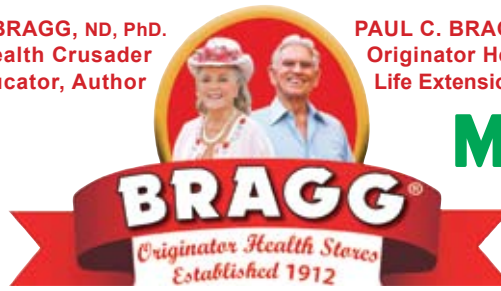




**PATRICIA BRAGG, ND, PhD.**  
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# UPDATE MAR/APRIL 2014 Newsletter

## March is National Nutrition Month

“Enjoy the Taste of Eating Right” is the theme for National Nutrition Month® 2014. Consumer research confirms that taste tops nutrition as the main reason why one food is purchased over another! While social, emotional, and health factors also play a role, the foods people enjoy are likely the ones they eat most.” So here’s the trick: the more you cut back on fatty, greasy, addictive animal foods like meat, chicken, and dairy, the more you will start to really enjoy superb taste of fruits and veggies! Give it a try. You’ll be amazed how delicious your organic veggies can be!  
*From Academy of Nutrition & Dietetics (EatRight.org)*



**March Winds & April Showers, bring forth Beautiful May Flowers.**

**BRAGG HEALTH TIP:** *Eat Healthy To Be Healthy!*  
Spring is on the way! This means you can visit your local Farmer’s Market and get plenty of organic fruits and veggies. Every day new scientific reports are coming out indicating the benefits of a plant-based diet for fighting disease and staying healthy! Not only that, you can lose weight on a plant-based diet!  
**Be wise – join the Health Revolution that’s sweeping the world! Feed yourself and your family more LIVE FOODS – organic fresh fruits & veggies!**



## APPLE CIDER VINEGAR FIGHTS TYPE 2 DIABETES!

Bragg’s Dr. John Westerdahl recently interviewed Carol Johnston, Ph.D., R.D., Professor of Nutrition and Associate Director of the School of Nutrition and Health Promotion at Arizona State University. Dr. Johnston has conducted exciting new research showing that apple cider vinegar can help manage blood glucose levels in those at risk of Type 2 Diabetes! **To see reports go to BraggACV.com & click on “Scientific Reports” or to Bragg.com/blog & search for “Apple Cider Vinegar Study”.**



## Natural Products EXPO West

Bragg will once again be at this year’s Natural Products Expo West, the leading trade show in the Natural, Organic, and Healthy Products Industry. The fans literally line up around the building to get Patricia’s autograph and picture. She loves meeting people and spreading Bragg Gospel of Health. Anaheim Convention Center, Anaheim, CA. Education & Events ~ March 6-9, Trade Show ~ March 7-9. **More info visit: ExpoWest.com**

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

**Remember – You are what you Eat, Drink, Breathe, Think, Say and Do! – Dr. Patricia Bragg**  
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## April is Stress Awareness Month

Stress is a killer! Do you know that stress can weaken your immune system and that is NOT good! It protects us from a wide range of diseases, but once it collapses, it’s akin to the fortress walls falling – then enemy charges in.

How to fight stress? Look in local papers for prayer and meditation classes. Prayer and meditation before bedtime are great to reduce stress and promote sleep! Why go to sleep with all the day’s problems looming in your brain? – Release them!! Let go of fears, hatred and resentments. Enjoy peace and quiet moments. You’ll soon discover 99% of time – **life is a great miracle & be thankful for all your blessings! – 3 John 2**

**Read Bragg Build Powerful Nerve Force Book • bragg.com**

## Bragg Webmaster Conquers Cancer

Author, filmmaker, and Bragg webmaster, D.A. Metrov tells how he beat a very rare and highly aggressive form of prostate cancer by following the Bragg Healthy Lifestyle in his new book, “CONQUER THYSELF: Everything I Need To Remember To Maintain Total Well-Being.” The book has been endorsed by Dr. Neal Barnard, Physician’s Committee for Responsible Medicine, in Washington, D.C.

**Learn more at: ConquerThySelfBook.com**

## PATRICIA CRUSADING FOR HEALTH

Patricia gave two great health talks recently – a lecture aboard the “Pride of America” cruise ship, and an interview on Hawaii TV’s Channel 5 “The Genie Show”. You can watch both talks on video by visiting web: [BraggMedia.info](http://BraggMedia.info) Don’t forget Bragg Exercise Class, Fort DeRussy Lawn – 6 days weekly, **Mon. to Sat. 9-10:30am (42nd year)**



View Patricia at: [Bragg HawaiiExercise.com](http://BraggHawaiiExercise.com)

## Mushroom - Lentil Burgers in BRAGG Veggie Recipe Book, page 98

- |                                   |                         |
|-----------------------------------|-------------------------|
| 1 cup mushrooms, finely chop      | 2 cups cooked lentils   |
| 3 Tbsps Bragg Organic Olive Oil   | 1/2 cup red onion, chop |
| 1 cup whole-grain bread crumbs    | 1 Tbsp Bragg Aminos     |
| 3 cloves garlic, press (optional) | Shake of Bragg Sprinkle |
| 1/2 cup parsley, finely chop      | Shake of Bragg Kelp     |

Mash lentils lightly. Add remainder of ingredients, except bread crumbs and olive oil. Form the mixture into patties. Coat or roll in finely ground whole-grain bread crumbs or potato flour. Lightly heat the olive oil in a skillet and lightly saute the patties on both sides. Serves 4 to 6.



336 pgs • \$13.95



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



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Healthy Living PEOPLE'S CHOICE AWARD

deliciousliving AWARD 2013

The Veggie Awards

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16 oz, 32 oz & Gallons

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ORGANIC THIRST QUENCHERS

All Drinks are:

NON GMO Project VERIFIED

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 & Father Team

I thank Paul & Patricia for my Healthy Lifestyle. - Clint Eastwood, Bragg Follower over 55 years

Bragg Healthy Lifestyle works miracles and saved my life at 15. - Jack LaLanne to 97

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