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Michael's Welcome Letter

Hello again, everyone! I would like to start off with a THANK YOU to all of the people who participated in making our festival so great! A special shout out to Hiawatha Cromer, Joyce Oliveta, and my #1 GM (and best friend in the world), Reenie Brewer! We (or I) couldn't have done it without you! And also another special thank you to all of the vendors who came out and set up their tables. Lastly, thanks to everyone for coming together and making it such a special experience!

I will be offering a class to the public on Saturday, August 1st, for anyone who is interested in growing greens or sprouting at home, the easy way!

Everything here in Michigan is going well. So well, actually, that I wasn't able to make it over to CT this week to lecture with Lisa Wilson at the Raw Food Institute. Running an institute is a challenge. Next time, for sure!

It's definitely Summer here now, but we are loving the sunshine and warmth! If you haven't already booked your stay, you should! July and August are the last few months of Summer, so now is a great time for a good detox before Fall and Winter and holidays come around again. Our website has been updated and includes more details on what's included in your stay here at VHI. Stay with us to unplug, unwind, and rebuild your immune system. I look forward to meeting you soon! For extra details on our program or to make a reservation, [click here!](#)

Myself and the Vibrant Health Institute would like to wish you all a safe and happy holiday weekend as well as a thank you for your continued support. You are all appreciated.



Michael Bergonzi
Director / CEO

Questions or comments, please contact:
wheatgrassking@yahoo.com
For everything wheatgrass:
www.WheatgrassGreenhouse.com

And The Prize Goes To...



The Vibrant Health Institute would like to recognize our prize winner, Mr. **Jeff Imber**! Congratulations on winning a free week with us here at VHI!

Did you know?

Eating bananas is a natural cure to reduce the effects of stress and anxiety. Treat yourself and enjoy some frozen banana ice cream this summer!



The Vibrant Health Institute would like to say a special **THANK YOU** to all of the wonderful people who participated in our festival and were able to make the whole thing possible. We love and appreciate every single one of you!

VHI News

On Saturday, August 1, 2015, Michael will be having his 'Growing Wheatgrass' and 'Sprouting The Easy Way' classes open to the public! The event starts at 10:00 AM and ends at 3:00 PM. Admission is \$49.00 with a 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, and then a Q&A! **RSVP is a must!**
Bring a friend and your friend gets 1/2 off admission if you mention this ad!
Use code - VHI007
RSVP to: 517-278-6260 or email: info@vibranthealthinstitute.com

Starting September 5, 2015, the Vibrant Health Institute will be hosting a Raw Food Meetup Group every Saturday from 11:00 AM-2:00 PM with Foods Alive and the owners of the company, Ellen and



Clean Sip Straw



The **Clean Sip Straw** is a great new product and a brilliant idea! Everyone has found themselves in a situation where they are second guessing the source of their water, but fear no more!

This little straw filters the water for you by helping to reduce heavy metals such as lead, mercury, hydrogen sulphide, aluminum, arsenic, cadmium, chromium, and barium, in addition to chlorine, fluoride, E. Coli, giardia, algae, fungus, scale, and sediment! You can slip it into your purse, briefcase, or car and always be confident that you have filtered drinking water right at the tip of your fingers.

Healthy Joke

We can all use a good laugh every now and then.

Never lose your sense of humor!

Q: Why did the man pour veggies all over the world?

A: He wanted peas on Earth

Michael Moor. So 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 who are just like you! **RSVP is a must!** You can make your reservation just by calling us at the Vibrant Health Institute! No admission required. To learn more about Ellen and Michael and their journey, scroll down!
RSVP to: 517-278-6260 or email: info@vibranthealthinstitute.com

For directions to either event:

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

*[Click Here](#) to find us on Google Maps!

Michael's very own sister, Donna Bergonzi-Boyle, will be our guest 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. Donna will also be offering private readings for an additional fee. Maybe we can convince her to do a group reading one night! Come and learn what Donna has to offer and enjoy a great detox, since you came all this way! To learn more about Donna, scroll down or [click here!](#)

Foods Alive

In 2002, Ellen and Michael Moor founded their company, Foods Alive, in Waterloo, Indiana. It is a family owned and operated business that came to fruition when the couple visited the Creative Health Institute (now known as the Vibrant Health Institute) where they tried their first dehydrated flax crackers. Now they produce a million crackers a day among many other great products and this summer the company will be moving to a larger location in Angola, Indiana! This is their story:



"Hi, this is Michael and Ellen Moor, health educators; expert dehydrators of the world-famous raw flax crackers and skilled Artisans of ultra-cold pressed raw organic oils. It is an honor for us to be able to share our background

with you concerning our family and our amazing health venture starting the Foods Alive Health Research and Education Center.

