



## HAPPY INDEPENDENCE DAY!



**4<sup>th</sup> of JULY wishes from BRAGG:**  
 Be free from sickness and disease!  
 Be good to yourself and your family!  
 Eat healthy, exercise, live long and  
 be happy by living the Bragg Healthy  
 Lifestyle in our great land of the free!

Your Health is your Wealth. Keep your life as simple as 1, 2, 3.  
 Live the Bragg Healthy Lifestyle & become a Health Billionaire.

## JULY – National Berries Month

**Berries – blackberries, raspberries, blueberries, cranberries, strawberries, are bursting with vitamins & minerals,**



Researchers from U.S. Dept. of Agriculture found that above berries are among top 11 foods for antioxidant activity that helps to increase our immune function and protect against cancer, heart disease and old age. Harvard School of Public Health Researchers state, "Fruits and Vegetables help lower Heart Disease Risk."

### Try Our Delicious BRAGGBerry Dressing

Bragg's **New Organic BRAGGBERRY™ Dressing & Marinade** makes salads special with its original healthy blend of organic "superberries" we call BRAGGBERRY: with **Blueberries, Raspberries, Acai Berries, Goji Berries, Grapes and Pomegranates.** A delicious, all-natural Fat-Free Dressing made with Bragg Organic Apple Cider Vinegar and these special blend of Organic Berries so delicious, rich in powerful antioxidants, that create a light fruity flavor unlike any other dressing – only from Bragg.



## COLESLAW GARDEN SALAD

in BRAGG Vegetarian Health Recipe Book page 18

- 1 head green cabbage, slice
- 1 cup red cabbage, slice
- 2 apples, core, thin slice
- 2 green onions, slice
- 1 large carrot, grate
- 20 raisins (optional)

Bragg Organic BraggBerry Dressing (to taste)

Mix together & toss with dressing. Serves 4-6.



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



## AUGUST – National Water Quality Month

Water is the key to all body functions. This book can save your life. The water you drink can make or break your health! Learn what kind of water is safe and why. This book exposes the dangers of toxic fluoride in water, toothpaste, soups and even grape juice! "This Bragg Book is a shocker and should be required reading by everyone – schools, parents, dentists and health professionals." – *Chris Linville, MD*



Visit website: [bragg.com](http://bragg.com) for Water Book Special (\$11.95 postpaid) and please listen to newly restored Paul C. Bragg's important Lecture on Water!

### Patricia enjoying Hawaii & Bragg Exercise Class:

Mon to Sat, 9-10:30 am on Fort DeRussy Lawn, Waikiki Beach. Patricia is introducing **Bragg Hawaiian Dressing & Marinade** (see [bragg.com](http://bragg.com)). She recently saw Jim Carrey's film, *Mr. Popper's Penguins* and loved it! She hopes everyone can see it.

### Taste of Aloha – Bragg's Hawaiian Dressing

Bragg's New Healthy and **Organic Hawaiian Dressing & Marinade** makes a salad so special with original tropical flavors to make salads, veggies and other foods taste so great! A delicious, fat-free tropical blend of the finest all-natural organic ingredients. Made with Organic Hawaiian Ginger & Noni Fruit, Pineapple, Mango and Passionfruit. Whether served at a Hawaiian Luau or in your own home kitchen, everyone will love this Hawaiian Dressing with delicious flavors of the islands unique and healthy ingredients.



### BRAGG Healthy Body Maintenance Tips:

- **Walking is the King of Exercise:** Carry yourself well. Walk naturally with your head high and chest up and arms swinging. Walking promotes blood circulation, elimination, deeper breathing and helps normalize blood pressure, even diabetes and cholesterol. It refreshes your Mind, Body and Soul, especially when walking in nature.
- **Please Don't Cross Legs When Sitting:** it throws the hips, spine and head off balance and it's the most common cause of chronic backaches, headaches and varicose veins, also puts an unnecessary burden on your heart!
- **Daily tongue brushing & spoon scraping:** during oral hygiene (brushing, flossing) is a wise health practice, as your body is continually cleansing from anus to tongue.

Follow Patricia on: [twitter.com/patriciabragg](http://twitter.com/patriciabragg)  
 Watch Bragg Videos on [YouTube.com/patriciabragg](http://YouTube.com/patriciabragg)

**You are what you eat, drink, breathe, think, say & do! – Patricia Bragg, ND, PhD.**

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SPREADING HEALTH & FITNESS  
SINCE 1912



Patricia & Paul Bragg, ND's, PhD's  
Pioneer Health Crusaders



## BRAGG Self-Health Library • Live Longer - Healthier - Stronger



Authored by America's First Family of Health  
Patricia Bragg & Paul C. Bragg, N.D.s, Ph.D.s  
Famous Daughter and Father Team

I thank Paul & Patricia Bragg for my  
Healthy Lifestyle. – *Clint Eastwood*

“Bragg Books are Gifts for Life”  
– *Jack LaLanne*, Bragg Follower to 96½ years

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