



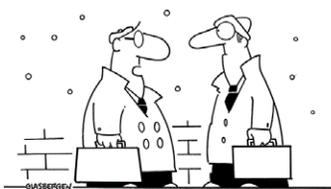
Vibrant Health Institute
112 W. Union City Rd.
Union City, MI 49094

www.VibrantHealthInstitute.com
info@vibranthealthinstitute.com



Michael Bergonzi
Director / CEO

wheatgrassking@yahoo.com
 For Everything Wheatgrass:
WheatgrassGreenhouse.com



"Saying 'Merry Christmas' offends some people and 'Happy Holidays' upsets a lot of others. But 'Bah Humbug' doesn't seem to bother anyone!"

Happy Holidays from our family to yours!

Peppermint Oil



Peppermint is generally associated with the

Welcome From Michael

Happy December, or Holiday Season! As I am writing this, it's the end of another month and one or two holidays are around the corner. Maybe it's important to take a moment right now and be thankful. All of us, please, take just one minute of your time, right now, look around you, and honor what you have. Be grateful there is a roof over your head, some food in the kitchen, and a bed (or couch) to sleep on tonight. I think we tend to take for granted the everyday blessings in our lives. We are too quick to find flaws in our lives, or in others, and we are always wanting more and more 'things'... that won't mean much in the end.

The things that mean the most to us sometimes go unnoticed, until it's too late to say, 'Thank you for being there.' Honor, also, the people in your life that have been there for you and helped you up when you fell, lent you some food or money, and held you when you were sad. Maybe it's a person that will always text you right back when you need someone to listen. WE ALL need that someone who will listen to us, so that we know our thoughts are REAL and that we are not crazy for thinking them. If you are that person in need of someone to hear your words, then send me an email today. I'll read it and even reply to your words. Let's all be there, for each other. Send emails out to all your friends with the subject title, 'I'm here for you!' Spread the support today, just because you can!

This Holiday Season, I am thankful for many things and for many people in my life. The first 22 years of my life, I was mostly asleep in this world. The next 25 years, well, let's just say they have been a pretty amazing journey. To be here, living my dream and helping so many others wake up to the reality of their own dreams, passions, and life's purpose, is the best life ever. Learning more each and every day, while making plenty of new choices along the way. We are all in this together, let's start acting like it. As someone once wrote (said or sang), 'in the end, only kindness matters.' Here's to kindness, smiles, hugs and forgiveness this Holiday Season and NEW YEAR!

holidays and the holiday season, but the use of peppermint oil should be an all year affair! With all of the amazing benefits it has to offer, if you aren't already using it in your every day life, you will be now.

Peppermint oil:

> **Reduces hunger**

cravings: Inhaling the oil will help stave off the munchies and make you feel full faster.

> **Treats acne:** Thanks to anti-microbial properties, peppermint oil acts as a natural cure for acne. Add a few drops to your favorite face cleanser.

> **Provides muscle pain**

relief: The oil is a natural and effective muscle relaxer. Apply it topically to sore muscles, an aching back, or your head to do away with that pesky headache.

These are just a few of the amazing things peppermint oil can be used for, but the list goes on so be sure to give the gift of peppermint.

Growing Pac B



Looking for the perfect gift for the friend of yours that loves wheatgrass? Look no further! Growing Pac B is the perfect gift for anybody that wants to start growing for themselves and their families. Complete with 6 large trays, 10 lbs. organic wheat seed, 1 sprouting pitcher set, 4 tray greenhouse, 'Growing Wheatgrass' DVD, and an 8

It was great to meet so many new people, and see many dear friends in Marlborough, MA and in Toronto, CAN this past month! Here's to the new dynamic sprout duo, SPROUT BROTHERS, the two son's of the late, great, Steve Meyerowitz aka The Sproutman. They are going to be leading the way for the next, all new generation of sprout growers and seed buyers. Great guys, just like their father. They will be booking their VHI visit in the next few months. Stay tuned for that great week! Also, don't miss the chance for the wheatgrass, sprouting, and micro-green business workshop week coming for the week of Jan. 17th. RSVP is a MUST for this week. Call or click for details.

