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## Welcome From Michael



Happy 2016 & Happy 1 YEAR anniversary to VHI! We opened our doors on Jan. 18th, 2015 and never looked back. Everyone here is looking forward to a transformational new year! Please read through this entire email. There is a LOT happening as well as some special events!

This is a year of clarity and moving forward for all of us, together. We will help and support your journey. When asked what we do here at Vibrant Health Institute, my answer is clear now. We are not a 'raw food chef school' nor are we a place to go for vacation. We are a location to break the addictive habits of eating large amounts (be it raw, vegan or the S.A.D.). We are a place to come and raise your vibration, to change your life, to say good-bye to those people that have been keeping you down

or holding you back from your life's purpose. We are a place to come and think for yourself, take responsibility for your own life, and choose to create each day the way you want it to unfold. You have all of the answers inside. Listen to your heart, your soul, your gut, and know that every thought you have is meaningful and should be heard. Allow the answers to be heard again. They are all right in front of you. Every moment.

We are also a place for your physical body to come and get it's bi-yearly tune-up. Maybe shed those few pounds that you have noticed for the past year, be able to touch your toes again, clear up those migraines and weekly headaches, get the blood flowing again, and allow your body to do what it's meant to do and take care of you. It's time to be your own doctor. Most doctor visits will not ask about your diet first. Do you know why? Because they know you have no intention of making any changes (or don't know how) and they would be wasting their time and yours, therefore it's easier to get you to take a pill and try to fix the symptoms, but not what's causing them. Truth be told, you should always look at your diet first if you are wanting to avoid that doctor's visit. That's why VHI is here! With our one - three week programs, you will make those needed changes in your life and help to keep you on the right path. Our program is a challenge, for sure. One week is physically the hardest, but three weeks is a LIFE CHANGE... physically, mentally, and spiritually. It's a NEW YEAR and the time for change has arrived. No more waiting for the right time or saying you'll do it next year. THIS IS THE NEXT YEAR! Gotcha!

**Here is what's happening NOW at VHI:** Hurry in for our January 2nd Open House & Raw Pot Luck from 11am-2pm (first Saturday of every month) and then stick around for a drumming circle and stand-up comedy with my good friend, Eddie Brill, at 6pm! \$25.00 advance reservations. This is a show worth seeing! RSVP a MUST for this event! CALL NOW! \*More details and info below\* Second show just added for the public as well, Friday night, 6pm, Jan. 8th. Then come and join me in Simsbury, CT at The Raw Food Institute with Lisa Wilson, first week in Jan.! Please visit [www.TheRawFoodInstitute.com](http://www.TheRawFoodInstitute.com) for more details.

But wait, there are a few more things happening soon. During the week of January 17th, it's not only our one year anniversary, but also, I will offer a Wheatgrass, Micro-green, & Sprouting Business seminar for anyone that ever wanted to start up your own venture. Other events include: Yoga with Donna January 24-30th and Re-Connecting with your Higher Self with Donna February 14th-20th. Limited space is available for these special weeks so please RSVP a few weeks in advance. Lastly, if you live near Sandbridge, VA, look up my friend Natasha Clarke! She is having a one week long, Raw / Wellness Retreat, February 7th-13th, 2016. For more details, contact Natasha at [thejuiceboxcamper@gmail.com](mailto:thejuiceboxcamper@gmail.com)

Thanks for all of your continued support of VHI and reading these eblast messages! (Special thanks to Kristen for creating them, too!) See you next month, if not sooner!

**Michael Bergonzi**

**Director / CEO**

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

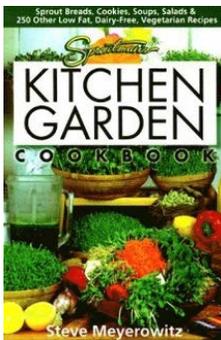
**For Everything Wheatgrass:**

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



**Happy New Year from  
the VHI Family!**

### **Kitchen Garden Cookbook**



'Kitchen Garden Cookbook' is written by the late Steve Meyerowitz and is a great addition to your kitchen this new year! This book will give you information on sprouting bread, dehydrating food, juicing, and more as well as recipes for sprouted bread, cookies, cracker, living soups, dressings, dips, spreads, sautés, alternative non-dairy milk, ice cream, even sprouted pizza and bagels. Eating healthy is a great way to begin the new year and this is the perfect book



Are you local to the Union City area? Would you like to be on our 'Local VHI Friends' email list? We will send an email when there are day events going on here at VHI; our pot lucks, drum circles, guest lecture nights, etc. There are many events to look forward to in 2016.

