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Michael's Welcome Letter

I have to start this with a HUGE 'Thank you' to my sister, Donna! What a gift she has to offer in so many different modalities. Our guests totally LOVED everything she did. From eye yoga and conscious eating all the way to wall yoga and private readings. We are excited to have her back for three weeks starting Sept. 13th-Oct. 3rd. You want to be here and catch what Donna is pitching! (Softball humor for her!) September rooms are filling fast, so hurry and make your plans to come soon!

VHI Alumni - you will truly enjoy her energy and gifts.

Someone told me winter was on the way and I don't want to believe them! It seems like I was just making a snowman and getting stuck in a parking lot. Well, I guess it's time to face the truth. Time to get ready for a bit colder weather. It's fine with us because everything is all in one building here. We stay nice, warm, and cozy all winter long at Vibrant Health Institute. Plus, we have plenty of saunas around campus to keep you extra warm! Be sure to bring a swim suit and robe! Celebrate our 1 year anniversary with us the week of January 17, 2016. It will be a whole week of memories! Come and share yours.

Open to the public: Don't miss our first raw meet up group will be on Sept. 12th from 11am-2pm here at VHI. There is no charge for this event, just please RSVP in advance and bring a dish to share with others! Also open to the public on Nov. 21st is my Wheatgrass Growing and Sprouting Lecture! \$49.00 for advance reservations which includes our VHI lunch, green juice, and wheatgrass juice.



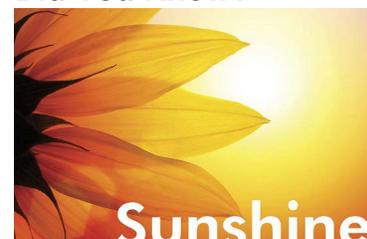
Michael Bergonzi
Director / CEO

wheatgrassking@yahoo.com

For everything wheatgrass:

WheatgrassGreenhouse.com

Did You Know?



Lastly, I am on the road a few more times before the end of the year. Visit me in Cancun, Mexico Sept. 14th-17th, New York City Oct. 16th-18th, Marlborough, MA Nov. 14th & 15th and Toronto, CAN Nov. 27th-29th. For more details on any of these stops, just visit our Calander / Event page on the website or [CLICK HERE](#).

See you next month!

The Vibrant Health Institute would like to thank **Donna Bergonzi-Boyle** for being our guest for two weeks this August. We are thankful for all the knowledge she has to share as well as all of the help she has offered. She is a most valued member of the VHI family! To learn more about Donna, scroll down!



***Donna will be returning to the Vibrant Health Institute on September 13th until October 3rd. Be sure to make your reservation and be a part of this amazing learning experience!**



VHI News

Raw Food Meetup Group

» Have you been looking for a place to meet people who practice a similar lifestyle? Then you've found the right place! Starting **September 12, 2015**, the Vibrant Health Institute and Foods Alive will be hosting a Raw Food Meetup Group on the **first Saturday of every month** from **11:00 AM - 2:00 PM**. **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 just like you! **RSVP is a must!** You can make your reservation just by calling us at the Vibrant Health Institute or sending us an email by clicking the link below! No admission required. For directions to VHI, [click here](#).

[RSVP to this event →](#) [More event details →](#)

Being out in the sun can boost your serotonin levels and actually make you feel happier, but that is not the only benefit of taking in the warmth of the sun.

Soaking up the sun can also:

→ **Reduce aches and pains** -

Being out in the sun helps to warm the body's muscles and eases stiffness, reducing the pain caused by inflammatory conditions such as arthritis

→ **Reduce risk of cancers** -

Although overexposure to the sun increases your risk of skin cancer, vitamin D provided by sunlight can actually help to significantly reduce your risk of other types of cancer.

→ **Helps skin conditions** -

Exposure to the sun can help to heal such skin conditions as psoriasis, acne and eczema. Try exposing affected areas of skin to the sun for up to 30 minutes before covering up or slapping on the sunscreen, but make sure you never burn.

→ **Boosts your immune system** -

Sunlight encourages the production of white blood cells, which help to boost your immune system and fight infection.

→ **Helps you lose weight** -

Higher levels of serotonin in our bodies not only makes us feel happy, but also suppresses the appetite, so you eat less in warmer weather.

Go out in the sun at least three times a week to boost levels of vitamin D and soak it up while the last month of summer comes to an end!

RFI Probiotic

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

[RSVP to this event](#) → [More event details](#) →

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 cobwebs, 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, September 6th 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 and our program is ***ALL INCLUSIVE***. Private room rates are \$1,489.00 (second person pays \$744.50 and will also have a private room) 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!

