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

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BRAGG®
Originator Health Stores
Established 1912

UPDATE SEPT/OCT 2015 Newsletter

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

SEPT – Fruit & Veggie Month

More and more these days, we are receiving reports on the amazing nutritional benefits of organic fruits & vegetables. Unfortunately, we are also learning that excess animal proteins – beef, chicken, pork, fish, & dairy – are the culprits behind so many preventable diseases. Not only can excess animal proteins nurture maladies like heart disease, cancer, and diabetes, these foods may contain carcinogens and other toxins in the form of chemicals, growth hormones, GMOs, etc.!

Fruits & veggies actually have the ability to kill cancer, prevent heart disease, and keep our blood vessels and organs healthy.
Eat more organic fruits & veggies for long, happy, healthy life.

Let food be your medicine, and medicine be your food.
– Hippocrates, 400 BC, Father of Medicine

OCT – Non-GMO Month

Launched in 2010, Non-GMO Month is the *Non-GMO Project's* largest outreach campaign. Citizens and organizations across North America are discovering the risks GMOs (Genetically Modified Organisms) pose to our health, our families, and our environment. Every October, Non-GMO Month provides a powerful opportunity to coordinate our voices and our actions. Across America – brands, retailers and individuals – stand up for our right to know what's in our food. WE HAVE THE RIGHT TO KNOW!
Speak out whenever you can. See web: *NonGMOmonth.org*

Support Non-GMO Project

Dr. Jeffrey Smith is the leader in getting GMO's out of U.S. foods! See web: *NonGMOproject.org*
His GMO award-winning video was narrated by Lisa Oz (Dr. Oz's wife) see web: *GeneticRouletteMovie.com*

Dr. Patricia with Dr. Jeffrey Smith

BRAGG HEALTH TIPS: The latest findings in Health & Nutrition tell us good health is determined by: **1) Diet 2) Exercise 3) Stress Management.** A healthy diet is our body's fuel and medicine. Exercise helps us keep healthy and strong. If stress builds, it weakens the immune system allowing sickness to take hold. Laughter, prayer, meditation, gratitude, and love are great keys for eliminating stress!

Demand / Protest: NO GMO's, FLUORIDATION, FRACKING, MANDATORY VACCINES • visit NVIC.org

Dr. Patricia Health Crusading: Radio and TV Appearances

Local viewers of Fox Channel 11 News were in for a healthy treat one morning. Dr. Patricia Bragg and Bragg Ambassador Melissa Costello appeared live along with the KKFX crew to teach Santa Barbara County area how to make the **Bragg Famous Raw Garden Salad – see recipe to right.**

Dr. Patricia Bragg with Shirin Rajaee KKFX Fox 11 News

Patricia with Bragg Ambassador Melissa Costello (KarmaChow) and KKFX ladies Shirin, Claire, Meredith and Kelsey!

Patricia sends Blessings of Health and Love to all KKFX viewers!

Patricia with TV, Radio host George Noory

T.V. Shows: Patricia interviewed with famous host George Noory, of radio "CoastToCoastAM.com". Patricia's 2 web TV shows air on "*Beyond Belief with George Noory*". See web: *GaiamTV.com*

Toronto, Canada – RADIO: SAT, SEPT 12 – 8 -8:30 a.m. EST
900AM – CHML *GoodnessMe Radio* – Host Janet Jacks Live!
See web: *GoodnessMe.ca/blog/category/radio-show/*

Toronto Canada – TRADE SHOW: SAT-SUN, SEPT 19 & 20
CHFA East 2015 Trade Show ~ Metro Toronto Convention Centre (South Building) Come meet Patricia – Free Bragg Samples!

OCT. – Florida HEALTH STORE APPEARANCES: Patricia will be giving lectures and making appearances at Health Food Stores.

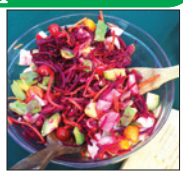
BRAGG AWARDS: SUN, NOV 15 – 11 a.m. – Palm Springs
Patricia inducted into Palm Springs Famous WALK OF STARS

Watch & listen to Patricia's latest shows: BraggMedia.info

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

Bragg Famous Raw Garden Salad

in BRAGG Vegetarian Health Recipe Book



2 stalks celery, slice
½ bell pepper, chop
1 cucumber, slice
2 carrots, grate
1 raw beet, grate
½ cup alfalfa sprouts
2 spring onions & tops, chop
1 turnip, grate
3 medium tomatoes, dice
1 ripe avocado, dice
Bragg Ginger & Sesame or BraggBerry Dressing

Dice avocado and tomato and serve in separate bowl for topping. Chop, slice or grate all veggies fine to medium for a variety in size. Mix veggies with dressing and serve on bed of romaine lettuce. For variety add raw zucchini, green beans, radishes, kale, etc. Serves 4-6.

Dr. Patricia with Health & Fitness Coach to Stars, Thomas DeLauer

Exclusive Interview with Dr. Patricia and Fitness Coach, Thomas DeLauer

We met Thomas DeLauer, wife and friends at the Santa Barbara Greek Festival. We were pleased when he and his lovely wife Amber were able to tour the Bragg Organic Farm and film an exclusive interview with Health Crusader, Dr. Patricia Bragg! We both agreed we could work together to help everyone in the world live healthier lives. Thomas launched training programs that strongly advocate Bragg ACV. Patricia is excited to combine Bragg Health Outreaches with Thomas and Amber. See his website: *ProLineOrganic.com* and check out: *facebook.com/ThomasDeLauerMP*

Check out Patricia's Social Media Pages:

Twitter Facebook Linkedin Blog Instagram Pinterest YouTube

Follow: *PatriciaBragg* and *BraggLiveFoods*