Send an email to Mikaela and she will add you to our list!

[mikaela\\_vibranthealth@hotmail.com](mailto:mikaela_vibranthealth@hotmail.com)

\*If you are in an area where you can post a flyer for us, we'd appreciate it very much! Ask Mikaela to send you one when you put your name on the list!

Thank you!  
The VHI Family

### **VHI News**

#### **★ Wheatgrass / Sprouts & Micro-Greens: Business Program, Jan. 17th, 2016**

**January 17 – January 23, 2016** (which is also our one year anniversary), 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.**

Michael will not only help you compete with other growers, but will teach you the techniques needed to win your customers and health food stores over. It is his 25 years of growing / sprouting / selling concepts that include what works and how to promote your new 'growing' business of sprouts, wheatgrass, micro-greens, juicers, trays, seeds, etc.



to get you started!

## Did You Know?



In the Buddhist religion, the lotus flower is associated with spiritual awakening or enlightenment.

A person's path in life is said to be similar to that of the Lotus. Starting at the seed stage, early in the karmic cycle, through to the bud emerging from the dirty water, representing a person following the path of spirituality and leaving attachment behind, and finally blossoming, this is when a person has become fully awakened and has achieved nirvana.

## Nut Milk Bag



Made of sturdy nylon, this high quality, oval-shaped bag is designed specifically for making nut milk or sprouts. Equipped with a convenient draw-string, it can be used multiple times and just requires a quick wash! You can use your nut milk bag to collect the pulp from your juicer and squeeze out the remaining juice. It's a nice addition to any raw food kitchen. Provided by Samson Brands, it's affordable and convenient!

## Wheatgrass and

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!

[info@vibranthealthinstitute.com](mailto:info@vibranthealthinstitute.com)

**\*Includes a workbook and two DVD's on growing wheatgrass & sprouts. Each DVD includes over 2 hours of information on growing with a power point presentation via PDF.**

## ★ Wheatgrass & Sprouting Lecture with Michael Bergonzi, Feb. 13th, 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.

10am: Sprouting, "The Easy Way"

12pm: VHI lunch is served

1pm: 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](mailto:info@vibranthealthinstitute.com)

## ★ Raw Food Potluck / OPEN HOUSE Jan. 2nd, 2016 & Name Change Contest! \*Drumming / Comedy Night



A new year means new beginnings! The Vibrant Health Institute is no exception for starting new, so we are looking to rename our 'Raw Food Potluck.' Although it will continue to be a potluck, we would like the name to be less centered on food and more focused on the social aspect of it – meeting like minded people! Currently we are holding a contest to change the name. If you have any good ideas, email Michael – [wheatgrassking@yahoo.com](mailto:wheatgrassking@yahoo.com) – The winner of the contest will receive a \$25 gift

certificate to use in our Vibrant Store.

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 into our home 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 January 2nd. The only requirements are that you bring your favorite raw food dish and RSVP. Call us today at 517-278-6260 or email us at [info@vibranthealthinstitute.com](mailto:info@vibranthealthinstitute.com)**

## Bentonite Clay



Looking for a quick fix to smoother, cleaner skin? Look no further! A wheatgrass and bentonite clay mask is the solution for you. With only two ingredients, you can mix up this mask at any time and the clean up is just as simple.

### Ingredients:

- 1-2 ounces wheatgrass
- 2-3 tablespoons clay

### Directions:

- Mix well

Makes 10-15 facials (Depending on amount needed). This is what we typically use at VHI because of our guest size. (1-2 ratio wheatgrass to clay).

Individual mask is approximately ½ ounce wheatgrass to 1 tbsp of clay. Use directions on the clay label and you can substitute the water for wheatgrass.

Some benefits of this mask include:

- Removing toxins / detoxifying the skin
- Softening the skin
- Clearing pores

Your body is absorbing the wheatgrass, also, helping with detoxification. After you rinse off your mask, use coconut oil for moisturizing. Start your new year off with new, refreshingly rejuvenated skin!

**Right after the potluck, be sure to stay for our FIRST 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!**

\*\*The night doesn't end there. At 6:00pm, Eddie Brill, well-known comic and opening act for David Letterman, will present his stand up comedy act for us! **This is a reservation only event and the cost is a \$25.00 suggested donation! Pre-reservations are required!** Call us ASAP or email us with your reservation and, of course, TELL YOUR FRIENDS!!!! Vegan SNACKS provided by FOODS ALIVE, included with paid admission to comedy night at VHI! RSVP A MUST! HURRY!! **Just added: SECOND SHOW: January 8th at 6pm!**

[info@vibranthealthinstitute.com](mailto:info@vibranthealthinstitute.com)

## ★ Yoga With Donna Bergonzi-Boyle, Jan. 24th

January 24 - January 30, 2016  
Donna will be offering a weeklong yoga retreat.

