



Vibrant Health Institute

112 W. Union City Rd.
Union City, MI 49094

www.VibrantHealthInstitute.com • info@VibrantHealthInstitute.com

Welcome from Michael Bergonzi

It's April tomorrow? Wow! Time... What does it really mean? Some compare it to money, some say it's love and even others say that it doesn't really exist. Or does it all exist in the same moment at a different vibration? Whatever you believe to be true, I know one thing is certain, it flies! Here's the thing, some people live for the moment, others plan for future. It's funny because when the future becomes the 'now' moment, then what did you really plan for? I say this because for the past 25 plus years, since I 'woke up' in this life, I have decided to always live in the moment and to understand that the future is never set in stone. Preparing for it, saving money for it, trying to beat it - in my world - isn't worth my 'time' or energy. Living in the now moment and always trying to move forward, doing the best I can, being honest along the way, maybe hurting others with my own truth or getting hurt seems to be the path I am on. It's difficult at times, but I have always been surrounded by, for lack of a better word, Angels, and I am hoping one of them may be reading this or following my story.



There are people reading and seeing memes on Facebook that claim this photo will heal them if they just start drinking this tea, or taking this oil, or smoking this... :) It doesn't work that easy. Believe me, I wish it were that simple. I would like to explain to these people that what they really need to do is 'the work' and that work means taking the TIME! Take the 1-3 weeks and prove me wrong. I have done nothing else but watch this program succeed in allowing the human body to heal itself in just a few weeks. But not over night. You can't put broccoli sprouts on a hamburger and cure cancer. As a matter of fact, there really isn't a 'cure' for cancer. It's about changing the environment of the body and creating an alkaline / oxygen rich blood stream so that the cancer cells won't be able to thrive any longer. So that a person can live a healthier, happier, better quality of life, even with cancer, Lyme, diabetes, Candida, etc... Learning to keep them under control is the KEY. THAT'S WHAT VHI WILL DO! (READ MORE IN MY PS BELOW)

I would like to thank Lynette Astaire and Joelene Bergonzi for sharing their gifts with our guests over the past few weeks. Everyone was thrilled to have you both here! We have some more great speakers coming to VHI over the next few months. Be sure to keep an eye on our event / calendar page or [CLICK HERE](#) for a list of all speakers, past & future. Our calendar for speakers is filling up, so be sure to contact us soon and reserve your spot!

***NOTE:** Our regular VHI program happens every week for all guests. Special guest speaker weeks

are in addition to everything else being offered and at no extra cost! Also, for everyone that is interested in the wheatgrass / sprouting / micro-green business, there is a special program now being offered every week, to work side by side with the best in the country - ME! **CLICK HERE** for details on that program *over by the 'extras'. There is an additional cost for the business program.

I will be in Toronto, CAN April 8th-10th at the Total Health Show, Toronto Convention Center and the booth sign up special for the weekend, we will be matching the CAN dollar (at par) when you sign up at the booth to attend VHI in 2016! Our staff position has been filled, but we still offer an internship program as well as a scholarship for those that want to attend VHI and are looking for other options. Please just email or call us for details on both these programs. We also offer many specials throughout the year that will save you \$\$\$ on your next visit! They will be announced in this monthly eblast as well as on our website. If you have missed any of our past emails, we have now posted them via PDF on our website! Many recipes and health tips in each newsletter! See you next month!!! And as always, email me anytime, even just to say "Hi."

Michael Bergonzi

Founder / Director

wheatgrassking@yahoo.com

For Everything Wheatgrass

WheatgrassGreenhouse.com

The Vibrant Health Institute YouTube Channel is now active!

If you've been daydreaming about what we offer at VHI, dream no more! We now have videos available for your viewing pleasure on YouTube. We offer videos illustrating our various therapies as well as the significance of our structured water, a wheatgrass juicing demonstration, and testimonies from our guests. Check out our channel by clicking [here!](#)



If you are a former guest of VHI and would like to share your journey and your testimony, call, email, or come stay with us for another week! Our current and future guests love to hear your stories, and sharing is good! Pictures are also welcome, of course!

VHI News

Interested in a Wheatgrass / Sprouting Business?

Michael has decided to offer help to anyone wanting to start up their own wheatgrass business!

Stay for 1-3 weeks here at VHI and for an additional cost of \$489.00 (per week) you will be working in our grow room everyday for one hour and getting personal, hands-on training from Michael! You will learn everything from how to plant and water to how to package and ship out your very own sprouts, and of course everything in between!

[Click here](#) and scroll down to the "Extras" section to find more information!

