**SEPT – Fruit & Veggie Month**

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.!

Fruits & veggies actually have the ability to kill cancer, prevent heart disease, and keep our blood vessels and organs healthy.

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 TIPS:** 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!

**OCT – Non-GMO Month**

Launched in 2010, Non-GMO Month is the Non-GMO Project’s largest outreach campaign. Citizens and organizations across North America are discovering the risks GMOs (Genetically Modified Organisms) pose to our health, our families, and our environment. Every October, Non-GMO Month provides a powerful opportunity to coordinate our voices and our actions. Across America – brands, retailers and individuals – stand up for our right to know what’s in our food. WE HAVE THE RIGHT TO KNOW!

**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)

Demand / Protest: NO GMO’s, FLUORIDATION, FRACKING, MANDATORY VACCINES • visit NVIC.org

**Dr. Patricia Health Crusading:**

Local viewers of Fox Channel 11 News were in for a healthy treat one morning. Dr. Patricia Bragg and Bragg Ambassador Melissa Costello appeared live along with the KKFX crew to teach Santa Barbara County area how to make the Bragg Famous Raw Garden Salad – see recipe to right.

**T.V. Shows:** Patricia interviewed with famous host George Noory, of radio “CoastToCoastAM.com”. Patricia’s 2 web TV shows air on “Beyond Belief” with George Noory” See web: [GaianTV.com](http://GaianTV.com)

**TORONTO, CANADA – RADIO: SAT, SEPT 12 – 8 -8:30 a.m. EST 9:00AM – CHML GoodnessMe Radio – Host Janet Jacks Live! See web: GoodnessMe.ca/blog/category/radio-show/**

**TORONTO Canada – TRADE SHOW: SAT-SUN, SEPT 19 & 20 CHFIA East 2015 Trade Show – Metro Toronto Convention Centre (South Building) Come meet Patricia – Free Bragg Samples!**

**OCT. – FLORIDA HEALTH STORE APPEARANCES:** Patricia will be giving lectures and making appearances at Health Food Stores.

**BRAGG AWARDS:** SUN, NOV 15 – 11 a.m. – Palm Springs Patricia inducted into Palm Springs Famous WALK OF STARS

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

- Twitter
- Facebook
- Linkedin
- Blog
- Instagram
- Pinterest
- YouTube