



Vibrant Health Institute
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Welcome From Michael

Let me start by saying 'thank you' to Hippocrates Health Institute for a GREAT day in West Palm Beach at their yearly festival! It was great to see so many friends and be welcomed back with open arms! Brian & Anna Maria Clement shared their best wishes to VHI and we all agreed that 'support' is what we need the most now. It's not a competition, it's a movement of change and education. We are working toward the same goals; giving each individual person the ability to help themselves. To be the difference that makes the difference (thanks Jewel). Don't be surprised if you see more of VHI & HHI (Vibrant & Hippocrates) events in the near future.

October is over, the leaves have fallen, and VHI is busy preparing for the many guests of November. We'll keep everyone warm and cozy inside our all-in-one building! Your room, meals, yoga, rebounding, lectures, juicing, therapy area, lounge, personal saunas, and our store are all located in one place. It's time for the pre-holiday (or even post-holiday) detox / cleanse. We're taking reservations for December & January NOW!

Visit me in Marlborough, MA mid November or in Toronto, CAN at the end of November (see dates below). Joining me at these two events, let me welcome back my sister, Donna Bergonzi-Boyle, to the permanent VHI staff team! Perfect timing for everyone! She will be helping in the office, taking reservations in the store, giving lectures, and teaching daily yoga classes! Check her out on our staff page [HERE](#).

More to come next month... See you then!

Healthy Humor



**Happy Thanksgiving
from the Vibrant
Health Institute!!**

Cranberries

Reenie's Heart to Heart

October was a difficult month for Michael and VHI when we heard the news that our General Manager, Reenie Brewer and her 'do-it-all' husband, Spike Brewer, were going to be heading back to South Florida



Cranberries are often seen around the holidays, but did you know all of the benefits that come from consuming them? Cranberries soothe inflammation, aid weight loss, boost immunity, treat acne, and promote hair growth. You can eat the fruit on it's own or, even better, make your own FRESH cranberry juice this holiday season!

Healthful Cuisine: Beginning Raw



Healthful Cuisine: Beginning Raw is a DVD by Chef Kelly Serbonich. Chef Kelly was the chef at Hippocrates Health Institute for many years and now she wants to share some of her raw food knowledge with you, at home! In this DVD you can find recipes for Sea Vegetable Salad, Almond Milk, and Raspberry Hazelnut Mousse, as well as many others. Maybe you will even get a few ideas of your own to celebrate your Thanksgiving dinner and share with your family this November! Pick up your copy [here](#).

Did You Know?

at the end of the month.



When VHI was just starting up back in January, 2015, Reenie and Spike were the glue keeping everything running smoothly. They were both key players in getting the program together, keeping guests focused on healing, clearing out the old energy, and keeping our 6 acres looking like we had a team of 10 people on our lawn maintenance staff. Thank you Reenie & Spike, for everything! All the very best to you and your family and we hope to have you back again soon!

You can still hear to Reenie, three times every week, on her blog talk radio show. Tune in and listen to the inspirational and touching stories that Reenie has to share or you can call in and share your thoughts and stories by clicking [here](#).

VHI News

→ VHI's One Year Anniversary!

In January 2016, Vibrant Health Institute will be celebrating its ONE YEAR anniversary! We have been extremely blessed this past year to have met so many exciting, new, and wonderful people and even had some of them return to us two or three more times! Here's a special thank you to everyone who has continued to support us and what we are doing! We couldn't do it without all of you! :)

If you're interested in becoming a part of our team in 2016, we want you! We are looking for people who would like to teach yoga, help in the kitchen, or even just participate in our one month internship program. We are also looking for guest speakers, so if you want to speak at the Vibrant Health Institute, now is the time to book your dates and collaborate with Michael. We are looking for anyone from raw chefs to book authors and everything in between.

***Rooms, meals, and juice are included for our special guest speakers.**

For additional information and complete details, please contact us: info@vibranthealthinstitute.com



Family

The holidays are a time to spend with family, friends, and all other loved ones. It is said that being around the people you love can actually help boost your energy, confidence, and even your health! Be grateful for the wonderful people in your life this holiday season and be sure to always let them know you love them, for love can go a long way!

Channeled Message from Spirit with Donna Boyle



This corner is from Michael's 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 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 Michael sent you! Check out her website and all her social media sites too!

 [Visit Donna's Website](#)

→ Wheatgrass & Sprouts / Micro-Greens: Business Program

The week of Jan. 17th – 23rd (which is also our one year anniversary) and the week of Feb. 28th – March 5th, 2016, Michael will be offering a special business program on growing wheatgrass, sprouts / micro-greens. 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.**

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!

***Includes workbook and special 2 hour bonus DVD!**

» [RSVP to this event](#)

→ Raw Food Potluck

On Saturday, November 7th, VHI will be hosting yet another Raw Food Potluck. If you haven't participated in the last two, you are missing out! It's a free event, we only ask that you bring your favorite raw food dish and a smile. Along with the beautiful meals we will all be sharing together, you will have the opportunity to tour VHI, talk to the staff members, and get a feel for what we are all about. Tell your friends and family members, or bring them along, as well. Everybody is welcome, children and adults alike. The next potluck will take place on December 5, 2015. We do ask that you RSVP. For directions to VHI, [click here](#).

