child-brain-development/

Mar 29, 2016 - There are a number of essential foods that can be incorporated into your children's diet in order to benefit brain development ... and while you're at it, why not ...

A Taste of Well-Being - Isha Sadhguru

https://isha.sadhguru.org/publications/a-taste-of-well-being/

Mar 6, 2016 - In the Yogic tradition, food is alive, with a prana of its own. When consumed, the quality of the food influences the qualities of your body and mind. In ATaste of ...

Amanprana, organic foods and organic products - Amanprana

www.noble-house.tk/en/info-and-contact/amanprana-organic

Nov 5, 2015 - Amanprana's products are 100% organic - both our foods and our bodycare products. Organic is not just healthy but delicious too.

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Renewal Funds invests in organic food manufacturer PRANA - PE Hub

<https://www.pehub.com/.../renewal-funds-invests-in-organic-food-manufacturer-prana...> ▼

Dec 11, 2014 - Canadian venture capital firm Renewal Funds has made an investment in PRANA, an organic foods manufacturer. The investment's value was not published.

How to Raise Your Consciousness & Vibration Through Diet - Bridget ...

<https://www.bridgetnielsen.com/how-to-raise-your-consciousness-vibration-through-d...> ▼

Jan 7, 2016 - A high vibrational diet consists of foods that are ALIVE and that positively benefit the "eat" light, like plants, by taking in the sun's energy and breathing prana.

Prana in Food vs Medicine • Shaka Vansiya Ayurveda

<https://www.svayurveda.com › Blog> ▼

Apr 3, 2014 - It is not the same that consuming Tamasic foods? If this is the case, then, what one can do to awake the prana healing in the supplements you sell and advertise ...

Eating mindfully - tips from Esther | Ekhart Yoga

<https://www.ekhartyoga.com/articles/wellbeing/eating-mindfully-tips-from-esther> ▼

Dec 12, 2014 - To put it in a simplistic way, if we think of prana as the life energy we get from the breath, Ojas is the life energy we get from the food we take in. By having a diet ...

GAPS Diet - What You Need to Know (+ Allowed Foods) | Prana Thrive

<https://pranathrive.com/need-know-gaps-diet/> ▼

Oct 26, 2016 - Continue reading to learn all about the GAPS diet... and discover what are the GAPS diet allowed foods, and how exactly the GAPS diet works...

wild green ayurveda and prana - Yogahealer

<https://yogahealer.com/wild-green-ayurveda-prana/> ▼

Aug 5, 2016 - Prana is the cosmic energy of consciousness that comes through the leaves of the trees into your body. You breathe in prana. You also eat prana in your foods.

How Prana Foods makes delicious bacteria that is good for your health

<https://yourstory.com/2016/12/prana-foods-fermentation-superfood> ▼

Dec 7, 2016 - Trusha along with jars of fermented superfoods Kimchi from Korea, kombucha from Japan, sauerkraut from Germany, kefir from Caucasus, gundruk from the ...

Hand Food: Why Eating With Your Hands Is So Satisfying | HuffPost Life

https://www.huffpost.com/entry/hand-food-why-eating-with_b_12100382 ▼

Sep 22, 2016 - In the tradition of India, the Prana of the cook is very important. It is said to affect the quality of the food. Throughout the world, most everyone feels that way about ...

My Current Food Philosophy | The Balanced Blonde

<https://www.thebalancedblonde.com/2016/09/27/my-current-food-philosophy/> ▼



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What Is A Yoga Diet? Here Are 7 Things To Look For | DOYOUYOGA

<https://www.doyouyoga.com/what-is-a-yoga-diet-here-are-7-things-to-look-for/> ▼

Jun 23, 2014 - There's a lot of hype out there when it comes to what to eat. Being environmentally conscious with our food choices seems to be the "in" thing right now.



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People Try Eating Prana For First Time - YouTube

<https://www.youtube.com/watch?v=poDSiZo9Ksw>



Dec 22, 2015 - Uploaded by Infinite Waters (Diving Deep)
Now Available: The New Book: Feel Alive By Ralph Smart: <http://www.ralphsmart.com/thebook> Get Infinite ...

What Is Prana | Ray Maor

<https://raymaor.com/another-article/> ▾

Feb 10, 2016 - If we lack **food**, we can live even longer. Yet if we disconnect the **Prana** from the Spirit, death will be immediate. In this way, the inclusion of **Prana** together with ...

The Light of Live Foods | Dr. Gabriel Cousens

treeoflifecenterus.com/the-light-of-live-foods/ ▾

Nov 17, 2014 - Live **foods** are rich in **prana**, which brings the **prana** force not only into the body, but also into the mind, helping to purify the 72,000 nadis and expand ...

Raw Eating Facts – Samantha Bachman

samanthabachman.com/2014/10/300/ ▾

Oct 22, 2014 - Positive **prana food**: This type of food is abundant in pranic energy vital to the body. All the fruits, nuts, sprouts, greens and most of the vegetables come under ...

Prana and Food | Art of Living, Sri Sri Ravi Shankar and My Self!

<https://aravindvenkatachalam.net/2014/04/02/prana-and-food/> ▾

Apr 2, 2014 - **Prana** - one of the most misconstrued and misunderstood word in spirituality. A simple google search on **prana** comes back with its meaning as "breath, ...

How to increase your energy with this powerful ancient secret

shoptimix.com/ancient-secret-to-increase-energy/ ▾

Sep 16, 2015 - So what better way to understand energy, **food** and how it affects our bodies than ... The concept of **prana** will have you looking at **food** in a totally different way.

Food and energy. The wonderful thread connecting the sun, energy ...

<https://www.lifegate.com/people/lifestyle/food-and-energy/> ▾

May 11, 2016 - The fundamental source of yoga as a way of staying healthy is recognising the **prana** contained in every **food** in order to completely absorb its energy while ...

11 Daily Ways to Increase Life Force Energy | Gaia

<https://www.gaia.com/article/11-daily-ways-increase-life-force-energy/> ▾

Oct 3, 2016 - Life force or **Prana** energy is all around us. Learn how to raise ... Eat High-Vibe **Foods** – As living beings it only makes sense to eat living **foods**. Fresh, organic ...

The Qualities of Food | Yoga Chicago - Yoga Chicago Magazine

yogachicago.com/2014/01/the-qualities-of-food/ ▾

Jan 22, 2014 - The best **foods** to eat according to ayurveda are fresh **foods** or **foods** freshly prepared. The quality of freshness will enhance our life force known as **prana** , help ...

frozen foods | Study Ayurveda - San Diego College of Ayurveda

www.sandiegocollegeofayurveda.com/taxonomy/term/172 ▾

Nov 27, 2015 - Today we will talk about organic, local **foods**. Ayurveda propogates fresh, local and ... Lets just focus on **Prana** in the **Food**. **Prana** is the vitality of the **food**.

Prana | Jewelry for the Spiritual Soul

(Ad) www.pranajewelry.com/ ▾

Designer Pranajewelry - Pranajewelry Modern Yoga Necklaces Bracelets Earrings. Free Shipping over \$100. Shop Online Today. Styles: Necklace, Bracelets, Earrings, rings, Yoga Jewelry, Mala Jewelry, Mens Jewelry, Meaningful jewelry, Boho Jewelry, Gemstone jewelry.

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