

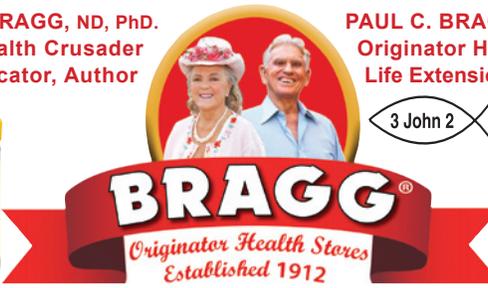


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# UPDATE NOV/DEC 2015 Newsletter

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

## NOVEMBER & DECEMBER 2015 BEGINS HOLIDAY SEASON

It's hard to believe the Holiday Season is upon us once again. But there's no need to damage our health by eating too many fatty, sugary foods! Every day, we here at Bragg see Scientific Reports linking all manner of illnesses – heart disease, diabetes, obesity, cancer – to excess animal products and sugar in American diet! More and more medical professionals are conceding that UNHEALTHY FOODS are fueling the epidemic of sickness in America! **"You are what you Eat, Drink, Breathe, Think, Say, and Do!"** is the 100-year-old Bragg motto finally being backed by Scientists. If you're planning parties and family get-togethers, think about adding more whole grains, organic fruits, and vegetables to the menu that are packed with powerful nutrients (not found in meat and dairy products). You can even cook a vegan turkey! **Don't Panic – Go Organic! This will insure that you're not tainting the family feast with pesticides, GMO's, and harmful chemicals.**

## Nov. is "Giving Thanks" Month

To truly express gratitude for all your blessings – especially your health, prepare a **Happy Healthy Thanksgiving Dinner**. Think about nutrient-rich alternatives to the traditional sugary, fatty meals that most grew up with. All Americans need to get healthy again! It's up to us because no one's going to do it for us. If you need some ideas, Bragg "Vegetarian Health Recipes" book has over 700 recipes.

### Apple~Cinnamon Vinegar Drink

~ DELICIOUS FOR THE HOLIDAYS! ~

Bragg Apple-Cinnamon Vinegar Drink – Warm it up for Holidays – stir with cinnamon sticks. Buy Bragg Apple Cider Vinegar Drinks, 6 Flavors at Health Stores or Supermarkets. The benefits of ACV are known even back in 400 BC when Hippocrates, Father of Medicine, prescribed it to cleanse and heal the body. Visit "Testimony" section at [Bragg.com](http://Bragg.com) and you'll read about people who use ACV to cure ailments that doctors couldn't. **ACV is an ancient, timeless, miracle food!**




**For Holidays make healthy pumpkin recipes:** Cookies, Breads, Cupcakes, Soups, Raviolis, even Pancakes & Waffles. See web: [Bragg.com](http://Bragg.com) for recipes

## Crusader Dr. Patricia Always Spreading Health

On Nov. 15th, Dr. Patricia Bragg will be honored at the **Palm Springs Walk of Stars Sidewalk Dedication** at 100 S. Palm Canyon Dr. The Golden Palm Star is dedicated to Dr. Paul C. Bragg & Dr. Patricia Bragg, Health Pioneers and Authors. Many Hollywood Stars will be there to praise Dr. Patricia and father Paul. **Nov. 15 – 11am**




**Dr. Patricia attended Canadian Health Food Convention in beautiful Toronto, Canada.** Popular Bragg products are sold in Canada at Health Food Stores and Grocery Stores. CHFA is Canada's largest Convention and Trade Show for Natural Health and Organics Industry.

Dr. Patricia & Sales Reps.

## Bragg Aminos Featured in Dr. Oz's New Cookbook

The Oz Family Kitchen: More Than 100 Simple and Delicious Real-Food Recipes from Our Home to Yours. This healthy eating cookbook has more than 100 simple, delicious recipes from the Oz Family collection, including pastas, soups, sandwiches, entrees, smoothies, and desserts. – [DoctorOz.com](http://DoctorOz.com)



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

## December - Precious Time For Faith!

As another year ends, good time to reflect back on our lives. Are we perpetuating bad habits? Are we thinking positive, instead of fretting about things that may or may not happen in the future? Are we remembering to smile, and to share our smiles with others? A simple smile can make someone else's day! Smiles show we're thinking about good things in our lives, instead of complaining . . . it shows we're focused on solutions instead of problems! It's a reflection of the inherent strength and nobility of Mankind when he walks hand-in-hand with his Creator. Each of us has the opportunity every day, all day long, to stop for a moment and request guidance from our Higher Power. Let's share the love and show gratitude in our chosen spiritual and religious traditions!

**Blessings of Health & Love to You! – Dr. Patricia**

## Here's Some BRAGG Scholarship Awardees




**Our sincere gratitude to Dr. Patricia Bragg** for her continued financial support with the many scholarships she gives. Here's some winners at Southwest College of Naturopathic Medicine in Tempe, Arizona. See: [SCNM.edu](http://SCNM.edu) • [BraggHealth.org](http://BraggHealth.org)

Jamil Sayegh   Lindsey Harding



**I want to sincerely thank you for awarding me a scholarship** to support my Naturopathic Education. It is a HUGE honor for me. I'm grinning from ear to ear as I write this. I wanted to write to thank you from the bottom of my heart. If you were here I'd give you a big ol' hug. A virtual one will have to suffice. With massive gratitude. – Anthony M. Balduzzi

Anthony Balduzzi

## Bragg at Lifestyle Medicine Conference

Bragg Live Food Products is proud to be a sponsor of the **Lifestyle Medicine 2015 Conference**, that is presented by the American College of Lifestyle Medicine and that educates physicians on how to use a healthy lifestyle approach to treat and reverse many of the common diseases in America today – 70% of hospital admissions are diet and lifestyle related. Bragg is taking an active role in supporting the Lifestyle Medicine Movement in America. All meals served at the conference are vegan and will feature Bragg Food Products.



**lifestyle 2015 medicine**  
CONFERENCE SPONSOR  
November 1st – 4th, 2015  
NASHVILLE, TENNESSEE  
see web: [LifestyleMedicine.org](http://LifestyleMedicine.org)

**BRAGG Maui Macadamia Nut Organic farm is now home to Bee Sanctuary.** Research and studies are being conducted by a top bee specialist on how to save our endangered bee population. Bragg is proud to be a part of this work to save the bees!

**Check out Patricia's Social Media Pages:**



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