» [RSVP to this event](#)

→ Upping Your Raw

From November 8th - 14th, 2015 VHI is hosting ***Upping Your Raw* with Susi Roos!**



Experience a supervised raw food detox with living foods.

- Acquire new tools with proven and potent self-care techniques
- Build your confidence with hands-on food preparation classes
- Gain know-how through workshops on juicing, sprouting, dehydrating, etc.
- Rejuvenate through anti-aging, immune-boosting & anti-cancer protocols
- Get your questions answered during our experts' health presentations, customize your provided information binder to

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Today's Message From Spirit:

This is a channeled message from Abraham (Abraham-Hicks) through Donna.

Becoming

"To the light which you seek, to the light which you will find, we are here to open. We are here to switch on the light.

We have said before, the light, the light that you seek is here. It is here now as it has never been here before - the light that you seek.

Do not fear the light, the light is here. For as you seek the light, you will find it. It is closer than you think. The light is closer than you think.

We honor the passage of time. We honor the passage of the link, the holes, that you have maneuvered through. For the maneuvering has got you where you are in this moment."



(Photo: Courtesy of Linda Lowther)

Nature's Design: Family Carafe

support your needs / goals

- Move closer to your weight goals with effective fat-blasting techniques
- Accelerate your results with our Biomat and other available energy tools
- Nurture your heart and Spirit through our healing circles and yoga
- Receive all your meals, juices and detox materials needed for the week, take home "goodies"
- Have a private session for psycho-spiritual detox.

The founder of Evicting Cancer, is a Certified Holistic Nurse, Raw Food Educator, Cancer Coach and Functional Diagnostic Nutrition Practitioner. For over 30 years, she has been a teacher of and advocate for harnessing the power of our bodies, hearts and minds for healing. The last decade has been devoted to applying this passion and knowledge to those dealing with cancer: whether choosing conventional, integrative or totally non-toxic treatment options. Her studies have taken her to the most innovative cancer clinics in Germany, Switzerland and Mexico and she has been bridging the gap between conventional and holistic treatment through her part-time work at a well-known cancer treatment center. Her studies with Lisa Wilson, the founder of the Raw Food Institute, inspired her to offer more support for cancer prevention and graceful aging. She is the published author of "Harnessing the Power of the Mind for Healing...and the science behind it". Susi feels that immersion weeks like this are an extremely effective, safe, supported, and fun way for people to be empowered, inspired, equipped and motivated to make the changes needed for their own health journeys. Susi is honored to be your primary guide for this powerful immersion week.

WHAT: Upping Your Raw for graceful aging, cancer prevention, and cancer recovery

WHEN: November 8-14, 2015

WHERE: Vibrant Health Institute
112 W. Union City Rd, Union City, MI 49094
(approximately 2.5 hours from Chicago)

INVESTMENT: \$1699.00 all inclusive with 6 nights accommodations (double occupancy*), all fresh juices, organic, gluten and dairy-free meals, detoxification supplies, lectures, classes and activities, take-home supplies and a special private session.

YOUR FACILITATOR: Susi Roos, RN, M.Div, certified Raw Food Educator, Cancer Coach, and Functional Diagnostic Nutrition Practitioner

***RSVP is a MUST! For directions to VHI, [click here.](#)**

» [RSVP to this event](#)

→ Wheatgrass / Sprouting Lecture

On Saturday, November 21, 2015, Michael is offering his 'Growing Wheatgrass' and 'Sprouting The Easy Way' classes open to the public! The event goes from 10:00 AM to 3:00 PM and admission is \$49.00 with an advance 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 starts after lunch, and then a Q&A! Handouts / notes will be passed out upon arrival.



Created in the glorious mountains in Switzerland from the finest blown glass, the 2.3L Family Carafe is just another wonderful product by Nature's Design. This beautiful water carafe will structure your water. It works by reversing the flow of the water molecules and forcing them all to move in a clockwise motion, making your water living. The living water then works to rehydrate your cells. Your cells will directly absorb the structured water, leaving you feeling re-energized and eliminating that constant thirst. This is the perfect sized vessel for small families and makes a beautiful addition to any living space.



If you are in need of an overnight stay, or driving in from a long distance, just let us know! We would be more than happy to help you find something close by VHI. Growing supplies will be available for sale after the lecture and our onsite store will be open. Plan to stick around until 4pm. Please give us a call or send us an email!

RSVP is a must! For directions to VHI, [click here](#).

