

## Health E-Newsletter #3

From: Michael Bergonzi



[www.wheatgrassgreenhouse.com](http://www.wheatgrassgreenhouse.com)

**\*A note from Michael! ☺**

**\*As always, keeping it simple & true\***

Is it that time again, so soon? Let me know if reading my newsletters once a month is too much for you, because it might be for me! Another month went by so fast. I may switch to quarterly soon. Thank you all for your kind words about my [#2 e-newsletter](#). How is your 2011 going so far? Email me if you are having a challenge or share what you love most in life and I will read, listen and reply, promise! ☺

There is so much to share with you right now and a lot is going on. Change is good! Right now, I am getting ready for the Feb. 5<sup>th</sup> Raw Cuisine / Sprouting class at Hippocrates and the Feb. 26 & 27 Business Workshop (only 3 seats left) here in West Palm Beach, FL (exact location TBA). The workshop has taken up all of my weekends in creating a power point, an incredible workbook with a DVD and my life's work from my computer and on and on, but it will be a wealth of information. I am looking forward to meeting everyone that signed up for this weekend workshop! Also, I started the year with a 10 day green juice fast, from Dec. 26<sup>th</sup> - Jan. 4<sup>th</sup>. It was really great, maybe not the best time of year to juice fast, or was it? I lost about 12 pounds (much needed), worked the whole time, did some colema board colon cleansing and had more energy than when I normally eat my one meal each day. Some advice if you ever want to try a green juice fast; The best and easiest way to do a green juice fast is, DON'T TELL ANYONE THAT YOU ARE FASTING! Trust me!

Now, some BIG, HUGE, GIGANTIC, COLOSSAL NEWS!!! Are you sitting down? After almost 10 years of working with / for Hippocrates Health Institute here in FL, I am finally ready to move forward in my life to an all NEW Wellness Center!!! WOW! We are hoping to open our doors to the public in Oct. 2011. We will also be holding some 'trial' week programs at a discounted price before we officially open. If you want to be a part of our trial week, just send me an email and write "sign me up" in the subject heading. I can't say much right now as we are working out the fine details and the foundation of the program that will be offered to everyone. I will announce more details in my NEXT newsletter. I promise!

The location has the best oxygen, water, perfect year round temperature and some of the most amazing spiritual energy in the US. You can count on GREEN drinks available all day (for those who want to juice fast), wheatgrass juice, lots of sprouts and sprouted beans, some amazing main vegan dishes, daily exercise, hiking in the mountains, private or shared cabins, great lectures every day, yoga, airport pick-up, support when you leave us, many "how to" hands on classes and at home follow up programs. I still plan on traveling to many of the health expos throughout the year. Just keep an eye on my [calendar page](#) for details. Something I have had to tell myself this past month, "Move beyond your fear of change as CHANGE IS GOOD! BREATHE!"

**A FEW NEW PRODUCTS ARE HERE!!!** Available at the end of Feb. and discounted NOW (save \$75.00 if you order this month), is my business workbook / CDR / DVD. I am finally selling my 20 years experience in growing wheatgrass and sprouts. This info isn't cheap, but I am the best in the country and have the everything you are looking for if you want to build a greenhouse or start your own sprouting business, this workbook is perfect for you. *Cont. below...*

**NEW PRODUCT: GROW YOUR OWN BUSINESS WORKBOOK!!!**

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**\*THE WINNER OF THE LEXEN MANUAL  
HEALTHY JUICER FOR THE MONTH OF  
Jan. 2011 IS: Don Anthony from FL!**

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## **\*Emotional & Social Eating**

YUMMY!!! Cacao AKA "The Healthy Chocolate". So, what's wrong with eating it? NOTHING.... Wait, maybe something that you are not thinking about. If looking at it makes you feel guilty, then maybe there is another problem. It is the better choice when it comes to the pleasure of eating chocolate. Then what's wrong

with it? First off, it is not a "superfood" and never was. A superfood is a 'whole food' that can sustain the life of a mammal all on its own, i.e.: GREENS on the land and Algae's that are in the ocean are really the only two 'true' superfoods. If (or when) there were no more GREENS out there on the land or in the ocean, then you will need SEEDS for sprouting. *\*More on this HUGE & IMPORTANT topic coming soon.*

