



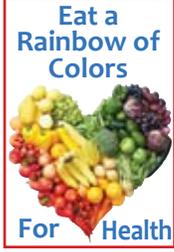
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# UPDATE SEPT/OCT 2014 Newsletter

## SEPT – Fruit & Veggie Month



Eat a Rainbow of Colors  
For Health

More and more these days, we are receiving reports on the amazing nutritional benefits of organic fruits & vegetables. Unfortunately, we are also learning that excess animal proteins – beef, chicken, pork, fish, & dairy – are the culprits behind so many preventable diseases. Not only can excess animal proteins nurture maladies like heart disease, cancer, and diabetes, these foods may contain carcinogens and other toxins in the form of chemicals, growth hormones, GMOs, etc!  
**Eat more organic fruits & veggies for long, happy, healthy life.**

Let food be your medicine, and medicine be your food.  
– Hippocrates, 400 BC, Father of Medicine

**BRAGG HEALTH TIP:** The latest findings in Health & Nutrition tell us good health is determined by: 1) Diet 2) Exercise 3) Stress Management. A healthy diet is our body's fuel and medicine. Exercise helps us keep healthy and strong. If stress builds, it weakens the immune system allowing sickness to take hold. Laughter, prayer, meditation, gratitude, and love are great keys for eliminating stress!

## “Lifestyle Medicine” Conference

**Bragg is a proud sponsor of this National Convention** Conference held at Hyatt Regency Mission Bay Hotel – San Diego, CA, October 19-22. Our own Dr. John Westerdahl headed the committee that designed the menu, which includes many Bragg products, for this large, important gathering. Every year, the most Prominent Leaders in Health and Disease Prevention meet to speak, network, and share latest industry reports! Those attending aim to reduce our nation's burdensome healthcare costs by educating the public on diet and lifestyle changes that have been proven to prevent and even reverse some of the most common diseases crippling the Western World. [www.LifestyleMedicine2014.org](http://www.LifestyleMedicine2014.org).

## Dr. Patricia Health Crusading

**IN THE MEDIA:** Patricia has spread the Gospel of Health on several TV and radio shows since our last newsletter. Patricia was interviewed by George Noory, famous host of radio “CoastToCoastAM.com”. Patricia's 2 web TV shows air on “Beyond Belief with George Noory”. Shows feature prominent guests on health, natural healing medicine, and world's past history and the future. Watch and listen to Patricia's latest many shows: [BraggMedia.info](http://BraggMedia.info)



Patricia with TV, Radio host George Noory

**AWARD: Friday, Sept. 5,** Patricia will be at Sacred Fire of Liberty Gala Celebration where she will receive coveted “Sacred Fire of Liberty” Award. Ceremony will be at beautiful Hyatt Regency – Cambridge, Maryland. [SacredFireGala.com](http://SacredFireGala.com)

**LECTURE: Sat, Sept. 13 – 11am,** Life Extension Center in Ft. Lauderdale, Florida. See: [lef.org/HealthyLiving/index.htm](http://lef.org/HealthyLiving/index.htm)

## OCT – Non-GMO Month

GMOs, or “genetically modified organisms,” are plants or animals that have been genetically engineered with DNA from bacteria, viruses, or other plants and animals. Cereals, snack bars, cookies, processed lunch meats, and crackers all contain large amounts of high risk GMO ingredients. In North America, over 80% of our food contains GMOs. Despite biotech industry promises, none of the GMO traits currently on the market offer increased yield, drought tolerance, enhanced nutrition, or any other consumer benefit. Meanwhile, a growing body of evidence connects GMOs with health problems, environmental damage, and violation of farmers' and consumers' rights. The long-term toxic impacts of GMOs are unknown, and once released into the environment these dangerous organisms cannot be recalled.  
LEARN MORE: [www.NonGMOproject.org](http://www.NonGMOproject.org)



248 PAGES only \$11.95

## Support Non-GMO Project

The giant food corporations almost now control the world's food supply. They spend millions to spread propaganda that GMO's are perfectly harmless! By creating and patenting GMO's they will be able to feed the world's poor and hungry. Scientific studies daily continue to report on cancers, ill-effects, etc. caused by “harmless?” GMO food ingredients on the animals and humans.

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



Patricia Bragg with Dr. Jeffrey Smith

## SKIN BEAUTIFUL SALAD in BRAGG Vegetarian Health Recipe Book

- 1 carrot, grate
- 1 turnip, grate
- 3 radishes, slice
- 1 tomato
- 2 apples, core, chop
- Bragg Sprinkle (24 herbs & spices), to taste
- 2 Tbsps green peas, shelled
- 1 cup mixed lettuce, torn
- Fresh lemon juice (to taste)
- Bragg Ginger & Sesame Dressing



Put carrot, turnip, apple and sliced radishes in salad bowl. Add lettuce leaves and green peas. Cut un-peeled tomato into small pieces. Mix in with vegetables and lettuce. Add Bragg Sprinkle and lemon juice. Toss with Bragg Ginger Dressing. Serves 2-4.

## Check out Patricia's Social Media Pages:



Follow – be my friend – read blog – see pictures – watch Bragg Videos, etc.

“I have known few people as energetic, passionate and dedicated as Dr. Patricia Bragg. Each time we meet I am inspired by her hard work and commitment to healthy living and healthy foods. It's obvious that she practices what she preaches. Patricia continues the pioneering work of her father, and has greatly expanded public awareness and acceptance of organic products.” – Jean-Michel Cousteau. [www.OceanFutures.org](http://www.OceanFutures.org)