» [RSVP to this event](#)

The Raw Food Institute



If you haven't heard of Lisa Wilson, it's time to do some catching up. Lisa is the Owner of The Raw Food Institute in Simsbury, CT. Her award winning program is the right fit for anyone crossing over into the raw food world. If you are looking for the reasons why to eat healthier, learning how to prepare some high end / best tasting meals, or all the science behind the foods you are eating, then look no further! Lisa and RFI would be the right fit for you. Their next week-long course in Simsbury will be Jan. 3rd-9th,

2016. Great lectures always await you and even VHI's own, Michael Bergonzi will be there to teach about wheatgrass growing and sprouting. Join The Raw Food Institute in January and they will welcome you with open arms! For more information, just visit their website: www.therawfoodinstitute.com

A little bit about Lisa Wilson:

- Founder, The Raw Food Institute.
- Certified Health, Nutrition and Wellness Counselor
- Certified Fitness Trainer Founder, Parkfit: Outdoor Fitness for Women and Citizens for Community Wellness.
- Founder, Pashen, Raw + Healthy + Delicious snacks.
- Speaker, keynotes at events, corporations, universities, women's groups and schools.
- Mom to 3 rock'n kids, ages 6, 8 and 10, that love to eat super healthy food!

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

Mashed Potatoes



(Serves 10 to 12)

Equipment needed:

- Food Processor → Dehydrator
- Blender

Ingredients:

- 1 head Cauliflower → 3 Parsnips - peeled
- 3 tablespoons Oil → 1 tablespoon White Miso
- 1 cup Pine Nuts or Cashews
- Sprinkle of Salt and Black Pepper

Directions:

1. Chop or process Cauliflower and Parsnips into pea sized pieces
2. Toss together and coat with Oil then sprinkle with Salt and Pepper. Spread out in one layer on dehydrator sheets and dehydrate at 105° for about 8 hours or long enough to soften.
3. Add Miso and Pine Nuts (or Cashews) on day two.
4. Process to the consistency of mashed potatoes, adding enough water for proper consistency.

Mushroom Gravy

(Serves 10 to 12)

Equipment needed:

- Blender

Ingredients:

- 16 oz sliced Mushroom → ¼ cup Coconut Aminos → 2 tablespoons Olive Oil
- 2 cloves Garlic (finely minced) → ½ teaspoon Apple Cider Vinegar → ½ teaspoon Lemon Juice
- ¼ - ½ teaspoon Himalayan Salt → ½ teaspoon Garlic Powder → ¼ teaspoon Onion Powder
- ½ teaspoon Sage → ¼ teaspoon Rosemary → ½ teaspoon Black Pepper
- 1 tablespoon vegetarian Chicken Flavored Bouillon Powder → 3 tablespoons - ¼ cup Nutritional Yeast
- 2-3 teaspoons dried Basil → ¼ cup Water (or more for proper consistency)

Directions:

Blend all ingredients together in a high speed blender. adding water until reaching proper consistency.

Pam's Monthly Health Tip

It's Cold & Flu Season - It's Time To Be Thankful For Your Health

It's the beginning of the holiday season when we feel more stressed and start to consume unhealthy foods. What does this pair add up to? A weakened immune system.

The holiday season is not only a time to gather with friends and family it's also a time to share the latest virus. Here are a few tips to help get you through the holidays:

- Less sunshine means less vitamin D - If you are not out in the sunshine you may become deficient so supplementing during the long winter can help you avoid getting sick or shorten the duration of a cold.
- Reduce your consumption of sweets, caffeine, and alcohol which all weaken the immune system.
- Incorporate seasonal fruits and vegetables, find a winter farmers' market or CSA.
- Drink herbal tea like the immune boosting herb Tulsi.
- Get plenty of rest and make a batch of Fire Cider to keep on hand for the first sign of a cold or flu.

Fire Cider is an old New England Elixir used to protect against the cold & flu. It has been used for decades. Not only is Fire Cider used to help boost the immune system, you can use it as a salad dressing too! This



recipe is out of Rosemary Gladstar's book "Herbs for the Home Medicine Chest" - A must have book for any herb lover! You can add some freshly squeezed lemon and orange juice into the recipe too. This gives the Fire Cider a nice flavor which is great on a salad! So, make a batch of Fire Cider and serve it at your Thanksgiving Feast!

Fire Cider Recipe

- 1 quart vinegar
- 1/4 cup fresh, grated horseradish
- 1 onion, chopped
- 1 head garlic, peeled and chopped
- 2 tablespoons powdered turmeric
- A pinch of cayenne pepper
- 1 cup honey, to taste

Directions

1. In a glass or stainless steel sauce pan heat vinegar on the stove to where it is warm, but not boiling.
2. Fill a clean glass jar with horseradish, onion, garlic, turmeric, and a pinch or two of Cayenne pepper.
3. Pour in the warmed vinegar and cap with an acid-proof lid.
4. Store in a warm place 3 to 4 weeks; shaking a few times a week.
5. Strain mixture and add enough honey to suit your taste.
6. Rebottle fire cider and refrigerate.
7. At the first sign of a cold take 1 to 2 tablespoons every 2 to 3 hours until your symptoms subside.



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Upcoming Expositions

Come visit Michael at these upcoming health shows for your **FRESH** shot of wheatgrass. Just look for the Vibrant Health Institute!

» **Natural Living Expo** - November 14th & 15th - Marlborough, Massachusetts

» **Total Health Show** - November 27th-29th - Toronto, Canada

For additional information on either of these events, [click here](#).

If there is a health show in your area, or if you want Michael to speak at your place of business, contact us!

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 question / comment for me. Best regards, Michael Bergonzi



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