



112 W. Union City Road  
Union City, MI, 49094  
U.S.A.

[www.VibrantHealthInstitute.com](http://www.VibrantHealthInstitute.com)



## Vibrant Health Institute

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### Michael's Welcome Letter

Hey everyone! Another month has gone by and VHI has now been open for 6 months! Happy 6 month anniversary to US! Thanks to my amazing support team: Reenie & Spike, Brian, Kristen, Linda, Pat, Leah, Mikaela, Ruth, Joy, Veronica & Jeremy.

VHI is a team and we are here for YOU anytime! Support and stress free is what you get when you stay with us here in MI and, for the next 3 months, bring-a-friend for half price! (see below)

Check in any Sunday, check out on Saturday, one week is the minimum program. Fly into Detroit or Kalamazoo, take the train or bus into Battle Creek, and I'll come pick you up (twice on Sunday at 11am & 1pm \*Sept. 2015 ONLY\*) and bring you back! Email me if you need a ride.

[wheatgrassking@yahoo.com](mailto:wheatgrassking@yahoo.com)

Just a few things to let you know this month - My sister, Donna, will be spending 2 weeks with us at VHI, August 9th - 23rd. She will be teaching some Yoga classes in the afternoon, lecturing a few times, offering guest readings, and making juice in the kitchen. She will be helping out everywhere because she's the best! (not the best sister, Jan, just the best helper) Then, I'm off to Simsbury, CT August 19th & 20th to lecture at The Raw Food Institute, and visit some great friends and family. Also, our raw food meet up group will be getting together at VHI starting Sept. 12th and then the first Saturday of every month after. Hope you can find some time to join us. **PLEASE R.S.V.P.**

\*see below or our website for more details. Every Sunday from 11am-2pm are our regular open house times.



**Michael Bergonzi**  
Director / CEO

Questions or comments,  
please contact

[wheatgrassking@yahoo.com](mailto:wheatgrassking@yahoo.com)

For everything wheatgrass:  
[WheatgrassGreenhouse.com](http://WheatgrassGreenhouse.com)

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### Did You Know?



Thanks for all the support and see you next month!

**\*More from Michael at the bottom of this email\***



## VHI News

Are you looking for something? Not quite sure what it is or where to look? It's time to get in touch with YOU! Clear the cob webs, regain your health, get more energy, lose a few pounds, and WAKE UP with Vibrant Health Institute's end of Summer detox!

Here's the deal: Check in any Sunday, August 2nd through October 25th, 2015 and take advantage of our 'Bring-a-friend' - or family member - for half price special! You pay our regular rate and your friend pays half price! (or you both split the total) One week is the minimum stay and three weeks is the whole program. The rates are simple, reserve a private room & bath or shared room & bath and our program is **\*ALL INCLUSIVE\***. Private room rates are \$1,489.00 (second person pays \$744.50) per week and shared room rates are \$989.00 (second person pays \$494.50) per week.

Call now and ask for this special offer! Or you can make your reservation online by clicking [HERE!](#) Don't wait until the last minute! Our rooms fill up fast and space here is limited! For more details about VHI and what's included with your stay, click the button below. **Use promo code - VHI007 - when calling with your reservation.** See you soon!

[READ MORE](#)

Michael will be in Simsbury, Connecticut on August 19th and 20th with Lisa Wilson at The Raw Food Institute. He will be offering lectures on Sprouting, "The Easy Way," and Growing Wheatgrass along with his Conscious Communication class. For additional information on Lisa Wilson and The Raw Food Institute, [click here](#). If you are attending the program, we will see you there!

Donna Bergonzi-Boyle will be a guest here at VHI from August 9th until August 23rd. She will be offering lectures twice each week as well as a few morning yoga / meditation classes. Private readings from Donna will also be available for an additional fee of \$40.00/hr. Come out and enjoy the knowledge that she has to offer! For more information on Donna, scroll down or [click here](#).

Have you had a hug today?  
Hugging is great for the spirit  
- but did you know it's healthy too?

