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For Everything Wheatgrass:

WheatgrassGreenhouse.com

Pumpkin Seeds



October is here which means it's time for bonfires, sweaters, and, of course, pumpkins! Pumpkin seeds make a tasty snack and are also convenient when you're on the go, but there are also a lot of good benefits from eating them. To name a few:

→ Heart Healthy Magnesium:

One quarter cup of pumpkin seeds contains nearly half of the recommended daily amount of magnesium.

→

Michael's Welcome Letter

Happy Fall & October to all! Thanks to Marcela Merino for inviting me to speak at her RCI chef program in Cancun, Mexico! What a great group and many hours of teaching each day. Another special "THANK YOU" to my sister, Donna, for her help at VHI. And of course, my best friend and GM, Reenie, for holding down the fort while I am here and away! Many great things going on at VHI these days! Attendance has been at an all time high each week, our first ever raw food potluck was full of LIFE and we are preparing to have an amazing 2016!

But, before that happens, we have a special week long program in November with Susi Roos (details below) and I still have to travel to NY City mid Oct. and then to West Palm Beach, FL for a visit to Hippocrates Health Institute, Saturday, Oct. 31st annual festival. YES, I will have a Vibrant Health Institute booth for the day! Hope you can come say hello. The event is FREE and open to the public, 10am-4pm. Then it's off to Marlborough, MA mid Nov. and Toronto, Canada the day after Thanksgiving. [CLICK HERE](#) for all upcoming events!

One more very cool announcement for all of those people that email me and ask, "When will I offer a wheatgrass / sprouting business program here at Vibrant Health Institute?" OK already! I'll do it! The week of Jan. 17th - 23rd (which is also our one year anniversary) and the week of Feb. 28th - March 5th, 2016. The cost for this week long seminar is our VHI regular tuition rate plus \$489.00 per person. To hold your space for the week that you want to learn 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!

That's all I have to say, for this month! See you at one of our upcoming events or at VHI! If you have any questions, please email me: wheatgrassking@yahoo.com

In Loving Memory: Steve 'Sproutman' Meyerowitz

Zinc for Immune

Support:

Pumpkin seeds are a rich source of zinc - one ounce contains more than 2 mg!

→ Plant Based Omega-3 Fats:

Raw nuts and seeds, including pumpkin seeds, are one of the best sources of plant based Omega-3s.

→ Prostate Health:

Pumpkin seeds have long been valued as an important natural food for men's health. This is in part because of their high zinc content, which is important for prostate health, where it is found in the highest concentrations in the body.

→ Heart and Liver

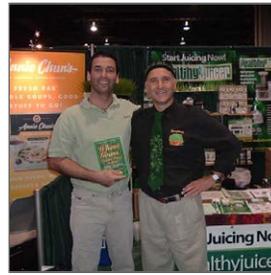
Health:

Pumpkin seeds, rich in healthy fats, antioxidants, and fibers, may provide benefits for heart and liver health, particularly when mixed with flax seeds.

→ Anti-Inflammatory Benefits:

Pumpkin seed oil has been found to exhibit anti-inflammatory effects. One animal study even found it worked as well as the anti-inflammatory drug indomethacin in treating arthritis, but without the side effects.

After you're done carving your pumpkins for Halloween, be sure to save those seeds and share them with your friends and family!



www.Sproutman.com

In loving memory of my very good friend, Steve Meyerowitz. We've talked a few times every year for the past 25 years. I mentioned you in my every lecture at OHI, HHI and now VHI, shared your website, books, knowledge, and will continue to honor your spirit for the next 25 years. My heart is sad. You were a good man all around and always kind to me every time we spoke. I'll miss our conversations and laughing with you. RIP my friend. September 9, 2015.

Dandy Blend

VHI News



As we say goodbye to summer and welcome the cooler weather we are all looking for ways to keep warm. Sweaters will do the trick, but who doesn't like to be warmed from the inside out? Hot Chocolate may not be the most ideal beverage for the raw/vegan person, but Dandy Blend is perfect! Used generally as a coffee substitute, Dandy Blend is 100% caffeine free, gluten free, and acid free as well as having no GMO's and no bitterness. It is made from a blend of dandelion roots, chicory and beets, and the grains of barley and rye and also contains more than 50 trace minerals per cup. On top of all of that, there are no headaches or withdrawal symptoms when switching from coffee to Dandy blend, making it a great option for keeping warm this holiday season. Stop by our online store by clicking the picture above to purchase your Dandy Blend today!

Did You Know?



Dressing up as ghouls and other spooks originated from the ancient Celtic tradition



» VHI Special!

Are you looking for something? Not quite sure what it is or where to look? It's time to get in touch with YOU! Clear the cob webs, regain your health, get more energy, lose a few pounds, and WAKE UP with Vibrant Health Institute's end of Summer detox!

