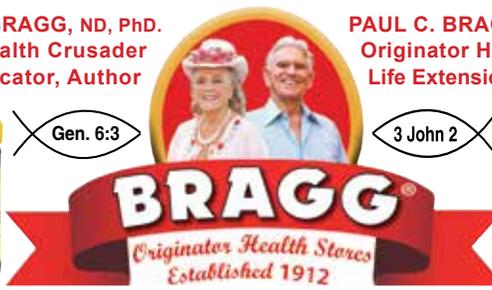




**PATRICIA BRAGG, ND, PhD.**  
Pioneer Health Crusader  
Health Educator, Author

**PAUL C. BRAGG, ND, PhD.**  
Originator Health Stores  
Life Extension Specialist



# UPDATE JULY/AUG 2016 Newsletter

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

## HAPPY INDEPENDENCE DAY!

**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. **Become a Health Billionaire, Celebrate and Remember, Freedom & Health are 2 things we must never lose.**



3 John 2

## JULY is "National Berries Month"

**Because of high antioxidant content, berries possess amazing health benefits.** Oxidation is a normal body function. However, oxidation can be disrupted by unhealthy behaviors such as smoking, alcohol and eating unhealthy fast-junk foods, sugar, salt, etc. which results in formation of free-radicals that leads to arterial plaque and DNA damage and are precursors to cancer and heart disease! Free-radicals are suspect in Alzheimer's disease, arthritis, kidney disease, diabetes, cataracts and age-related blindness. Antioxidants are our best defense to keep body healthy! **They are found in organic fruits, vegetables, nuts and seeds, and whole grains. See Bragg.com**

### 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](http://BraggSaladDressings.com)



### BRAGG HEALTH TIP: EAT MORE FRUITS, SALADS & VEGGIES!

In recent years we've been learning about the amazing complexity of our gut/microbial systems. Our intestines are not just pipes to discard waste. They are worlds unto themselves, processing food nutrients that can keep us healthy. How to get more Health in your body? Eat more organic fruits, salads, veggies, etc.!

LEARN MORE: <http://tinyurl.com/hk5j97m>

## Dr. Patricia Bragg Loves Health Crusading, Inspiring All Ages to Stay Healthy & Fit!



Dr. Patricia Bragg out Dancing!

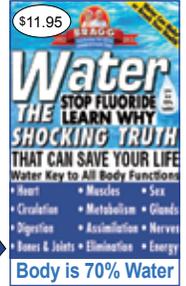
The staff here at Bragg Live Food Products has a hard time keeping up with our energetic leader! Patricia stays on the move night and day lecturing at schools and health venues, visiting farmer's markets, enjoying local Farm to Table dinners, and inspiring all ages to live the Bragg Healthy Lifestyle! She even loves art exhibits! Patricia loves sharing with millions the Bragg Gospel of Health on radio interviews, TV, and in person worldwide. LEARN MORE about Patricia's upcoming events and appearances at: [BraggMedia.info](http://BraggMedia.info). See link for videos of her dancing: [Bragg.com/blog/index.php/all-natural-organic-whole-live-foods/dr-patricia-bragg-loves-to-dance/](http://Bragg.com/blog/index.php/all-natural-organic-whole-live-foods/dr-patricia-bragg-loves-to-dance/)

**You are what you eat, drink, breathe, think, say & do!**

## AUGUST is National Water Quality Month

### Water is Key to All Body Functions!

Few things are more important to us than water. In today's world, water may contain harmful impurities. Tests have shown that tap water can be tainted with agricultural, urban, & industrial pollutants, plus harmful chemicals such as fluoride, sodium chloride, calcium phosphate, sodium phosphate and magnesium phosphate. Read Water Book, it's a life-changer & improver! → **The water you drink can make or break your health!**



### Bragg Organic Farm to Donate Apples



Bragg Organic Farm is a Garden of Eden Sanctuary for roses, flowers & a treasure of God's beauty. Bragg Orchards are producing healthy bounty of veggies & apples. Our harvest goes to local Schools, Food Banks, Boys & Girls Clubs & local non-profit organizations.

### Dr. Patricia Bragg in Phoenix August 21-24

to speak at SproutsFest, an educational summit for retail store managers. She will then return to Southwest College of Naturopathic Medicine, where she received her Doctorate of Science Degree, to meet with Dr. Paul Mittman CEO, and Scholarship Recipients of The Bragg Health Foundation's Educational Grants. To see speaking schedule in Arizona: [BraggMedia.info](http://BraggMedia.info). To see her speaking at SCNM: [www.tinyurl.com/zbgz2jf](http://www.tinyurl.com/zbgz2jf)



Dr. Patricia & CEO, Dr. Paul Mittman, receiving her Doctorate of Science



Paul in 1920 with Duke Kahanamoku, Waikiki Beach, HI

### Summer Olympics in Rio de Janeiro

Bragg has legacy of counseling champion athletes in history, Gold Medal Champs like Murray Rose (5 Gold Swimming Medals) & runners Betty Cuthbert (AU) & Allison Roe (NZ) all Bragg Followers! Patricia's cousin Don Bragg, won Olympic Gold – Pole Vaulting 16 ft., 1960, Rome. Patricia & Dad were there. Paul met Duke Kahanamoku 1920 Olympics – Antwerp, Belgium. Paul & Duke became life-long friends and Paul loved Hawaii as his 2nd home.



Patricia with Don Bragg 1960 Olympic Gold Medalist

### BRAGG Organic Coconut Liquid Aminos

Soy-Free Seasoning made from Organic Non-GMO Verified Coconut Nectar & Bragg Organic Apple Cider Vinegar. Healthy and Delicious, Bragg Coconut Aminos contains: NO Preservatives, NO Alcohol, NO MSG and is Dairy-Free and Gluten-Free.

**Taste you will love to season your favorite foods and recipes.**



### Bragg Organic Extra-Virgin Olive Oil:

Enjoy Heart-Healthy Award Winning Bragg Organic Olive Oil, made from the finest 100% organically grown Greek Olives that provide best quality & flavor! Rich in polyphenol antioxidants, Certified Organic, Gluten-Free, Non-GMO & Kosher. For centuries used for face & body moisturizer to keep skin healthy! See web: [BraggOrganicOliveOil.com](http://BraggOrganicOliveOil.com).



### Check out Patricia's Social Media Pages:



Twitter Facebook LinkedIn Blog Instagram Pinterest YouTube  
Follow: [PatriciaBragg](http://PatriciaBragg) and [BraggLiveFoods](http://BraggLiveFoods)