Now back to the issue of why we want to eat chocolate, also an emotional addiction... to create a feeling of 'happiness'. Chocolate is a big one but can you think of some others? Ice Cream, pizza, all candy, desserts, etc... Why not try eating an apple or some grapes, even a fresh fruit juice, just don't overdo it! I always try to say, "Don't let food define your happiness." There are some people that actually wake up first thing in the morning, stretch and then say, "What's for dinner?" Really? You may be missing a GREAT day in front of you. Happiness is a choice that is yours to embrace every day. I will prove it to you right now as you are reading this. Ready? Ok, start laughing out loud right now. Go ahead, DO IT NOW! I'm waiting... Ok, stop. Now, did I make you laugh, or did you choose to laugh? EXACTLY! You chose to laugh all on your own, without one of my bad jokes to even help you. And that is the proof that you can choose to be happy, any day, anytime, anywhere. Overcome your FEAR of the moment. Life is perfect!



Sorry. I was distracted for a moment... Back to the topic... First off, all human bodies need some form of sugar, this is a fact, so there are times in our lives we crave sweets and there is nothing wrong with that as long as that craving does not *own* you. So, what does eating any kind of food mean to you? Are you doing it because it's a time to talk with your friends & family at a social function? Or maybe you are doing it because somehow it makes you "feel better" in that present moment? Many of us choose to eat 3 times a day because that is how we

were taught and what we grew up knowing was true to sustain our life. Have you seen 'What the world eats?' from the book "Hungry Planet"? [CLICK HERE TO UNDERSTAND WHAT FOOD MEANS AROUND THE WORLD](#). May I still suggest, once again, my good friend's brand new book, "**Crazy Sexy Diet**" by Kris Carr. She did a really amazing job putting everything in this one book, and I mean EVERYTHING!!! [www.crazysexylife.com](http://www.crazysexylife.com)

Just LOOK below to see where social and emotional eating leads to:



Emotional eating is something we do with others, or alone, but what about 'social' eating? Where we actually choose to talk while we are eating. This concept is accepted in many countries, however, it will also "stuff" our feelings down about the exact conversation we are having. I say to people that want to eat with me that 'I don't eat socially anymore.' I will order my food to go and eat later so I can be "awake" for the social conversation and feel every part of it. Be happy when you eat, chew your food and breathe! STOP TALKING while you eat, TRUST ME ON THAT ONE!!!

JUICE all your greens! A better choice because you don't chew enough!! Use the single auger (my personal choice is the manual Lexen Healthy Juicer or the Omega 8005 or 8006), masticating juicers... NOT a blender as it will change the vibrational pattern of the food! However, a blender is a better choice than trying to chew it. *\*SEE BELOW HOW TO MAKE A GOOD GREEN DRINK!*

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877MYJUICER.COM  
CLICKCALLORDER



**\*SHOUT OUT SECTION:  
877-MY-JUICER or [www.877myjuicer.com](http://www.877myjuicer.com)**

I have to say that this company has treated me, and all my clients, with the utmost respect, integrity and overall best customer service available today. I started using them in 2003 for just the manual Lexen Healthy Juicer and since that time, I have grown to use them for anything and everything related to a healthy 'raw' lifestyle for all of my clients. Everything from juicers, blenders, food processors, dehydrators, slicers, ceramic knives to crock pots, shower filters, rebounders, rice cookers, grow lights and apple peelers... They have some of the best prices available on the internet, and if they are not the lowest price out there, they will be sure to match anything you can find. They are also donating 16 juicers for my Workshop at the end of Feb. and my monthly give-a-way! Thank you 877 MY JUICER for all you do on the internet and for making the best 'one-stop-shop' website for all my healthy needs!! Kudos to all your team!

