



Vibrant Health Institute

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

www.VibrantHealthInstitute.com • info@vibranthealthinstitute.com

The Vibrant Health Institute website is now on a new server, so please visit us online and / or refresh your browser window for all of our links!

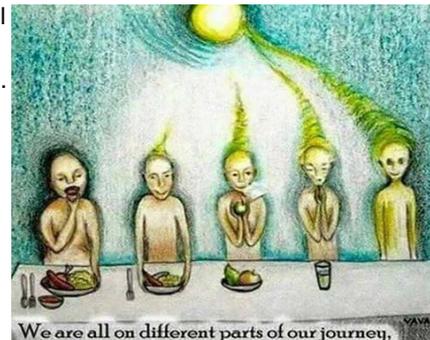
www.VibrantHealthInstitute.com

If you are looking for some healthy products, be sure to visit our online store!

shop.VibrantHealthInstitute.com

Welcome from Michael Bergonzi

Jan. 2016 is in the history books! What a great month for VHI and all of our guests! Thank you to everyone that attended this past month and all the support for the work we are doing here at Vibrant Health. I want to also thank Donna Bergonzi-Boyle for all of her hard work, lectures, and dedication to help our guests 'do the work'. What is 'the work' you ask? It's the daily practice of kindness, honesty, forgiveness, and being true to yourself. It's not giving up the fight to be conscious in the world today. It's the knowing that you are not crazy for all those feelings you are having about yourself, people around you, and the world. Doing 'the work' is difficult, for sure, but it's what we have dedicated our lives to now. Not just the real struggles with our emotions, but the constant battle not to choose food (alcohol, drugs, prescription pills, etc...) to suppress those feelings. It's time to be FREE again and choose life to the best of our ability in this moment. Don't just walk over to the front door. Open it and step outside. No more fear! Allow the 'unknown' to become reality and start making choices based on what's real, rather than what could happen if...



If your 2016 resolution had failed, then please allow us to help you. Asking for help isn't something most of us will ever do, but it's time for that to change. It's time for our egos to take a back seat and let someone help us through these difficult times. I promise, you are not crazy and the way you are thinking is coming from somewhere. Let us help you find out where it's coming from and not give you a food or pill to stuff it back down. Don't give up. There are others out there just like you, looking for help, not wanting to ask for it or accept it when it's offered. The first step is acceptance and knowing that you are not weak for allowing someone else to help you. Personally, I will hold your hand and cry with you. I'm not afraid of emotions. I embrace our connection, our humanity. Be well and see you here soon!

Also, please don't forget these upcoming events and other great information written in this eblast. We do spend a lot of time putting all of this together each month for you, but there are times, things get skimmed

over. Just call us for details and to RSVP for any of these upcoming events!

- » February is 'Buy One Week & Get One Week FREE' - details below.
- » February 6th is our next Raw Food Pot Luck & Drum Circle at VHI from 11:00 am - 2:00 pm with a drum circle to follow at 3pm!
- » February 13th: Sprouting & Wheatgrass Class open to the public
- » February 14th - 20th: Re-connecting With Your Higher Self
- » March 5th: Raw Food Pot Luck / Drum Circle
- » March 6th - 12th: Guest Chef Lynette Astaire, raw food workshop week!

***The solution for IBS, Colitis, Gerd, and Gut Health is here, read Michelle's story below!**

****My most recent lecture in Toronto and more available soon. Details in next month's newsletter!**

Michael Bergonzi

Founder / Director

wheatgrassking@yahoo.com

For Everything Wheatgrass:

www.WheatgrassGreenhouse.com

Come and visit the Vibrant Health Institute and receive our special offer!



Buy One Week, Get One Week FREE!

Are you looking for weight loss? Stress relief? More energy? If you said yes to any or all of these, we have the solution for you! Simple, one week / all inclusive stays are available now at Vibrant Health Institute! The most AFFORDABLE health retreat in the US! Your private room, vibrant meals, wheatgrass and green juices, daily yoga, structured water, assorted therapies, tea, trace minerals and calm powder, and lectures to help you get over the addictive patterns are ALL INCLUDED with your stay here! Massage and colonics available for an additional charge!

