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**Newsletter Issue: June, 2015**  
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**Call us:**

**Toll free: 1-866-426-1213 or Local: 1-517-278-6260**

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## Welcome Letter From Michael

Another month, another Eblast!

Hello everyone! Thank you all for the continued support of Vibrant Health Institute and all your well wishes on our success. Everything is going GREAT here in MI! The sun is finally shining and it's all GREEN again! If you ever wanted to come for a cleanse / detox, now is the time. June is booked full at this point, but we have some rooms open for July & August. [CLICK HERE](#) for details!

I was able to spend some time with Viktoras a few days ago, and having his blessing with the work we are doing here just made my YEAR! He is the co-founder of Hippocrates and one of the more brilliant minds of our time. He will be speaking here next year, for sure! Thanks Vik!

We are switching to a new format with our email letters. Hope you enjoy it and all the information! I want to thank Kristen for all her hard work with this email letter as well as Pam Pinto and my sister, Donna! That's all I have for now. Email me if you want to 'talk', I will listen and reply! Until next month....

### **Michael Bergonzi**

Director / CEO at Vibrant Health Institute  
Questions or Comments please contact:  
[wheatgrassking@yahoo.com](mailto:wheatgrassking@yahoo.com)

## Pam's Monthly Health Tips

Pamela Pinto, our nutritional consultant at the Vibrant Health Institute, shares her health tips!

Pam is a Certified Nutrition Consultant and owner of Act Natural Health & Wellness, a health store and Kombucha Bar located in Torrington, Connecticut. Pam is certified in Reiki and Therapeutic Touch. She personally has been practicing holistic health and nutrition for over fifteen years.

To find Pam's health tip, just scroll down!



For everything wheatgrass, click [here!](#)  
Or go to:  
[www.WheatgrassGreenhouse.com](http://www.WheatgrassGreenhouse.com)

## 1st Annual Vibrant Health Institute Festival / CHI Reunion!

June 21st doesn't only mark the first day of Summer & Fathers Day, it also marks the 1st annual Vibrant Health Institute festival as well as a reunion for all of the wonderful Creative Health Institute alumni! Bring your friends, family, or even your cat! Everyone is welcome. The festival begins at 9:00 AM and goes until 4:00 PM. Food & Juice samples, as well as lectures from our guest speakers available. At the end of the festival there will be a raffle drawing for a **FREE** week at VHI and other great door prizes! Everyone who attends will receive ONE ticket with admission, other tickets are 1 for \$5.00 or 6 for \$20.00. Money raised will be added to the VHI scholarship fund. Winner to be announced at 4:00pm. **RSVP for this event is a MUST!!**

Guest Speakers include:

- **Joyce Oliveta:** Remembering **Ann Wigmore**
- **Ada Cooper:** Remembering **Don Haughey**
- **Ron Renfroe:** Remembering **Lonnie Avra**
- **Frances Capoccia:** Tells her recovery story
- **Michael Bergonzi:** Vibrant History

\$10.00 Admission - RSVP (mail in check, or call with CC)

\$15.00 Admission - At the door

\$25.00 - Vendor Table (3 tables left!)

Call or email us for additional information!  
112 W. Union City Road, Union City, MI 49094



To Contact Pam



### **Paderno Spiral Slicer**

A spiral slicer is a great addition to any raw kitchen. Used here at VHI by our very own Chef Pat to make zucchini pasta and many other delicious meals!

## **Chef Pat's Cooking Corner: A New Raw Recipe Every Month!**



Ever wanted to make raw/vegan food in the comfort of your own home? Well now you can! Chef Pat is sharing one of her favorite raw recipes every month so you can try it at home!

## **Structured Water**

Structured water is living water.

Found in foods such as cucumbers and coconuts, it is very beneficial to the body! Living, vitalized water moves in a clockwise motion, whereas toxic agents within the body rotate counterclockwise.

Clockwise-turning water molecules help to eliminate the counterclockwise-turning toxins and makes it easier for the body to eliminate them. Drinking the structured water will make all of your body's cellular processes easier and more efficient. This is just one of the many benefits of structured water!



## **Delicate Carafe**

Structured water has never looked so good. This elegant Delicate Carafe with the gold flower of life holds 0.5L of water and makes a nice addition to any home!

## **Fun Facts About Cucumbers!**

Everyone knows that cucumbers are beneficial to health, but what about the benefits to every day life? Here are just a few of the cool ways you can use your cucumbers!

▶ Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror. It will eliminate the fog and provide a soothing, spa-like fragrance.

▶ Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes. The phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. This works great on wrinkles, too!!!

▶ Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing. Also works great on crayons and markers that the kids have used to decorate the walls!!

For information on the health benefits of cucumbers, click [HERE](#)

## **Chia Onion Crackers**

Ingredients:

- 1 Cup Chia Seeds
- 1 Cup Pumpkin Seeds
- 1/4 Cup processed Onion (process until watery)
- 1/8 Cup Coconut Aminos
- 2 Cups purified Water

Directions:

Combine ingredients. Let set for about 20 minutes. Spread on dehydrator tray. Dehydrate at 110 degrees for about half a day.

Enjoy!



## **Samson Advanced Juicer**

**\*SPECIAL!!**

From now until June 15th we are offering our Samson Juicer for only \$229.00 and \$10.00 for shipping. That's \$40.00 in savings!! This offer is only good if you call our VHI store and order over the phone! Don't miss out on this great offer!

**Toll Free: 866-426-1213**

**Local: 517-278-6260**

**Getting to Know  
Your Higher Self  
with Donna Bergonzi**

## **June Tip of The Month by Pam Pinto, AADP**

Sunscreen - Eat, Apply or Both

Sunburn is a type of inflammation, and diet has a tremendous impact on inflammation in the body. Addressing diet is often a much more important than slathering on the commercial sunscreen. Just think, incorporating healthy foods will help you to detox and improve your overall health.

