



PATRICIA BRAGG, ND, PhD.
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BRAGG

Originator Health Stores
Established 1912

UPDATE JULY/AUG 2017 Newsletter

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

HAPPY INDEPENDENCE DAY!

We pray for Peace for America & the World!

Freedom is our most valued, and precious right! Don't take it for granted! Be free from sickness and disease! Be good to yourself and your family! Eat healthy, exercise, live long and practice living The Bragg Healthy Lifestyle in our great land of the free! Remember your Health is your Wealth! Keep your life as simple as 1-2-3.

Become a Health Billionaire, Celebrate and Remember, Freedom & Health are two things we must never lose.

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JULY is "National Berries" Month



Delicious, Nutritious Berries (including Cherries), are high in anti-oxidants health benefits. Some health experts say that Berries are healthiest of all fruits. (*GlobalHealingCenter.com*)

Strawberries, blueberries, raspberries, cherries, cranberries and blackberries are some of the most potent Berries that we can find in most stores. It's always best to get fresh, organic Berries, but if those are hard to come by, or out of season, you can even benefit from frozen or dried Berries. Either way, keeping them around for daily consumption is a good idea. Berries have been shown effective in treating everything from muscle soreness, to vision problems, inflammation, Alzheimer's, and even some cancers. **Celebrate National Berries Month by adding Berries to your diet!**

Enjoy Delicious BRAGGBerry Dressing & Marinade

Bragg's Organic BRAGGBERRY™ Dressing & Marinade makes salads, veggies, smoothies, etc. special with its original healthy blend of organic "SuperBerries" called BRAGGBERRY:
●Blueberries ●Raspberries ●Acai Berries ●Goji Berries ●Grapes and ●Pomegranates. See web: BraggSaladDressings.com



Patricia Health Crusading on Radio, TV and in Person Speaking to Millions Sharing Bragg Healthy Lifestyle

Patricia is busy spreading Gospel of Health on Radio interviews, TV and in person. Check out the following and see link below. *

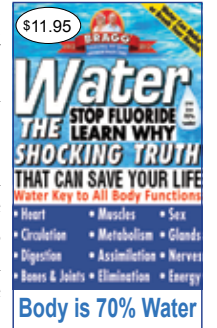
- **SUN. - June 25 - 7:15am PDT: Dr. Bob Martin Show** (400 radio stations internationally) **Summer Salads** **HEAR**
- **TUES. - June 27 - 11am: Patricia's sponsorship visit to Fairview Farm's Children's Summer Camp**
- **WED. - July 12 - 10:30am PDT: OneLifeRadio.com, Hydration Habit: Fountain of Youth in your water bottle**
- **SUN. - July 16 - 10 to 3: S.B. Health & Beauty Expo, Bragg Booth & Lecture (1:30): Bragg Healthy Lifestyle**
- **WED. - July 19 - 10:30 to 2pm: Girls Inc. of Goleta Teaching Day at Bragg's S.B. Educational Organic Farm**
- **WED. - July 26 - 10:30am: OneLifeRadio.com, Health Habit Chat: "Power of BREATHING Habit"**
- **FRI-SAT-SUN - July 28 to 30: University of California Santa Cruz - 50th Anniversary Farm & Garden Expo**
- **During July Patricia visits United Boys & Girls Clubs**

AUGUST is "National Water Quality" Month

Water is Key to All Body Functions!

Besides air and food, what is more important than water? **Sadly in today's world, water often contains harmful impurities.** Tests have shown that tap water can be tainted with agricultural, urban, industrial and water treatment pollutants, plus harmful chemicals such as fluoride, sodium chloride, calcium phosphate, sodium phosphate and magnesium phosphate. Many of our Nation's ground water is being polluted by waste from livestock - cattle, pork, poultry. Even rain can have high levels of life-threatening acids. For many years now Bragg has been teaching people that distilled water is healthiest!

The water you drink can make or break your health!



BRAGG Books are Great Gifts for Life They Inform, Influence & Inspire Health Conscious Readers!

At Bragg.com - All 10 Only \$89 & Free Shipping in Continental US.

- Water ● Breathing ● Fasting ● Nerve Force ● Healthy Feet
- ACV ● Healthy Lifestyle ● Back Fitness ● Veg Recipes ● Heart

BRAGG HEALTH TIPS: Do you or someone you love suffer from gout or other health issues caused by inflammation? Do you also happen to love Cherries? Good news! Recent reports have shown that consumption of fresh and dried sweet Cherries can reduce inflammation and even helps relieve painful gout. Learn more: www.tinyurl.com/mydlxru

DANCE for Health and Longevity!

Dr. Patricia says turn on your radio and dance daily!!! She loves to dance and attributes dancing as one of the most important factors for keeping healthy and energized, happy and fit. See her dance with Katy Perry and other dance superstars on her world famous, viral dancing video: www.tinyurl.com/y7n8uwza



Dr. Patricia with Katy Perry (left) and mom, Mary Hudson (right)!

Katy Perry says Dr. Patricia Bragg is "Queen of Health!"

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

You can listen and view all of Patricia's Radio and TV Lectures on-line at:

* www.BraggMedia.info and
* YouTube.com/PatriciaBragg

Check out Patricia's Social Media Pages:



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