Shuttle Service

» Have you been wondering 'How do I get to Vibrant Health Institute



RFI Probiotics is a non-dairy formulation to support digestive tract health. From an all natural source of beneficial microorganisms, RFI Probiotics is guaranteed to contain 5 billion microorganisms per capsule with 8 different strains from non-dairy sources! Uses of RFI Probiotics include: gastrointestinal and neurological support, individuals who are lactose intolerant, normalizing digestion, and supporting regularity. This product is recommended for children, adults, and the elderly.

Aloe Vera



Aloe Vera is a well known remedy for sunburns, but that isn't the only think that it's great for. You can drink the juice which aids in digestive health as well as using the gel to spread on your skin for optimal skin care.

Benefits of Aloe Vera include:

- helps support a healthy digestive system
- helps sustain and promote healthy regularity
- supports a healthy immune system
- assists antioxidant support
- reduces toxins in the body

(VHI)?' Kalamazoo is the closest airport and Detroit is the cheapest to fly into, however, that still doesn't get you to our front door. Up until now we didn't have anything that great to offer you, but here is what we have decided to do for all of our guests. If you find the best rate into Kalamazoo (AZO), Detroit (DTW), or Grand Rapids (GRR) airports on any Sunday, we will arrange a shuttle to collect you and bring you to VHI. The cost would be \$35.00 per person, each way. Don't worry, if you take the bus or train to Battle Creek, MI, we will offer you the same deal. Travel times are as follows: Kalamazoo - 45 minutes, Battle Creek - 35 minutes, Detroit - 1 hr. 45 minutes, Grand Rapids - 1 hr. 45 minutes.

Booking is really simple - Call us to schedule your one or three week visit with VHI. Let us know where you are flying from and we will help you find a great price and the best times to travel. If you prefer to find the flight yourself, please just note that we will pick you up from the Detroit or Grand Rapids airport between 11am - 1pm on Sunday. You must arrive to Detroit or Grand Rapids airport by 12:30 pm on Sunday for our VHI shuttle ride. The shuttle will leave the airport at 1 pm to ensure that guests will be there in time for orientation. You must also call us a **minimum of one week in advance** to book this service. If you are unable to arrive at those times, or Saturday works better for you, then just let us know and we will find a way to get you here!

*Saturday stay over cost is \$75.00 extra per room (not per person). Official check-in days are always on Sunday from 11am - 3pm.

Catch A Healthy Habit

There seems to be a healthy delight cafe in every state, but in Connecticut, this gem is called **Catch a Healthy Habit**. Located in Fairfield, CT and owned by Glen Colello and Lisa Storch, it is best known for it's raw food and desserts.

A note from Michael: "I met Glen just about 10 years ago now through Hippocrates Health Institute. He asked if I would like to speak at his cafe and teach about wheatgrass and sprouts next time I was in the neighborhood. Since I was making frequent trips to NY City, I thought 'sure, why not.' He had a full house and was a pleasure to work with. Not to mention all the amazing food, organic drinks, desserts & smoothies that was offered. It was a slice of organic heaven! Thanks to Glen and Lisa for all the effort they put into this unique healthy choice café. They also hosts speakers all year long, at least once a month including: Brian Clement, David Wolfe, Steve Meyerowitz, Lisa Wilson, and Tynne Love. If you are ever in the area, be sure to put this on your to-do list!"

Click the link below to visit their website and have a look at the full menu!

- supports normal muscle and joint functions
- moisturizes and hydrates the skin.

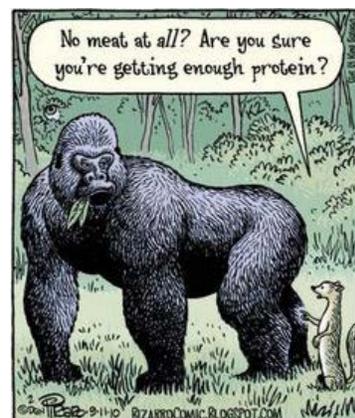
You can grow your own aloe vera plants at home or pick products up at the store, but either way, it's a great thing to keep in your home!

GIA Wellness: Universal Guard



The GIA Universal Guard provides an important intervention against electromagnetic radiation (EMR). This product works to neutralize the stress related effects of EMR exposure as well as working to strengthen the body's resilience to stress. The small, lightweight sticker can be put on anything from your computer to your hair dryer. Available in a pack of 2, 6, or 12, be sure to pick yours up and start cutting back on your EMR exposure today!

