



PATRICIA BRAGG, ND, PhD.
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Health Educator, Author

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Gen. 6:3

3 John 2

BRAGG

Originator Health Stores
Established 1912

UPDATE MAR/APR 2017 Newsletter

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

BRAGG HEALTH TIP ~ Live Healthy, Stay Healthy, Live Longer

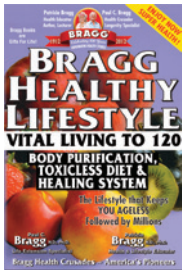
Spring is near! Visit your local Farmer's Market and keep plenty of organic fruits and vegetables in your home. Many years ago, Americans were led to believe that animal protein was the healthiest way to eat. Now we know better. The extreme excesses of meat and dairy in many people's diets is now considered the leading cause of heart disease, cancer, diabetes, obesity, and countless other maladies. Organic fruits and veggies can keep your system balanced, toxin-free, bolster your immune system, fight disease, even help you lose weight! **For healthier, happier life, feed yourself & your family more LIVE FOODS - fresh fruits, berries, and vegetables!**

March is National Nutrition Month



March Winds & April Showers, bring forth Beautiful May Flowers.

and . . . is a needed Nutrition Education and Health Information Campaign created annually in March by Academy of Nutrition & Dietetics. **"Put Your Best Fork Forward"** is the theme for NNM 2017 which serves as a reminder that each of us holds the fork to make healthier food choices. Making small changes during National Nutrition Month® will help improve your health now and in the future!



only \$9.95
A must read!

Visit: NationalNutritionMonth.org & EatRight.org

Dr. Patricia's Health Events Speaks to Millions & Shares Health!

Dr. Patricia Bragg will be at **Natural Products Expo West, largest Health Expo in the World - 60,000 people attend!** She will be marching with Band greeting everyone for 2 hours. **Whole Foods Booth #2011 . . . Fri, March 10 - 2-3pm PST** **Super Natural Booth #2003 . . . Sat, March 11 - 12-1pm PST** Dr. Patricia will be signing Bragg Books. She is called the **"Health Rock Star at this Expo!"** See: ExpoWest.com

Dr. Patricia Bragg will be at **Earth Day Santa Barbara, April 22-23 - All Day Event** • Dr. Patricia will speak and sign Bragg Books and give out Free Samples. See: SBEarthDay.org



Dr. Patricia is Health Pioneering in Hawaii

← Dr. Patricia receiving Ambassador Award from Brigadier General Doyle, Tripler Army Medical Center, Honolulu, largest Military Hospital in America. She is busy Crusading at Schools, the University, Farmer's Markets, T.V. and Radio.

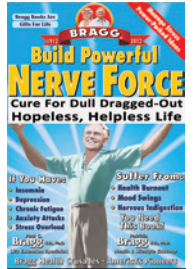
Hear & See Patricia's Media Appearances at www.BraggMedia.info

Patricia invites you to visit the Bragg Exercise Class, Waikiki Beach, Honolulu, Hawaii . . . now in 43rd year! Mon to Sat. 9-10 am. See web: BraggHawaiiExercise.com

You are what you Eat, Drink, Breathe, Think, Say & Do! - Patricia Bragg, ND, PhD.

April is "Stress Awareness" Month

Stress is a killer! Do you know that stress can weaken your immune system? NOT a good thing. Our immune system can protect us from a wide range of diseases, but once it collapses, it's akin to the fortress walls falling. How do we fight stress? Read our **Nerve Force Book** and exercise, meditate, pray and do deep breathing exercises. Here's a powerful tip: When feeling stressed... Smile. Deep inhale 1-2-3. Keep smiling. Exhale 1-2-3-4-5! Repeat often as necessary. You'll be amazed at how much better you feel! **Life is a great miracle & be thankful for all your blessings! - 3 John 2**



only \$11.95
256 pages

BRAGG Supports The "Gentle Barn"

Bragg is proud to be partnering with **The Gentle Barn** located in both California & Tennessee. The Gentle Barn is a non-profit organization that rescues animals from severe abuse and neglect who



Heather Rhonda Bragg Staff visiting with the animals
Ellie Laks, Gentle Barn Founder

are too old, sick, lame, or scared to be adopted into homes. Once rehabilitated, the animals help us give hope and inspiration to children with the same stories. They are open to the public on Saturdays in Tennessee and Sundays in California! Check out The Gentle Barn website: www.GentleBarn.org

Brag About Bragg Video Contest

Our "Brag About Bragg" Video Contest was a Success! We had wonderful entries from individuals and organizations. **To see videos visit Bragg.com.** We at Bragg are thankful for everyone's participation. Now, the contest enters the voting stage for one month. Everyone will have a chance to share their personal vote. Dr. Patricia & Team will then choose from the three finalist with most votes. **Winner will be announced April 1, 2017.**

Check out Patricia's Social Media Pages:



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