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Gen. 6:3

3 John 2

BRAGG

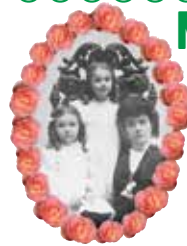
Originator Health Stores
Established 1912

UPDATE MAY/JUNE 2017 Newsletter

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

May – “Physical Fitness & Sports Month”

May is a great time to renew your commitment to a healthy, active lifestyle! According to U.S. Department of Health & Human Services (HHS.gov), “Physical Activity Guidelines for Americans: Strategies to Increase Physical Activities Among Youth.” – Youths need 60 minutes or more of physical activity daily where they live, learn, and play. In addition to physical health benefits, regular activity also provides miracle health benefits. Research shows when children are physically active, they achieve higher grades, have better attendance, and behavior improves! **Active kids do better, this applies to adults too!**



Patricia's Mother (left), Auntie and Grandmother

MOTHER'S DAY – MAY 14

Healthy, Happy Mother's Day to All Mothers of the World!

May your days be filled with joy and blessed with health, love and happiness. May your heart be a garden of love, guidance and devotion to family and life.



Patricia invites you to view her roses at bragg.com

For poems, gift ideas, flowers and history for Mother's Day check this web: MothersDayCelebration.com



Dr. Patricia Lecturing

HAPPY EARTH DAY!

Dr. Patricia and her Bragg Health Team enjoyed “Earth Day” in Santa Barbara with 50,000 visitors. Dr. Patricia danced on green grass to band music and the audience loved her dancing. Then she lectured, autographed books and gave Bragg Green Bags filled with Bragg Samples at the popular Bragg Booth.

BRAGG Windmill Exercise for Super Energy

Takes 2-3 minutes. Stand up in space enough to swing arms around safely. Swing arms forward in big circles at your sides, individually and then together, 10 times each. Repeat in opposite direction. Do this exercise whenever you need energy.



HEALTHY STATIONARY JOGGING

Do while watching TV, talking on phone, or at work during your break. It gives your 70 trillion cells a great massage that promotes healthy circulation! TRY IT!

Brisk Daily Walks Can Increase Lifespan

25 minutes brisk walking a day can add up to 7 years to your life. Researchers say regular exercise could reduce ageing and increase average lifespan! Part of what makes walking so beneficial is when you're walking you can't be sitting. Sitting for more than 8 hours a day is associated with 90% increased risk of type 2 diabetes, along with increased risks: heart disease, cancer, and all-causes mortality.

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

Patricia invites you to visit **FREE Bragg Exercise Class, Waikiki Beach, Honolulu, Hawaii . . . now in 43rd year! Mon to Sat. 9-10 am. See web: BraggHawaiiExercise.com**

June – Organic Fruits & Veggie Month

A MUST READ

Why do we hear so much about eating more organic fruits and vegetables? It is because of their high antioxidant properties, and best sources come from organic fruits and vegetables. Antioxidants help reduce oxidation process that helps everything from slowing ageing to improving brain health, to avoiding countless illnesses. **Here's to a long, healthy, peaceful, fulfilled life!**

Gen. 6:3
3 John 2



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~ FATHER'S DAY – June 18 ~

To honor her father, Dr. Paul C. Bragg, our revered founder, Patricia asks you to honor your father & all fathers!



After all, along with our mothers, our fathers gave us life and provided for us when we were too young to care for ourselves. Don't forget Our Heavenly Father, who gave us a beautiful planet full of everything good we need to live a healthy, happy, longer life!

BRAGG HEALTH FOUNDATION Promoting Health & Wellness Worldwide



Patricia and Michael Baker, CEO of United Boys & Girls Clubs in Santa Barbara

The Bragg Health Foundation conducts free Health Lectures and produces and distributes a variety of educational publications featuring Health, Wellness and Longevity. Lectures are held throughout communities, at local Libraries, Schools, Churches and Community Centers, along with Cooking, Exercise and Fitness demonstrations, and all are offered at no cost to the attendees. Bragg Health Kids Program provides Health, Wellness and Nutrition Education designed and loved by kids and parents. It centers fun teaching curriculum on wise Bragg Health Motto:

“You Are What You EAT, DRINK, BREATHE, THINK, SAY and DO!”

With engaging videos, interactive exercises and varied health education, Patricia loves to inspire children to enjoy living a healthy lifestyle! To partner with us and make secure on-line donation visit: BraggHealth.org



BraggBees.com

Recently, Maryland became first State to ban deadly Neonicotinoid Pesticides, which causes great harm to our bumblebees! Honey bees have been suffering increased losses over past decade in numbers that exceed 30% to 50% of all colonies sadly in America each year. Bragg feels strongly that all States should consider banning these toxic deadly pesticides! The threats to our Bee Pollinators is serious! We should act now to protect our foods for all future generations. see web: BeeInformed.org

Check out Patricia's Social Media Pages:



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