

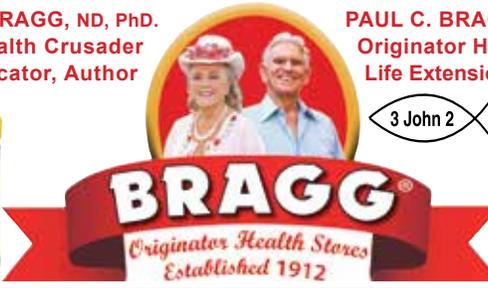


**PATRICIA BRAGG, ND, PhD.**  
Pioneer Health Crusader  
Health Educator, Author

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Originator Health Stores  
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# UPDATE JAN/FEB 2016 Newsletter

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

## JANUARY & FEBRUARY 2016 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 fast-food 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. ([NutritionStudies.org](http://NutritionStudies.org)) **Your body will love being healthy and the planet needs you too!**

## New Year's Resolutions for a Healthy New 2016

**Don't be part of World's Health Crisis, be part of the Solution!** 2016 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 2016!**

## Dr. Patricia Pays Tribute to her dear friend, Publishing Guru, Dan Poynter

Many years ago, Dan Poynter was an avid hang glider. Wanting to learn more about the sport, but discovering there were no books on the subject, he decided to write his own. His book became an instant Best Seller in the self-publishing world. Since then, Dan wrote over 130 books, became the go-to authority on self-publishing, and lectured around the world. He was Patricia's friend and consultant for over 40 years! Dan passed away recently, an accident took his life. He will be fondly remembered in a Memorial Service at the Bragg Organic Farm in Santa Barbara.



Dan Poynter

## Dr. Patricia Recognized on the Palm Springs Walk of Stars!

Celebrities, V.I.P.'s, and throngs of Bragg Followers flocked to Palm Springs to honor Dr. Patricia for her life as a Health Crusader. A "Star" engraved with Paul and Patricia Bragg's names was installed for all perpetuity. Dr. Patricia also gave health lectures at several Palm Springs venues, including the Palm Springs Health and Fitness Expo where she spoke to standing-room-only crowds!



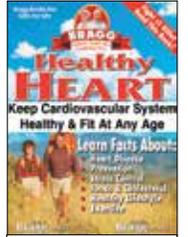
Dr. Patricia with The BRAGG STAR



**You are what you Eat, Drink, Breathe, Think, Say & Do! - Patricia Bragg, ND, PhD.**

## 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 also 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! Remember exercise and stress management are very important as well as abstinence from tobacco and alcohol! Learn more from Bragg "Healthy Heart" book visit: [bragg.com](http://bragg.com).



only \$11.95  
336 PAGES

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



only \$9.95  
192 PAGES

## ENJOY BRISK WALKS DAILY & HEALTHY STATIONARY JOGGING

Do while watching TV, talking on phone, or at work breaks. It gives your 70 trillion cells a great massage that promotes healthy circulation! TRY IT! *You can truly walk your worries away!*

## COLESLAW GARDEN SALAD

in BRAGG Vegetarian Health Recipe Book page 18

- 1 head green cabbage, slice
- 1 cup red cabbage, slice
- 2 apples, core, thin slice
- 2 green onions, slice
- 1 large carrot, grate
- 20 raisins (optional)
- Bragg Organic Braggberry Dressing (to taste)

Mix together & toss with dressing. Serves 4-6.



only \$13.95  
336 PAGES

Dr. Paul Bragg opened in NYC, Macfadden's 7 famous "Penny Restaurants" during big Depression Era. They fed millions of hungry people with healthy vegetarian meals for only a penny! Inspirational music and literature was given out to inspire and guide them.



## Check out Patricia's Social Media Pages:



Follow: [PatriciaBragg](https://www.facebook.com/PatriciaBragg) and [BraggLiveFoods](https://www.facebook.com/BraggLiveFoods)