

**ORIGINATOR OF HEALTH STORES**  
**BRAGG**  
 Spreading Health Since 1912



**UPDATE**  
**JULY 2009**  
**Newsletter**

**CELEBRATE NATIONAL PICNIC MONTH & 4TH OF JULY**

There is no reason a 4th of July picnic should not be healthy! Instead of fatty, high-cholesterol hot dogs, hamburgers, and junk food, make sure you include a beautiful healthy salad of fresh organic lettuces, tomatoes, onions, olives, and other tasty, raw vegetables. Throw some corn on the BBQ, along with yams, eggplant, onions and zucchini seasoned with Bragg Sprinkle, Kelp and Bragg Aminos. Remember, nothing spices up your vegetable dishes like Bragg Organic Salad Dressings and Seasonings.



**July is also Freedom Month**

Be free from sickness and disease! Be good to yourself and your family! Eat healthy, live long, and be happy by living the Bragg Healthy Lifestyle!



**PLAN-D The Amazing Health Book That Will Change Your Life Forever**

We are proud to introduce to you Dee McCaffrey's New Book...

In this revealing health book, Dee focuses on using Bragg Organic Apple Cider Vinegar as a key ingredients in her natural weight loss program. Dee, who lost 100 lbs, half her body weight, describes using our apple cider vinegar for weight loss as a gradual healthy process. You can get more info and purchase her book at [www.plandee.org](http://www.plandee.org) or [www.amazon.com](http://www.amazon.com)

Coming soon--Patricia's Chicago Lecture Video: [www.bragg.com](http://www.bragg.com)



Kevin Trudeau was also one of the featured speakers: He is a Consumer Advocate and a N.Y. Times Best-Seller, "Natural Cures They Don't Want You to Know About". He is a Bragg Product enthusiast. See book on [www.amazon.com](http://www.amazon.com)

Left: Patricia with Kevin Trudeau & wife at Expo

**Try Bragg's NEW Delicious All Natural & Organic Apple Cider Vinegar Drink**

Available Nationwide -- ASK FOR IT!!



16 oz. Glass Bottle

- Based on Paul & Patricia's Original Drink
- Made with Bragg Organic Apple Cider Vinegar, Organic Honey and Pure Distilled Water
  - Great for a Quick Energy Boost
- Great Tasting, Healthy Refreshing Drink

**Until July 31, 2009 -- Get a FREE BOTTLE with every web order\*! [www.bragg.com](http://www.bragg.com)**  
 [\*Continental U.S. Only. Excludes eBooks]

**Dr. John Demartini** (Star in The Secret): As a youth I had a learning disability and was told I would never read, write or communicate ever normally. At 14 I dropped out of school and at 17 ended up surfing in Hawaii. My road to recovery led me to Dr. Paul C. Bragg, who changed my life. He gave me one simple affirmation to repeat: "I am a genius and I apply my wisdom."



Patricia with Paul Wenner & Dr. John Demartini in Maui.

Dr. Bragg inspired me go back to school and to live a healthy lifestyle. From there miracles happened! I have authored 54 training programs and 14 books and I love to crusade world-wide. I Thank Dr. Bragg. [www.drdemartini.com](http://www.drdemartini.com)

**Paul Wenner:** Gardenburger Creator, when a teenager cured his asthma in a month after following Bragg Healthy Lifestyle Book.

**ENTER BRAGG VIDEO SHARING CONTEST**  
 Visit [Bragg.com](http://Bragg.com) for more details

**Win a Year's Supply of Bragg Food Products!**



Follow Patricia on: [Twitter.com/patriciabragg](http://Twitter.com/patriciabragg)  
 Be my friend on: [Facebook.com/patriciabragg](http://Facebook.com/patriciabragg)  
 and [MySpace.com/patriciabragg](http://MySpace.com/patriciabragg)

**Katy Perry** on the current cover of 17 MAGAZINE takes Bragg Apple Cider Vinegar drink 3x daily.

Watch on YOU TUBE: "[Did you know?](#)" (5) minute video

*Remember during difficult times your health is your real wealth! – Paul C. Bragg*

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**STAY HEALTHY!**

The [HOME PAGE](#) of our Bragg.com website contains links to new health articles daily. We also feature a Monthly Health Article based on newly published research. Visit Bragg.com often live healthier, happier, longer, and more useful lives!

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