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# UPDATE NOV/DEC 2014 Newsletter

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

## NOVEMBER & DECEMBER 2014 BEGINS HOLIDAY SEASON

It's hard to believe the Holiday Season is upon us once again. But there's no need to damage our health by eating too many fatty, sugary foods! Every day, we here at Bragg see Scientific Reports linking all manner of illnesses – heart disease, diabetes, obesity, cancer – to excess animal products and sugar in American diet! More and more medical professionals are conceding that UNHEALTHY FOODS are fueling the epidemic of sickness in America! **"You are what you Eat, Drink, Breathe, Think, Say, and Do!"** is the 100-year-old Bragg motto finally being backed by Scientists. If you're planning parties and family get-togethers, think about adding more whole grains, organic fruits, and vegetables to the menu. You can even cook a vegan turkey! Whole grains, fruits, and veggies are packed with powerful nutrients (not found in meat and dairy products), and the organic variety will insure that you're not tainting the family feast with pesticides, GMO's, and harmful chemicals.

### Nov. is giving thanks Month

To truly express gratitude for all your blessings – especially your health, prepare a Happy Healthy Thanksgiving Dinner. Think about nutrient-rich alternatives to the traditional sugary, fatty meals that we all grew up with. We Americans need to get healthy again. It's up to us because no one's going to do it for us. If you need some ideas, the Bragg "Vegetarian Health Recipes" book has over 700 dishes!

### Apple~Cinnamon Vinegar Drink

~ DELICIOUS FOR THE HOLIDAYS! ~  
Bragg Apple-Cinnamon Vinegar Drink – Warm it up for holiday–stir with cinnamon sticks. Buy Bragg Apple Cider Vinegar Drinks at local Health Store or supermarkets. The benefits of ACV are known even back in 400 BC when Hippocrates, Father of Medicine, prescribed to cleanse & heal the body. Visit "Testimony" section at [Bragg.com](http://Bragg.com) and you'll read about people who use ACV to cure ailments that doctors couldn't. ACV is an ancient, timeless, miracle food!



**For Holidays make yummy pumpkin recipes:**  
Soups, Breads, Cookies, Cupcakes, Raviolis, even Pancakes & Waffles. See web [Bragg.com](http://Bragg.com) for recipes

### Bragg Pioneer in World Health Advancements

Bragg was present at 3 leading Scientific and Health Conferences: Academy of Nutrition & Dietetics Food & Nutrition Conference & Expo (FNCE), American College of Nutrition Conference, and Complete Health Improvement Program (CHIP) Conference.

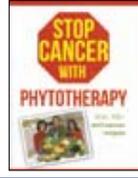
### Dr. Patricia Always on the Move Spreading Health

Patricia is spreading gospel of Good Health around the world! She was recently in Cambridge, Maryland to receive the prestigious "Excellence in Health Product Innovation" Award at the Sacred Fire of Liberty Gala Celebration. Among the other recipients were numerous leaders from various walks of life, all of whom are contributing to making the world a better place.



### Bragg Liquid Aminos featured in anti-cancer book

Authors Benjamin Lau, MD, PhD, and wife Esther Lau, MS, RD have released a new powerful book on cancer prevention and treatment. The Lau's are advocates of a plant-based diet to stop cancer, once and for all! "We love Bragg Liquid Aminos because it adds great flavor and health to our recipes".



### Dec. – Practice and Live our Faith

As another year ends, we might want to reflect back on our lives. Are we continuing bad habits? Are we thinking positive, instead of fretting about things that may or may not happen in the future? Are we remembering to smile, and to share our smiles with others? A simple smile can make someone else's day! A smile shows we're thinking about the good blessings in our lives, instead of complaining. This shows we're focused on solutions instead of problems! It's a reflection of the inherent strength and nobility of Mankind when he walks hand-in-hand with his Creator. Each of us has the opportunity, daily, to stop and pray for a moment and request guidance from our Higher Power! Let's share our love and show gratitude to our chosen spiritual and religious traditions.

**Blessings of Health & Love to You! – Dr. Patricia**



### Here's Some BRAGG Scholarship Awardees



Our sincere gratitude to Dr. Patricia Bragg for her continued financial support with the many scholarships she gives. Here's some winners at Southwest College of Naturopathic Medicine in Tempe, Arizona. See: [SCNM.edu](http://SCNM.edu) • [BraggHealthInstitute.org](http://BraggHealthInstitute.org)

### Bragg at Lifestyle Medicine Conference

Bragg is proud that our very own Dr. John Westerdahl designed all the menu for the Lifestyle Medicine Conference held at the Hyatt Regency Mission Bay Hotel, San Diego, CA. All meals were vegan and featured Bragg food products! Attending were the world leaders in the Lifestyle Medicine Revolution. see web: [LifestyleMedicine.org](http://LifestyleMedicine.org)



Dr. John Westerdahl, Bragg Director of Health Science, with Susan Benigas, American College of Lifestyle Medicine Executive Director

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