We will be emailing all of you that have interest in our speaker program here at VHI for 2016, in the following week or so. If you are interested in having a lecture spot here next year, or even bring a group with you for the week, just email us today and request our invitation for 2016! Our phone lines are open too! We are taking reservations NOW for next year. Call us today! 1-517-278-6260 or email info@vibranthealthinstitute.com

*All of our Alumni, or others who have deposits with us, let us know the date you are coming so we can hold your room.



Holiday Special!

If you reserve your stay with VHI anytime in December 2015 or January 2016, you will get a FREE store gift certificate!

Your stay with VHI MUST begin December 6th, 2015 - January 24th, 2016. One week paid reservation will receive a \$50.00 certificate.

***Not valid with any other tuition discounts for VHI. Certificate offer only valid with paid in full reservations from December 6th, 2015 - January 24th, 2016.**

****Reservations must be taken by phone for this offer to be valid. Use Promo Code: VHI2016**

VHI News



lb. bag of soil, this is a great investment and priced affordably, as well! Now all you need is a juicer! Order yours today from our store by clicking [here!](#)

\$119.00 + S&H

Chef Pat's Cooking Corner

Garlic Sunflower Pâté



Ingredients:

- > 3 cups sprouted Sunflower Seed
- > 3 cloves Garlic
- > 1 tsp. Coconut Vinegar
- > 1 tsp. White Onion Powder
- > ¼ cup Red Onion
- > 1 tbsp. Olive Oil
- > 1 pinch of Salt
- > ½ cup Water
- > 1 tbsp. All Seasoning

Directions:

1. Soak Sunflower seeds overnight. Rinse very well and sprout the following day for 5 hours.
2. Blend the Sunflower Seeds, Garlic, Coconut Vinegar, White Onion powder, Red Onion, Olive Oil, Salt, ¾ cup of Water, and Seasoning. Blend until firm, but creamy.
3. Use a small scoop and place balls on top of cucumber slices.

Enjoy these delicious snacks which make for excellent appetizers this holiday season!

Samson Advanced

VHI's One Year Anniversary!

In January 2016, the Vibrant Health Institute will be celebrating its ONE YEAR anniversary! Since opening the doors in January 2015, we have been blessed and honored to have seen so many wonderful people walk through our doors, teaching us things and helping us grow. We thank every single person who has come to VHI and changed our lives, we hope to have made a change in your lives, as well! None of this would have been possible without the help and support from all of you!

THANK YOU!

You may be interested to know that we offer an internship program at VHI! It's a minimum of a one month commitment. Our new way to offer a work-exchange type program for those wanting to be here and have the support for a longer period of time. Just email us for more details! We are also looking for guest speakers, so if you want to teach at the Vibrant Health Institute, now is the time to book your dates and collaborate with us. We are looking for anyone from raw food chefs to book authors and everything in between!

***Rooms, meals, and juice are included for our special guest speakers.**

For additional information and complete details, contact us: info@vibranthealthinstitute.com



» Raw Food Potluck

On Saturday, December 5th, VHI will be hosting our last Raw Food Potluck of the year. If you haven't participated in the last three, no fears! You haven't missed your chance. This is a free event, we only ask that you bring your favorite raw food dish and a smile. Along with the beautiful meals we will all be sharing together, you will have the opportunity to tour VHI, talk to the staff members, and get a feel for what we are all about. Tell your friends and family members, or bring them along, as well. Everybody is welcome - children and adults alike. The next potluck will take place on Saturday, January 2nd. We do ask that you RSVP. For directions to VHI, [click here](#)

» [RSVP TO THIS EVENT](#)

» Wheatgrass & Sprouts / Micro-Greens: Business Program

The week of Jan. 17th – 23rd (which is also our one year



The Samson Advanced Electric Juicer is one of the best on the market. Easy to operate and clean, you can use your Samson to make anything from juice to pasta, just change the attachment. Complete with all necessary tools, the juicer also comes with an operation manual plus an operations DVD. This makes a great, affordable gift and a great addition to any kitchen space. It's also pretty small for easy storage.