Just choose your Sunday arrival date, all year long, and give us a call! Drive to us or fly into Grand Rapids (GRR), Detroit (DTW), or Kalamazoo (AZO). Shuttle services are available!

*Stay with us during the month of February 2016 and receive this special offer - pay for one week at our regular prices and receive your second week FREE! That's right, BUY ONE WEEK and get a second WEEK FREE! Use both weeks at one time by bringing a friend along and you can share the one week rate. Call or email for more details:

📞 517-278-6260 • info@vibranthealthinstitute.com

**Buy one week get second week free, valid only if your reservation begins Sunday, February 7th - Sunday, March 6th, 2016. Regular VHI rates apply and offer not valid with any other special or three week rate

In This Issue:

- Vibrant Health Upcoming Events
- Colitis or IBS? - Michelle's Testimony
- Special Guest Chef
- Special Guest Recognition
- Donna's Corner
- Chef Pat's Recipe of the Month
- Featured Store Products
- Benefits of Almonds
- Did You Know
- Pam's Monthly Health Tip
- From the Editor

'Love' Training Glasses



\$10.00 + S&H

Are you looking to improve your eyesight? Before considering expensive glasses, contact lenses, eye solutions, or even lasik surgery, try these amazing training glasses. Put the glasses on and move your

options. Private room / bath, one week - \$1,489.00 per person. Shared room / bath, one week - \$989.00 per person. Bring a friend and split the one week cost or receive a voucher for the second week. You will have one year to use the voucher and it is transferable! Or just stay two weeks in a row!

VHI News

♥ Raw Food Potluck & Drum Circle: February 6, 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 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 March 5, 2016. The only requirements are that you bring your favorite raw food dish and RSVP. Call us today at 517-278-6260

Right after the potluck, be sure to stay for our DRUM CIRCLE! Bring your own drum, shaky thing, even your dancing shoes. No experience necessary. Donna will lead this group, so let's raise the vibration with our voice and our hearts!

♥ Wheatgrass & Sprouting Lecture with Michael Bergonzi: February 13, 2016

On Saturday, **February 13th**, Michael will be offering his wheatgrass and sprouting lecture - open to the public with advance reservation. The event starts at 10:00 AM and ends at 3:00 PM and takes place at the Vibrant Health Institute.



10:00 AM: Sprouting: "The Easy Way"
12:00 PM: VHI lunch is served.
1:00 PM: Wheatgrass Growing!

***Admission is \$49.00 with advance reservations or \$75.00 at the door. VHI Lunch is included with admission!**

Be sure to RSVP to VHI via phone or email.

☎ 517-278-6260 • info@vibranthealthinstitute.com

♥ Re-Connecting With Your Higher Self with Donna Bergonzi-Boyle, Medium and Channel: February 14 - February 20, 2016

February 14 – February 20, 2016, Donna will be offering a whole week of learning to get in touch with your Higher Self.

eyes for just 3 minutes every day. Using this small hole technology, the training glasses help to use muscles in the eye that may have become lazy from lack of use. If you are diligent with the use of these glasses and the recommended amount of time spent with them on every day, you will be able to start seeing results and will save yourself a great deal of money! Fashioned with a plastic frame and 'LOVE' lenses, these glasses are practical anywhere and everywhere!

Chef Pat's Cooking Corner



Love Bites

Ingredients:

- » ½ cup flax meal
- » ½ cup rolled oats
- » ¼ cup walnut pieces
- » ¼ cup pecan pieces
- » ½ cup sprouted & dried pumpkin / sunflower seeds
- » ¼ cup hulled hemp seed
- » ½ cup dried cranberries
- » 1 tsp. Cinnamon
- » 1 tsp. vanilla stevia, non-alcohol
- » 1/3 cup raw, organic agave nectar
- » 1 tbsp. coconut oil.