Donna has over 15 years of experience practicing and teaching yoga. During the week she will guide you through many different styles of yoga: Wall yoga,

Restorative yoga, and Yin yoga. She will also deconstruct downward dog pose, using the wall, straps, and partner work. This week will take your yoga practice to a new level. All levels of yogis welcome! Mats and props provided.

The cost for this weeklong experience is our regular tuition rate (\$989.00/shared room & bath or \$1,489.00/private room & bath) plus \$150.00 per person. **Register and pay in full by January 15, 2016 and save \$50.**

\*Note: Donna's classes will interfere with the regular VHI program. You will be able to attend all classes and lectures. Please email Donna for more information or call us at 517-278-6260

[DBoyleMedium@gmail.com](mailto:DBoyleMedium@gmail.com)

Can't make this week? Gather a group of friends (5 person minimum) and Donna will create a week just for you!

## ★ Re-Connecting With Your Higher Self with Donna Bergonzi-Boyle, Medium and Channel, Feb. 14th

February 14 – February 20, 2016

Donna will be offering a whole week of learning to get in touch with your Higher Self. 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,



## VHI Trace Mineral Drops



VHI Trace Mineral Drops capture the perfect balance of trace minerals your body needs. Using the minerals every day may help maintain healthy energy levels in your body by providing your body's entire electrical system the minerals it needs to function properly. Taking VHI Trace Mineral Drops every day ensures you're getting a full spectrum of ionic trace minerals, which are the same kind of minerals that are found in foods! Add just three drops to any beverage and start reaping the rewards of this amazing product.



Our family at VHI values all of your continued support each and every day. We are thankful for all of you gracious souls who continue to believe in us. We appreciate every



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. Register and pay in full by January 31, 2016 and save \$50 (Not valid after January 31, 2016). 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. Are you ready to take the next step?

\*Note: Donna's classes will interfere with the regular VHI program. You will be able to attend all classes and lectures. Please email Donna for more information or call us at 517-278-6260

[DBoyleMedium@gmail.com](mailto:DBoyleMedium@gmail.com)

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

## Channeled Messages From Spirit Through 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

single one of you. We value your feedback, as well. If there is ever anything you would like to see in our newsletter or if you have a question, comment, or concern, feel free to contact us:

[info@vibranthealthinstitute.com](mailto:info@vibranthealthinstitute.com)

We are always looking forward to hearing from you!

Michael sent you! Check out her website and all of her social media sites too!

### Visualization from Spirit

2016--a time of breaking out of old patterns and letting go of what no longer serves us as a soul.

Many of you have a difficult time letting go of people, places, and things. Instead of viewing it as a wall you are putting up or a bridge you are burning, visualize it as a bridge you are building. A bridge to your higher self. As the bridge expands away from the piece you are letting go, see yourself becoming who you truly are.



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## Eddie Brill - Comedian

Eddie Brill is an American comedian, writer, and actor who started his career in Boston, Massachusetts. He attended Emerson College, where he founded the Emerson Comedy Workshop along with Denis Leary, Chris Phillips, and Adam Roth. He helped to create the first comedy writing department in a college, along with fellow alumni Norman Lear in 1978. He also began performing stand-up while in college. He stopped after college in 1980 and then picked it back up in July 1984 when he started a comedy club in NYC named The Paper Moon. Brill has been working internationally as a comedian since 1989 and has appeared on over 100 TV shows in six different countries. He also worked for the Late Show with David Letterman from February 1997 through February of 2014 as the audience warm-up and in March 2001 also became the talent coordinator for the stand-up comedians. He is also the creative director of The Great American Comedy Festival in Norfolk, Nebraska which honors Johnny Carson. Brill tours frequently, performing in the US as well as England, Ireland, France, Australia, Amsterdam, and Hong Kong. At one time, he was a humor consultant for Reader's Digest.