Raw Food Potluck: April 2, 2016

This event takes place on the first Saturday of every month at the Institute, starting at 11:00 AM. We are becoming increasingly more popular, so be sure to call and reserve your space for you, your family, and your friends! Everybody is welcome. We invite you to join us in meeting new people who

In This Issue:

- Vibrant Health Upcoming Events
- Featured Store Products
- Donna's Corner
- Pam's Monthly Health Tip
- Chef Pat's Recipe of the Month
- Did You Know?
- Benefits of Himalayan Salt Lamps
- Michael's Welcome Letter, continued
- From the Editor

**Black Oil Sunflower
Seeds**

are like minded and want to share their journey. This is a wonderful opportunity to make new friends and, of course, enjoy amazing raw food!

*Our next potluck will take place on May 7, 2016. The only requirements are that you bring your favorite raw food dish and RSVP. Call us today at 517-278-6260

****Don't forget! OPEN HOUSE is every Sunday between 11:00 AM & 2:00 PM. Please be sure to RSVP for our open house and lunch is an offered option with a suggested \$15.00 donation.**

VHI Welcomes Guest Chef Linda Szarkowski!

The Secrets in the Sauces! with Linda Szarkowski, Certified Raw Food Chef: April 24 - April 30, 2016

Learn how to make sauces and spreads that will turn any veggies into a delicious, simple meal. We will also learn how to make dehydrated crackers and bread; all great items to have on hand to keep things easy and satisfying.

Linda Szarkowski, founder of Green Spirit, has moved her business from Chicago to the Traverse City / Leelanau County, MI area. She is certified in the Benefits of Raw Food Nutrition, Chef and Instructor from the Living Light Culinary Institute in Ft. Bragg, CA, and Living Foods Educator from the Living Foods Institute in Atlanta, GA. Linda has been a chef at the award-winning Chicago Diner and helped to open a raw restaurant, Beets Cafe in Austin TX, prior to starting her packaged healthy, raw food business. She had many happy and dedicated customers in her six years of providing nourishing food. Linda has taught classes with Green Spirit and Raw Gourmet International, as well as created a very popular raw food cleanse. She was invited to be a featured demo chef at the Taste of Chicago three years in a row and was delighted to share about raw foods with a diverse audience, and at one of her favorite annual events, VeganMania.



www.greenspiritliving.com

***During this week, VHI guests will receive all of our regularly scheduled lectures plus the special guest speaker!**

Attention CHI Alum!

Devoted 2 Healing: May 22 - May 28, 2016

Devoted 2 Healing's Founder, Carolyn Fears-Williams, is a 12 year cancer survivor after being told she had only 5 years to live. Fears-Williams has chosen to bring her knowledge and



Black Oil Sunflower Seeds are what we use in our greenhouse here at VHI to grow our beautiful sunflower sprouts.

In our store we sell bags of seed in 1, 10, or 25 pound increments. 1 ¼ cups of seed will yield about 3 - 4 pounds of sprouts, enough for the whole family!

Sunflower sprouts make up a good portion of the green juice that we serve our guests and they are something so simple you could grow them at home - easily!



For additional information on Sunflower and growing instructions, [click here](#).

Did You Know?



Smiles are contagious!

We all possess something called mirror neurons which, when activated, we perform a given action as

experience and combine it with our program here at VHI.



Devoted 2 Healing is a non-profit organization dedicated to empowering adults (18 and over with an illness), especially disabled adults, veterans, seniors, those with life-threatening illnesses, or those recovering from life-threatening illness. They emphasize education and informed lifestyle choices regarding nutrition, exercise, relaxation, and other tools for a healthy life.

To learn more on Carolyn and Devoted 2 Healing, [click here](#).

Benefits of Himalayan Salt Lamps



As much as we all love Himalayan Salt Lamps and the way they dress up our homes, they aren't only good for mere decoration. Owning a salt lamp and having it in your home reaps some wonderful benefits for you.

Salt lamps are negative ion generators, therefore they can absorb the positive ions in the air which leave you feeling renewed and refreshed. Some of the other benefits surrounding the lamps include:

- » Increase in energy level
- » Better sleep
- » Improved mood and concentration

There are many other benefits that come with owning your own salt lamp, as well. We personally have these beautiful light structures all over the Vibrant Health Institute to help raise the vibration and energy throughout the building making your experience with us a pleasant one.

Channeled Messages

Conscious Eating

well as when we witness someone else performing it. When it comes to smiling, mirror neurons respond to the acts of both seeing and doing. The next time you see someone smiling, you may find yourself smiling back.

Remember that smiling at a stranger can make all the difference!