Directions:

Combine all ingredients in the food processor, until a sticky mixture is formed. Moisten your hands with just a bit of water & roll to a bite-size your prefer! Refrigerate ASAP to set firm - do not

During this week, you will be guided on an experiential journey. Donna will be your guide as you intuitively connect with your true Self through meditation, journaling, automatic writing, partner work, and soul exploration to help you raise your vibration. She will discuss spirit signs and teach you how to ask your own spirit guides for help. You will take a journey into your past lives, speak to your future self, and connect with spirit guides and loved ones (even your pets) who have crossed into non-physical. No prior experience needed!

Each morning will include yoga with Donna. Wheatgrass, green juice, structured water, meals, and all VHI classes are also a part of your week with us.



The cost for this weeklong experience is our regular tuition rate (\$989.00 / shared room & bath or \$1,489.00 / private room & bath) plus \$249.00 per person. Private one-hour readings are available with Donna for an additional \$40 per person.

The week will conclude with a night of 'The Magic Dictionary' that will include all guests of VHI as well as local guests on Friday, February 19th, from 5:00pm - 8:30pm. \$25 per person for walk-in guest, which includes a VHI dinner served at 5:30pm. RSVP is required. Please call the office or email.

***Note: Donna's classes will not interfere with the regular VHI program. You will be able to attend all classes and lectures.**

Please email Donna or call us for more information.

☎ 517-278-6260 • DBoyleMedium@gmail.com

Not able to attend this week? No worries. Donna will be offering this week again April 10, through April 16, 2016.

♥ Special Guest Chef - Lynette Astaire: March 6 - March 12, 2016

On the week of **March 6th**, VHI will be welcoming our very first special guest chef - Lynette Astaire, owner and founder of **Live Lynette**.



Lynette is a lifestyle expert and raw food chef with 15 years of plant based cooking experience and 10 years of juice detox fasting experience. She spends much of her time off the Pacific Coast of Mexico at LiveLoft, her juice and raw food detox retreat as well as traveling worldwide for workshops, lectures and lifestyle events.

If you are interested in raw food prep classes, this will be the week for you. It's a week dedicated to creating delicious, gourmet raw food with an amazing chef!

Please email or call us for more information or to make your reservation!

☎ 517-278-6260 • info@vibranthealthinstitute.com

dehydrate. Enjoy!

Shinno Teapot & Teacups



Structure your water in this stylish porcelain teapot and proceed to keep the structure in your tea with the matching porcelain teacup set! Ideal for small tea parties and life discussions, this set looks amazing in any home, on any shelf, or in any hand.

The Shinno Teapot, with a one-liter capacity, and the Shinno Teacup, set of 2, are made from the finest porcelain in a delicate ivory color. The design of the subtly and elegantly curved shapes is based on the golden ratio. The Flower of Life is burned inside the teapot and on the bottom of the cups, which together with their exterior designs, enhances the biological value and good flavor of liquids within.

Teapot: \$99.00 + S&H
Teacups: \$49.00 + S&H

Order yours today,
[click here!](#)

**Special Guest
Recognition**

Daniel Kish

To learn more about Lynnette and her journey, [click here](#).



Michelle's Testimony

"Hello! I'm Michelle & I've been living a completely raw vegan lifestyle for 2 1/2 years now. I was inspired & chose this path to try & heal from symptoms that were starting to affect my life. This is a lifestyle for health & healing, not a diet. Although I'm still healing, it has helped me feel so much better! I want to educate & inspire others to eat more raw living food so they can be healthy both physically & spiritually!



I've suffered from what Allopathic medicine calls colitis, gerd, IBS & stomach pain since Jr. High. and by college it only got worse. I tried every diet out there & none of them worked. Eventually I started having swollen lymph nodes & bad joint pain in my knee & hip 5 years ago. I thought it was overuse from running, but I gave up running & the pain spread to other joints & tendons over time. I couldn't work, couldn't be on my feet or do a lot of the things I used to do. My life was flipped upside down. My plans to run the Boston Marathon came to a halt. Pain was all I thought about and it took a toll mentally and emotionally as well. I can remember trying to get from my car, to my class at the local community college. I parked pretty much by the door and barely made it through the doors to the bench in the hallway. Piercing and burning pain through all my joints and tendons, I rested and mentally prepared to hop on the elevator to get to the top floor to my class. This is just one example of what my life was like at the time.