Hugging:

- Boosts your immune system
- Reduces the risk of heart disease by lowering your blood pressure
- Improves depression
- Relieves stress and makes you feel calmer
- Promotes sleep
- Boosts your self-esteem

Don't forget to hug the people you love today!

## Chef Pat's Cooking Corner



### Raw Kale Salad

#### Ingredients:

- » 1-2 Bunches of Kale
- » Extra Virgin Olive Oil
- » Toasted Sesame Oil
- » Juice of one Lemon
- » Spike Seasoning
- » 1 Clove of Garlic, finely chopped
- » Coconut Amino
- » 1 Red Bell Pepper, chopped small or fine
- » 1 medium chopped Red Onion
- » 1 tablespoon of Maple Syrup or Agave Nectar
- » Dash of Cayenne Pepper

#### Instructions:

1. Wash the kale very well using white vinegar and water or a veggie wash product, grape seed extract,

The Vibrant Health Institute will be setting up a booth with The Corner Farmer's Market in Coldwater, Michigan every Saturday from now until September. The market goes on from 9:00 am to 1:00 pm, so be sure to come out and purchase your **FRESH** wheatgrass, sunflower sprouts, and pea greens as well as meeting some of the amazing team members of VHI!



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## ARC Innovations



Andrew Casey is the owner and founder of his company ARC Innovations and the man behind the Healthy Juicer. He started ARC Innovations back in 1999 and got involved with Healthy Juicer in 2004, here is his story:

"Hey there! Andrew Casey from Healthy Juicer. I was kindly asked by VHI to give a little background on myself and how I came to be the President of Healthy Juicer. First, if you are unfamiliar with the

Healthy Juicer, it's the little manual juicer that juices wheatgrass and other fun stuff - I'm sure you have seen Michael juicing with it or if you have been to VHI, seen it on the shelves!

My story is pretty straightforward, actually. I was in my third year of college, completely abusing my body, barely going to classes, and was really out of shape. I had just sold my internet business the year prior and had definitely let it go to my 20 year old head all while successfully destroying my precious health. I did a quick search on google for "feel better." Pretty straightforward search really, right? What came up? Wheatgrass! Keep in mind that I was in the middle of Oklahoma and the year was 2004.

Wheatgrass was *really* far off from anyones radar then and was alien to the neighborhood I was in. Regardless, I found some and found an overpriced juicer that was hard to clean, hard to use, bulky, and ineffective. I quickly sold it on eBay for about what I paid for it.

etc.

2. Wash the kale 2-3 times. Pull the kale from the thick stem. Place the kale in a salad spinner or let the kale drain until it is dry.
3. Chop or cut kale into small pieces and place into a large mixing bowl.

### Dressing:

In a mixing bowl, place 1/4 cup of Extra Virgin Olive Oil, 2 tablespoons or more of Sesame Oil, Garlic, 1 tablespoon of Onion, and whisk well.

Add remaining ingredients to the kale, drizzle with dressing, and enjoy!

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## Healthy Juicer



**\$49.95 + S&H**

The best manual juicer on the market, the [Healthy Juicer](#) is the perfect addition to any kitchen space. It's small, lightweight, and effective even if the power goes out! Take it camping or use it in your hotel room while you're traveling. It's incredibly convenient and priced affordably, as well. For only \$49.95 you can't find anything better. This is Michael's favorite manual juicer, and we think it could be yours, too!!

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## Coconut Secrets



When we see, smell, or eat coconut, we are all guilty of

Through the Universe presenting me with opportunity, the Healthy Juicer became a part of my life. Before I knew it I was hiring a couple buddies to unload a 40 foot container of 4,000 juicers into a leaking warehouse in Oklahoma. Those friends laughed at my silly idea of "selling juicers" back then. I assured them that one day they would look back and be asking me for the friend/family discount. Sure enough, 10 years later and *lots* of education around America, I get Facebook messages and emails asking, "hey, do you still own that little juicer company?". Why yes, yes I do. Shortly after, I packed up and moved to the place I had been dreaming of living since I was 10 - San Diego!

