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BRAGG

Originator Health Stores
Established 1912

UPDATE NOV/DEC 2017 Newsletter

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

NOVEMBER & DECEMBER 2017 BEGINS HOLIDAY SEASON

The Holiday Season is upon us! This should be a time of love, sharing, community, and joy! But, there's a catch! 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 and cheeses. Bragg suggests something different this year. Let's think about how we can honor ourselves and our loved ones by serving healthier foods, treats, and drinks at family and community gatherings – organic vegetables, fresh, organic fruits, whole grain breads and baked goods. Let's end the year just as healthy as we plan to start the new one. Exercise, eat, and think healthy! Love yourself and your fellow humans. Let's all lead the way to a better future for mankind. HEALTHY, HAPPY HOLIDAYS! **For healthy recipes, visit: bragg.com**

Blessings of Health, Peace, Joy and Love! ~ Dr. Patricia & Bragg Team

Nov. is "Giving Thanks" Month

THANKSGIVING – To truly express gratitude for all your blessings, prepare a Healthy Thanksgiving Dinner for your family, relatives and friends. Think about alternatives to the traditional sugary, fatty meals that we all grew up with. We Americans need to get healthy again. It's up to us because no one's going to do it for us.)

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 [Apple Cider Vinegar and Diabetes: www.Bragg.com/products/Johnston.html](http://www.Bragg.com/products/Johnston.html)

Support Labeling – Stop GMO Products!



The fight against the giant food corporations for our right to know if our foods are genetically modified goes on. It seems almost daily, science is discovering more and more of the huge problems caused by GMO's!!! Learn more and take action to protect your rights at: www.nonGMOproject.org



Dr. Patricia with Dr. Jeffrey Smith

For Holidays make healthy pumpkin recipes: Cookies, Breads, Cupcakes, Soups, Raviolis, even Pancakes & Waffles. See web: Bragg.com/for_recipes

Dr. Bragg Donates Organic Apples

From the Bragg Organic Farm: Every apple season, Bragg generously provides truck loads of free, organic apples, to all the students in the Santa Barbara School District and to the many Food Banks.



Bragg giving apples to School District

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

Check out Patricia's Social Media Pages:



Follow: PatriciaBragg and BraggLiveFoods

Dec. - Time for Honoring Our Faith!

As the year ends, we should reflect back on our lives, our actions, and our contributions to our fellow men. Have we done all we could do? Could we 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. Someone up there loves us, and we are protected. 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**

Apple~Cinnamon Vinegar Drink

~ DELICIOUS FOR THE HOLIDAYS! ~
Bragg Apple-Cinnamon Vinegar Drink – Warmed up for Holidays – stir with cinnamon sticks. Bragg Apple Cider Vinegar Drinks come in 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. **ACV is an ancient, timeless, miracle food!**



5 Carrots Tiny House on Wheels!



Working all the major Hollywood film studios, the **5 Carrots Healthy Craft Services** offers entire line of Bragg products to actors, directors, and crew members to help make their meals as nutritious as possible. That's right! **Hollywood loves Bragg!**



5 Carrots Tiny House

HEALTHY FLOURLESS PUMPKIN BREAD

2 cups old-fashioned oats 2 large eggs
1 - 15 oz. can pure pumpkin 1 tsp. baking soda
1/2 cup maple syrup 1 tsp. pumpkin pie spice



Add all ingredients to a blender and blend until smooth. Pour batter into lightly greased loaf pan. Bake at 350°F for 30 minutes. If not done in middle cover top of loaf with foil and let loaf continue to bake until done. Cool completely. Serves 10.

recipe is adapted from: BakerMama.com