

Health-E-Newsletter #8

From: Michael Bergonzi
www.wheatgrassgreenhouse.com



'Vibrant Retreat Center'

***A note from Michael! 😊**
As always, keeping it simple & true

****[CLICK HERE for ALL Lectures in Sept. 2011](#)****

Hi again! My life is now on an amazing path in a new location! As most of you know, I have moved to Monterey, CA and started on another project. The retreats in the Redwoods and in Cabo, Mexico were put on hold, so I have moved just a bit further south.

A new center is almost ready to open its doors and welcome YOU! For me, this is the project that I have wanted to do for the past 6 years now. With some great support around me, I am in the process of opening MY all NEW wellness center here in Monterey, CA called [The Vibrant Retreat Center \(click for PDF brochure\)](#)! It has been almost 21 years for me now in this alternative field and I am ready to make my own dream a reality. After spending 8 years at Optimum Health in San Diego, 3 years working with Ellen Tart-Jensen (Bernard Jensen's protégé) and 10 years at Hippocrates in West Palm Beach, I have combined the best from each program to develop an all NEW retreat center! From the fresh wheatgrass & green juice to the education, exercise and support you expect to have on your healing journey. You heard the news here first. Amazing location here on the Monterey peninsula with a combination of OHI & HHI (The Ann Wigmore Programs) and some of Bernard Jensen's beliefs as well as a few others that I have blessed enough to study with, it is sure to support all of your cleansing needs!

I am hoping to have a grand opening Nov. 6, 2011. Space will be limited on campus, however we are working with a few hotels in the area and there will be other options if you wanted to come for a day or week long detox / cleanse. **Just what the body needs before the holidays!** The website will be active in Oct. for complete details, program schedule, room rates, weekend retreats, etc... Special rates! www.vibrantretreatcenter.com Our phones will be open starting Sept. 15th, 7 days a week from 8am-6pm PST. 1-831-241-6050 Toll FREE number will be on the website! There is a LOT going on this month and many lectures. Just [CLICK HERE](#) for dates!



2012 Care Package

I am not getting into what is going to happen or what you believe will happen in the upcoming year. That is for each of you to decide. There are plenty of great speakers out there giving their own opinions and keeping it open for you to decide. The way I feel about it is 'why not have a few essentials, just in case?' It's not going to cost a lot of money, and if nothing happens, then I have some supplies for the next year.

Store some SEEDS!!! Any kind, all kinds of seeds, as many pounds as you can keep safe and dry. Remember, if there is no green left around, you can survive on seeds by sprouting them. This is the LIFE source. Just soak them over night to activate LIFE. Some you can grow as a green too, with or without soil. Also have some dehydrated foods. Chew really well, mixing it with your saliva before you swallow. One large dehydrated snack can be enough food for one person for an entire day. Also, have a good portable water filter and water supply. Remember, LIVE water is a good thing and a carbon filter will remove most of your impurities, but keep the minerals. Remember, one pound of seed can equal one week's worth of food for one person.

I am working with a few companies to get this package together in three different levels. One person for one year, 2 people for 6 months and 4 people for 6 months. We should have something ready in the next month, along with simple instructions on how to sprout, chew and store your package. For those of you that didn't know, we are currently in year 2012 right now. When a child is born, they are living 'year one' of their lives. By the time they reach their first birthday, they are now in their second year of life. With that said, we are in year 2012 right now. Don't let a date define you. Let it all go. Be everything you desire now. Life is good! Here's another little FYI:

About a year ago [Treehugger](#) reported on the Norwegian government's plans to build a subterranean vault to hold samples of the world's seeds. When completed next year, it will hold 3 million seeds that are being preserved to continue the world's agricultural diversity. Detailed plans have now been released and it is chilling... The vault will be built 120 meters into the side of a frozen mountain on the remote Norwegian island of Spitsbergen, near the North Pole. The location was chosen because it is

always between - 4 and -6 degrees, but there will be cooling units to drop the temperature to -18 degrees C so if the units fail, the seeds won't germinate. Designers have also planned for rising sea levels—the entrance is 130 meters above sea level, so even if the Greenland ice sheet collapses, there is no threat. Not even if there is a total meltdown of Antarctica (what!--this is scary stuff). The vault's entrance gets even more James Bond-like--it is a striking triangular shape with reflective panels to catch the summer midnight sun. "In winter it will emit a quiet glow so that you can sense it in the landscape" said the project manager. In addition, the concrete-lined tunnel to the pair of vaults at the core will have a series of reinforced doors. There will be no windows and it will be under constant video surveillance.



