



Vibrant Health Institute

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



www.VibrantHealthInstitute.com • info@VibrantHealthInstitute.com

Welcome from Michael Bergonzi

Happy March! So much going on here at VHI, I'll try to keep this short. We have our Raw Potluck on Saturday, March 5th and then on March 6th, one week with Lynnette Astaire and some raw food prep lectures added into the VHI program. Next on March 13th is 'Spring into LOVE' with special guest lectures by Joeline Bergonzi. Click here for details! There is still room for either week, but hurry!



My thought for this month would be, 'Don't lose faith / hope in yourself'. You are never alone in this life. There may be times where you feel like no one understands your words, but don't give up. Find another way to say it, or do what I do and choose to be silent. I have had to learn that I'm not here to convince anyone of who I am or what I believe to be true. It's nice to have someone listen to you, so when you don't speak, you're doing what everyone wants, listening! And that makes people happy. It's a good feeling. I have learned to only talk when someone is asking me a question. With that said, here is your chance! Email me your thoughts or questions and I will listen and answer. (This isn't your 'only' chance, as I do it all the time and it's what I LOVE doing!)

Come hang out with me at VHI or even work with me in the grow room (new program being offered, see below). Until next month, remember, you're not alone in this... ask for help, or email me.

Michael Bergonzi

Director / CEO

wheatgrassking@yahoo.com

For Everything Wheatgrass:

WheatgrassGreenhouse.com

Help Wanted at VHI

Are you looking for a new career opportunity in the alternative health field? Then this may be the starting job for you. Vibrant Health Institute is looking for a store clerk / reservations / phone person (overall team player). Being 'of service' to people in need of support is the only experience necessary. If you are able to commit for 6 months - 1 year, VHI will provide room / board. Please send your resume and questions to: info@VibrantHealthInstitute.com Visit our website or Facebook page for more details about us. We are also



looking for guest speakers for 2016! Please share this information if you may know someone. Thanks!

Are you a VHI alum? If so, we'd love to hear your story! Send us your story of how you were transformed, either emotionally or physically, during your stay at VHI and we will post your testimonial in our newsletter or on our social media sites. Have you transformed your kitchen? Made anything interesting in your dehydrator? We want to know! Pictures are also welcome. Our current and future guests love to hear your stories, and sharing is good!



All of us at Vibrant Health appreciate your help with getting the word out to friends and on your own social media. We support all of our guests, wherever they are on their journey, and look forward to seeing you again soon!

Send pictures and stories to info@VibrantHealthInstitute.com

VHI News

☀️ Raw Food Potluck & Drum Circle: March 5, 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 April 2, 2016. The only requirements are that you bring your favorite raw food dish and RSVP.

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



****Don't forget! OPEN HOUSE is every Sunday between 11:00 AM & 2:00 PM. Please be sure to RSVP for our open house and lunch is an offered option with a suggested \$15.00 donation.**

In This Issue:

- Vibrant Health Institute Upcoming Events
- Did You Know
- High Cholesterol? - Andrew's Testimony
- Featured Store Products
- Donna's Corner
- Chef Pat's Cooking Corner
- Benefits of Avocado
- Pam's Monthly Health Tip
- From the Editor

Did You Know?



Dreaming is something we all do every night, whether those dreams are remembered in the morning or not, but what do dreams mean and where do they

Call or email us today to RSVP.

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

☀ **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

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

☀ **Spring Into Love with Joeline Bergonzi:** **March 13 - March 19, 2016**

Spend a week focusing on the theme of our lives: LOVE! It is what we are and what we do. We will practice different tools for paying attention to and nurturing love so that it grows and flows in us and through us. Get to know the One you've been longing to meet!

Come join us to welcome love

- for our health
- for our choices and actions
- for our relationships

Special topics this week will include:

- Listening and Responding with Love
- Your Story of Love
- Desire and Intimacy



come from? This is a long standing question in the science community, however, we all have our own interpretations of what dreams mean.

You may experience a wide spectrum of dreams - some scary, some worrisome, some exhilarating, and some absolutely amazing, but these are all symbols for something or the other, perhaps what is going on in your current life.

Nightmares are said to be caused by anxiety you may be facing in your real life, therefore it is important to try and clear your mind of your troubles before going to bed. This will help avoid them occurring too often.