I have been fortunate enough to make my living selling a product that I 100% believe in and stand behind. The best part is that every juicer we sell is going to change someones life in a positive way. I have a rule that anything we sell must better humanity, make someone smile, or provide someone with a new hobby that they can gain enjoyment from. I've been fortunate the last 10+ years to live up to that commitment and surround myself with like-minded people who have the positive spirit to do just that.

Michael Bergonzi at VHI has been my Number 1 supporter from the very beginning when I was a pierced up, punk little 21 year old! Of course, a lot has changed in the last decade. He has become an amazing friend during the process - literally like a brother! If you have met him, you know the way he is able to connect. My point is that when you follow your passion, "work" is never work and that life will lead you to amazing people simply by following what you love. I'm happy to talk to anyone and everyone about just about anything!

If you have any questions about me, the Healthy Juicer, or anything else reach out to me at [acasey@arcinnovate.com](mailto:acasey@arcinnovate.com) or just check out the website at [www.HealthyJuicer.com](http://www.HealthyJuicer.com)!"

## FEATURED EVENT

### Raw Food Meetup Group \*1st Saturday of Every Month\*

Have you been looking for a place to meet people who practice a similar lifestyle? Then you've found the right place! Starting **September 12, 2015**, the Vibrant Health Institute and Foods Alive will be hosting a Raw Food Meetup Group on the **first Saturday of every month** from 11:00 AM - 2:00 PM. **Bring your favorite raw food dish**, come meet like minded people, share your story in our sharing circle, and enjoy a few hours of support with people just like you! **RSVP is a must!** You can make your reservation just by calling us at the Vibrant Health Institute or sending us an email by clicking the link below! No admission required. For directions to VHI, [click here](#).



being overcome with daydreams of tropical islands, white sand beaches, and beautiful sunsets, but you can enjoy a coconut and the great health benefits they bring you no matter where in the world you are! (It may just seem better if you're enjoying one on a beach!)

Coconut contains no trans-fats, is gluten free, and non-toxic. It also contains antiviral, antifungal, antibacterial, and antiparasitic healing properties. Coconut helps to aid and support overall immune system functions. And as if that wasn't enough, here are a few additional things coconut is good for!

- Helps prevent obesity by speeding up metabolism, providing an immediate source of energy with fewer calories than other fat.
- Reduces sweet cravings and improves insulin secretion and utilization of blood glucose.
- Improves digestion and many of the symptoms and inflammatory conditions associated with digestive and bowel disorders by supporting absorption of nutrients including minerals, vitamins, and amino acids, as well as providing beneficial dietary fiber.
- Gives you a quick energy boost. It provides a super nutritious source of extra energy.

### Reenie's Heart to Heart



[RSVP to this event](#)

[More event details](#)



Reenie Brewer is our wonderful General Manager here at VHI as well as Michael's very dear friend and the person we can all count on. Every Monday, Wednesday, and Friday morning from 8:00 am - 9:00 am she hosts a radio show on blog talk radio. Tune in and listen to the inspirational and touching stories that Reenie has to share or you can call in and share your thoughts and stories, as well!

[Click here to tune in!](#)

## Channeled Messages From Spirit with Donna Bergonzi-Boyle

\*Coming to VHI August 9th - August 23rd



This corner is from my sister Donna. Her passion this lifetime is to support the current shift of human 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 re-member 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 one-time rate of \$45 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 her social media sites too!

### Website

[www.dboylemedium.com](http://www.dboylemedium.com)

### Facebook

[www.facebook.com/pastlifegoals](http://www.facebook.com/pastlifegoals)

### Twitter

[www.twitter.com/DBoyle\\_Medium](http://www.twitter.com/DBoyle_Medium)

### Today's Message From Spirit:

Words from Spirit:

*"When I feel my breath, I feel alive. When I feel alive, I can feel everything.*

*Everything is here for you to feel. Be in tune to the patterns of your life. Allow everything that is in front of you to have its moment in time. Be open to receive. Say a prayer of thanks. Only then, can you move forward. Love all that is, for all that is here for you in the now."*

[To Contact Donna](#)

