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# UPDATE JULY/AUG 2014 Newsletter

## HAPPY INDEPENDENCE DAY!



This July 4<sup>th</sup> is the perfect time to declare your independence away from unhealthy eating & unhealthy 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,**



some health experts even say that berries are hands-down the healthiest of all fruits! 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 by adding berries to your diet!

**BRAGG HEALTH TIP:** Do you or someone you love suffer from cold hands, memory fog, gout or other health issues caused by inflammation? **Try Braggzyme.com!** An exclusive systemic enzyme blend provides nutritional and cardiovascular support you need to help maintain a healthy normal inflammatory response.



## HONORS TO PATRICIA A Life Long Health Crusader

Powerful Women International gala gave Patricia "Women of Legacy" Award at the magnificent Palace Hotel in San Francisco. Most innovative CEOs in the world attended!

## Great Social Event By the Sea



Dr. John Westerdahl, Patricia and guests

The beautiful Bragg Organic Farm in Santa Barbara, recently hosted a gala mixer for Santa Barbara Chamber of Commerce. 150 guests enjoyed great company, healthy food and ACV drinks, and tours of farm's wonderful grounds, rose gardens and pond! An evening to remember on a picture perfect summer evening overlooking Pacific Ocean.

## BERRY HEALTHY SALAD in BRAGG Vegetarian Health Recipe Book

1 cup each of:  
blackberries, raspberries,  
boysenberries, blueberries  
and strawberries

1 1/2 cups soft tofu, crumble  
3 Tbsps raw nuts: pine, walnuts, etc.  
soy yogurt and honey, to taste  
BraggBerry Dressing (see right)



Rinse berries, dry. Mix with tofu and nuts in bowl. Serve on lettuce leaf and garnish with soy yogurt and honey to taste, or delicious BraggBerry Dressing. Serves 6.

## AUGUST is National Water Quality Month

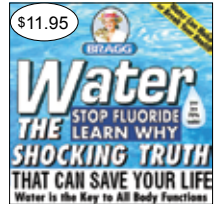
**Water is key to all body functions:**

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

Water is most important besides air and food. But in today's world, tap water may contain harmful impurities. Learn what water is safe and why. This book exposes dangers of toxic fluoride in water, toothpaste and products that are prepared with fluoride water, such as soups and bottled juices! Bragg teaches that distilled water is healthiest. To help you purify the water that comes into your home, Bragg has partnered with *WaterWise Home Purification Systems*. Visit our web: *Bragg.com*.

**The water you drink can make or break your health!**

**"This Bragg Water Book is a shocker and should be required reading by everyone: doctors, schools, parents, dentists and health professionals."** - Chris Linville, M.D.



Body is 70% Water

## Patricia Health Crusading on Radio, TV and in Person

Patricia has been spreading Gospel of Health. Speaking at Maravilla "Health and Wellness Expo" and visiting with Oprah's trainer, Bob Green.



Patricia at Solstice Parade

Patricia did radio interview on *RadioMD* with Michael Smith, MD., Senior Health Scientist for *Life Extension*. Listen to many of Patricia's radio talks and learn more about Patricia's upcoming events at: *www.BraggMedia.info*.



Patricia with Bob Green

Patricia enjoys local "Solstice Parade" sharing The Bragg Healthy Lifestyle to Santa Barbara!

## Enjoy Delicious BRAGGBerry Dressing & Marinade

Bragg's Organic BRAGGBERRY™ Dressing & Marinade makes salads, veggies, etc. special with its original healthy blend of organic "superberries" we call BRAGGBERRY:

- Blueberries
- Raspberries
- Acai Berries
- Goji Berries
- Grapes and
- Pomegranates.

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. Visit web: *BraggSaladDressings.com*



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