Volunteers Needed Soon

My new project in Monterey, CA is looking for some volunteers (interns) to help us get started. We need people that want to be 'of service' and assist others during their juicing / detoxing program. All HHI former Health Ed's are welcome to apply.

Here are a few of the jobs that are needed: Driving our guests to and from the hotel, making green juice, leading a yoga or Pilates classes, answering phones, simple raw food prep, helping out in the growing room with the wheatgrass and sprouts, some promotional work (handing out flyers / brochures) and light cleaning around the house. If you have any other skills, such as massage, raw food chef, etc... please list at the top of your reply letter.

Our volunteer position includes housing (shared room & bath), wireless internet, phone and sprouts / green drink / raw foods throughout your stay. Minimum required stay 2 weeks. Please send your resume to wheatgrassking@yahoo.com



***SHOUT OUT SECTION: Wheatgrass & Sprouts in MI**

This month I would like to honor my interns from MI. I met Gabriel and Anca at Hippocrates and spent the day with them at their home in MI. We talked, laughed and grew grass! They were already growing when I arrived and it looked fabulous! Their website is up and running and Anca is lecturing and juicing at Whole Foods Market. Check them out at: www.wheatgrassandsprouts.com Congrats to their continued success! Here is their story:

In the spring of 2009, only few months after my husband discovered that he had diabetes, I was diagnosed with breast cancer. Immediately, I started conventional treatments. In parallel I started to research about cancer prevention, feeling that if I will not change something "the beast" will come back. During my research I found out about Hippocrates Health Institute in Florida, a place where many people have improved their health following a life-changing program. Treatments included wheatgrass juices and green juices from sprouts. After completing the 3-week program at Hippocrates Health Institute, consisting of drinking the wheatgrass juice and the green juices every day, we implemented the program at home. Now, both of us still following the program are in perfect health, without taking any medication. Seeing us look healthy, many of our family members, friends and colleagues wanted to try these miracle juices for themselves, but could not always find the wheatgrass or the sprouts in the store. As a result of my husband and I trying to supply them, we started to grow more trays and have more orders. We also have had the honor to have Master Grower Michael Bergonzi, former director of the greenhouses of Optimum Health and Hippocrates Health Institutes, visiting us in MI and training us on how to grow the sweetest wheatgrass and sprouts. We hope that with our wheatgrass and sprouts we will be helping many people feel better, feel energized and live a longer and healthier life. We believe that through our health challenges, God actually

gave us the chance to help many others. Helping others is what we are trying to do.

Sincerely,

Gabriel and Anca Iordachianu
www.wheatgrassandsprouts.com

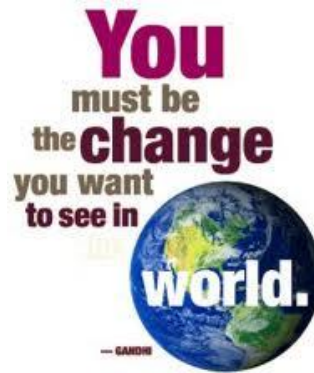


Donations

You all know that I will answer your emails anytime, FREE. Help you grow wheatgrass and sprouts or advice on life. Please ask me anything, via email, and I will be there for you, 24/7. I added this section in my web store because one person wanted to say "thanks" with a [donation](#). My website & newsletters are my LIFE, and open book, if you are interested; it's all there, FREE. Your [donations](#) are used to keep this site going and the content up to date. Thank you for your support!



Believe
in yourself,
Others
will follow
— Martin Luther King Jr.