- Michael journeyed 20 years in the plastics industry making color concentrates with dyes and pigments, just like paint except these concentrates are made out of plastic.
- In 1993, I joined with some investors, pledged our house, and started a color concentrate company, called Color Master, Inc.
- After 10 years of growing Color Master, I was led by the creator of the universe to leave my high paying job and to sell my portion of the color business to come home and start gardening, home schooling and most of all to spend quality time with our family. We also learned how to work with draft horses and purchased a few that were used in our farming and gardening experience.
- Ellen worked in the medical profession as an RN for 14 years in various capacities until we began home schooling our

Samson Dehydrator



\$129.95 + S&H

The most affordable, efficient, and quiet dehydrator on the market today, the **Samson "Silent" Dehydrator** is compact in size and allows you to dehydrate up to 6.5 square feet of items at one time. Enjoy fresh, delicious, homemade dried fruit and vegetables, fruit leather, trail mix nuts and berries, dried herbs and spices, potpourri, pet foods, yogurt, and much more. To learn more about this great product, click [here](#) or click on the picture above!

5 Reasons You Should Eat More Turmeric



Turmeric is a great spice with a lot of really great health benefits, so why aren't people eating more of it? You can add it to any meal for that extra flavor and also for those extra healthy benefits. Here are 5 benefits of eating turmeric:

1. Helps to ward off Alzheimer's Disease
2. Helps to prevent cancer
3. Reduces the risk of heart attack and stroke
4. Helps indigestion and weight loss
5. Fights colds and flus

There are also many other

- younger children and learning how to live off of the land.
- We were then given some video tapes of an herbalist, Dr. Richard Schulze from California. These videos facilitated in changing our lives and desiring to learn all we could about herbs and natural healing.
- We started changing our life style and started to understand how important making the right decisions are in all situations. We began understanding how we are living in a matrix of life and death and how it was time for us to choose life in all matters.
- We then started eating more organic foods and making our own herbal tinctures as we continued helping others to learn about natural healing.
- So, after 4 years of organic farming, growing large gardens and helping to lead others into wellness, we realized that we were spending too much money and so we started praying that we would be shown some kind of a healthy business that we could all do as a family.
- In the creator's timing, we were introduced to Creative Health Institute in Union City, MI and that is where we had our first raw dehydrated flax crackers in 2002.

To continue reading their story, [click here](#) or visit www.VibrantHealthInstitute.com



Chef Pat's Cooking Corner

Jicama Salad

Ingredients:

- 2 pounds Jicama (cubed small)
- 1 Red Pepper, diced
- 2 stalks Celery, diced
- 1 med. Red Onion, diced
- 1 Avocado, diced or cubed
- 4 teaspoon Dill
- 1 tablespoon Cilantro
- 2 cups soaked Cashews
- 1/2 cup soaked Sunflower Seeds
- 1 clove Garlic
- 1/2 teaspoon Dill
- Pinch of Himalayan Salt
- 1/4 cup Apple Cider Vinegar
- Dash of Black Pepper

Directions:

healthy things to do with turmeric without eating it. You can use it to help whiten your teeth, make a facial mask that is beneficial to rejuvenating your skin, or mix it with some oil and massage your scalp before shampooing your hair to improve the overall condition of your scalp.

With all of these great things to do with turmeric, be sure to add it to your grocery list when you go shopping this weekend!

1. Blend cashews or tahini sauce, sunflower seeds, garlic, apple cider vinegar, dill, salt, and pepper.
2. Pour over salad, mix together, and chill 1 hour.



Pam's Monthly Health Tip

Summer Day Hydration by Pam Pinto, AADP

Supermarket shelves and even health stores offer many varieties of bottled electrolyte water. What is this stuff and is it really good for you? The concern with commercial bottled electrolyte drinks is that they are made with chemically treated refined sugars, they contain food dyes, artificial flavoring, and other not so healthy ingredients such as brominated vegetable oils. So, why would you want to buy one, nevertheless drink one?

Electrolyte water is the new sugar drink being touted as a special recovery aide for every time you perspire. Staying hydrated is very important, especially in the summer during long periods of exposure to the heat and sun or exercising for more than an hour per day. An electrolyte replacer is a good idea during bouts of illness too, but for a 20 minute workout, a glass of water will work to replace lost fluids.

What are electrolytes? **Sodium, potassium, calcium, magnesium and chloride**, among others. These mineral salts play a critical role in regulating your body's optimum hydration. They regulate the liquid that is inside and outside a cell and if you are dehydrated your cells can't communicate. This includes brain cells, muscle cells, etc., and this is why you may experience dehydration symptoms like confusion, fatigue, muscle cramping, and nausea.

Sodium and chloride are two of the electrolytes lost at high concentrations through sweating, while potassium, magnesium and calcium are lost to a lesser degree. Salt is the key to making your own electrolyte drink.