**Diet for Sun Protection** - Anti-inflammatory foods play a big part of natural sun protection so be sure to eat plenty everyday. Eating these foods will also help with many chronic health conditions, as well. You can

protect your body inside and out by incorporating a rainbow of colors into your diet. Try incorporating the following into your diet to help protect your skin from sun and aging. Foods you may want to avoid are processed foods (no brainer), and vegetable oils like corn, soy, and canola (really important with sun exposure). Foods on your plate should include lots of healthy saturated fats like grass fed butter which contains Vitamin K, foods rich in omega-3's (fish oil, spirulina and chlorella), dark leafy greens, and 2 + tablespoons of tomato paste daily. Tomatoes, egg yolks (poached is the best), spinach, and broccoli. Peppers, carrots and squash contain zeaxanthin which is a skin friendly carotenoid. Supplements you may want to incorporate into your diet, during the summer months, to reduce inflammation and to help improve the effects of sun exposure include:

**Vitamin D3** - Emerging evidence shows that optimizing blood levels of Vitamin D can have a protective effect against sunburn and skin cancer.

**Vitamin C** A potent anti-inflammatory, and it is good for the immune system, too.

**1/4 cup coconut oil melted in a cup of herbal tea per day**- the Medium Chain Fatty Acids and saturated fat are easily utilized by the body for new skin formation and are protective against burning.

**Fermented Cod Liver Oil/High Vitamin Butter Oil Blend** (also great for remineralizing teeth) - Probably the most important supplement for sun protection It's also great for digestive and oral health.

Black Current Oil and Coconut Oil, applied to the skin before going out into the sun may help reduce skin damage and burns. They are low on the SPF scale (about a 4) so be sure to wear sun protective clothing, reapply and avoiding the sun will certainly aide in reducing sunburn and skin damage. The best brand of commercial sunscreen I've found is Badger and they have several great organic sunscreen for the entire family.

### Natural Homemade Sunscreen

Homemade natural sunscreen with beneficial oils, zinc oxide, and beeswax for water protection.

Author: Wellness Mama

Recipe type: Remedy

### Ingredients

- ½ cup almond or olive oil (can infuse with herbs first if desired)
- ¼ cup coconut oil (natural SPF 4)
- ¼ cup beeswax
- 2 Tablespoons Zinc Oxide (This is a non-nano version that won't be absorbed into the skin. Be careful not to inhale the powder).
- Optional: up to 1 teaspoon Red Raspberry Seed Oil
- Optional: up to 1 teaspoon Carrot Seed Oil
- Optional: up to 1 teaspoon Vitamin E oil
- Optional: 2 tablespoons Shea Butter (natural SPF 4-5)
- Optional: Essential Oils, Vanilla Extract or other natural extracts to suit your preference

### Instructions



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

<http://dboylemedium.com/>

### Facebook

<https://www.facebook.com/pastlifegoals>

### Twitter

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

This is the first installment of spirit messages for all.

### MESSAGES FROM SPIRIT:

Each newsletter Donna will channel Spirit with a message for all of us.

*Today Spirit speaks of endurance, the ability to continue along your path and know that all is well. When your situation or present challenge finds you struggling*

1. Combine ingredients, except zinc oxide, in a pint sized or larger glass jar. I have a mason jar that I keep just for making lotions and lotion bars, or you can even reuse a glass jar from pickles, olives, or other foods.
2. Fill a medium saucepan with a couple inches of water and place over medium heat.
3. Put a lid on the jar loosely and place in the pan with the water.
4. As the water heats, the ingredients in the jar will start to melt. Shake or stir occasionally to incorporate. When all ingredients are completely melted, add the zinc oxide, stir in well, and pour into whatever jar or tin you will use for storage. Small mason jars (pint size) are great for this. It will not pump well in a lotion pump!
5. Stir a few times as it cools to make sure zinc oxide is incorporated.
6. Use as you would regular sunscreen. Best if used within six months.

**Additional Notes:**

- This sunscreen is somewhat, but not completely, waterproof and will need to be reapplied after sweating or swimming.
- Make sure not to inhale the Zinc Oxide- use a mask if necessary!
- This recipe has an SPF of about 15, though adding more Zinc Oxide will increase the SPF.
- Add more beeswax to make thicker sunscreen, less to make smooth sunscreen.
- I recommend coconut or vanilla extract or lavender essential oils for fragrance.
- Store in a cool, dry place or in the fridge.
- I prefer to store in a small canning jar and apply like a body butter. It will be thicker, especially if you use coconut oil in the recipe.
- Remove the Zinc Oxide and this makes an excellent lotion recipe!

*and tired, know that we are all here to 'give you a hand.' Feel us as we support you in all you do. Hang in there and breathe with us. We are always here.*

To Contact Donna

## Upcoming Events

### June 21st VHI Festival / CHI Reunion

June 21st marks the first day of Summer AND the VHI Festival! Save the date!

### June 21-27th at VHI

Informative Lectures with Linda Morin and Debbie Kleven.

### June 28th - July 4th

Join Michael in Simsbury, CT at The Raw Food Institute with Lisa Wilson!  
[www.therawfoodinstitute.com](http://www.therawfoodinstitute.com)



## Did you know?

Laughing lowers levels of stress hormones and strengthens the immune system. Make sure to get your daily dose of giggles!

follow us on 

join us on 

send us a message 

book your stay at VHI

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. If you would like to be removed, just reply to this email and type "remove" in the subject line. I will be happy to remove your email address from my list. Thank you, Michael Bergonzi

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