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UPDATE MAR/APR 2015 Newsletter

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

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

Spring is on the way! Time to start adding even more organic fruits and veggies to your shopping cart! And make sure they're organic! Commercial food products continue to test positive for GMO's, chemicals, fluoride, carcinogens, pesticides, growth hormones, toxic bacteria, and even outright poisons like arsenic! Sure, these things may not affect you immediately. But these micro-amounts add up over time and, to be sure, can become deadly. Don't panic. Go Organic!

March is National Nutrition Month

"National Nutrition Month" is a Nutrition Education and Health Information campaign created annually in March by the *Academy of Nutrition and Dietetics*. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. **The theme for 2015 is "Bite into a Healthy Lifestyle,"** which encourages everyone to adopt eating and physical activity plans that are focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health!



**From Academy of Nutrition & Dietetics
(NationalNutritionMonth.org)**

Dr. Patricia's Upcoming Radio Shows!

WED - March 18 - TBA
"Issues with Walt Shaw"
Sacramento.CBCLocal.com

WED - March 25 - TBD
"Naturally Savvy"
RadioMD, iHeart Radio

THUR - March 19 - 9 am PST
Kid Critics/Family Food Experts
RadioMD.com - LISTEN LIVE

FRI - April 17 - TBD
KMBH 88.9 FM - Host: John Cook
kmbh.org

MON - March 23 - 6 pm HST
"Here's to Your Health"
KCAA 1050 AM - Host: Josh Lane

Get Patricia's complete Media Appearance Schedule at **BraggMedia.info**.

Natural Products EXPO West

Bragg will once again be at this year's Natural Products Expo West, the leading trade show in the Natural, Organic, and Healthy Products Industry. Fans literally line up to get Patricia's autograph and picture with her. She loves meeting people and spreading the Bragg Gospel of Health. Those at Expo the **Bragg Booth is #2334.**

Anaheim Convention Center, Anaheim, CA

Fri/Sat - Mar. 6 & 7 - 10 am to 6 pm
Sunday - March 8 - 10 am to 4 pm
For more info visit: **ExpoWest.com**



Dr. Patricia honored as Treasured Health Food Industry Legend

Remember: You are what you Eat, Drink, Breathe, Think, Say and Do! - Dr. Patricia Bragg



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

April Month is Stress Awareness

Stress Kills! Chronic stress can weaken, even shut down the immune system. Our immune system is powerful. It can protect us from a wide range of diseases, even deadly ones. But if it collapses, our body's defenses are gone. The enemy can invade and wreak havoc. How do we fight stress? Don't Worry, Be Happy! Yes, it's true. We get to decide whether to love or resent, to worry about the future, or embrace the present. You can look in your local newspaper for a neighborhood meditation class. Meditating before going to bed at night is a great way to reduce stress. Why go to sleep with all the day's headaches looming in your brain. Let them go! That's another fabulous stress-reducing strategy . . . just let go of your stress, hatreds, jealousy, and hurts. Plan, plot and follow through on your dreams, desires and New Year's Resolutions! - **life is a great miracle & be thankful for all your blessings! - 3 John 2**

Spring is ideal time to plant survival organic veggie garden!

SKIN BEAUTIFUL SALAD

- | | |
|--------------------|--------------------------------------|
| 1 carrot, grate | Bragg Sprinkle (24 herbs & spices) |
| 1 turnip, grate | 1 Tbsp soft raisins |
| 3 radishes, slice | 2 apples, core & chop |
| 2 Tbsps green peas | 1 cup mixed lettuce, tear |
| 6 cherry tomatoes | 1 lemon or orange, squeeze |
| | Bragg Ginger & Sesame Salad Dressing |

Put all ingredients in salad bowl. Add Bragg Sprinkle, and squeeze lemon or orange over top. Toss lightly with Ginger Salad Dressing (to taste). Serves 2-4



336 pgs • \$13.95
From Bragg Vegetarian Recipe Book

Do BRAGG Windmill Exercise for Energy

Takes 2-3 minutes. Stand up in space enough to swing arms around safely. Swing arms forward in big circles at your sides, individually and then together, 10 times each. Repeat in opposite direction. Do this exercise whenever you need energy.



Check out Patricia's Social Media Pages:



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