Every doctor I went to said something different. I had symptoms of fibromyalgia, adrenal fatigue, menopause, arthritis and more. I went to a rheumatologist & they suspected a type of RA and I was put on a steroid & a sulfa drug that was supposed to help the inflammation. After a month the pain got worse, I lost my appetite, lost a ton of weight, ended up with a high fever, toxic liver, extreme rash and swelling, bone edema & low kidney function. For a short moment, I wondered if I was going to make it through all this. I spent 5 days in the hospital & they decided it was a reaction to the drugs, but nobody really knew what was wrong with me."

To continue reading Michelle's story, [click here](#).

Channeled Messages From Spirit Through Donna Bergonzi-Boyle



If you haven't heard of Daniel, we can only say that nothing will slow this man down. His TED talk will amaze you, but spending three weeks with him was a true gift for us at VHI. He would walk out the front door of our building, (we are on 6 acres, in the middle of nowhere, on a road where cars drive 50 MPH), in the snow without an escort, put his hat on, and off he went - crossing the road, walking with purpose and no fear. He would be gone for up to two hours, then come back into the building, make some tea, have some green juice and structured water, and join us for the afternoon lecture. Oh, did we mention that Daniel is blind? Thank you Daniel for gracing us with your presence.

To learn more about Daniel, [click here](#).

To watch Daniel's TED Talk, [click here](#).

Eddie Brill



It was such a delight to have Eddie here for two weeks. He is quite the crowd



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 her beautiful soul!

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!

Donna's Article just released on PlanetWaves.net

Check it out by clicking [HERE!](#)

A channeled message from Rabbi Isaac Luria about Love:

"You will go within and find true love—a love that has always been here for you; a love that is within you. It is not outside of you. The only love you seek is the love of [and from] self. The quiet time you spend in meditation is to locate your divine self. This self is a part of you where love resides. It waits for your return. It loves you as you are. Now you must love you as you are."

 [Visit Donna's Website](#)

 [Send Donna a Message](#)

 [Like Donna on Facebook](#)

 [Follow Donna on Twitter](#)

Did You Know?



"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres."

The Beatles once told us that all you need is love and love is all you need. The Beatles may have been right! A marvelous 75-year long study, which was conducted by a group of Harvard researchers, has shown that love is really all that matters. The

Cuddling someone releases a natural pain killer.

Research has found that a dose of oxytocin, the so-called love or cuddle hormone, decreases headaches significantly.

Oxytocin is produced during an embrace or cuddle, so try hugging somebody when you feel that pesky headache coming on.

Thinking of love influences creativity and concrete thinking.

Reminders of love influence more abstract and creative thinking because they are associated with more distant and abstract considerations – long-term relationships, devotion, commitment, and intimacy.

pleaser and all of our guests just loved having his personality around. He told us as he was leaving that he was heading off to Hippocrates in West Palm Beach and that he lost over 20 lbs. during his stay! We always thought he was full of sh*t!

To learn more about Eddie, [click here.](#)

To watch Eddie's stand-up, [click here.](#)

Benefits of Almonds: The 'Guilt-Free' Snack



Everyone finds themselves craving snacks from time to time, so here's the perfect solution! Almonds have been proven to have some interesting health benefits and make for a perfect on the go snack.

» Boost heart health -

Almonds contain mono-unsaturated fats, protein, and potassium which are all important components in heart health.

» Promote immune system strength -

Almonds are great sources for alkali materials, which are also known to benefit the strength of the immune system, as well as increase the ability to stave off diseases and various health conditions.

» Boost energy -

The presence of manganese, copper, and riboflavin in almonds helps in energy production and metabolic rate. A handful of almonds can get you through the day

participants' lifelong experiences revealed that happiness and life fulfillment revolved around love or simply searching for love.

Once love has entered your life, though, there are some benefits that go along with it, as well!