**\*A Note from Michael:** "Eddie and I met at Hippocrates a few different times over the past 5 years. He actually had me on stage at a comedy club in Brooklyn a few years ago. I was not as funny as he was! His playful comedy about raw foods, enema's, and many other topics were always a joy to hear, especially when you are going through a detox. Laughter is good for the SOUL, and Eddie is a laugh riot! He will be bringing his show on the road to VHI January 2nd-16th, 2016! We are all excited to have him as our special guest and weekly shows! If you live in the area, be sure to contact us for details on when he'll be 'on stage' here at VHI. You don't want to miss it! Call us or email [info@vibranthealthinstitute.com](mailto:info@vibranthealthinstitute.com)

**FIRST SHOW: Saturday, January 2nd at 6pm, \$25 advance reservations required, includes vegan snacks provided by Foods Alive! RSVP is a MUST for all of Eddie's shows! Limited seating.**

**SECOND SHOW: Friday, January 8th at 6pm, \$25 advance reservations required, includes vegan snacks provided by Foods Alive! RSVP is a MUST for all of Eddie's shows! Limited seating.**

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## Chef Pat's Cooking Corner

### Raw / Vegan Chili

### Ingredients:

- |   |                         |
|---|-------------------------|
| → 1 Portobello Mushroom, finely chopped | → 2 cups Filtered Water |
| → ½ cup minced Celery                   | → 1 tbsp Olive Oil      |
| → ½ cup Red Onion, finely               | → ¼ cup Nama Shoyu      |
|   | → 1 clove Garlic        |



- chopped
- 2 cup Red Pepper, finely chopped
- 1 cup Almonds, soaked 4-6 hours
- 1 cup chopped Carrots
- 1 ½ cup Sun Dried Tomatoes, soaked
- 2 tbsp Fresh Oregano
- 1 tbsp Dried Oregano
- 1 tbsp Cumin
- 1 tbsp Apple Cider Vinegar
- 1 tbsp Agave
- 2 tsp Chili Powder (or flakes)
- ¼ tsp Cayenne Pepper

**Directions:** Place mushrooms, celery, onion, and red pepper in a large bowl. Pulse almonds and carrots in a food processor until you get a chunky consistency. Add to bowl. Blend the remaining ingredients in a blender until smooth - add the chili and cayenne gradually to get the right amount of heat. (This recipe is quite spicy!) Add sauce to the bowl and mix well. Store in refrigerator.

\* We suggest warming it in your dehydrator prior to serving, about 30 minutes at 105°

## Pam's Monthly Health Tip

### Kick In The New Year With A Little Bit of Ginger by Pam Pinto, AADP

Ginger is a spice perfect for any time of the year. Its fragrance can perk up everything from chai tea to apple pie. This humble root can also add a gentle kick of heat to stir fries or soups. The natural yeasts in the root can also be used to kick start a bubbly ginger beer. Give it a try!

The following recipe is from *Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods*, by Sandor Katz.

This Caribbean-style soft drink uses a "ginger bug" to start the fermentation. This idea came from Sally Fallon's *Nourishing Traditions*. The ginger bug is simply water, sugar, and grated ginger, which starts actively fermenting within a couple of days. This easy starter can be used as yeast in any alcohol ferment, or to start a sourdough. This ginger beer is a soft drink, fermented just enough to create carbonation but not enough to contribute any appreciable level of alcohol. If this ginger is milk, kids love it.

Time frame: 2 to 3 weeks

#### **Ingredients** (for 1 gallon/4 liters):

- 3 inches / 8 centimeters or more fresh ginger root
- 2 cups / 500 milliliters sugar
- 2 lemons (or limes)
- Water

#### **Process:**

1. Start the "ginger bug"; Add 2 teaspoons grated ginger (skin and all) and 2 teaspoons sugar to 1 cup of water. Stir well and leave in a warm spot, covered with cheesecloth to allow free circulation of air while keeping flies out. Add this amount of ginger and sugar every day or two and stir, until the bug starts bubbling, in 2 days to about a week.
2. Make the ginger beer any time after the bug becomes active. (If you wait more than a couple of days, keep feeding the bug fresh ginger and sugar every 2 days.) Boil 2 quarts of water. Add about 2 inches of gingerroot, grated, for a mild ginger flavor (up to 6 inches for an intense ginger flavor) and 1 ½ cups sugar. Boil this mixture for about 15 minutes. Cool.
3. Once the ginger-sugar-water mixture has cooled, strain the ginger out and add the juice of the lemons



(or limes) and the strained ginger bug. (f you intend to make this process an ongoing rhythm, reserve a few tablespoons of the active bug as a starter and replenish it with additional water, grated ginger, and sugar.) Add enough water to make 1 gallon.

4. Bottle in sealable bottles: Rubber gasket "bail-top" bottles, sealable or capped bottles, canning jars. Leave bottles to ferment in a warm spot for about 2 weeks.

5. Cool before opening. When you open the ginger beer, be prepared with a glass, since carbonation can be strong and force liquid rushing out of the bottle.



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