



# BRAGG HEALTH TIPS:

## Healthy Lifestyle & Exercise Banishes Ageing Effects!

**Keeping active won't let you live forever, but it slows the ravages of time!**

It may not be possible to have the body of a 20-year-old at 50, but it is possible for fit 50-60 year-olds to be as fit as 20-30 year-olds who don't exercise, according to researchers.

A wise tip to staying youthful is regular exercise and to eat wisely and healthy!

## HAPPY, HEALTHY THANKSGIVING!

**A Day to Celebrate Freedom, Peace and Health**

Thanksgiving is a very important holiday, especially in the busy lives of Americans. It is a time for us to give thanks to our God, for the things He has bestowed upon us and upon our great nation! There is no nation in the world that has more to be thankful for than us.



Many at Thanksgiving have a tendency to overeat! Let's honor ourselves and our loved ones by serving healthier foods, treats and drinks at our family gatherings.

### HOLIDAY PECAN DELIGHT STUFFING

See BRAGG Vegetarian Health Recipe Book page 116

- |   |   |
|---|---|
| 1/4 cup Bragg Organic Olive Oil               | 1/3 cup pecans or walnuts, chop                           |
| 1 red onion, mince                            | 1 tsp Bragg Liquid Aminos                                 |
| 1/2 cup celery, mince                         | 1/4 tsp Bragg Sea Kelp                                    |
| 1/2 tsp poultry seasoning                     | 3 garlic cloves, mince                                    |
| 1/2 tsp Bragg Sprinkle<br>(24 herbs & spices) | 4 cups organic whole-grain, or<br>corn bread dried crumbs |

Combine celery, onion, garlic and seasonings in Olive Oil. Add dried bread crumbs and chopped nuts. Mix thoroughly. Place in casserole. Bake at 350°F until well heated. Serves 6.

Try sautéing green beans, carrots or zucchini with mushrooms and garlic in Bragg Organic Olive Oil until tender. Then add Bragg Sprinkle & Bragg Liquid Aminos.



## Patricia in Australia

I fly off to Sydney soon, where I will be lecturing in all major cities. Then I will visit the Bragg Organic Farm near Byron Bay. I am having fun with my new iPad2, thanks to my friend Steve Jobs, who's in heaven now. Blessings of Health, Peace & Love . . . from Patricia!

Picture taken Thanksgiving 2003 at Steve Job's home.

## SEASON'S GREETINGS

DECEMBER Holidays to celebrate:  
Christmas and New Year's Eve

It's time to celebrate life and give thanks for our Spiritual Blessings, and to share our love and time with family and friends. During this Season let's all think how we can be our best by improving our lifestyle in every way to the Physical, Mental and Spiritual and our capacity to give love and serve others to make this world a happier, safer, healthier place. Love & Blessings. – Patricia Bragg

## Health, Beauty & Longevity Secrets for staying youthful & ageless

Dr. John Westerdahl, PhD, RD, Director of Bragg Health Institute, presented a lecture in Santa Barbara, CA on Oct. 25th on Anti-Ageing Nutrition Secrets for Health, Beauty, and Longevity.

He stated foods from plants prevent diseases that are killing us! A plant based diet helps promote health, beauty and longevity. What you eat today, walks and talks tomorrow!

“Live Foods, Make Live People!” What you put into your body has more to do with your beauty than what you put on your face and body externally. He also talked about the 10 top super foods. You can view his lecture: [vimeo.com/31213440](http://vimeo.com/31213440)

### The Top 10 Super Foods

- |                |           |
|----------------|-----------|
| Acai Berries   | Apples    |
| Blueberries    | Broccoli  |
| Concord Grapes | Cinnamon  |
| Goji Berries   | Ginger    |
| Pomegranates   | Soy Beans |



**WARNING, THIS MOVIE COULD SAVE YOUR LIFE!** We are urging everyone worldwide to see this **Forks Over Knives** movie. Learn how food & nutrition can reverse heart disease, cancer & diabetes. Watch for it in local theaters. Watch trailer on: [www.ForksOverKnives.com](http://www.ForksOverKnives.com) or [bragg.com](http://bragg.com).

Follow Patricia on: [twitter.com/patriciabragg](http://twitter.com/patriciabragg)  
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For Holidays Bragg will close Thurs. Dec. 22  
thru Jan. 1. We will return on Mon. Jan. 2, 2012