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UPDATE JAN/FEB 2017 Newsletter

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

Gen. 6:3

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JANUARY & FEBRUARY 2017 Live Healthy, Stay Healthy

T. Colin Campbell launched health revolution when he published breakthrough book, **THE CHINA STUDY**. Dr. Campbell spent 40 years researching nutrition around the world. What he found consistently and repeatedly is that too much animal protein in the diet – anything that comes from an animal like beef, chicken, fish, dairy, eggs – causes not only cancer, but heart disease and a long list of other diseases. Doctors and Scientists everywhere are corroborating his findings! Legions of Medical and Lifestyle Experts are joining the chorus: the Epidemic of Disease that is currently plaguing United States is in large part due to (S.A.D.) fast-food American Diet. We've been brainwashed by advertising, and tempted by low-cost, government subsidized industries to eat too much meat and dairy. Not only that, much of the commercial food in our country is now tainted with pesticides, GMOs, growth hormones, and other cancer-causing toxins! Want to stay healthy? Eat more, fresh, organic fruits & vegetables, and Dr. Campbell recommends eliminating animal protein! (NutritionStudies.org) **Your body will love being healthy and the planet needs you too!**

New Year's Resolutions for a Healthy New 2017

Don't be part of World's Health Crisis, be part of the Solution! 2017 is the perfect time to begin your new lifestyle: switch to a plant-based diet for you and your family; create a workout schedule and stick with it; learn yoga, meditation, and practice deep breathing to help eliminate stress. What we eat today is walking and talking tomorrow. Exercise enhances circulation which is critical for elimination and delivery of oxygen and nutrients to your cells! Stress is negative energy that can build up in your system and ultimately cause your immune system to collapse. Most people can stay healthy by making these simple, lifestyle improvements. **Here's to healthy 2017!**



ENJOY BRISK WALKS DAILY & HEALTHY STATIONARY JOGGING

Do while watching TV, talking on phone, or at work breaks. It gives your 70 trillion cells a great massage that helps promote healthy circulation! **TRY IT! You can truly walk your worries away!**

only \$9.95
224 PAGES

Dr. Patricia – Pioneer of Healthy Living!



Dr. Patricia with The BRAGG STAR Palm Springs Walk of Stars

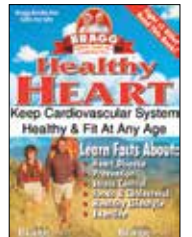
The secret is out! For decades, Dr. Patricia has been a pioneer of Healthy Living, and the world is paying attention! Here are just a few of the awards that have been presented to her in recent years:

- Top 50 Women in Business Award
- Sacred Fire of Liberty Award – Excellence in Health Product Innovation
- Publishers Lifetime Achievement Award
- Hall of Legends Award in Health Industry
- Goleta Valley Beautiful Award for the Bragg Organic Farm
- Loma Linda Mayoral Certificate (established "Bragg Healthy Lifestyle Weekend")
- Palm Springs Famous Walk of Stars

Patricia is being featured on more radio shows than ever! Just go to www.BraggMedia.info to see her schedule, and listen in on stations around the world to get best Healthy Living Wisdom. Schedule also includes Patricia's live appearances and TV shows!

Feb. is "American Heart Month"

Heart Disease is STILL the Leading Cause of Death of Men and Women in America. But did you know that **Heart Disease is not only preventable, but also reversible, and in many cases without surgery!** Our country has a handful of brave, pioneer medical doctors like Dr. Dean Ornish, and Dr. Caldwell Esselstyn, both who are standing up strong against the "system" and curing heart disease by putting their patients on plant-based diets! Remember healthy exercise and stress management are very important as well as abstinence from tobacco and alcohol! Learn more from Bragg "Healthy Heart" book visit: bragg.com.



only \$11.95
A must read!

♥ HAPPY HEALTHY VALENTINE'S DAY! – FEB 14th ♥

We love all our Bragg Readers and those using our Bragg Healthy Products. We pray several times daily that you will be blessed with beautiful, precious happy days and a fulfilled long, healthy, life!

COLESLAW GARDEN SALAD

in BRAGG Vegetarian Health Recipe Book page 18

1 med. head green cabbage, slice 2 green onions, slice
1 cup red cabbage, slice 1 large carrot, grate
2 apples, core, thin slice 20 raisins (optional)
Bragg Organic Bragberry Dressing or Bragg ACV Blend (to taste)
Mix together & toss with dressing. Serves 4-6.



only \$13.95
336 PAGES

Dr. Paul Bragg opened in NYC, Macfadden's 7 famous "Penny Restaurants" during big Depression Era. They served millions of hungry people with healthy vegetarian meals for only a penny! Inspirational music and literature was given out to inspire, heal and guide them.



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

Check out Patricia's Social Media Pages:



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