There is nothing strange about your dreams and nothing to worry about. They are only talking in a symbolic language, like poems, so listen to them, for they are trying to help you get to the next step in life.

Growing Pac C



If you've been interested in growing sprouts and wheatgrass for yourself and your family, Growing Pac C may be right for you!

Pac C Includes 6 large trays, 1 growing rack / greenhouse, 5 lbs. of organic wheat seed, 5 lbs. of organic sunflower seed, 5 lbs. of organic pea seed, 3 sets of sprouting pitchers, a growing DVD, and an 8 lb. bag of soil. Each large tray will yield 2 lbs. of

- Time to Accept Love

After-dinner LOVE chats and some fun activities. Love Springs Eternal!

Joelene Bergonzi, MA. A counselor, community mediator, and Reiki master, she most enjoys being a 'midwife' for people in transitions, singing and dancing, and the moments with her daughters and grandchildren.

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

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

Andrew's Story



"I'm Andrew and my time at Vibrant Health Institute was nothing short of phenomenal. I have had the pleasure of knowing both Michael and Donna for many years now and had full faith and trust in their process, although at moments I doubted myself. I'd like to first start with science, because that seems to be the common day "hard proof" that people want to know if something works..including me. What I am going to share is amazing PROOF

that the program works. Works beyond just "I feel better", but from a dramatic improvement in the science of my own blood! Even the doctor who did these tests was flabbergasted when these results came back.

Prior to the program I wanted to get my cholesterol levels as my family history has shown heart disease. My grandfather (on my Mom's side) died at age 37 of a heart attack. So I was really curious what the before and after test might show.

To my dismay, I was given some pretty rough results on my cholesterol levels especially for my age and outer "you look healthy" appearance. The doctor wanted to put me on a statin drug immediately, prior to even recommending a change in diet/lifestyle.

Here is the proof!"

[CONTINUE READING »](#)

*Andrew's amazing pictures of VHI are now available for viewing on our website. Click here to check them out and a special thank you to Andrew for representing our Institute in such an incredible way!

Channeled Messages from Spirit with Donna Bergonzi-Boyle

This corner is from Michael's sister Donna.

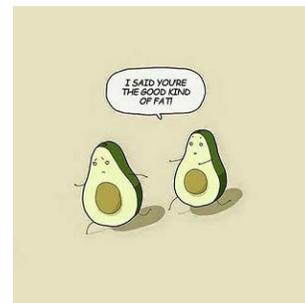
Her passion this lifetime is to support the current shift of soul consciousness. Her teaching and mediumship are centered on helping

wheatgrass, 3 lbs. of sunflower greens, and 2 lbs. of pea greens. This is ideal for families who are looking to juice 4 ounces of wheatgrass and 4 - 6 green juices per day.

Not growing for a large family? Check out Growing Pac's A & B by clicking [here!](#)

For more information on growing wheatgrass & sprouts, visit Michael's website by clicking [here](#).

Benefits of Avocado



Avocados are well known as a "super-food" and a healthy fat. Based on all of the wonderful things they can do for your body, they are not only a good, light snack. Avocado can also be found in a number of cosmetic products. They act not only as a food, but also a skin care agent! Here are a few of the benefits surrounding avocado:

» **Helps prevent bad breath:** Halitosis can be eliminated by improving digestive health, and the antibacterial and antioxidant flavonoids found in avocados also kill the bacteria in your mouth that can result in bad breath.

» **Helps to keep eyes healthy:** Avocados contain carotenoids, which help to protect your eyes against cataracts, eye diseases



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!

This month is about the breath. If you have trouble falling asleep at night, practice this exercise to relax and unwind.

"Place your hands on your belly and breathe full breaths. On the inhale expand the belly with breath. On the exhale deflate the belly. Notice if you use your shoulders or neck to breathe. With each exhale relax more of your body into the bed. Start at the back of the head and move through the shoulders, neck, back and legs. Belly fills on the inhale lifting the hands and belly button draws back to the spine on the exhale. As your body relaxes so will your mind. Soften the body using the breath. Nighty night!"



