

BROADCAST SCHEDULE FOR HERBAL INSIGHTS IN HQ 700 SERIES

- Episode 701 Contains Chamomile Segment
- Episode 702 Contains Slippery Elm Segment
- Episode 703 Contains Peppermint Segment
- Episode 704 Contains Ginger Segment
- Episode 705 Contains Marshmallow Segment
- Episode 706 Contains Senna Segment
- Episode 707 Contains Licorice Segment

Report Date: 12/31/009

EPISODE	DATE	DAY	TIME	STATION	CHANNEL #	MARKET
701	1/6/2010	Wednesday	5:30 AM	WNED-TV	Ch 17 Think Bright	Buffalo
701	1/6/2010	Wednesday	5:30 AM	WMTH-TV	Ch 17 Think Bright	Albany/Schenectady
701	1/6/2010	Wednesday	5:30 AM	WXII-TV	Ch 21 Think Bright	Rochester
701	1/6/2010	Wednesday	5:30 AM	WCNY-TV	Ch 24 Think Bright	Syracuse
701	1/6/2010	Wednesday	5:30 AM	WSKG-TV	Ch 46 Think Bright	Binghamton
701	1/6/2010	Wednesday	5:30 AM	WSKA-TV	Ch 46 Think Bright	Elmira
701	1/6/2010	Wednesday	5:30 AM	WNPI-TV	Ch 16 Think Bright	Watertown
702	1/9/2010	Saturday	2:00 PM	KTEH-TV	Channel 54	San Francisco
702	1/10/2010	Sunday	9:00 AM	WLIW-TV	Channel 21	New York
702	1/10/2010	Sunday	1:30 PM	KQED Life	Comcast 189	San Francisco
703	1/11/2010	Monday	8:30 PM	WNED-TV	Ch 17 Think Bright	Buffalo
703	1/11/2010	Monday	8:30 PM	WMTH-TV	Ch 17 Think Bright	Albany/Schenectady
703	1/11/2010	Monday	8:30 PM	WXII-TV	Ch 21 Think Bright	Rochester
703	1/11/2010	Monday	8:30 PM	WCNY-TV	Ch 24 Think Bright	Syracuse
703	1/11/2010	Monday	8:30 PM	WSKG-TV	Ch 46 Think Bright	Binghamton
703	1/11/2010	Monday	8:30 PM	WSKA-TV	Ch 46 Think Bright	Elmira
703	1/11/2010	Monday	8:30 PM	WNPI-TV	Ch 16 Think Bright	Watertown
702	1/13/2010	Wednesday	5:30 AM	WNED-TV	Ch 17 Think Bright	Buffalo

703	1/17/2010	Sunday	9:00 AM	WLIW-TV	Channel 21	New York
703	1/17/2010	Sunday	1:30 PM	KQED Life	Comcast 189	San Francisco
704	1/18/2010	Monday	8:30 PM	WNED-TV	Ch 17 Think Bright	Buffalo
704	1/18/2010	Monday	8:30 PM	WMTH-TV	Ch 17 Think Bright	Albany/Schenectady
704	1/18/2010	Monday	8:30 PM	WXII-TV	Ch 21 Think Bright	Rochester
704	1/18/2010	Monday	8:30 PM	WCNY-TV	Ch 24 Think Bright	Syracuse
704	1/18/2010	Monday	8:30 PM	WSKG-TV	Ch 46 Think Bright	Binghamton
704	1/18/2010	Monday	8:30 PM	WSKA-TV	Ch 46 Think Bright	Elmira
704	1/18/2010	Monday	8:30 PM	WNPI-TV	Ch 16 Think Bright	Watertown
703	1/20/2010	Wednesday	5:30 AM	WNED-TV	Ch 17 Think Bright	Buffalo
703	1/20/2010	Wednesday	5:30 AM	WMTH-TV	Ch 17 Think Bright	Albany/Schenectady
703	1/20/2010	Wednesday	5:30 AM	WXII-TV	Ch 21 Think Bright	Rochester
703	1/20/2010	Wednesday	5:30 AM	WCNY-TV	Ch 24 Think Bright	Syracuse
703	1/20/2010	Wednesday	5:30 AM	WSKG-TV	Ch 46 Think Bright	Binghamton
703	1/20/2010	Wednesday	5:30 AM	WSKA-TV	Ch 46 Think Bright	Elmira
703	1/20/2010	Wednesday	5:30 AM	WNPI-TV	Ch 16 Think Bright	Watertown
704	1/23/2010	Saturday	2:00 PM	KTEH-TV	Channel 54	San Francisco
704	1/24/2010	Sunday	1:30 PM	KQED Life	Comcast 189	San Francisco
705	1/25/2010	Monday	8:30 PM	WNED-TV	Ch 17 Think Bright	Buffalo
705	1/25/2010	Monday	8:30 PM	WMTH-TV	Ch 17 Think Bright	Albany/Schenectady
705	1/25/2010	Monday	8:30 PM	WXII-TV	Ch 21 Think Bright	Rochester
705	1/25/2010	Monday	8:30 PM	WCNY-TV	Ch 24 Think Bright	Syracuse
705	1/25/2010	Monday	8:30 PM	WSKG-TV	Ch 46 Think Bright	Binghamton
705	1/25/2010	Monday	8:30 PM	WSKA-TV	Ch 46 Think Bright	Elmira
705	1/25/2010	Monday	8:30 PM	WNPI-TV	Ch 16 Think Bright	Watertown
704	1/27/2010	Wednesday	5:30 AM	WNED-TV	Ch 17 Think Bright	Buffalo
704	1/27/2010	Wednesday	5:30 AM	WMTH-TV	Ch 17 Think Bright	Albany/Schenectady
704	1/27/2010	Wednesday	5:30 AM	WXII-TV	Ch 21 Think Bright	Rochester

