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# UPDATE JULY/AUG 2012 Newsletter

## HAPPY INDEPENDENCE DAY!



This July 4<sup>th</sup> is the perfect time to declare your independence away from unhealthy eating and living habits! There is nothing healthier for you and your family and loved ones, than to stop eating unhealthy, toxic foods that cause sickness and depression. Start living and embrace The Bragg Healthy Lifestyle now!

## JULY – National Berries Month

**Berries – Blackberries, Raspberries, Blueberries, Cranberries, Strawberries, are bursting with vitamins & minerals,** the pigments that give berries their beautiful blue & red hues are healthy & delicious for you. Berries contain phytochemicals & flavonoids. Studies show they help prevent some cancers.



## AUGUST – National Water Quality Month

**Water is key to all body functions:**

- Heart
- Circulation
- Digestion
- Bones & Joints
- Muscles
- Metabolism
- Assimilation
- Elimination
- Gland
- Sex
- Nerves
- Energy

The water you drink can make or break your health! Learn what water is safe & why. This book exposes dangers of toxic fluoride in water, toothpaste & products that are prepared with fluoride water, such as soups & even bottled juices! "This Bragg Book is a shocker & should be required reading by everyone: schools, parents, dentists & health professionals." – Chris Linville, M.D.

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



**BRAGG HEALTH TIP:** When you get your berries home, prepare a mixture of one part Bragg Vinegar & ten parts water. Place berries into mixture & swirl around. Drain, rinse if you want (mixture is so diluted you can't taste the vinegar.) & put into fridge. The vinegar kills any mold spores & bacteria that might be on surface of berries & all fruits. So stock up on these delicious, organic, healthy gems & fruits. This keeps them fresher longer & you'll be berry healthy & happy!

## Patricia in New York at Book ExpoAmerica

### Film Star Stops by to say "I Love Bragg Products!"

'Superman' Star, Terrance Stamp was one of more than 5,000 Bragg followers who came by the Bragg Booth at BEA in NYC in early June to say, "Hello Patricia! Your Products & Books Changed My Life!"



Terrance Stamp



Patricia Bragg at Times Square, NYC

He expressed his gratitude to Patricia, saying he loves & uses Bragg Products to maintain great health for decades. "I think Bragg Products are amazing & incredibly good for you. I think everyone should think about using them," said Academy Award Nominated Actor.

The Bragg 10 'Self-Health' Books that make up the Bragg Health Library were Stars at BEA this year! Patricia & Bragg Health Science Books had a great booth at BEA, which is the world's largest Book Publishing Expo. Thousands of people from all over the world came to the Bragg Booth & enjoyed a complimentary book & a chance to talk & visit with Patricia.



Bragg BEA Booth, NYC

Nearly 1,300 vendors, from Simon & Schuster, Amazon & Random House, to high tech digital hosts of literary blog sites & book reps from 55 countries attended NYC Book ExpoAmerica.

Patricia was greeted by them all, as they sought her out to express thanks for her books & products. As actor Terrance Stamp, they took time to smile & let Patricia know how Bragg Books & Products are major reasons for their good health!



Patricia at Organic Market

### Patricia Busy Health Crusading

After BEA event, Patricia traveled to **Chicago** to lecture for **Health Freedom Expo**. Her lecture was a fabulous success, people came from all over to hear her. Next day she was on **George Noory Panel who is host of Coast-to-Coast** radio show, and is a big Bragg ACV fan. He presented her with award honoring Paul C. Bragg as father of American Health Movement. Patricia loved being on the lively Health and Nutrition Panel.



Patricia with George Noory

From Chicago, Patricia flew to **Fort Lauderdale, FL**, where she gave 2 health lectures for **Life Extension Foundation**. She kept the audience spellbound with her worldwide exciting experiences as a life-long Health Crusader and Life Extension Specialist.

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.**



# the BRAGG Health Products Family

SPREADING HEALTH & FITNESS  
SINCE 1912



1912 **BRAGG** 2012  
Celebrating 100 Years

Patricia & Paul Bragg, ND's, PhD's  
Famous Father & Daughter Team  
Pioneer Health Crusaders



12 oz glass bottles

12 oz glass bottles

16 oz & 32 oz (glass bottles) & Gallons

16 oz & 32 oz (glass bottles) & Gallons

16 oz, 32 oz & Gallons

6 oz spray

Shaker Top

2 NEW SALAD DRESSINGS

12 oz glass bottles

12 oz glass bottles

Shaker Top

Shaker Top

ENERGY BOOSTERS

EACH 16 oz GLASS BOTTLE GIVES TWO 8 oz. SERVINGS

ORGANIC THIRST QUENCHERS

2 NEW FLAVORS

I use & love your Bragg Vinegar Drinks daily! – Katy Perry, singer

## 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

ORIGINATOR OF HEALTH STORES

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