



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

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



# UPDATE MAY/JUNE 2016 Newsletter

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

## May – “Physical Fitness & Sports Month”!

May is a great time to renew your commitment to a healthy, active lifestyle! According to U.S. Department of Health & Human Services (HHS.gov), “Physical Activity Guidelines for Americans: Strategies to Increase Physical Activities Among Youth” – Youths need 60 minutes or more of physical activity daily where they live, learn, and play. In addition to physical health benefits, regular activity also provides miracle health benefits. Research shows when children are physically active, they achieve higher grades, have better attendance, and behavior improves! **Active kids do better, this applies to adults too!**

### Add BRAGG Organic Apple Cider Vinegar to Family Meals.

Around 400 B.C., Hippocrates the Father of Western Medicine, prescribed apple cider vinegar for a wide range of problems. If you'll visit the “Testimonials” section at [www.Bragg.com](http://www.Bragg.com), you'll find letters from hundreds of Bragg Customers who have healed countless ailments (many of which doctors said were hopeless) using Bragg Organic Raw Unfiltered Apple Cider Vinegar. Happy customers have even resolved health issues for their pets – horses, cats, dogs, chickens, birds, even elephants! Use delicious Bragg Apple Cider Vinegar & Honey Blend, to make your delicious ACV Drinks. Also makes delicious topping over cereals, fresh fruits, yogurt, salads, veggies, soups or as marinade for stir-frys and other recipes.



Patricia's Mother (left), Auntie and Grandmother

## MOTHER'S DAY – MAY 8 Healthy, Happy Mother's Day to All Mothers of the World!

May your days be filled with joy and blessed with health, love and happiness. May your heart be a garden of love, guidance and devotion to family and life.

For poems, gift ideas, flowers and history for Mother's Day check this web: [MothersDayCelebration.com](http://MothersDayCelebration.com)



Patricia invites you to view her roses at [bragg.com](http://bragg.com)



Dr. Patricia Lecturing

## HAPPY EARTH DAY!

Dr. Patricia and her Bragg Health Team enjoyed “Great Earth Day Santa Barbara.” Over 40,000 visitors attended and Dr. Patricia lectured, signed autographs, and gave out Bragg Green Bags filled with Bragg Health Books and Product samples at popular Bragg Booth.

## ELAINE LALANNE CELEBRATED 90 YEARS!

Elaine LaLanne, wife of legendary Health and fitness Guru, Jack LaLanne, recently celebrated her 90th birthday. She is a Health and Fitness Guru in her own right! Dr. Patricia wishes her long-time dear friend the happiest birthday anyone could have! Patricia attended festivities for Elaine at Hollywood's landmark Roosevelt Hotel. Please visit: [JackLaLanne.com](http://JackLaLanne.com)



Son Jon LaLanne, Patricia and Elaine

## June – Organic Fruits & Veggie Month

A MUST READ

Why do we hear so much about eating more organic fruits and vegetables? It is because of their high antioxidant properties. Best antioxidants come from organic fruits & veggies. Antioxidants help reduce oxidation process that helps everything from slowing ageing to improving brain health to avoiding countless illnesses.

Here's to a long, healthy, peaceful, fulfilled life!

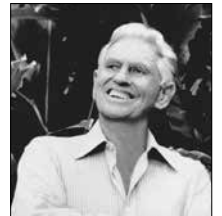
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## ~ FATHER'S DAY – June 19 ~

To honor her father, Dr. Paul C. Bragg, our revered founder, Patricia asks you to honor your father & all fathers! After all, along with our mothers, our fathers gave us life & provided for us when we were too young to care for ourselves. Don't forget Our Heavenly Father, who gave us a beautiful planet full of everything good we need to live a healthy, happy, longer life!



Paul Bragg, ND, PhD.  
World Health Crusader

## BRAGG HEALTH FOUNDATION Promoting Health & Wellness Worldwide



Patricia and Michael Baker, CEO of United Boys & Girls Clubs in Santa Barbara

The Bragg Health Foundation conducts free Health Lectures and produces and distributes a variety of educational publications featuring Health, Wellness and Longevity. Lectures are held throughout communities, at local Libraries, Schools, Churches and Community Centers, along with Cooking, Exercise and Fitness demonstrations, and all are offered at no cost to the attendees. Bragg Health Kids Program provides Nutrition, Wellness and Health Education designed and loved by kids and parents. It centers fun teaching curriculum on wise Bragg Health Motto:

**“You Are What You Eat, Drink, Breathe, Think, Say and Do!”**

With engaging videos, interactive exercises and varied health education, Patricia loves to inspire children to enjoy living a healthy lifestyle! To partner with us and make secure on-line donation visit: [BraggHealth.org](http://BraggHealth.org)



[BraggBees.com](http://BraggBees.com)

Recently, Maryland became first state to begin to ban neonicotinoid pesticides, which causes great harm to bumblebees! Bragg feels strongly that all states should consider banning these toxic deadly pesticides! The threats to our bee pollinators is serious! We should act now to protect our foods for all future generations.

Patricia speaks on many radio shows and makes television and live appearances. To hear her health advice and lectures, please visit media schedule: [www.BraggMedia.info](http://www.BraggMedia.info)

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