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BRAGG®

Originator Health Stores
Established 1912

UPDATE
JAN/FEB 2015
Newsletter

Bragg Books Inform, Influence & Inspire
All Ages to Live Bragg Healthy Lifestyle!

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JANUARY & FEBRUARY 2015 Live Healthy, Stay Healthy

T. Colin Campbell launched a revolution when he published his breakthrough book, THE CHINA STUDY. Dr. Campbell spent 40 years researching nutrition around the world. What he found consistently and repeatedly is that too much animal protein in the diet – anything that comes from an animal like beef, chicken, fish, dairy, eggs – causes not only cancer, but heart disease, and a long list of other diseases. Doctors and Scientists everywhere are corroborating his findings. Legions of medical and lifestyle experts are joining the chorus: the Epidemic of Disease that is currently plaguing the United States is in large part due to the American Diet. We've been brainwashed by advertising, and tempted by low-cost, government subsidized industries to eat too much meat and dairy. Not only that, much of the commercial food in our country is now tainted with pesticides, GMOs, growth hormones, and other cancer-causing toxins! Want to stay healthy? Eat more fresh, organic fruits & vegetables, and Dr. Campbell recommends eliminating animal protein or cutting back to 5%. Your body will love it, and planet too! Enjoy daily exercise, brisk walking, etc.

New Year's Resolutions for a Healthy New 2015

Don't be part of World's Health Crisis, be part of the Solution!
2015 is the perfect time to begin your new lifestyle: switch to a plant-based diet for you and your family; create a workout schedule and stick with it; learn yoga, meditation, or just plain deep breathing to help eliminate stress. What we eat today is walking and talking tomorrow. Exercise enhances circulation which is critical for elimination and delivery of oxygen and nutrients to your cells. Stress is negative energy that can build up in your system and ultimately cause your immune system to collapse. Most people can stay healthy by making these simple, lifestyle improvements. **Here's to healthy 2015!**

Dr. Patricia Health Crusading to the World!

The secret is out! For decades, Dr. Patricia has been a pioneer of Healthy Living, and the world is paying attention to her Crusades!

Here's just a few Awards presented to Dr. Patricia:

- Annual Publisher's Lifetime Achievement Award
- Top 50 Women in America Business Award
- Certificate of Congressional Recognition
- Sacred Fire of Liberty Award – Excellence in Health Products & Health Books Innovation
- Hall of Health Legends Award
- Goleta Valley Beautiful Award – Bragg Organic Farm
- Goleta Valley Chamber Woman of the Year Award
- Loma Linda, California Mayoral Certificate (established "Bragg Healthy Lifestyle Weekend")
- Powerful Women Int'l Women of Legacy Award

Patricia is being featured on more radio shows than ever! Just go to **BraggMedia.info** to see her schedule, and listen in on stations around the world to get the best Healthy Living Wisdom. The schedule also includes Patricia's live appearances and TV shows!

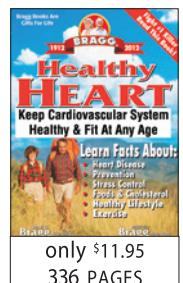


Dr. Patricia honored as Treasured Health Food Industry Legend

Feb. is "American Heart Month"

Heart Disease is STILL the Leading Cause of Death of Men and Women in America. But did you know that heart disease is not only preventable, but reversible? And in many cases without surgery? Our country has a handful of brave, pioneer medical doctors like Dr. Dean Ornish, and Dr. Caldwell Esselstyn, both who are standing up against the "system," and curing heart disease by putting their patients on plant-based diets! And, as mentioned above, exercise and stress management is also important as well as abstinence from tobacco and alcohol! Learn more from the Bragg "Healthy Heart" book and other publications on bragg.com.

♥HAPPY HEALTHY VALENTINE'S DAY! – FEB 14th♥



only \$11.95
336 PAGES

Dr. Patricia Receives Publicists' Lifetime Achievement Award

Dr. Patricia Bragg, was presented with the prestigious Lifetime Achievement Award at a gala in Los Angeles sponsored by the Book Publicists' of Southern California.



Jeraldine Saunders,
Creator 1970's TV
"The Love Boat"

The Organization's Founder, dynamic and powerful Irwin Zucker, presented Dr. Patricia with a beautiful plaque and called her, "An inspiration to millions of people seeking good health around the world. She has continued her father's legacy of helping people live healthy, active happy lives."



Dr. Patricia with Award

CARROT, APPLE, RAISIN SALAD

4 cups carrots, grate
3 - 4 apples, core, chop
1/2 cup raisins or currants
1/4 cup fresh lemon or orange juice
1/2 cup fresh or dried coconut, grate
1/2 cup raw almonds, sliced
1 or 2 tsps raw honey



Mix carrots and apples with fresh lemon or orange juice and honey. Add coconut, almonds and raisins or currants. Mix thoroughly. Serves 4-6.

From Bragg Vegetarian Recipe Book

Check out Patricia's Social Media Pages:



Follow: **PatriciaBragg** and **BraggLiveFoods**