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UPDATE MAR/APR 2016 Newsletter

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

BRAGG HEALTH TIP ~ Live Healthy, Stay Healthy, Live Longer

Once again, Spring is just around the corner! We urge you to visit your local Farmer's Market and keep plenty of organic fruits and vegetables in your home. Many years ago, Americans were led to believe that animal protein was the healthiest way to eat. Now we know better. The extreme excesses of meat and dairy in many people's diets is now considered the leading cause of heart disease, cancer, diabetes, obesity, and countless other maladies. Organic fruits and veggies can keep your system balanced, toxin-free, bolster your immune system, even help you lose weight! **Feed yourself and your family more LIVE FOODS – organic fresh fruits and vegetables.** And please, don't forget to practice stress management and regular exercise – all for a healthier, happier, fulfilled life!

March is National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign created annually in March by the



Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information. And here's the message: the more you cut back on fatty, greasy, addictive animal foods, like meat, chicken, and dairy, the more you will start to really enjoy the superb taste of fruits and vegetables! Give it a try. You'll be amazed at how delicious, not to mention healthy, your veggies can be.

From Academy of Nutrition & Dietetics – EatRight.org
(NationalNutritionMonth.org)

Dr. Patricia's Radio & TV Shows!

Speaks to Millions & Shares Health!

Recently, Patricia has recorded numerous radio and TV shows in her ongoing mission to Spread the Gospel of Health Worldwide!

Hear & See Patricia's Media Appearances at BraggMedia.info.

- **Olelo Public TV 53 Hawaii** (olelo.org) with Host Leslie Gil Interviews Patricia on these health topics: • Enjoy Healthy Happy Feet • Super Power Breathing • Enjoy a Healthy Life and • Good Posture Carries You Through Life. Watch now on BraggMedia.info
- **Hour of Power with Host Joyce Riley** on 28 radio stations
- **Tony Myatt Totally Fit Radio • Danielle Lin Show** – nationally syndicated radio talk show and podcasts to 117 countries
- **Dr. Bob Martin Show** appearing on 400 stations internationally

World's Biggest – Natural Products EXPO West

Anaheim, CA Convention Center March 11-13

Dr. Patricia at **WholeFoods Booth #2011**
Fri. March 11th 2-3pm, autographing Bragg book → Patricia will greet thousands of Health Store teams, coming from around the world, sharing health to everyone! Patricia is called the **"Health Rock Star at this show!"** For more info visit: ExpoWest.com



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



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

April Month is Stress Awareness

Stress is a killer! Do you know that stress can weaken your immune system? NOT a good thing! Our immune system can protect us from a wide range of diseases, but once it collapses, it's akin to the fortress walls falling. The enemy can charge right in. How to fight stress? Exercise, prayer, meditation, even simply taking deep breaths often. Here's a powerful tip: When feeling stressed . . . Smile. Inhale 1-2-3. Keep smiling. Exhale 1-2-3-4-5! Repeat as often as necessary. You'll be amazed at how much better you feel! **Life is a great miracle & be thankful for all your blessings! – 3 John 2**

Earth Day Festival in Santa Barbara

Earth Day is largest civic event celebrated worldwide. Earth Day broadens the vital support for environmental programs, public commitment and builds community outreach. This year's theme is "One World".



Dr. Patricia at Bragg Booth

Dr. Patricia is lecturing at Alameda Park in Santa Barbara – Sat. April 16 at 12:30 on: "Simple easy steps to take to impact our planet locally and globally!"

Patricia sponsors Hawaii Farmer's Markets



When Patricia is in Hawaii she enjoys the Farmer's Markets and speaks at them when she has the time. Patricia encourages us all to eat Organic Local Fruits and Vegetables.

Spring is ideal time for you to plant your survival organic veggie garden!

Spring is the busiest time in the vegetable patch with seeds being sown and the first crops ready to harvest.



Patricia invites you to visit the Bragg Exercise Class, Waikiki Beach, Honolulu, Hawaii . . . now in 43rd year! Mon-Sat. 9-10am. See web: www.BraggHawaiiExercise.com

Check out Patricia's Social Media Pages:



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