**\*From August 9th until August 23rd, Donna will be our guest at VHI. She will be offering lectures twice each week as well as a few morning yoga / meditation classes. She will also be offering private readings for an additional fee. Come and learn the knowledge that Donna has to offer and enjoy a good**

## Coconut Aminos



This is a product that our very own Chef Pat uses in the kitchen at VHI. A good substitute for soy sauce, coconut aminos are 100 percent organic, gluten-free, non GMO, MSG free, soy free, and vegan. With 65 percent less sodium than real soy sauce, you can add this tasty and healthier choice sauce to any meal for that extra flavor you've been craving.

detox, too! For additional information, click the button below.

READ MORE



## Pam's Monthly Health Tip

### Farmers' Market - Remedy for Stress Relief by Pam Pinto, AADP

A trip to your local Farmers' Market

may have more benefits than just healthy, fresh food. The Farmers' Market is way to avoid grocery store stress.

Shopping in a big box market is a stressful experience, the aisles are packed with products (C.R.A.P. - Commercially Reproduced Artificial Products) which you may not want to throw into your shopping cart or feed your family.

Some of the ingredient lists are long with words you have no idea how to pronounce. Many of these products contain trans fat, artificial flavors & colors, not to mention corn syrup. These unnatural ingredients are a recipe for stress. Stress not only on your body, but on your emotions, too. Why shop in a store packed with people who are rushed and busy trying to jump in line in front of you? The stress level is often palpable, and we're all trying to reduce stress in order to find the satisfaction of a passionate life. Head to your local Farmers' Market where you will have an enjoyable life experience instead of marketing mayhem.

Farmers' Markets stimulate your senses and that reduces stress. A Farmers' Market is the place where you will have a healthy & sensory experience as you capture the visual of brightly colored fruits and vegetables with the smells of freshly harvested produce and local baked goods. You will feel the different food textures as you shop for the ingredients for your dinner.

Now, if all that sensory stimulation isn't enough, just think about what you will experience as you educate yourself about which foods are in season and how to prepare them. Knowledge is power, and learning new things stimulates the brain. You will learn new things on just about every trip to the Farmers' Market.

Less stress on the body comes from eating clean, unprocessed food. Head over to your local Farmers' Market where you will find organically grown produce. Locally grown food is much more likely to contain less pesticides and less pesticides mean less stress on the body. Locally grown food doesn't sit on a shelf, is not radiated, and doesn't travel around the world before you get it on to your dinner table. Locally grown means your food is full of vitamins, minerals, and plenty of fiber to clean your colon which reduces stress.

Summer squash is in season right now so try some yellow, green, or striped zucchini. Those Patty Pan squash are delicious, too!

[Summer Squash & Tomatoes](#)

## Healthy Joke

# calories

(noun)

Tiny creatures that live in your closet and sew your clothes a little bit tighter every night.

## Trace Minerals



Almost all drinking water these days has filtered out all of the good minerals our bodies crave, unless you are getting your water from a natural source, such as a spring. Trace Minerals are a great way to introduce those good minerals back into your body and give it what it deserves, and they are also great for a variety of other reasons. Drinking a few drops twice a day can help reduce mucus buildup caused by dairy products or you if you have a wound or a burn, add a few drops and it heals overnight! The minerals also help to heal the skin in every way possible. This is a wonderful product to have in your home, for you and your family!

## STAY IN TOUCH



 Like us on Facebook

 Follow us on Instagram

- 2 Tablespoons EVOO
- 1 small onion, sliced - you may find spring onions at the farmers' market
- 2 medium tomatoes, coarsely chopped
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 small zucchini, cut into 1/2 inch slices
- 2 small yellow summer squash, cut into 1/2-inch slices
- 1 bay leaf
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon fennel powder

Heat the oil in a large skillet over medium heat. Cook and stir the onion about 5 minutes, until tender. Mix in the tomatoes, and season with salt and pepper. Continue to cook and stir about 5 minutes. Mix in the zucchini, yellow squash, bay leaf, basil, oregano and fennel powder. Cover, reduce heat to low, and simmer 20 minutes, stirring occasionally. Remove bay leaf before serving.