Healthy Humor



Stay In Touch



Catch A Healthy Habit Cafe opened in February of 2008 in West Haven and in late 2009 moved to Fairfield where it has called home ever since. Lisa and Glen, the cafe's owners, along with their amazing staff, love providing healthy food to the community. The cafe specializes in fresh juices to order, smoothies, desserts, and a tasty selection of menu items that are all raw, gluten, dairy, and soy free. Organic produce, local when possible, is what is used to create the drinks and dishes.

Besides food and drink the Cafe also offers education classes, lectures from experts in the field of raw food and nutrition, documentary screenings, prep classes and liquid cleanses. Once each month for five days participants go liquid!

The Cafe is located at:
39 Unquowa Rd.
Fairfield, Connecticut 06824

Hours include:
Monday & Tuesday 8am-3pm, Wednesday - Friday 8am-6pm,
Saturday 9am-6pm, & Sunday 11am-4pm

Phone: 1-203-292-8190

www.catchahealthyhabit.com



 Like us on Facebook

 Follow us on Instagram

 Send us a Message

 [Book your stay at VHI](#)

If you have any jokes, fun health facts, suggestions on something you would like to see added to our newsletter, or if you would like us to advertise your company, contact us at info@vibrantthealthinstitute.com or email Michael direct at wheatgrassking@yahoo.com



Glen Colello and Lisa Storch



Helen Crocco and Lisa Storch

Pam's Monthly Health Tip

Magnesium - The Miracle Mineral by Pam Pinto, AADP

Summertime is quickly fading away but how about those muscle aches and



pains from playing out in the sun? If they linger all year long your magnesium level may be the culprit.

Magnesium serves hundreds of functions within the body and is an important part of bone mineralization, heart health, a healthy nervous system, cellular energy, blood clotting, blood pressure, tooth enamel, immune function hormone regulation, and the relaxation and activation of muscle tissue. Three quarters of all Americans eat a diet that is deficient in magnesium, according to a report published by the World Health Organization.

In the past, our food would provide us with the magnesium we needed for optimal health, but all that changed. Over the last century, since the introduction of industrialized agriculture and the the drastic change to a fast food diet with processed foods that have been "enriched" and "fortified," we have seen and felt the consequences of magnesium deficiency. The introduction of cheap food has paved the way for our Standard American Diet and the silent epidemic of magnesium deficiency. Like my grandfather used to say, "nothing cheap is good and nothing good is cheap".

Most Americans don't even consume the RDA (Recommended Daily Allowance) of magnesium as the average magnesium intake in the U.S. has declined to less than half of what it was 100 years ago. Many prescription medications may leach minerals from the body. So, as you can see, there might be a bit of a problem here. In the year 1900: 500 mg per day. Today: 175-225 mg per day according to the *New Perspectives in Magnesium Research* London: Springer-Verlag; 2007:239-260.

If you suffer from gluten sensitivity, Crohns, colitis, IBS, or you have had intestinal surgery, you really run the risk of being magnesium deficient. Magnesium can be lost through diarrhea and fat malabsorption. Others at risk are diabetics, alcoholics and the elderly. Magnesium is absorbed through the small intestines. People with Celiac Disease may not be able to absorb adequate amounts of magnesium through their diet due to intestinal cellular damage. Those at risk for magnesium deficiency need to be aware that the refined grains and starches used in so many gluten free recipes and products are low in magnesium because the mineral-rich bran and germ have been removed.

Foods high in magnesium include whole grains like gluten free oats, buckwheat, bananas, potatoes, bean & nuts, and leafy green vegetables. If you answer yes to any of the following questions, you may be at risk for low magnesium intake:

Do you drink carbonated beverages on a regular basis? Do you regularly eat pastries, cakes, desserts, candies, or other sweet foods? Do you experience a lot of stress in your life, or have you recently had a major medical procedure such as surgery? Do you drink coffee, tea, or other caffeinated drinks daily? Do you take a diuretic, heart medication, asthma medication, birth control pills, or estrogen replacement therapy? Do you drink more than seven alcoholic beverages per week? Do you take calcium supplements without magnesium or calcium supplements with magnesium in less than a 1:1 ratio?

Answering yes to any of the above can lead to magnesium loss which can cause restless legs, muscle cramps, trouble falling asleep, trouble staying asleep, depression, calcium deficiency, potassium deficiency, irregular or rapid heartbeat, coronary spasms, fibromyalgia, seizures, chronic fatigue syndrome, ASHD, Parkinson's Disease, migraine or cluster headaches, osteoporosis, premenstrual syndrome, chest pain (angina), cardiac arrhythmias, coronary artery disease and atherosclerosis, hypertension, Type II diabetes, or asthma.

