



## New Year Resolutions to Live Healthier & Longer!

It's time to recognize our Spiritual Blessings and to celebrate life. In this New Year let's think about how we can improve all aspects of our Health – Physical, Mental and Spiritual. Let's increase our capacity to love and serve others so we can do our part to make this world healthier, safer and more peaceful. Resolve to improve your lifestyle in 2013!

### Follow golden rules for healthy, longer life:

- ♥ Eat plenty of organic fruits & vegetables
- ♥ Eat whole grains instead of processed grains
- ♥ Reduce the fast foods, sugar & fat intakes
- ♥ Eliminate or eat less meat & dairy products
- ♥ Drink 8 glasses purified water daily
- ♥ Take vitamins & food supplements
- ♥ Breathe deeply & fully ♥ Fast 1 day a week
- ♥ Get 8 good hours of sleep every night
- ♥ Get ample exercise ♥ Avoid all tobaccos
- ♥ Say "no" to stress ♥ Don't cross legs - sit tall
- ♥ Give more love & laugh often!

## HEALTHY 2013 GOALS

- Live 100% Healthy Lifestyle
- Keep Smiling & Be Strong
- Have More Faith & Understanding
- Give More Gratitude & Thanks
- Appreciate & Enjoy Your Friends & Your Family More
- Give Thanks for Life & Family
- Be Thankful for Your Health, Vitality, Patience & Wisdom
- Remember Each Present Day is a Gift with Challenges to Enjoy!



You are what you eat, drink, breathe, think, say & do! – Patricia Bragg, ND, PhD.

## VEGGIE and RICE SOUP

in BRAGG Veggie Recipe Book, page 57

- |                                   |  |
|-----------------------------------|--|
| 1 cup organic brown rice          | 2 quarts purified water                  |
| 1½ cups potatoes with skins, chop | 1 cup carrots, chop                      |
| 1 cup condensed tomato soup       | ½ cup celery, chop                       |
| 1 cup peas or green beans         | 1 cup leeks, chop                        |
| 1 cup whole-grain pasta           | 1 cup onion, chop                        |
| 2 Tbsps Bragg Organic Olive Oil   | 3 cloves garlic, slice                   |
| 1 Tbsp Bragg Liquid Aminos        | ¼ tsp Bragg Sprinkle (24 herbs & spices) |



Put organic veggies, brown rice, pasta or macaroni, & seasonings in pot & cover. Cook until veggies are tender. Serves 4-6.

## Feb. is Healthy Heart Month

### ♥ HEALTHY HEART FACTS

Every day your heart beats about 100,000 times and pumps about 1,800 gallons of blood for nourishing your body. In 70 years this adds up to more than 2.5 billion (faithful) heartbeats. Please be good to your heart and start the Bragg Healthy Heart Program for living a healthier, longer life!

See web: [bragg.com](http://bragg.com)



Dr. Earl Bakken with Patricia

### Pacemaker Saves Lives

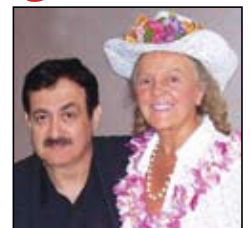
Dr. Earl Bakken is famous for inventing the first transistor pacemaker. His firm Medtronic, developed it and a resuscitator for fixing ailing hearts that have and are saving thousands of lives. Dr. Bakken lives in Hawaii and is a big Bragg Liquid Aminos fan.

### HEALTH FREEDOM EXPO – March 1-3

Patricia to speak at Long Beach Convention Center

### Patricia Health Crusading on Radio

Patricia speaks on "COAST TO COAST AM" radio on over 560 stations in the US and worldwide – with George Noory, who every morning starts his day with the Bragg Apple Cider Vinegar drink that helps keep him healthy & fit. George is a great Health Crusader!



George Noory and Patricia

### Bragg Perfect Heart Healthy Olive Oil

Our select, hand-picked organic Greek Koroneiki Olives contain natural, heart-healthy polyphenol antioxidants and mono-unsaturated rich oil. Bragg Organic Extra-Virgin Olive Oil is delicious and pure tasting, adding perfect flavor and aroma to salads, vegetables, pastas, sauces, sautes, dressings, etc. even popcorn. Also a great skin beauty tonic. See: [BraggOrganicOliveOil.com](http://BraggOrganicOliveOil.com)

Yesterday is the past. Tomorrow's the future. But today is a gift, that's why it is called the present!

Follow Patricia on: [twitter.com/patriciabragg](http://twitter.com/patriciabragg) See & Hear Patricia on [YouTube.com/patriciabragg](http://YouTube.com/patriciabragg)

# the BRAGG Health Products Family

SPREADING HEALTH & FITNESS

SINCE 1912

Bragg won another Award for Best Organic Apple Cider Vinegar

Named BEST by Bon Appétit Magazine

1912 Celebrating 100 Years 2012

Patricia & Paul Bragg, ND's, PhD's Pioneer Health Crusaders



12 oz glass bottles



12 oz glass bottles



16 oz & 32 oz (glass bottles) & Gallons

Shaker Top



16 oz & 32 oz (glass bottles) & Gallons



10 oz. Glass Bottle  
16 oz, 32 oz & Gallons



6 oz spray



2 NEW SALAD DRESSINGS



12 oz glass bottles



12 oz glass bottles



Shaker Top



Shaker Top



ENERGY BOOSTER DRINKS

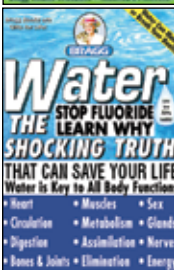
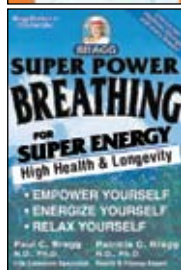
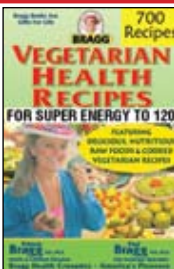
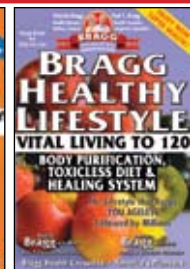
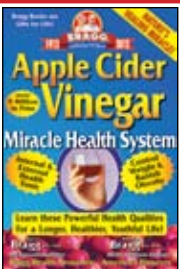
EACH 16 oz GLASS BOTTLE GIVES TWO 8 oz. SERVINGS



2 NEW FLAVORS

I use & love your Bragg Vinegar Drinks daily! - Katy Perry, Singer

## BRAGG Self-Health Library • Live Longer - Healthier - Stronger



Authored by America's First Family of Health Patricia Bragg & Paul C. Bragg, N.D.s, Ph.D.s Famous Daughter and Father Team

I thank Paul & Patricia Bragg for my Healthy Lifestyle. - Clint Eastwood

~ NEW YEAR'S SPECIAL ~  
ALL 10 BRAGG HEALTH BOOKS  
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