[Visit Donna's Website](#)



[Send Donna a Message](#)



[Like Donna on Facebook](#)



[Follow Donna on Twitter](#)

Chef Pat's Cooking Corner: Raw Dehydrated 'Butter' Thins

Ingredients:

- » 2 cups raw Macadamia Nuts, soaked 2+ hours
- » ½ cup Cashews, soaked 2+ hours
- » ¼ teaspoon Celery Salt
- » ½ teaspoon Sea Salt
- » ¼ cup ground Flax Seed
- » 1 tablespoon raw Apple Cider Vinegar
- » 1 cup Water
- » Finishing Sea Salt



Directions:

1. After soaking the macadamia nuts and the cashews, drain and rinse them prior to adding them to the recipe. Place in food processor, fitted with the "S" blade.
2. Add the celery salt, sea salt, flax, and vinegar. Process until it resembles a small crumble.
3. Add the water and process, aiming for a paste-like texture. It will look like cottage cheese in a strange way.
4. Split the dough into two equal portions. Place each portion on its own teflex sheet. If you don't have these, you can use parchment paper.
5. With an off-set spatula, spread the dough out to be about ¼" thick.

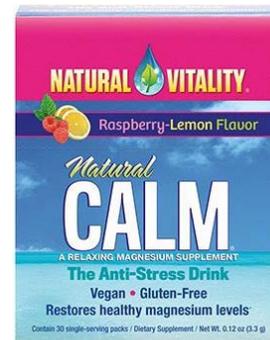
related to age, and macular degeneration.

» Beneficial for maintaining healthy skin:

Avocados are packed with nutrients which help to enrich skin that is dry, chapped or damaged. It is also used for nourishing dry and damaged hair, but above all, avocado oil helps in treating plaque psoriasis. Beta-carotene and lycopene are two of the organic compounds found in large quantities within avocados. Both of these have been connected to improving the health and tone of your skin and eliminating signs of premature aging.

Make sure to stop by the produce stand and buy your avocados!

Natural Calm



Natural Calm is the solution to both restoring a healthy magnesium level and balancing your calcium intake — the result of which is natural stress relief. It features a proprietary formula that provides a highly absorbent, water-soluble magnesium in ionic form, so it is ready to go to work right away. The magnesium in the formula will aid in 'calming' your body, which in turn will help

Square out the edges.

6. Score into divided cracker shapes and sizes.

7. Sprinkle a finishing salt, usually a coarse-like salt on top.

8. Dehydrate at 115° for 6-8 hours and then flip them and dehydrate for another 4-6 hours, or until dry.

*To flip the crackers, place a mesh sheet on top of the crackers, followed by a dehydrator tray. Now that the crackers are sandwiched between two frames, flip them over. Remove the tray, mesh sheet, and teflex sheet.

you to sleep better at night. We suggest taking this supplement at night before you decide to go to sleep.

*Available in an 8 oz. container or a box of 30 individual packets.

Visit our store for more information or to order yours today by clicking [here](#).

Hands-On Wheatgrass / Sprouting Business with Michael Bergonzi

Many people called us when we offered his business week, wanted to come, but couldn't make it on those dates. So, here's the new way Michael has decided to offer help to anyone wanting to start up this business. Stay for 1-3 weeks at VHI and for an additional cost of \$489.00 (per week) you will be working in our grow room everyday for one hour and getting personal training from Michael!

You will learn:

- » how to plant & what soil to use
- » how to water,
- » soaking & sprouting seeds (the easy way)
- » washing trays
- » composting
- » cleaning everything (health department standards)
- » how to harvest the sprouts and grass
- » packaging & shipping
- » which knives to use,
- » sunflower shell removal
- » lighting, temperatures, fans, heating & cooling,
- » drains in the floor
- » juicers to sell & juicers that work best
- » when to drink wheatgrass & how much to drink
- » how and where to promote it
- » everyday Q&A as desired



How do you reserve for this special package: Just call us at least 2 weeks in advance to schedule your Sunday arrival to VHI (and be sure Michael is in town that week), choose your private or shared accommodations, shuttle service from the airport of your choice, and your training starts first thing Monday morning! It continues each day through Friday. Be prepared for a LOT of information, even going beyond the business training. Bring a recording device, for sure! This special price will double on August 28, 2016, so don't wait!

