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# UPDATE MAY/JUNE 2014 Newsletter

## MAY – Physical Fitness & Sports!

Why is exercise important? It helps increase circulation that helps rid the body of waste and toxins. It ensures proper distribution of oxygen, nutrients and healing agents. Exercise helps us maintain strength and balance. It increases stamina and breathing capacity. Want to look and feel better? Exercise is the answer. Circulation is not only good for physical health, but mental health as well since the brain needs oxygen and nutrients to function at full capacity! Please do 5 minutes of stationary jogging every 30 minutes while watching TV. You can even do it barefoot! Visit: [BraggHawaiiExercise.com](http://BraggHawaiiExercise.com)

### BRAGG HEALTH TIP:



To avoid dangerous toxins, eat **ONLY ORGANIC** fruits and vegetables, and reduce animal products – beef, chicken, fish, and dairy – to zero or a minimum! Recent California Study found levels of arsenic, banned pesticides, and dioxins in these animal products exceeded cancer benchmarks in 364 children tested. A great video by Dr. Greger's on this subject can be seen at: [www.tinyurl.com/mzfpw75](http://www.tinyurl.com/mzfpw75)



## MOTHER'S DAY – May 11

May your days be filled with joy and blessed with health, love and happiness. May your heart be a garden of love, guidance and devotion to family and life.



**Healthy, Happy  
Mother's Day**

to All Mothers of the world

Patricia invites you to view her roses at [bragg.com](http://bragg.com)

Patricia's Mother (left), Auntie & Grandmother

## EARTH DAY – SANTA BARBARA

Patricia spent weekend of April 26-27 at "Earth Day." 40,000 visitors attended this great event. Dr. Patricia lectured, and at Bragg Booth autographed books, and gave out Bragg Green Bags with samples.



Dr. Patricia with Festival Visitors, Spreading Health & Love!

You are what you eat, drink, breathe, think, say & do!



Follow Patricia on: [twitter.com/patriciabragg](http://twitter.com/patriciabragg)



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

## JUNE – Fresh Fruits & Vegetables

June 17 is "Eat Your Vegetables Day"!

In keeping with today's Bragg Health Tip, the month of June just happens to celebrates **Bragg motto: "Live Foods – Make Live People"**. Not only should we eat more fresh, organic (chemical free) fruits and vegetables, we should serve them to our children . . . and younger the better. Did you know that if a pregnant mother eats fresh organic fruits and vegetables, the nutritional benefits she receives is passed on to the infant in her womb . . . and after birth to her breastfed baby! Kids who get used to fruits and vegetables from a young age end up loving them! And even if they get a late start, they'll be encouraged to eat more if they see their parents and other adults enjoying them. Americans have always been world leaders! Let's lead the way back to good health! Our Bragg "Vegetarian Health Recipes" book has over 700 delicious vegetable dishes for you and your family to try.



**336 PAGES**  
only \$13.95

## ~ FATHER'S DAY – June 16 ~

To honor her father, Dr. Paul C. Bragg, our revered founder, Patricia asks you to honor your father & all fathers! After all, along with our mothers, our fathers gave us life & provided for us when we were too young to care for ourselves. Don't forget Our Heavenly Father, who gave us a beautiful planet full of everything good we need to live a healthy, happy, longer life!



Paul Bragg, ND, Ph.D.  
World Health Crusader

## Patricia Back From World Travels

After 8 months Bragg Health Crusading, joyfully traveling the world and spreading the gospel of health (lectures, store visits, guest on radio & TV shows), Dr. Patricia is back in beautiful Santa Barbara, CA where she oversees operations of Bragg Live Food Products and manages the 120 acre organic farm. Shortly after her return, she was honored 2 distinctive awards: **Top Women in Business & Entrepreneurship Award** and Patricia will be awarded at the **Powerful Women International Gala**.

## Bragg Sponsors High School Theatre

Bragg is very excited to announce that we are once again supporting our local Dos Pueblos High School Theater Dept. (Katy Perry's school) in their rendition of the Disney classic: "Mary Poppins." Dr. Patricia is a proud supporter of the arts: She also sponsored "Tarzan" play performed by Dos Pueblos High School last year.