Here's the deal: Check in any Sunday, Now through October 25th, 2015 and take advantage of our 'Bring-a-friend' – or family member – for half price special! You pay our regular rate and your friend pays half price! (or you both split the total) One week is the minimum stay and three weeks is the whole program. The rates are simple, reserve a private room & bath or shared room & bath. Our program is ***ALL INCLUSIVE***. Private room rates are \$1,489.00 (second person pays \$744.50) per week and shared room rates are \$989.00 (second person pays \$494.50) per week.

Call now and ask for this special offer! Or you can make your reservation online by clicking [HERE!](#) Don't wait until the last minute! Our rooms fill up fast and space here is limited! For more details about VHI and what's included with your stay, click the button below.

Use promo code – VHI007 – when calling with your reservation. See you soon!

» 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.

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 on site store will be open. Plan to stick around until 4pm. Please give us a call or an email!

of townspeople disguising themselves as demons and spirits. The Celts believed that disguising themselves this way would allow them to escape the notice of the real spirits wandering the streets during Samhain, a sacred festival that marked the end of the Celtic calendar year.

Trick-or-treating evolved from the Celtic tradition of putting out treats and food to placate spirits who roamed the streets at Samhain.

Don't feel bad this Halloween when you're handing out apples and kale - the spirits wouldn't complain!

RFI Zyme



RFI Zyme is a comprehensive, vegetarian enzyme formula used to aid in supporting digestive tract function and nutrient absorption. They are beneficial for people with deficient digestive enzymes as well as those who eat a lot of fried, grilled, or baked foods, those with jaw or teeth problems, and those under stress. Containing Dipeptidyl peptidase IV, this enzyme aids in the digestion of dairy and

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

→ [RSVP to this event](#)

→ [More event details](#)



» Upping Your Raw

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

Upping Your Raw

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



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 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

cereal grains. This is a great product for those on gluten and casein free diets as well as a good addition to any diet. Take one capsule with every meal, and let your body do the rest!

Channeled Message 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 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

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.

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

→ [RSVP to this event](#)

→ [More details](#)

» Open House

Every Sunday from 11:00 AM - 2:00 PM the Vibrant Health Institute hosts an open house. If you are interested in finding out more about our program or you just want to stop in and join us for lunch, this is your chance! All that we require is that you call us in advance and let us know that you are coming and how many people will be joining you. The open house includes a tour and a talk with our General Manager, Reenie Brewer. Lunch is optional and is a \$15 donation.

Please be sure to RSVP by phone or email.

info@vibranthealthinstitute.com

» Raw Food Potluck

On October 3rd, VHI is hosting our second Raw Food Potluck. It is open to the public so everybody is welcome! The only requirement is that you bring your favorite raw food dish to share with everyone. This event takes place on the first Saturday of every month, so be sure to tell all your friends and family and bring them along! **RSVP is a must!** We are looking forward to seeing you all soon! For directions to VHI, [click here](#).

***The last potluck of the year will take place on November 7th, 2015 so be sure to plan your visit and RSVP!**

→ [RSVP to this event](#)

→ [More event details](#)

www.twitter.com/DBoyle
Medium

Today's Message From Spirit:

Words from Spirit:

"There is beauty all around you, in the cracks of the sidewalk and the green of the grass. Beauty in other beings. Beauty in all life forms. If you do not see the beauty within you, you will not be able to acknowledge the beauty outside of you. Go within and see the beauty waiting to be revealed."

To Contact Donna

Reenie's Heart to Heart



Reenie Brewer is our wonderful General Manager here at VHI as well as Michael's very dear friend and the person we can all count on. Every Monday, Wednesday, and Friday morning from 8:00 am - 9:00 am she hosts a radio show on blog talk radio. 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, as well!



» Michael Returns to Hippocrates Health Institute for Raw Fest 2015!

On October 31, Michael will be making his return to Hippocrates Health Institute in West Palm Beach, Florida to participate in their one day event, Raw Fest 2015. This is a FREE event, starting at 10:00 am and ending at 4:00 pm. Be sure to stop by to see Michael and learn more about the Vibrant Health Institute, as well as being able to see the HHI campus and meet all of the wonderful vendors coming out to support them. For additional information regarding this event, scroll down or [click here](#).

» Vibrant Health Institute's One Year Anniversary!

Vibrant Health Institute celebrates its ONE YEAR anniversary in Jan. 2016! We are so happy and very blessed to have had such an amazing year and so many guests, and alumni, attend our program in 2015!

Would you like to be a part of our 2016 team? Maybe teaching Yoga, working in the kitchen, or taking our one month Internship Program? We are also putting together next year's guest speaker dates. Would you like to come and offer a few lectures during one of our week long programs in 2016? Are you a raw food chef or book author? NOW is the time to reserve your week here! Room, meals, and juice included for our special lecture guests.