Pam's Monthly Health Tip



Superfoods For Winter Blues by Pam Pinto, AADP

Have you had enough of Old Man Winter? Are you battling the Blues? The short days are almost over but if you need a little help to get you to the light at the end of the tunnel, fungi may be your friend. Move over dark leafy greens and make room for mushrooms. Yes, mushrooms can help you beat the Winter Blues. Why? Vitamin D! During the short days of winter our exposure to sunlight is almost non-existent. Without the rays hitting our skin we can't absorb Vitamin D.

"Vitamin D is believed to play a significant role in the production of serotonin, a chemical found in the brain," says Dr. James Thompson. "Serotonin is known as the "happy hormone" and fluctuating levels are known to influence mood. Deficient levels have been strongly linked to low mood and depression. Therefore, increasing vitamin D could improve serotonin levels."

I bet you didn't know it but all mushrooms contain vitamin D. When shopping in the produce aisle, the only source of Vitamin D is mushrooms. Mushrooms are the only exception to plant based rule that produce doesn't contain Vitamin D. In addition to being a source of Vitamin D, mushrooms are also a source of selenium along with antioxidants which help to support a healthy Immune System. Those fun fungi are low in calories and are fat free too. If you are looking for a meat substitute, look no further. Mushrooms have a hearty texture making for a really awesome burger.

Mushrooms are cholesterol free and a valuable source of potassium, a nutrient that helps control blood pressure; in fact, white button mushrooms (stir-fried with water) have more potassium than a banana, per serving. Mushrooms are also full of B vitamins, including riboflavin, niacin and pantothenic acid, which help to provide energy by breaking down proteins, fats and carbohydrates.

[Vegetable Stuffed Portabello Mushrooms](#)

Ingredients (Use Organic When Possible)

- » 2 cups cooked white kidney or cannellini beans
- » 2 tablespoons olive oil, divided
- » 1 tablespoon water
- » 1 teaspoon dried oregano
- » 1 garlic clove, peeled and halved
- » Salt & pepper to taste
- » 4 large portabello mushrooms (4 to 4½ inches), stems removed
- » Mushroom stems chopped
- » 1 medium sweet red pepper, finely chopped
- » 1 medium yellow onion, finely chopped
- » 1 medium zucchini, finely chopped
- » Spinach leaves washed and dried
- » ½ cup Pecorino Romano cheese (optional)

Directions

1. In a food processor, combine the beans, 1 tablespoon oil, water, oregano, garlic, salt and pepper. Cover and process until pureed; set aside.
2. Place mushrooms on an olive oil coated cookie sheet. Broil 4 inches from the heat for 6-8 minutes on each side or until mushrooms are tender.
3. Meanwhile, in a small skillet coated with olive oil, sauté the red pepper, red onion, mushroom stems and zucchini in remaining oil until tender.
4. When mushrooms are cool line each mushroom with spinach leaves and salt each mushroom.
5. Spread about 1/3 cup reserved bean mixture over each mushroom; top with 1/2 cup vegetable mixture. Sprinkle with cheese. Broil 2-3 minutes longer or until cheese is melted.

Yield: 4 servings



[Visit Pam's Website](#)



[Like Pam on Facebook](#)



[Ask Pam a Question](#)

» **If you are new to the VHI (or Michael's) email list and want to find some of our older newsletters, you're in luck! We have now put them in PDF format and have them all available to download now on our website! Just click here!**

» **Catch Michael's most recent lecture in Toronto, Canada at the Whole Life Expo! The first ten minutes are available NOW, CLICK HERE: [Vibrant Lecture with](#)**



Michael Bergonzi

From the Editor



Spring signifies new beginnings, new life. Becoming a part of the Vibrant Health Institute team was one of my personal new beginnings. It was the start of my new life. I entered into a beautiful world with beautiful people and I knew at that moment that that was where my heart belonged, with every single person who walks in through our doors. I appreciate each and every one of those people and I am blessed and honored to be a part of their journey, as well as a small part of the journey of every person reading this right now. Thank you for allowing me to be a part of your life. Happy Spring, everybody!

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



[Facebook](#)



[Instagram](#)



[Twitter](#)



[Send us a Message](#)



[Book your stay at VHI](#)