To Contact Pam

 Contact us

 [Book Your Stay At VHI](#)

If you have any jokes, fun health facts, suggestions on something you would like to see added to our newsletter, or if you would like us to advertise your company, contact us at [info@vibranthealthinstitute.com](mailto:info@vibranthealthinstitute.com) or email Michael direct at [wheatgrassking@yahoo.com](mailto:wheatgrassking@yahoo.com)

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## Upcoming Events

On Saturday, November 14, 2015, Michael is offering his 'Growing Wheatgrass' and 'Sprouting The Easy Way' classes open to the public! The event goes from 10:00 AM to 3:00 PM and admission is \$49.00 with an advance reservation or \$75.00 at the door. Admission includes our VHI Welcome Orientation Tour, information on how to sprout all seeds, plated raw food lunch served at 12:30 PM, growing wheatgrass and other greens starts after lunch, and then a Q&A! Handouts / notes will be passed out upon arrival.

If you are in need of an overnight stay, or driving in from a long distance, just let us know! We would be more than happy to help you find something close by VHI. Growing supplies will be available for sale after the lecture and our on site store will be open. Plan to stick around until 4pm. Please give us a call or an email! **RSVP is a must!**

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Come visit Michael at the upcoming expo's and get a **FRESH** shot of wheatgrass! Just look for the Vibrant Health Institute!

- » **New Life Expo**, New York City - Hotel Penn: Oct. 16th - 18th
- » **Natural Living Expo**, Marlborough, MA: Nov. 14th & 15th
- » **Whole Life Expo**, Toronto, CAN: Nov. 27th - 29th

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## More From Michael

I would like to ask you all something, and need some advice. Reenie and I were talking about Thanksgiving coming up in November and how, at Hippocrates in FL for the 10 years we were there, it was a pretty big event open for the public. A great idea for many reasons and supports a vegan / raw food lifestyle diet for those who want to stay healthy for the holiday. We were thinking about having an OPEN HOUSE, vegan / raw buffet here as well. \$25.00 per person in advance. (menu to be announced) Are you interested in coming here for Thanksgiving? Maybe you want to check in Nov. 22nd - 28th and be here the whole week? Either way, would you let me know so we can decide to move forward with this idea? Email me with '**Thanksgiving MEAL**' or '**Thanksgiving WEEK**' in the subject line so I know which you are interested in attending.

Also, I'd like to travel for 3 weeks in December and bring the VHI program on the road. Would you like to host

one week of a VHI detox retreat at your home or in your city? I'm thinking about San Diego, CA, Monterey, CA and West Palm Beach, FL. If you would like to attend in any of these three locations or offer your own option, please email me and with '**VHI on the road**' in the subject line and let me know where you would like to join us or host us. Meals, lectures, room would all be included for the week. Nov. 29th - Dec. 19th are the three weeks I would like to be on the road. Weekly cost would be the same as they are here in MI at each location. Once locations are set, you just need to choose which one you want join. More details to follow next month.

## **WE WANT YOU!**

VHI is looking for a person with the 'right stuff' to work with us starting Sept. 2015. Minimum 3 month position, longer times available after 3 month review. In exchange for room / board, we would like this person to teach yoga at 9am every morning - 6 days per week and 10 minutes of rebounding exercise, be available to help out in the kitchen, store or grow room for a few hours here and there and also to lock up at night. You will have a private room and bath, two raw / living food meals per day (7 days per week), daily green drink and wheatgrass as well as be included in all VHI events, lectures and other activities. If you have any interest in this position, please email your resume to Michael at [wheatgrassking@yahoo.com](mailto:wheatgrassking@yahoo.com)

FOR EVERYTHING WHEATGRASS: [www.WheatgrassGreenhouse.com](http://www.WheatgrassGreenhouse.com)

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If this is your first time reading anything from me and you are wondering why you are on my list, it is because you either purchased something from my website store, added your name to my email list, or had a question / comment for me. Best regards, Michael Bergonzi

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