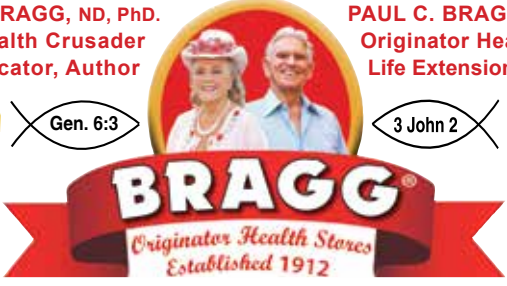




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# UPDATE NOV/DEC 2016 Newsletter

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

## NOVEMBER & DECEMBER 2016 BEGINS HOLIDAY SEASON

The Holiday Season Approaches! It's the Season of Love, Family, Community, and Joy! But, hold on! In the name of celebrating, we often EAT TOO MUCH OF THE WRONG FOODS! The temptations will be everywhere: cookies, cakes, pies, chocolates, fatty meats, cream, and cheeses, etc. According to recent studies and reports, Americans gain around 7-10 pounds between Thanksgiving and New Year's Day. Start a New Holiday Tradition: use healthy organic herb Stevia sweetener instead of sugar for your desserts, herbal teas, etc. Serve more healthy organic fruits and vegetables and meat substitutes, and fewer animal products. You and your loved ones will not only lose weight studies show, but will be healthier! For healthy recipes, visit: [bragg.com/books/vhr\\_excerpt.html](http://bragg.com/books/vhr_excerpt.html)

**Katy Perry labels Dr. Patricia Bragg "Queen of Health!" ~ Make 2017 "The Year of Healthy Children!"**

### Nov. is "Giving Thanks" Month

To truly express your gratitude for all your blessings, prepare a **Healthy Thanksgiving Dinner for your family, friends, and relatives.** Think about alternatives to the traditional sugary, fatty meals that Americans grew up with, now all we need is to get healthy again! It's up to us because no one's going to do it for us. (Hint: Some turkey substitutes can be pretty darned tasty!)

**November is also American Diabetes Month.** Did you know doctors are now curing Type 2 Diabetes by putting patients on plant-based diets? Switch now, and don't get Diabetes to begin with! See study on ACV & Diabetes: [bragg.com/products/Johnston.html](http://bragg.com/products/Johnston.html)

### Apple~Cinnamon Vinegar Drink

**~ DELICIOUS FOR THE HOLIDAYS! ~**  
Bragg Apple-Cinnamon Vinegar Drink - Warmed up for Holidays - stir with cinnamon sticks. Buy Bragg Apple Cider Vinegar Drinks, 7 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 could not. ACV is an ancient, timeless, miracle food!



### December - Precious Time For Faith!

As the year comes to a close, it's a good time to reflect back on our lives. Ask yourself if you've done all you could to be a better person. Ask if you could have been kinder, more loving, more compassionate? Each of us has the opportunity, every day, all day long, to stop for a moment and ask for guidance from our Higher Power, whatever we choose to name it. We are loved and we are blessed. Let's not forget. Let's share the love with each other and show gratitude in our chosen spiritual and religious traditions. **Blessings of Health & Love to You! - Dr. Patricia**

### Dr. Patricia is "Queen of Health" says Katy Perry

2 Worldwide Stars came together on Bragg Santa Barbara Organic Farm this week and proclaimed 2017 a new consciousness among young children to reject obesity and embrace the solution - A Healthy Lifestyle!



Patricia with Katy Perry

To hear Dr. Patricia's interview with "Whole Foods Magazine" explaining importance of The Bragg Healthy Lifestyle visit: [tinyurl.com/hcsgk9l](http://tinyurl.com/hcsgk9l)

### Dr. Patricia Donates Organic Apples

**From the Bragg Organic Farm:** Our Orchards are producing healthy bounty of veggies and apples. Our harvest goes to local Schools, Food Banks, Boys & Girls Clubs, Unity Shoppe, and local non-profit organizations.



Have an Apple Healthy Day! Bragg giving apples to Girls, Inc.

### Dr. Patricia & Healthy Fitness Programs



Patricia & Jon LaLanne

With winter approaching, it is wonderful time to focus on being fit and healthy, like walking, swimming, etc. One of the greatest proponents of year-round exercise was TV Fitness Star, Jack LaLanne.com. His son, Jon, attended the Bragg Free Waikiki Exercise Class where we carry on tradition of health, vitality and longevity, started by my father.



Dr. Patricia Bragg with Lou Ferrigno & wife Carla

Visit 43 Years - FREE Classes: [BraggHawaiiExercise.com](http://BraggHawaiiExercise.com)

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

### Support Non-GMO Project

Dr. Jeffrey Smith is the leader in getting GMO's out of U.S. foods! See web: [NonGMOproject.org](http://NonGMOproject.org) His GMO award-winning video was narrated by Lisa Oz (Dr. Oz's wife) see web: [GeneticRouletteMovie.com](http://GeneticRouletteMovie.com)



Dr. Patricia with Dr. Jeffrey Smith

The fight against the giant food corporations for our right to know if our foods are genetically modified goes on! LEARN MORE and take action to protect your rights at: [www.NonGMOproject.org](http://www.NonGMOproject.org)

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

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



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