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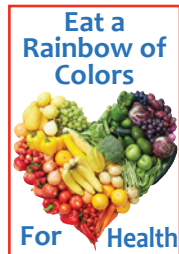
BRAGG

Originator Health Stores
Established 1912

UPDATE SEPT/OCT 2017 Newsletter

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

SEPT – Fruit & Veggie Month



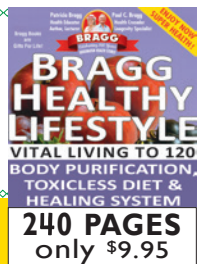
More Matters (FruitsAndVeggiesMoreMatters.org) helps you focus your attention on healthy eating of MORE fruits and vegetables! Add one more – try something new – educate yourself – try new recipe – teach children to eat healthy! Facts: Over 90% of adults and children don't eat the amount of fruits and vegetables recommended by latest Dietary Guidelines for Americans. See MyPlate Nutrition Guide. Enjoy fruits & veggies at every eating occasion, including snacks.

Organic fresh, frozen, canned, dried and 100% juice count toward daily intake! **Organic fruits & veggies have ability to kill cancer, prevent heart disease, and keep blood vessels and organs healthy** (see NutritionStudies.org/the-china-study or read book "The China Study" by T. Colin Campbell). **Eat more organic fruits & veggies for long, happy, healthy life.**

OCT – Non-GMO Month

What is a GMO? The initials stand for the term, Genetically Modified Organisms, which are seeds, plants and other living things which have been manipulated in a laboratory. Private companies such as Monsanto, Dow AgroScience, Bayer, and Syngenta, which create these genetically-engineered products, have often claimed they are doing the world a favor because the plants and seeds, especially, are more resistant to bugs and parasites. The real reason GMOs were created is simple – they yield huge profits for these companies. At the same time, the use of herbicides, such as Monsanto's Roundup, has hardly diminished as promised. On the contrary, it's use has multiplied by 15-fold, more than 600 million pounds, since GMO seeds and plants were first widely used in 1996. This is bad news for anyone who values their family's health! World Health Organization says that *Glyphosate* – key Roundup ingredient – is 'carcinogenic to humans and animals'. It's also been linked to kidney and digestive disorders, autism and other serious health problems. Once released, deadly GMOs cannot be recaptured or recalled. **See web: NonGMOproject.org** to learn how to protect yourself from greedy companies and toxic GMOs! **Write, speak out, call to STOP GMO's!**

BRAGG HEALTH TIP: Good Health is a result of 1) Healthy Diet (from healthy, non-toxic foods), 2) Exercise (which promotes circulation, strength, balance, and internal cleansing), 3) Stress Management (which helps keeps our immune systems strong and effective, and our minds positive!). Laughter, meditation, prayer, good friends, gratitude and love are important for eliminating stress!



Dr. Patricia says turn on radio and health dance daily!!



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

Watch Patricia Dance

Patricia's video compilation of her dancing in various public venues has gone viral! Yes, Patricia so passionately believes in the health benefits of dancing, she will dance at the drop of a hat . . . whenever there's music playing Patricia dances! Watch her dancing with Katy Perry and other dancing greats over the years! See web: www.Bragg.com (video with music)

Patricia enjoys visits at Disneyland and Catalina Island

Patricia enjoyed a vacation with friends Terrence, Victoria, and their grandson, Jeremy (13). They spent time at Disneyland where Patricia was able to visit with Disney friends Minnie & Mickey Mouse. Patricia and her dad, Paul, were honored to be at the Grand Opening of Disneyland in 1955 when they were flown in on Disney helicopter. Disney Studio was built across from Bragg Burbank Farm and Paul and Walt became good friends.



Dr. Patricia at Famous Dale Chihuly Glass Sculpture, Catalina (chihuly.com)



Jeremy, Patricia and Victoria having fun at Disneyland



Dr. Patricia with Minnie Mouse at Disneyland

BRAGG FAMOUS RAW GARDEN SALAD in BRAGG Vegetarian Health Recipe Book →

- 2 stalks celery, slice
 - 1/2 cup alfalfa sprouts
 - 1/2 bell pepper, chop
 - 2 spring onions & tops, chop
 - 1 cucumber, slice
 - 1 turnip, grate
 - 2 carrots, grate
 - 3 medium tomatoes, dice
 - 1 raw beet, grate
 - 1 ripe avocado, dice
- Bragg Ginger & Sesame or BraggBerry Dressing

Dice avocado and tomato and serve in separate bowl for topping. Chop, slice or grate all veggies fine to medium for a variety in size. Mix veggies with dressing and serve on bed of romaine lettuce. For variety add raw zucchini, green beans, radishes, kale, etc. Serves 4-6.



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