Hummus Spread



Equipment Needed:

- Blender

Ingredients:

- 2 cups Garbanzo Beans, sprouted
- 1/8 cup Alfalfa Sprouts
- 4 tbsp. Tahini
- 1 large Garlic Clove, finely chopped
- 1/2 small Onion, quartered
- 2 tbsp Olive Oil
- 2 tbsp fresh Lemon Juice
- 2/3 cup Rejuvelac

Directions:

- Place all ingredients in blender and blend until creamy. Cover and refrigerate until ready to enjoy!

Lagoena Drink Bottle



\$40.00 + S&H

from Spirit Through Donna Bergonzi-Boyle



This corner is from Michael's sister Donna. Her passion this lifetime is to support the current shift of soul consciousness. Her teaching and mediumship are centered on helping others align with their 'True Self.' In her healing work she connects with Spirit to help you remember why you are here. When you are open to receive, there are many ways Spirit can and WILL speak with you. She is offering a rate of \$50 per hour for all who have attended VHI. Skype available. Please contact her and tell her Michael sent you! Check out her website and all of her social media sites too!

"Eating consciously isn't only about the food we put in our mouth; it's also about how much we choose and how we eat it! Next time you sit down to a meal, ask your body how much it needs.

Be sure to thank the animals and plants that gave their lives so you could have a meal. Thank those that cooked and prepared the meal. Thank the ones who made the plate and your silverware. While eating, take smaller bites. Chew thoroughly so your stomach can move it through quickly and so your colon can do its job and absorb nutrients from your food. Drinking during your meal will dilute enzymes and also reduce the acid in your stomach that is needed for breaking down your food. There's also the atmosphere to be conscious of. Are you happy while you eat? Is your surrounding a peaceful one? Are your thoughts positive?

We can change the vibration of our food and drink with a mere thought. Be conscious not only of the food you eat and how you eat it, but also what you say to yourself as you eat. Your body will thank you!"

Hand blown with the proportions of the Golden Ratio, the Lagoena Drink Bottle is developed perfectly to take with you while you're on the go.

This bottle helps to structure your water, making it living. Drinking living water is beneficial to the body due to the fact that it is more easily absorbed by our organs and cells. This makes it much easier for our bodies to stay hydrated, healthy, and happy.

All guests are given a Lagoena Drink Bottle to use during their stay with us and is available for purchase upon check-out.

For more information on the science of structured water, [click here](#).

Healthy Humor



Interested in a live meditation group with Donna? Donna will be adding a once a week meditation session that you can join in online. Your first month is FREE! There are limited slots available (at this time). Contact her directly. Space will fill up fast.

Email for more information: Donna@VibrantHealthInstitute.com



[Visit Donna's Website](#)



[Follow Donna on Twitter](#)



[Like Donna on Facebook](#)

Vitamin C From A Super-fruit Tree by Pam Pinto, AADP

When you think of vitamin C you probably think of oranges and while oranges are a good source of Vitamin C, they pale in comparison to a 6000 year old tree, the Baobab Tree. Baobab has long been revered by indigenous cultures of Madagascar and Africa. Considered to be one of Africa's most important super-fruits, Baobab has been a part of the traditional diet for centuries. Baobab is considered to be a nutritionally ideal, prebiotic super-fruit containing dietary Fiber,



Calcium, Magnesium, Potassium, Vitamin C and an abundance of antioxidants.

The tree produces heavy white flowers that are pollinated by fruit bats at night. These eventually become long green or brownish fruits that resemble small gourds. Beneath the hard shell of the fruit is a soft, whitish pulp and kidney-shaped seeds. The pulp, which is slightly powdery, is a free flowing creamy white powder, which melts in the mouth and has a unique pleasant flavor idea for incorporating into drinks and baked goods.

So back to Baobab being a nutritional powerhouse with its vitamin C content. Let's compare Baobab with oranges. Baobab has shown to be at least at least three times higher in Vitamin C than oranges (150-499 mg/100g vs 46mg/100g). Other studies put the figure higher at around 6 times that of the orange. The vitamin C in Baobab is in an easily assimilated form and acts as a potent antioxidant, protecting our cells from damage by free radicals as well as aiding the absorption of iron and calcium. it is also important for healthy skin as it helps in the formation of collagen in connective tissue.

Baobab fruit pulp also contains pectin – up to 56% water soluble pectins by weight. Pectins are particularly important for aiding digestion and balancing blood sugar levels. Baobab contains both soluble and insoluble fibers to aid intestinal health and promote healthy gut flora.

Overall studies have shown that baobab has:

- 10 x the antioxidant level of oranges and 6 x more antioxidants than cranberries, blueberries and blackberries
- Up to 6 x more Vitamin C than oranges
- 4 x more potassium than a banana
- 2 x more calcium than milk
- More magnesium than spinach

Baobab also contains zinc, manganese, essential fatty acids, phosphorus, protein and B vitamins. The anti-inflammatory properties of baobab could also make it a supportive treatment in inflammatory conditions such as heart disease and diabetes.