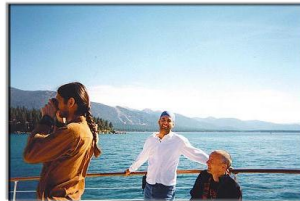
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## **\*Best GREEN Juice Fast Ever!**

As I mentioned earlier, I just did a 10 day GREEN juice fast at the end of 2010 and the start of 2011. Why did I pick New Year's Eve to FAST on juice??? ☺ Maybe because it was the perfect time, the most challenging time of the year to prove to myself that a juice fast is really 'mind over matter'... well, never mind, it doesn't matter. (That was a joke!) It felt really good to clean out and get grounded again, both mentally and physically. This was important for me (and everyone) at this point in my life. There is a lot going on in my world, as you know now, and I needed to really focus and create where I wanted to be. It is becoming more and more difficult to understand the thoughts in our heads and we really need some help to know 'we' are not crazy. We need more than Facebook! Trust me! We need human contact to be able to 'feel' again. By juicing, your heart starts to take over and the head begins to give in to the emotional experience and instinct of what we all already know to be truth. May I also suggest some inner self work during your green juice fast. Talk to someone that will not judge you. That will actually listen to your words and try to understand where you are in this life right now. (My [Conscious Communication DVD](#) will help you understand this concept.)

### *Conscious Communication*



By:  
Michael Bergonzi

So, let's do a green juice fast, maybe for one day. That is a great start!! Here's how you do it. You will need a masticating (slow, chewing) juicer. I suggest the [Manual Lexen Healthy Juicer](#) or the [Omega 8006](#). Both of these will work great. You can also use the Sampson or a twin gear juicer. The Vita-Mix is NOT a juicer and especially not masticating!! Now, go buy some good, fresh organic greens from your local health food store or the farmers market. Visit [www.happycow.net](http://www.happycow.net) to find something near you! You can use anything that is GREEN. Spinach, Kale, All Green Sprouts, Cabbage, Cucumber (this is a BIG part as it will have the water

you need), Celery, Chard, Romaine Lettuce, the leafs of Beets or Carrots (THE LEAFS ONLY!!!), even Watermelon rinds (if organic), etc... If it's green, juice it. For those of you that want some flavor, add a fresh herb to your juice, maybe a mint leave.

Start to make your green juice. If the cucumber is organic, you can use the skin, if not, just peel it. Cucumber should be almost 50% of your juice. Everything else combined will give you the other 50%. Make enough for the whole day and store it in your (very cold, 36-38 degree) refrigerator. You can squeeze a half of lemon in with the juice to help it store a bit longer. Sure, the faster you drink it after you juice, the better. But, let's be real. It's difficult to clean greens, juice them, clean the juicer and drink fresh 3 times a day. So, do the best you can! I suggest a fresh shot (one or two ounces) of wheatgrass juice in the morning, first thing, after a glass of water. Reminder; your mouth has the most enzymes the very first thing in the morning so before you brush, drink some pure, clean water to get those great digestive enzymes. Then, your green juice, up to 16 ounces is fine. This is a great breakfast everyday! Ok, around noon, go ahead and have another green drink, 8-16 ounces again, then, around 5-6pm, have another shot of wheatgrass and then your last green juice of the day. Don't tell anyone that you are juicing and your life will be so much easier! Pick a good day of the week where you are busy all day, so you won't think about food. Stay away from TV as you will see food commercials. If your friends ask you to come eat with them, just say you already have other plans or you just ate. Solve it fast. Learn more about GREENS here: [\*\*"What's Simple is True" HERE!\*\*](#)

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**LOVE > FEAR**



**\*TIP OF THE DAY:  
Fear prevents us from living in the NOW.**

If you can choose happiness in every moment of every day, would you do it? Well, the answer seems simple, 'yes'. Then why aren't you? We all the ability to be happy in every moment. (I just tried to prove that to you in the article above.) It's just a conscious choice we have to make. Yes, many times, not an easy choice as those other emotions will tend to overpower our present moment. We feel guilt, anger, jealousy and most of all fear of what will happen next and we lose sight of our conscious ability to choose to be happy. I have a lecture called 'Moving Beyond Fear' that is available on [audio CD from my store](#) that I was blessed to have taught for 2 years. I also wrote an article in the Hippocrates 'Love / Heart' magazine that explains how love & fear must exist together in order to experience them. [Click here to read all about it.](#)

Fear is something that will affect our everyday choices. In many ways, it helps makes us who we are today. It has been given a bad name, however we just need to understand more about it and not let it control us. In every situation before you react try to stop and take a deep breath first. In this moment, life is perfect and there is nothing that needs to change. Embrace the NOW. You are in the right place at the right time, always! There is much more to add here, but I will save it for another time. Namaste