Change **Conquer yourself rather than the world!**

"Everything seems to be about choice" and the choice is always YOURS to make. I was asked a question last night, "What is one thing that you would change about world we live in today?" My answer was, "Nothing. I can only change myself." Everything that has happened is to be learned from and now move forward. Once something happens, the choice was already made and now you can understand that choice and then choose something different. The path in front of you is not set in stone. You can always choose to go right or left at any moment, say 'yes or no' or think out of the box and make something up. Maybe just continue forward through the bushes and make a new path. The adventure of your own life is open ended with plenty of options. If something isn't going your way today, then make a different choice tomorrow. You are never 'stuck' because there is always another option to make your situation better for you and then everyone around your will benefit.

NAMASTE





TIP OF THE DAY

The TDP Lamp: Far Infrared Mineral Heat Lamps

TDP Far Infrared Mineral Heat Lamps are known as "miracle lamps" for a reason. They work! I have personally used them as well as my entire family. I will have them available for use in my Monterey, CA Vibrant Retreat Center.

Using a silica blend, TDP Lamps are known to emit the most effective and therapeutic far infrared waves. Over the years, the treatment of over millions of patients has proven that TDP lamps have a remarkable effect on 100 chronic conditions. In China, people refer to the TDP lamp as the "Miracle Lamp" due to its incredible success in treating chronic ailments.

What is a TDP Far Infrared Mineral Heat Lamp?

TDP is an acronym for "Teding Diancibo Pu" which loosely translated means special electromagnetic spectrum. The TDP mineral lamp was invented in China in 1978 and exhibited at the 1986 Zagreb International Fair in Yugoslavia in competition with 560 inventions from 18 countries.

The curing plate is the key component for a TDP lamp, and is coated with a special mineral formation of 53 elements that are essential to the human body. When the curing plate is heated up by the heater to a particular temperature, it will emit unique wide spectrum electromagnetic waves from 6-25 microns allowing for a maximum absorption of up to 5". This absorbed energy promotes circulation and metabolism and strengthens the immune system.

The mineral plate is a proprietary formula of 33 trace elements which are also found in the human body, in various chemical binding forms. The actual formula, specific mineral forms and amounts of each of the materials used in manufacturing is a secret. Twenty-six of the elements represented have been revealed by various manufacturers. They include: aluminum, antimony, arsenic,

barium, boron, cadmium, calcium, carbon, chromium, cobalt, copper, iodine, magnesium, manganese, molybdenum, nickel, phosphorus, selenium, silicon, sodium, sulfur, tin, titanium, zinc, and zirconium, bonded onto an iron plate .3 to .6 millimeters in thickness. The plate is .5 to 1.5 millimeters in thickness and provides stability and protection for the more fragile mineral layer, and distributes heat evenly on the plate. The remaining seven elements are suspected to be bismuth, germanium, lithium, potassium, rubidium, strontium, and vanadium, although verification has not been available.

Some companies claim there are more than 33 minerals in their units. There has been no verification to prove this to be correct.

Comparing TDP type mineral lamps:

All TDP type lamps emit Far Infrared Heat and contain mineral compounds that are directed and absorbed by the body. To compare the therapeutic value of these lamps, all you need to know is the 85% micron range of FIR emission. The closer the micron range is to 9.4, the more therapeutic. Here is the breakdown

QK Wide Band - FIR emission range: 2-25 microns. 85% between 7-10 -

EXCELLENT

SkyEye - FIR emission range: 4-14 microns. 85% between 6-11 - EXCELLENT

Pro Plus - FIR emission range 5-25 microns. 85% between 6-15 - VERY GOOD

TDP FIM - FIR emission range: 1-25 microns. 85% between 5-20 - GOOD

FIR HEAT BULBS - FIR emission range 1-40. 85% between 2-30 - OK

You can google "TDP Lamp" and do the research for yourself!





Donna's Corner

Support for your health & happiness!