Holding a loved one's hand relieves pain and stress.

Research has shown that long-term couples with deep, strong connections can successfully soothe each other in stressful situations or when one of them experiences pain simply by holding hands.

without filling you up with calories or fat.

Almonds are also beneficial to skin care and weight loss, so the next time you feel like snacking, don't feel guilty reaching for those almonds!

Pam's February Health Tip

Fiber & Fat Are Good For You by Pam Pinto, AADP

Still coming down off the holidays? Thinking about cleaning out the colon? Adding good fiber can help with that. Eating a handful of nuts & seeds every day is a great way to add not only fiber but good fat into your diet, too. Nuts and seeds can help you lose or maintain weight by satisfying your appetite. They can also stabilize your blood-sugar levels and improve your cholesterol and triglycerides, which may reduce your risk of type 2 diabetes and heart disease. Additional nutrients in nuts and seeds, such as fiber, magnesium, potassium, and vitamin B6, provide added protection against cardiovascular disease.



Walnuts and pumpkin seeds are especially rich in omega-3 fats, which lower inflammation throughout your body. Walnuts and Pumpkin Seeds are a couple of good options for those suffering with arthritis and other inflammatory diseases. Many nuts and seeds contain magnesium and potassium, which work together to prevent osteoporosis. Magnesium also helps protect against type 2 diabetes, and along with manganese and vitamin B6, may improve PMS symptoms.

Become a "Health Nut" and have a handful today!

Try making Almond Milk and then use the leftover pulp to make Almond Parmesan Crackers. These delicious crackers can be used to dip in hummus or added to salads for a healthy crunch!

Ingredients:

- » 1 ½ cups of almond flour
- » 1 ½ cups of Parmesan cheese (grated is best)
- » ¼ teaspoon of sea salt
- » ½ teaspoon of dried herbs - Oregano - Rosemary or Thyme (or more)
- » 3 tablespoons of water (or as needed to hold the dough together)

Directions:

1. Preheat oven to 350° F.
2. Combine all the ingredients, except for the water, in a bowl and blend well, or place all the ingredients in a food processor and process until well blended.
3. Add the water to the mixture and blend until the mixture forms a ball of dough. Only add enough water to hold it together - avoid making it too moist.
4. Place the dough on a Silpat baking mat or other non-stick baking surface (such as parchment paper) and top it with a piece of parchment paper. Roll the dough out until it is thin enough to be a cracker (about 1/8 to 1/4 of an inch in thickness).
5. Score the flattened dough with pizza cutter or knife to make square crackers and place them on a cookie sheet. Bake for 25 minutes, or until the crackers are browned on the top. They are crunchy when they are browned on top. They also brown on the bottom. Don't be afraid to brown these, they don't burn that easily.



[Visit Pam's Website](#)



[Like Pam on Facebook](#)



[Ask Pam a Question](#)

From the Editor



This month I decided love would be an appropriate theme, being that February hosts one of the highest grossing holiday's of the year - good old Valentine's Day! Personally, I've never been a fan of this day and have chosen not to celebrate over the last few years, because love is not defined by one day of the year, is it? Love is something special and honest. It is the greatest thing that can ever be found in the world and it is everlasting, that's the beauty of love. I find love in my life every single day. Whenever my cat curls himself around my legs, whenever I see my niece and nephew's smiling faces, and whenever I look in the mirror. We are all a reflection of love itself and it's something special that a lot of people take for granted. Everyone

searches for love, they want to find the perfect person to love, but the truth of the matter is that love is always all around us and in everything we do, but most importantly, it is inside of ourselves. Being at VHI and meeting new people every week has taught me that families aren't just the people you grew up with. Family consists of all of the people who care and are there for you. Thank you VHI for teaching me a different kind of love and thank you to everyone who continues to support us. Your love is always appreciated.

Kristen Ulyas

Editor

Vibrant Health Institute
112 W. Union City Rd.
Union City, MI 49094
517-278-6260



Published by www.VibrantHealthInstitute.com

Copyright © 2016 Vibrant Health Institute.

All rights reserved