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## **\*NEW SECTION: Q & A and Good Friends**

**Q:** *"I know wheatgrass juice is really good for me, but I just don't like the taste. Can you help?" From Bliss in CA*

**A:** GREAT question! I have a few answers that may help everyone.

\*I hear that a lot, so you are not strange for asking or feeling that way. Wheatgrass juice, when it is grown right, should always be on the sweet side, a bit mild tasting and easy to swallow. If your wheatgrass tastes on the bitter side, there could be a few problems, and it might just be the grass itself, not you. **Maybe it received too much sunlight, not enough water every day, the grass is too old (harvest too late), the soil is bad or the seed is bad.** If you get sick from drinking the juice, many places will say that "oh, then you are just detoxing if it makes you sick." Try to blame it on YOU! However, that is NOT always the case. Many times, you are getting some 'bad grass, man!'

\*There is also another side to this question. Maybe, at one point, someone got sick from drinking wheatgrass (that was bad to begin with) and now, they can't even smell it. Well, that is the same as if you drank tequila all night, got sick and now can't smell it either! That is a hard one to overcome. Not sure how to help that. Time may heal or some therapy! Maybe my next suggestion will help...

\*I will always say that drinking it FRESH, by itself, is best for the body and try to drink it on an empty stomach, never more than 2 ounces at one given time and then just wait 15 minutes, allowing it to be absorbed by the body / blood stream. Ok, with that said, if you still can't drink it, start with less than an ounce and have it with some other green juice. Yes, you can take spinach, kale, cucumber, celery, sprouts, etc... (as mentioned above) and put them through that masticating juicer. YES, put some in with your current green drink. Add an herb for some different flavors. Always keep the GREENS together! Please don't mix wheatgrass juice with orange juice! If all else fails, try sucking on a lemon afterwards, and drink it like a shot of tequila, or whatever works for you. Check out my FREE video for more details: [\*\*"What's Simple is True" HERE!\*\*](#)

**\*Note:** Special thank you to Bliss for the great question. We have known each other since 1992, the days of Optimum Health in CA. I think we spent many, many hours talking about life back when I was just waking up. She has always been there to listen, even when I was crazy! She is a beautiful soul! Check out her business 'Feng Shui Bliss' also her website at [www.fengshuibliss.com](http://www.fengshuibliss.com)

**Q:** *How can I grow wheatgrass in my house without mold?*

**A:** This is another common question. I have outlined this answer in detail in a few different places on my website. Here is one place you find your answer: [FAQ's & MOLD](#) as well as here: [How to grow wheatgrass](#) . I would NEVER tell anyone to buy a 'kit' to grow wheatgrass as they are not the best option and also not needed to grow good wheatgrass. Learn how to grow it yourself, anywhere, and the rest is easy! Some good seeds, a flower pot and basic potting soil are all you need to get started.

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**cont. from above...**

Also, as much as I always believe FRESH is best, juicing your GREENS are very important, so many of you wanted a good alternative (even to travel with), so I have one you can now try out and let me know what you think. It is a power powder made from KAMUT grass, a non-hybrid form of wheat seed. Also, another powder product that I am still learning about myself. It will knock your socks off!

Maybe you would like to be a part of this NEW wellness center, or you have another project you would like to talk about. I will be happy to send you my resume and give you more details if you would like to sign up or start your own place. 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** (This will be the next workshop that I will offer to the public.), then please email me at [wheatgrassking@yahoo.com](mailto:wheatgrassking@yahoo.com) or if you want to be removed from my list, just reply to my email and write UNSUBSCRIBE in 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](http://www.wheatgrassgreenhouse.com)

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**Don't forget where LIFE comes from!**

**\*Next month's issue:**

- Survival in 2012.
- Don't cry out loud!
- Healthy and Happy Animals!
- Shout out section: ????
- Tip of day: Turn you cell phone off!
- Q & A section (email me your questions!)
- \*Bonus: It's all about CHOICE.

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

Contact ME at: [www.wheatgrassgreenhouse.com](http://www.wheatgrassgreenhouse.com) or via email: [wheatgrassking@yahoo.com](mailto:wheatgrassking@yahoo.com)

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