To purchase your Samson juicer, [click here!](#)

\$259.00 + S&H

Did You Know?



At the center of almost every snow crystal is a tiny mote of dust, which can be anything from volcanic ash to a particle from outer space. As the crystal grows around that speck, its shape is altered by humidity, temperature, and wind; the history of a flake's descent to Earth is recorded in its intricate design.

While you're watching the snow fall this winter season just remember how amazing and beautiful nature truly is!

anniversary) and the week of Feb. 28th – March 5th, 2016, Michael will be offering a special business program on growing wheatgrass, sprouts / micro-greens. Hands-on training in the greenhouse every morning will be included with your tuition as well as seeing the business side of running VHI. The cost for this week long seminar is our VHI regular tuition rate (\$989.00 / shared room & bath or \$1,489.00 / private room & bath) plus \$489.00 per person.

To hold your space for this week of learning everything you ever wanted to know about starting a wheatgrass, sprouting, or micro-green business, **RSVP to VHI!**

***Includes workbook and special 2 hour bonus DVD!**



[» RSVP TO THIS EVENT](#)

***For more information on this event, click on the picture!**



Channeled Messages From Sprit with Donna Bergonzi-Boyle

This corner is from Michael's sister Donna. She just recently joined the VHI team permanently, so a special welcome and thank you to her for all of her help and for being the beautiful soul she is!

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 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 \$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 of her social media sites too!

Meditation To Become One

Breathe in and repeat the words, "I Am."
Breathe out and repeat ther words, "We Are."
Continue...either out loud or to yourself.

Channeled Message from Blue Cloud, my protector guide.

"Surrender to the deepest and darkest part of you and there you will find the light of who you *truly* are. In that moment you will have the opportunity to accept. You will have the opportunity to grow beyond your limitations. In that deepest, darkest moment you will surrender."

 [Visit Donna's Website](#)

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 [Send Donna a Message](#)



Ellen Tart-Jensen

Ellen began studying alternative medicine and natural healing after suffering for years with Scoliosis, Fibromyalgia, severe pain, and numerous surgeries. She searched for answers and her studies led her to a natural healing clinic in Switzerland where she learned many invaluable healing methods. She then studied for several years with the legendary natural healer Dr. Bernard Jensen at the Hidden Valley Health Ranch in California. This was the place where he helped over 350,000 patients get on the path to wellness. Ellen became his Protégé learning all that he had to teach in the field of Iridology, nutrition, cleansing, and numerous other healing methods. Over time she became completely healthy, vibrant, and free from pain! All together Ellen has studied and worked in the field of Iridology and natural healing for close to 30 years.

***A Note from Michael:** "To my very dear friend, Ellen Tart-Jensen. She is a blessing to everyone she meets. A true angel. We met back in the late 90's and Ellen and I have worked together several times over the past 18 years. She has taught me so much about supplements, colon cleansing using the colema board, and also iridology. If you get a chance to take her new online course, do it! Her experience and knowledge excels in all of these fields. Thank you for all of your continued support and the work you are doing for so many people in this world. Coming to VHI in 2016! You don't want to miss Ellen!"

To learn more about Ellen and her journey, visit her website at www.bernardjensen.com

Pam's December Health Tip

Don't Act Like The Grinch This Holiday Season by Pam Pinto, AADP

Holiday Stress Disorder, which starts around Thanksgiving and runs right through to the New Year, is probably one of the most stressful times of the year. Holiday Stress Disorder was discovered by that beloved Grinch Who Stole Christmas. The Grinch is angry, irritated, and stressed out. Stress Free Supplements can help you to avoid stress this holiday season and feeling like a Grinch. When the body is stressed several stress hormones are released - epinephrine, norepinephrine, and cortisol. The release of these hormones are great during a fight or flight situation, but when prolonged or poorly managed, these same, life saving hormones can lead to high blood pressure, muscle aches & pains, irritability, digestive problems, fatigue, and weakened immune system. Stress can deplete the body of nutrients and can cause dehydration. The following is a list of supplements to consider for supporting stress:



