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**BRAGG**

Originator Health Stores  
Established 1912

# UPDATE NOV/DEC 2018 Newsletter

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

## Patricia Bragg Larger Than Life in Times Square!

Patricia will be spreading her wish for “A Happy, Healthy New Year and Peace for The World” in the heart of Times Square, New York this Holiday Season! Knowing her message will be seen by over a million daily from November through January, including during the New York Marathon, Thanksgiving Parade and New Year’s Rockin’ Eve couldn’t bring her more joy. If in New York City during the Holidays or watching any of these events on TV keep your eye out for Patricia all lit up on the super screen at the intersection of Broadway and West 43rd St., across from the NASDAQ Screen!



## Blessings of Health, Peace, Joy and Love! ~ Dr. Patricia & Bragg Team

### Nov. is “Giving Thanks” Month

To truly express gratitude for all your blessings – especially your health—prepare a **Healthy Thanksgiving Dinner this year**. Think about nutrient-rich alternatives to the traditional sugary, fatty meals that we all grew up with. We Americans need to get healthy again. It’s up to us because no one’s going to do it for us. If you need some ideas, the Bragg “Vegetarian Health Recipes” book has over 700 dishes!

**November is also American Diabetes Month.** Did you know doctors are now curing Type 2 Diabetes by putting patients on plant-based diets? Switch now, and don’t get Diabetes to begin with! **See study on Apple Cider Vinegar and Diabetes: [www.Bragg.com/products/Johnston.html](http://www.Bragg.com/products/Johnston.html)**

### Patricia Guest Stars on “Modern Living with kathy ireland” TV



Patricia Bragg on the set of Modern Living with Kathy Ireland

Patricia was honored to be a guest on “MODERN LIVING with kathy ireland”. Well known for her Super Model days, Kathy is now a World Renowned Designer & Super Mogul. Kathy expressed her sincere admiration for Patricia’s life’s work as a health crusader and let her know that Bragg products have



Kate Phillips, Health Science Director, Filming at Bragg Farm

been her family’s favorites for many years. Two female business icons in an interview you won’t want to miss! Stay tuned by checking [Bragg.com](http://Bragg.com) media schedule for this charming interviews air date in December!

### AMAZING AWARDS – 2018!

Bragg recently received some amazing awards! Bragg Organic, Raw Unfiltered Apple Cider Vinegar won “Best Product” at the Vitality Expo in Ireland! Bragg ACV also won “Best Weight Management Product” Award 2018 in UK’s *Healthy Magazine*. Lastly, Bragg Boost won the 2018 “Eco Excellence” Award.



### Dec. - Time for Honoring Our Faith!

As another year ends, we might want to reflect back on our lives. Are we perpetuating bad habits? Are we thinking positive, instead of fretting about things that may or may not happen in the future? Are we remembering to smile, and to share our smiles with others? A simple smile can make someone else’s day! A smile shows we’re thinking about the good things in our lives, instead of complaining... it shows we’re focused on solutions instead of problems. It’s a reflection of the inherent strength and nobility of Mankind when he walks hand-in-hand with his Creator. Each of us has the opportunity, every day, all day long, to stop for a moment and request guidance from our Higher Power, whatever we choose to name it. Let’s share the love and show gratitude in our chosen spiritual and religious traditions.

**Blessings of Health & Love to You! – Dr. Patricia**

### Apple~Cinnamon Vinegar Drink ~ DELICIOUS FOR THE HOLIDAYS! ~



**Bragg Apple-Cinnamon Vinegar Drink** – Warm it up for the Holidays – stir with cinnamon sticks. Bragg Apple Cider Vinegar Drinks come in 7 Flavors at Health Stores or Supermarkets. The benefits of ACV are known even back in 400 BC when Hippocrates, Father of Medicine, prescribed it to cleanse and heal the body. **ACV is an ancient, timeless, miracle food!**

### PECAN DELIGHT THANKSGIVING STUFFING

- |                            |  |
|----------------------------|--|
| 1/4 cup Bragg Olive Oil    | 1 tsp. Bragg Liquid Aminos                                     |
| 1 red onion, mince         | 3 garlic cloves, mince   |
| 1/3 cup celery, chop       | 1/3 tsp. celery seed   |
| 1/2 tsp. poultry seasoning | 1/3 cup pecans, chop   |
| 1/2 tsp. Bragg Sprinkle    | 4 cups organic whole grain or dried corn bread cubes or crumbs |
| 1/2 tsp. paprika           |  |

Sauté onion, celery, garlic and seasonings for 2-3 minutes in olive oil. Add dried crumbs and nuts. Mix thoroughly. Place in casserole. Bake at 350°F until thoroughly heated. Serves 5.



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

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



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