Coconut water has a balance of electrolytes which mimics your blood's electrolytes, is a fluid replacer. It's refreshing and delicious too! Coconut water contains **calcium, the B-vitamins thiamine, riboflavin, niacin, pantothenic acid, B-6 and folate, and vitamin C**. Try adding your favorite fruit juice and mix up the flavor.

On a hot summer day try some Kombucha to help keep you hydrated. Kombucha is a natural energy boost, a whole body detox, and a good choice for probiotics.

How about a homemade "V8"-style juice? You will need a juicer for this drink. Try using tomatoes, celery, carrots, a bit of parsley, a handful of greens, and even onion and garlic, or red pepper. Celery

Channeled Messages From Spirit with Donna Bergonzi-Boyle



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

Facebook

www.facebook.com/pastlifegoals

Twitter

www.twitter.com/DBoyle_Medium

Today's Message From Spirit:

Today's message reminds us that we must always find time to be 'silent.' Michael and I love the phrase, "In loving silence." Spend some time today in silence.

"As you seek, you will find. Make quiet time to ponder the silence. You are the silence. Be in it. Enjoy it. Live it. The time will come when you are truly ONE with ALL and the silence."

To Contact Donna

Donna will be gracing VHI with her presence from August 9th until August 23rd. She will be teaching lectures twice each week as well as a few morning yoga / meditation classes. Donna will also be offering private readings for an additional fee. Be sure to get your reservation made and not miss out on the wonderful things she has to share!

4-Tier Growing Rack/Greenhouse

contains natural sodium and can make this juice a bit "salty" in taste. For a simple vegetable and fruit juice try using 6 celery sticks, 1 apple, and half of a lemon.

Last, but not least, and my personal favorite - electrolyte lemonade.

- 1 large lemon - about 2 tbsp of juice
- 2 tbsp of raw honey or maple syrup
- 1 pinch of Celtic sea salt or pink Himalayan salt (adjust amount so it tastes salty-sweet)
- 8-10 oz water
- strawberries or raspberries for color

In a blender, mix all of the ingredients. Strain to remove seeds and bits of skins.

Lemonade can be served warm, room temperature, or cold if you've been exerting yourself to the point of profuse sweating.

Celtic Sea Salt or Himalayan Pink Salt are the perfect electrolyte replacer because the crystals left behind after evaporating ocean water contain other minerals in addition to sodium and chloride. In fact, some Celtic and Himalayan salts list on their nutrition label how much potassium, magnesium, and calcium they contain. That small amount is enough to help you re-balance electrolytes.

Need more potassium, eat a banana. How about more magnesium? Salad greens will help ward off those pesky leg cramps!

To Contact Pam

Colenz Home Cleanse Unit



Colon cleansing is a big part of staying healthy, both mentally and physically. It is a very important factor in the healing of your mind and body and can be quite an emotional experience. The colema board is an easy and convenient way to clean out your colon, and it's affordable - a lifetime investment. Good for the whole family to use and fits in any standard sized bathroom! This is what we use here at VHI for our guests going through our 10 day colema board cleanse. This is a testimony from John Bastian, a gentleman who participated in our 10 day colema board cleanse:

"I attended opening week of the Vibrant Health Institute January of 2015. At the time, Michael in one of his lectures, mentioned



Growing sprouts at home is both fun and easy, especially when you have a growing rack! With four racks you have enough room to grow for the whole family. The clear plastic cover on the outside helps to keep the sprouts cool (or warm depending on the time of year!) and protect them. It's also a good deterrent for animals! And the best part? Easy assembly, of course!

Interested in growing your own wheatgrass and sprouts at home? Check out our Growing Pacs A, B, and C in our store and **click here** for information on growing sprouts.

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 **Book your stay at VHI**

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that he once did 10 colema board treatments in a row, 20 gallon each day, and that this really cleaned him out. My brain registered this. I reserved two weeks to do a 10 day colema cleanse at VHI in May, 2015, on our way home from our visit of Wisconsin family in April. Not having had a colema cleanse before but being familiar with colon hydrotherapy, I found the colema board cleanse much easier and much more effective. My wife Janice and I did an herbal pre-cleanse which we felt made the 10 day colema much more effective. My wife lost 7 to 9 lb. that she had been carrying for years and I estimate that I lost 5 lb. the same way."

To finish reading John's testimony, and to also read his wife, Janice's, testimony, click **here** or visit www.VibrantHealthInstitute.com To learn more about the Colenz Home Cleanse Unit, click the picture above!

***If you are interested in this cleanse, you must call and make a reservation for it specifically. It is a 2 week minimum stay. Dates and availability may be limited and additional fees may apply.**

If you have any jokes, fun health facts, suggestions on what 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 or send an email to Michael directly. We love to hear your feedback!

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 comment / question for me.

Thank you, Michael Bergonzi