Vitamin C Smoothie - A tropical tasting smoothie, bursting with pure antioxidant vitamin C. Great for giving you an energy lift, enhancing your immunity, beautifying the skin and rehydrating when needed.

Ingredients:

- Half pineapple chopped – Contains bromelain for digestive health
- Juice of 1 pink grapefruit – refreshing and cleansing
- Half teaspoon turmeric powder – supports a healthy liver
- 1 heaped teaspoon camu camu powder – positively bursting with vitamin C
- 2 heaped teaspoons baobab powder – filled with vitamin C and calcium
- 3 heaped teaspoons pre-soaked goldenberries – a great source of protein and vitamin C
- 1 heaped teaspoon coconut oil – essential fatty acids for healthy skin
- 4 heaped teaspoons of coconut cream – great source of nutrients and creamy texture
- 500ml water

Method:

- Place all ingredients in a blender and blitz until smooth and creamy
- Serve chilled

*You can also add 1½ tablespoons of Baobab powder to water, coconut water, your favorite juice or to smoothies. Mix the powder with yogurt, fresh berries and cereal or make delicious, healthy raw desserts, ice creams and sorbets. Sweeten recipes while adding fiber. Thicken recipes or use as a gelling agent to make super-fruit jams. Add 1½ tablespoons of Baobab powder to your favorite smoothie recipe to create a nourishing, antioxidant rich smoothie.



[Visit Pam's Website](#)



[Like Pam on Facebook](#)



[Ask Pam a Question](#)

P.S. From Michael

So many people have offered advice and I want to say, "thank you" for that, but the time has now come for action over advice; to really set my dreams in motion and what Vibrant Health is becoming, into reality. We have been open here in Union City, MI at the former Hippocrates Mid-West / Creative Health Institute location for almost 16 months now and this is such an amazing building with incredible energy surrounding it... but it needs some help right now. I'm at the crossroads with some choices to make. A: Remodel / Fix this location OR B: Find another (FL, CA, NY, AZ, NC, MA, HI, CAN) location, or two, and move VHI. Well, I'm open for either OR both to happen, but it's important to be very clear as to not lose sight of the dream and the momentum we have created here. The business plan is ready and each phase of this project is ready to happen.

With all that said, short of starting a 'go fund me' page or having an Angel investor appear, we are adding a NEW donations section on our website along with a VHI 'Wish List' and also, coming soon, a 'Time Share' investment opportunity in hopes to determine the next move (or stay and fix). Pending on the money raised over the next few months we will have that answer and I will, as always, keep you informed of our progress through this eblast each month. [CLICK HERE](#) to visit that page and read more about these options.

Over the past year, Vibrant Health is reaching more and more people in need as well as alumni coming back a few times already! Our phone is ringing, Raw Pot Luck the first Saturday of every month is attracting like minds from the area, Open House every Sunday and our calendar is filling up with guest speakers for 2016! We had a great first year open and looking forward to many, many more! The work we are doing here is needed, now more than ever! Help support us and keep this vision alive.

If you happen to be that 'Angel investor' or know someone who may have an interest in keeping this dream or this location alive, or would like to have the exact amount, please contact me via private email: wheatgrassking@yahoo.com

From the Editor

"It was very unfortunate that my mother lost her battle to cancer just about a year and a half ago, and at such a young age. This April she would have celebrated her 56th birthday. I think that if she had known more about places like the Vibrant Health Institute, maybe things would have been different. Although VHI has become such a big part of my life in the last 2 years, I didn't have enough information when my mother was here to help her understand this program. I think we can all agree that we are tired of losing the people that we love to cancer. So please believe and know that this program works. We are helping people every single day and even though it is not a cure, isn't it about the quality of life, not the quantity?"



Hey everyone! Thanks so much for investing a portion of your day to read our newsletter every month. We love and appreciate all of your support! If there is any content you would like to see added or if you want us to promote your business, just email me at Kristen@VibrantHealthInstitute.com We love to hear feedback and suggestions from our readers because your opinions matter! See you all next month.

Don't forget to always say 'I love you' and remember that it's never too late to be brand new!

Kristen Ulyas
Editor

Vibrant Health Institute

112 W. Union City Rdy.
Union City, MI 49094
[517-278-6260](tel:517-278-6260)



Published by www.VibrantHealthInstitute.com
Copyright © 2016 Vibrant Health Institute.
All rights reserved



[Facebook](#)



[Instagram](#)



[Twitter](#)



[Message Us](#)



[Book Your Stay](#)