Please contact us for complete details:

info@vibranthealthinstitute.com

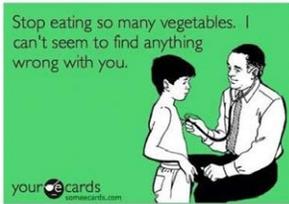
Chef Pat's Cooking Corner - A New Raw Recipe Every Month

[Apple Pie Smoothie](#)



[Click here](#) to tune in!

Healthy Humor



- 1 cup Almond Milk
- 1 cup Apple Sauce
- 1/2 cup soaked Cashews
- 2 tsp Vanilla
- 1/2 tsp Cinnamon
- 2 chopped, pitted Dates, soaked or 2
- tblsp maple syrup
- 1 cup Ice

Blend all ingredients together and

enjoy!

Pam's Monthly Health Tip

Ancient Cold Remedy - How Sweet It Is - by Pam Pinto, AADP

It's that time of year again when the kids go back to school, the seasons begin to change, and you start to hear about the upcoming cold & flu season through the media.

Over the years I have discovered how to "bee" healthy all season long with a tablespoon of sweet prevention everyday....raw manuka honey.



Although honey is enjoying a growing reputation in medical circles, in current times it is still considered an 'alternative remedy,' but for thousands of years it has actually been used as a 'conventional' choice. The Greeks, Egyptians, and other cultures made use of honey as a medicine throughout history. It is one of the oldest known medicines and has continued being used up to present times.

Famous ancient physicians who used honey include Aristotle (384-322 BC), who mentions pale honey "good as a salve for sore eyes and wound," and Dioscorides (c.50 AD) who mentions it for ulcers. The healing properties of honey are even mentioned in many religious texts, including the Bible, Veda, and Koran.

Now in recent years, modern science has started to confirm honey's place in healing, and explain how it works through the chemical makeup of honey. This has also led to proper clinical studies of some types of honey, and in particular, New Zealand's active manuka honey. <http://www.manuka-honey.eu/id4.html>

What is Manuka Honey and why is it different? Manuka Honey is a very potent type of honey (healing honey) found in New Zealand that has been approved by the FDA, in 2007, for use as a medical treatment in wound and burn care. Several hospitals in the U.S. use Manuka Honey as part of their healing protocol. It is one of the native trees of New Zealand. The manuka tree (*Leptospermum scoparium*) is the New Zealand version of the tea tree plant. It can be found growing wild in much of the country, but more predominately around coastal areas, with the east cape area of the north island having one of the larger concentrations.

How is Manuka different from other types of honey? Manuka has an extra ingredient with antimicrobial qualities which can effectively eradicate several hundreds of clinical strains of bacteria, including more resistant varieties such as MRSA (methicillin resistant *Staphylococcus aureus*), MSSA (methicillin sensitive *Staphylococcus aureus*), VRE (vancomycin-resistant enterococci), and *Helicobacter Pylori* (which can cause stomach ulcers).

Raw, unprocessed honey is far superior to the regular amber color, clear filtered honey most are familiar with. It contains little flecks of nutrient-rich ingredients such as pollen and propolis particles that are supercharged with enzymes and antioxidant compounds. Propolis is one of the most broad-spectrum antimicrobial compounds in the world and the richest source of caffeic acid and aspigenin, supporting and strengthening the immune system.

Partner Manuka Honey with Oil of Oregano to make a powerhouse immune boost.

As for oil of oregano, its health benefits and medicinal properties were first understood and appreciate by the ancient Greeks. Hippocrates, the father of the western medicine, often used oregano as an antiseptic, as

well as a cure for stomach and respiratory infections. Oil of oregano is still used today in Greece as a natural remedy for sore throat and a primary go-to remedy due to its “anti-everything” properties.

Cold & Flu Tea Recipe - (www.familywellnesshq.com)

This potion is a very potent remedy and can be taken anytime as an immune system boost or at the first symptoms of cold or flu.

Ingredients:

- 1 inch piece fresh organic ginger, peeled & sliced
- 2 cups water
- 1 organic lemon
- 2 TBSP raw Manuka Honey or raw, unfiltered organic honey
- Propolis tincture
- 6-8 drops wild crafted non-GMO oil of oregano

Preparation:

Add the ginger slices to a glass teapot or stainless steel tea kettle and bring to a boil. Cover, reduce heat to low and let steep for 10 minutes. Remove ginger from water and discard. Squeeze the juice from one lemon and add to the water, add Manuka Honey and stir until it is completely dissolved. Pour in tea mugs to serve with a slice of lemon. Add 3-4 drops of oil of oregano to each mug.

Makes 2 servings.

[To Contact Pam](#)

Upcoming Expositions

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

- » **New Life Expo** - October 16th-18th - Penn Plaza Pavilion, New York, New York
- » **Raw Fest 2015** - October 31 - Hippocrates Health Institute - West Palm Beach, Florida
- » **Natural Living Expo** - November 14th & 15th - Marlborough, Massachusetts
- » **Total Health Show** - November 27th-29th - Toronto, Canada

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

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



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Follow us on Instagram



Send us a Message



[Book Your Stay at VHI](#)

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