Magnesium chloride is by far the best choice for supplementation as it has been found to have the highest bioavailability of magnesium, due to its superior solubility in water. Applying magnesium chloride transdermally is the most effective as the natural pH of the skin is a mildly acidic 4.5 to 6, which creates the best environment for total ionization of magnesium chloride. This also allows for optimal uptake into underlying tissues.

The accepted method of testing for human magnesium deficiency by the American Medical Association is the serum magnesium test, which assesses the amount of magnesium found in the blood. However, studies have shown that, within the bounds of normal blood levels set for magnesium by the AMA, true magnesium deficiencies still occur.

Since potatoes will be coming into harvest soon and they are a good source of magnesium you might want to try the following recipe. It's simple and delicious!

Ingredients:

- 2 lbs. potatoes, red and yukon golds are particularly tasty in this recipe
- Olive oil (first, cold pressed)
- Sea Salt
- Black pepper (optional)

Preparation:

Preheat oven to 425°F. Scrub potatoes clean. Leave very small potatoes whole. Cut all other potatoes into bite-size pieces. Put potatoes in a baking pan large enough to hold them in single layer (more or less). Drizzle potatoes with olive oil and, using your hands, toss to coat potatoes thoroughly and evenly. Sprinkle with salt and toss to combine. Bake potatoes until browned and tender, about 30 minutes. Sprinkle with black pepper, if you like, and serve hot or warm.

To Contact Pam

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!

Pat's Cauliflower Salad

Salad:

- » 1 head Cauliflower, cut small
- » 1/2 cup Red Onion, diced
- » 1 Cucumber, diced
- » 1 cup Cilantro, chopped
- » 1 cup Basil, chopped
- » 1 cup Red Pepper, diced

Sauce:

- » 1 cup Macadamia or Cashew nuts, soaked and rinsed
- » 1 cup Sunflower Seeds, soaked and sprouted
- » 1 teaspoon Dill
- » 1 teaspoon Himalayan Salt, to taste

Paderno Spiral Slicer



\$39.95 + S&H

The Paderno spiral slicer is a safe, easy to use machine that is a perfect addition to any raw food kitchen! It requires no outlet connection or batteries, so you put your own love and energy right into your food! It sports a BPA free plastic frame and stainless steel blades. Equipped with three different blades, you can make anything from cucumber ribbon strands to curly fries. There is even a storage compartment that easily slides in and out from underneath to hold your extra blades! And the best part? It's lightweight, easily stored, and affordable! This is the same spiral slicer that Chef Pat uses in the kitchen at VHI. Be sure to [click here](#) or on the picture above to visit our store and purchase your very own

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

- » 2 cloves Garlic, minced
- » 1/2 cup Coconut Secret Apple Cider Vinegar
- » 1/2 cup Water

Directions:

Prep first five ingredients and set aside. In your Vitamix, blend nuts, seeds, dill, salt, garlic, vinegar, and water. (You may have to add one extra cup of water to get your sauce to a creamy consistency.) Mix with salad, chill for a half hour, and serve.

Bon Appétit!

spiral slicer today!



You can make beautiful pasta like the zucchini featured in our Cheesy Zucchini Casserole.

Facebook

www.facebook.com/pastlifegoals

Twitter

www.twitter.com/DBoyle_Medium

Today's Message From Spirit:

Words from Spirit:

"The light in your eyes is the glow of your heart. Seek the depth of your heart and you will find the light of your soul."

[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!

[Click here](#) to tune in!

Upcoming Events

Come visit Michael at the upcoming expositions and get a **FRESH** shot of wheatgrass! Just look for the Vibrant Health Institute booth!

- » **New Life Expo**, New York City - Hotel Penn: Oct. 16th-18th
- » **Raw Fest 2015**, West Palm Beach, FL - Hippocrates Health Institute: Oct. 31
- » **Natural Living Expo**, Marlborough, MA: Nov. 14th&15th
- » **Whole Life Expo**, Toronto, CAN: Nov. 27th-29th

Raw Fest 2015 will be held in West Palm Beach, FL at Hippocrates Health Institute. It is a FREE one day event. This event starts at 10:00 am and ends at 4:00 pm. Stop by and see the Vibrant Health Institute. For additional information, [click here](#).

As well as these expositions, Michael will be traveling to Cancún, Mexico from September 14th to 17th to visit the Rawdelicious Culinary Institute. He will be teaching 3 lectures during his stay. If you're in the area, be sure to come on by! For information on RCI, [click here](#).

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