701	2/3/2010	Wednesday	10:00 AM	KBTC-TV	Channel 28	Seattle/Tacoma
701	2/6/2010	Saturday	11:30 AM	KRCB-TV	Channel 22	San Francisco
706	2/6/2010	Saturday	2:00 PM	KTEH-TV	Channel 54	San Francisco
706	2/7/2010	Sunday	9:00 AM	WLIW-TV	Channel 21	New York
706	2/7/2010	Sunday	1:30 PM	KQED Life	Comcast 189	San Francisco
702	2/10/2010	Wednesday	10:00 AM	KBTC-TV	Channel 28	Seattle/Tacoma
702	2/13/2010	Saturday	11:30 AM	KRCB-TV	Channel 22	San Francisco
707	2/13/2010	Saturday	2:00 PM	KTEH-TV	Channel 54	San Francisco
701	2/14/2001	Sunday	7:00 AM	WNTV-TV	Cable 115/Digital 29.2	Greenville SC
701	2/14/2001	Sunday	7:00 AM	WRET-TV	Cable 115/Digital 49.2	Spartanburg SC
701	2/14/2001	Sunday	7:00 AM	WRLK-TV	Cable 802/Digital 35.2	Columbia SC
701	2/14/2001	Sunday	7:00 AM	WITV-TV	Cable 206/Digital 7.2	Charleston SC
701	2/14/2001	Sunday	7:00 AM	WJPM-TV	Cable 802/Digital 33.2	Florence SC
701	2/14/2001	Sunday	7:00 AM	WNEH-TV	Digital 38.2	Greenwood SC
701	2/14/2001	Sunday	7:00 AM	WEBA-TV	Digital 14.2	Allendale SC
701	2/14/2001	Sunday	7:00 AM	WJWJ-TV	Digital 16.2	Beaufort SC
701	2/14/2001	Sunday	7:00 AM	WRJA-TV	Cable 802/Digital 27.2	Sumter SC
707	2/14/2010	Sunday	9:00 AM	WLIW-TV	Channel 21	New York
707	2/14/2010	Sunday	1:30 PM	KQED Life	Comcast 189	San Francisco
703	2/17/2010	Wednesday	10:00 AM	KBTC-TV	Channel 28	Seattle/Tacoma
703	2/20/2010	Saturday	11:30 AM	KRCB-TV	Channel 22	San Francisco
702	2/21/2001	Sunday	7:00 AM	WNTV-TV	Cable 115/Digital 29.2	Greenville SC
702	2/21/2001	Sunday	7:00 AM	WRET-TV	Cable 115/Digital 49.2	Spartanburg SC

704	2/24/2010	Wednesday	10:00 AM	KBTC-TV	Channel 28	Seattle/Tacoma
704	2/27/2010	Saturday	11:30 AM	KRCB-TV	Channel 22	San Francisco
703	2/28/2001	Sunday	7:00 AM	WNTV-TV	Cable 115/Digital 29.2	Greenville SC
703	2/28/2001	Sunday	7:00 AM	WRET-TV	Cable 115/Digital 49.2	Spartanburg SC
703	2/28/2001	Sunday	7:00 AM	WRLK-TV	Cable 802/Digital 35.2	Columbia SC
703	2/28/2001	Sunday	7:00 AM	WITV-TV	Cable 206/Digital 7.2	Charleston SC
703	2/28/2001	Sunday	7:00 AM	WJPM-TV	Cable 802/Digital 33.2	Florence SC
703	2/28/2001	Sunday	7:00 AM	WNEH-TV	Digital 38.2	Greenwood SC
703	2/28/2001	Sunday	7:00 AM	WEBA-TV	Digital 14.2	Allendale SC
703	2/28/2001	Sunday	7:00 AM	WJWJ-TV	Digital 16.2	Beaufort SC
703	2/28/2001	Sunday	7:00 AM	WRJA-TV	Cable 802/Digital 27.2	Sumter SC
701	2/28/2010	Sunday	9:00 AM	WLIW-TV	Channel 21	New York
705	3/2/2010	Saturday	11:30 AM	KRCB-TV	Channel 22	San Francisco
701	4/4/2010	Sunday	11:30 AM	KRSC-TV	Channel 35	Tulsa
701	4/7/2010	Wednesday	6:30 AM	KRSC-TV	Channel 35	Tulsa
702	4/11/2010	Sunday	11:30 AM	KRSC-TV	Channel 35	Tulsa
702	4/14/2010	Wednesday	6:30 AM	KRSC-TV	Channel 35	Tulsa
703	4/18/2010	Sunday	11:30 AM	KRSC-TV	Channel 35	Tulsa
703	4/21/2010	Wednesday	6:30 AM	KRSC-TV	Channel 35	Tulsa
704	4/25/2010	Sunday	11:30 AM	KRSC-TV	Channel 35	Tulsa
704	4/28/2010	Wednesday	6:30 AM	KRSC-TV	Channel 35	Tulsa