- **Vitamin B-Complex:** as they work together to support the nervous system. The B Vitamins are water-soluble and are not stored in the body and need to constantly be replenished.
- **Vitamin C:** High levels of Vitamin C help with stressful situations and support the immune system.
- **Magnesium:** Stress can cause Magnesium deficiency which can lead to muscle tension, aches & pains.
- **Zinc:** Zinc helps in the production of the stress hormones.
- **Amino Acids:** Gamma-Aminobutyric acid (GABA is a non-addictive agent that can calm the body. L-theanine has also been used historically as a relaxing agent and for wellness.
- **Adaptogenic Herbs:** Adaptogens are herbs used in Traditional Chinese Medicine and ayurveda to help the body achieve a balanced state. They can increase the body's resistance to anxiety, fatigue and stress. Try eleuthero, ginseng, astragalus or noni.
- **Kava:** A tea made from fresh or dried kava. Kava root has been used for centuries in the Pacific Islands to suppress nervousness and promote relaxation.

A healthy body can withstand the impact of stress. Protect yourself with a healthy diet full of fresh fruits and vegetables, clean protein, and healthy fats. A good night's sleep strengthens your immune system, too. Here are a few foods that fight holiday stress:

Almonds: What can't these little nuts do? Almonds are brimming with vitamin E and B vitamins, which may protect both your immune system and mood. A handful of almonds packs about 20% of your daily-recommended intake of magnesium, which fights free radicals in the body. Not getting enough magnesium can even cause fatigue and trigger migraine headaches, says Gomer. And since, according to the American Journal of Clinical Nutrition, nearly seven out of 10 Americans don't get enough of the nutrient, it's a good bet that low magnesium levels have you on edge.

Sweet Potatoes: Here's a whole new reason to give thanks: With more nutrients than their colorless cousin, sweet potatoes are an excellent source of the antioxidant lycopene, which improves mood by preventing the formation of pro-inflammatory compounds, like interleukin-6, that are linked to depression, says Melinda R. Ring, MD, Medical Director of Integrative Medicine at Northwestern Memorial Hospital. Sweet spuds are also high in other mood enhancers like B6 and magnesium.

Lentils: Lentils are the perfect comfort food—and not just because they're hearty, filling, and perfectly warm on cold winter days. They are also packed with depression-fighting folate, which helps make serotonin and dopamine, possibly explaining why up to half of people who suffer from depression have low folate levels, according to Ring. "Folate's so important to mood that many anti-depressant medications even contain the nutrient." If you find yourself experiencing more high-lows than chronic lows, good news: lentils are also a great source of fiber, which can help stabilize blood sugar levels and keep you from snapping under stress.

Here is a really yummy recipe which use two stress reducing foods - avocado and carob. Bring this duo to your next holiday party!

Carob Hazelnut Spread

This spread is an equally decadent alternative to store-bought chocolate-hazelnut spreads. Carob is a high-fiber bean that tastes uncannily like cacao. However, it contains no caffeine, so it won't exhaust your adrenal glands. This recipe is from nutritionist Daniela Rambaldini.

Ingredients:

- 2 whole ripe avocados
- 4 whole Medjool dates, soaked in 1/2 cup water
- 3 tbsp (45 mL) carob bean powder
- 1 tsp (1 mL) cinnamon powder
- pinch pink rock or grey sea salt
- Recommended flavour variations:
 - 1/4 tsp (1 mL) ginger powder
 - 1/4 tsp (1 mL) clove powder
 - 1/2 tsp (2.5 mL) nutmeg powder
 - 1 tsp (5 mL) vanilla bean powder

Directions:

1. Combine all ingredients in a blender, including the 1/2 cup (125 mL) of water used to soak the dates.
2. Whip until smooth.
3. Serve immediately or store in a sealed glass jar or container for up to three days.
4. Makes 2 cups (500 ml)



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517-278-6260

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