Hi all! Donna here, Michael's sister. When Michael asked me to put something together for his newsletter, the first thing I thought about was what I am working on right now in my own life. Moderation. When I first tried 100% raw food many years ago, I felt the best I've ever felt in my life, emotionally and physically. Years later I still eat high raw and use moderation with the rest of my diet. As Michael says, "What's simple is true." For me it's simple food choices. I don't do 100% living food anymore and I don't judge myself for it, or at least I try not to. There are days when I will fast or eat 100% raw for a day or two and I still love green smoothies and simple raw food like fruit or veggies. What I like best about raw food smoothies is you don't have to measure anything. Just throw whatever you like in a blender and turn it on!

Here's a simple **Chocolate Buckwheat Smoothie** recipe for you.

Step one:

Soak overnight a heaping handful of hulled buckwheat (without the shell, also called 'groats') or you can use buckwheat flakes.

3 Medjool dates, no pit

Small handful of raw almonds

Step two:

In the morning, throw it all in your Vitamix or Blend Tec with some more water, ice cubes, a teaspoon of raw cacao (or more if you like) and some agave if desired for a little more sweetness.

This makes a great creamy drink for any time of day and the kids will love it too.

More to come next time... Donna





Q & A section

Q: "I'm trying to grow my mung bean sprouts out long for the first time, and they are all turning a lovely light shade of purple. Is that some kind of mold?"

From: Beth LoCascio

A: Mung beans, when growing them as a 'bean sprout', they need to be kept completely dark. The purple just may be some light getting into the sprouts.

**Note about Beth: We met while she attended the HHI Health Educator Course this year. She made so many friends that cared very much about her and supported her journey. Beth passed away last month. She was a beautiful person with a wonderful soul. R.I.P. Beth.*

Q: "I have the large black trays with many holes. I thought you said to line the trays with plastic garbage bags but how would the water drain out? Would paper such as paper grocery bags or newspaper work better?"

A: The black plastic bags work best as they can be reused and the roots will not come through. You only need to poke a few holes in the bag for water drainage. Most people are using a 10"x20" tray, however, the NEW 17"x17" tray that does not need the plastic is out now and available on my website store:

<http://www.wheatgrassgreenhouse.com/shop.html>

****NEW PRODUCTS AVAILABLE NOW ON LINE IN MY STORE!****

*If you want that fresh, good tasting wheatgrass, just contact Sean from Got Sprouts and they can ship it right to your front door all over the US. Enough for the whole week. www.gotsprouts.com If you live in NY City, contact Jovany from Green Grass Life and he will get you the best wheatgrass in NY.

www.greengrasslife.com If you are in the northeast states you can contact Rich Rommer at www.gourmetgreens.com If you are in the northern CA area, contact George from Grateful Greens and get it by the pound, FRESH and ready to juice george@gratefulgreens.com If you are in the southern CA area, contact Mark

Bakula in Leucadia at solman@cox.net If you are near Atlanta, GA, contact M'Lee at mleefkovits@yahoo.com If you are in the MI area, contact Anca and Gabriel. www.wheatgrassandsprouts.com Lastly, my good friend Steve Meyerowitz can also get you some wheatgrass. www.sproutman.com Thank you to all the wonderful wheatgrass growers out there in the world today!!!

If you ever have any questions or comments on these e-newsletters, or just want to say "HEY", tell me about your day, fly me to where you live to start a wheatgrass business, **OPEN YOUR OWN WELLNESS CENTER**, then please email me at wheatgrassking@yahoo.com or if you want to be removed from my list, just reply with UNSUBSCRIBE as the subject. I am happy to hear all your comments and also answer your questions (email only). Sorry, still no time for phone calls! Also, please forward this email to your close friends / family that may want to be on the list, or have them add their email on my website (emails are never sold). www.wheatgrassgreenhouse.com

PS- If you like this newsletter, there are [7 others](#) just like it ready for you to read!



My friend from the Business workshop in West Palm Beach, FL, Judy. Feb. 2011

Look for me on [FACEBOOK](#) and my **WHEATGRASS GREENHOUSE** page!

Contact ME at: www.wheatgrassgreenhouse.com or via email: wheatgrassking@yahoo.com

The information in this Health E-Newsletter is not meant to replace the advice of any physician.