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BRAGG

Originator Health Stores
Established 1912

UPDATE JULY/AUG 2018 Newsletter

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

4th of July wishes from Patricia Bragg

We pray for Peace for America & the World!

Freedom is our most valued, and precious right! Don't take it for granted! Be free from sickness and disease! Be good to yourself and your family! Eat healthy, exercise, live long and practice living The Bragg Healthy Lifestyle in our great land of the free! Remember your Health is your Wealth! Keep your life as simple as 1-2-3.



Patricia with Announcer of Santa Barbara Independence Parade

Become a Health Billionaire, Celebrate & Remember, Freedom & Health are two things we must never lose!

HAPPY INDEPENDENCE DAY!

JULY is "National Berries" Month

Delicious, Nutritious Berries are high in anti-oxidants health benefits. Some

health experts even say that berries are hands-down the healthiest of all fruits. Strawberries, blueberries, raspberries, cranberries, and blackberries are some of the most potent berries that we can find in most stores. It's always best to get fresh, organic berries, but if those are hard to come by, or out of season, you can even benefit from frozen berries. Either way, keeping them around for daily consumption is a good idea. Berries have been shown effective in treating everything from muscle soreness, to vision problems, inflammation, Alzheimer's, and even some cancers. **Celebrate National Berries Month by adding Berries to your diet!**

Enjoy Delicious BRAGGBerry Dressing & Marinade

Bragg's Organic BRAGGBERRY™ Dressing & Marinade makes salads, veggies, smoothies, etc. special with its original healthy blend of organic "SuperBerries" called BRAGGBERRY:
●Blueberries ●Raspberries ●Acai Berries ●Goji Berries ●Grapes and ●Pomegranates. See web: BraggSaladDressings.com



BRAGG Health Crusading - Spreading Health Worldwide Reaching Millions - Sharing Bragg Healthy Lifestyle

Bragg will be in attendance at many upcoming Health Events - Aug. & Sept. - Look for them.

Sproutsfest 2018 (Farm to People Festival)

SUN. - MON. - TUES. - Aug 19 to 21
Gaylord Texan Resort, Grapevine, TX



Canadian Health Food Association - East

Metro Toronto Convention Centre, So. Building, Toronto, Canada
Conference: THURS. & FRI. - Sept. 13 & 14 Open Daily:
Trade Show: SAT. & SUN. - Sept. - 15 & 16 10am- 5pm

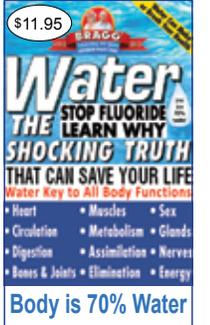
You are what you Eat, Drink, Breathe, Think, Say & Do!

- Patricia Bragg, N.D., Ph.D.

AUGUST is "National Water Quality" Month

Water is Key to All Body Functions!

Besides air and food, what is more important than water? **Sadly in today's world, water often contains harmful impurities.** Tests have shown that tap water can be tainted with agricultural, urban, industrial and water treatment pollutants, plus harmful chemicals such as fluoride, sodium chloride, calcium phosphate, sodium phosphate and magnesium phosphate. Many of our Nation's ground water is being polluted by waste from livestock - cattle, pork, poultry. Even rain can have high levels of life-threatening acids. For many years now Bragg has been teaching people that distilled water is healthiest!



The water you drink can make or break your health!

BRAGG Books are Great Gifts for Life They Inform, Influence & Inspire Health Conscious Readers!

At Bragg.com - All 10 Only \$89 & Free Shipping in Continental US.
● Water ● Heart ● Breathing ● Fasting ● Nerve Force ● Healthy Feet
● Vinegar ● Healthy Lifestyle ● Back Fitness ● Veg Recipes

BRAGG HEALTH TIPS: Improve your health by eating more fresh, organic fruits & vegetables. Studies have repeatedly shown that greater consumption of fruits & vegetables can decrease inflammation. This means that inflammation-based diseases such as periodontal disease, diabetes, multiple sclerosis, cancer, irritable bowel syndrome, strokes, hardening of the arteries, heart disease, allergies, and SO many others can be avoided, even reversed by a plant-based diet. A plant-based diet can also provide more energy for both the young and the elderly.

Old Spanish Days Fiesta & Parade

Old Spanish Days in Santa Barbara is dedicated to honoring and preserving Santa Barbara's history, spirit, culture, heritage and traditions. This 90-year-old event produces an annual eight day festival - Fiesta - including the wildly popular Fiesta Equestrian & Children's Parade.



Patricia with kids in Spanish Costumes

BRAGG BERRY HEALTHY SALAD

- 1 pint blackberries
- 1 pint raspberries
- 1 pint boysenberries
- 1 pint blueberries
- 1 1/2 cups soft tofu, crumble
- 2 Tbsps raw nuts of choice, chop
- 1 head of leaf lettuce
- soy yogurt and honey, to taste

Wash berries and dry thoroughly. Mix with tofu and nuts in a bowl. Serve on lettuce leaf and garnish with soy yogurt and honey to taste. Serving for 6 people or reduce for smaller serving.

Check out Patricia's Social Media Pages:



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