

## Health E-Newsletter #2

From: Michael Bergonzi



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

**\*A note from Michael & Happy 2011!!! ☺**  
**\*As always, keeping it simple & true\***

HELLO & WELCOME! For those of you that may not remember me, My name is Michael Bergonzi, wheatgrass grower for the past 20 years & current greenhouse manger (and more) for [Hippocrates Health Institute in West Palm Beach, FL](#). 1990 – 1998 at Optimum Health in San Diego, CA, 3 years with singer / songwriter, Jewel & with Ellen Tart-Jensen, arriving at Hippocrates in 2001. Happy New Year to all of my friends and the people that I have never met! You know who you are, right? I have also added emails that had contacted me in regards to wheatgrass, sprouts and seeds from way back in 2006, so welcome everyone! Here we go, trying to make better choices in 2011 and let's start this year off with some really good news and helpful information.

**A NEW PHRASE FOR 2011:** You have all heard of fasting? Green juice fasting, water fasting... How about a '**Technology Fast**' to start the new year off right. Stay off your computer, internet, your cell phones, texting, TV, etc... Anything that uses a battery or plugs into the wall. Try it out, one – three days. BREATHE

**A NEW IDEA!!!** I spoke with a few different Raw food experts & chefs, and we decided to put a weekend together of 'hands-on' exciting, raw food prep, sprouting, growing your own wheatgrass, building a greenhouse & business, intensive workshop. This is what EVERYONE has asked us for! Saturday & Sunday, **Feb. 26 & 27, 2011**, from 10am-5pm. **\*\*What's included with this workshop list see below\*\*** If you have to fly in for this class, we have overnight stays at a local hotel (we will pick you up in the morning) or you can stay at my house (limited rooms available, first come first stay)!! Did I just offer that out loud? Hotel stay is \$129.00 per night, my house is cheaper! The cost for both days, 2 @ 3.5 hour raw prep classes, 2 @ 3.5 hour sprouting & wheatgrass business planning lectures also 4 amazing raw food meals with 4 green drinks & 4 wheatgrass shots is \$500.00, room not included! PLEASE E-mail me ASAP if you are interested in this weekend event. Space is VERY limited! We can only seat 12 people. Would you like to bring this workshop to your area? How about Montreal, CAN or Costa Rica? Would you go there? *Cont. below...*

**BEST SELLING: GROW YOUR OWN WHEATGRASS DVD HERE!!!**

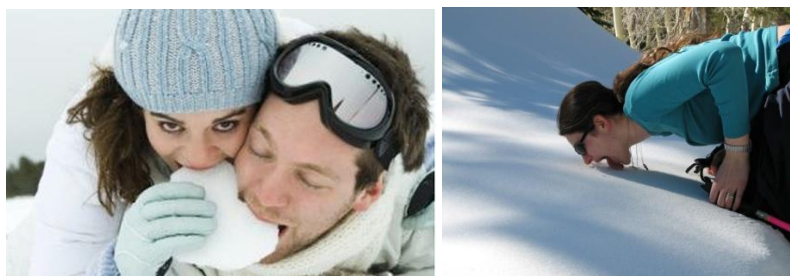
---

---

**\*THE WINNER OF THE LEXEN MANUAL  
HEALTHY JUICER FOR THE MONTH OF  
DEC. IS: Verna Roberts from NY!**

---

---



**\*Healthy eating for the winter season!**

It's COLD right now!! Yes, even in south Florida, well, I was wearing a sweatshirt in 70 degree weather the other day! ☺ No eating the yellow snow! First of all, do you even know where to go to get healthier foods in your area? Vegan or raw, juice or smoothies; you can check out HAPPY COW at [www.happycow.net](http://www.happycow.net) for anywhere healthy to eat in the world. They put together an amazing site to help everyone, everywhere! Great job!!

Did you know people think that eating food will give them energy? Let's think about that for one second..... Ok. All food has to be chewed well, that's effort right there. Then swallowed, more work and, as a matter of fact, anytime you eat food, it actually takes more energy to begin digestion than you would actually receive from the food itself right away. That's why doing those GREEN drinks / juices are KEY to feeling good, FAST! It's instant energy with no tired side effects. A great way to stay awake, alert and focused.

But now, it's winter, cold, snowing and I want to eat healthy, but the raw foods don't work for me during this time of the year. No warm 'fuzzy' feeling inside. The winter season may be right for a 70% raw, 30% VEGAN / cooked. May I suggest my good friend's brand new book, "**Crazy Sexy Diet**" by Kris Carr. She

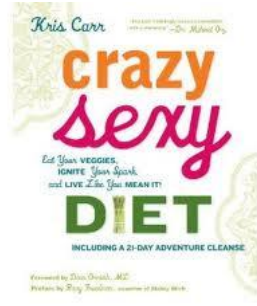
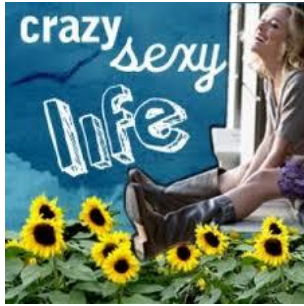
did a really great job putting everything in this one book, and I mean EVERYTHING!!! [www.crazysexylife.com](http://www.crazysexylife.com) So, what do I do right now for the winter? Stay VEGAN and eat warmer! Does everyone know the difference between VEGAN and Vegetarian? You'd be surprised how many people think they are the same. To put it simply, when it comes to food, vegetarian means 'no meat at all' and vegan means 'no meat or anything that comes from meat', meaning no dairy. That is the big one. We all like to eat some form of dairy, well, guess what? You can't digest dairy (no one can, some people just do it better than others, but we are all lactose intolerant) and it is the biggest cause of obesity in this country. After my 20 years, I would tell you to stop dairy before some of the meats out there.



For your VEGAN / cooked and warmer foods this winter season, lightly steam your veggies, have some wild rice, some lentil soup, a PLAIN baked potato, soaked then dehydrated nuts & seeds, warm some foods in a dehydrator, a PLAIN sweet potato, warm tea, green & wheatgrass juice (of course I had to mention that!), etc... You know what you like. Start shopping at a health food store for all your foods. There are plenty of good healthy choices to keep you warm. Just doing that is simple, but more conscious eating. Keep it warm and make the better choices this new year! You don't have to be perfect, because when it comes to our food, everyone's choice is different and that is OK. What may seem like the perfect diet for you may not be for someone you love, and we need to accept them no matter what they choose right now for food. Please stop thinking that there is a "perfect" food / diet for everyone as we are all VERY different. Just focus on what works best for you. Be happy when you eat, chew your food and breathe! STOP TALKING while you eat, TRUST ME ON THAT ONE!!!

---

---



## **\*SHOUT OUT SECTION: Kris Carr; Coolest Chick in the USA!**

Crazy Sexy Kris strikes again with her new book, '**Crazy Sexy Diet**'! (Due out Jan. 16<sup>th</sup>) Lots of work went into this one, months and months, I know its true (because she told me!). Oh, and I read it! ☺ This book is for everyone; raw, vegan, veggie alike. What can I say about Kris? We met many years ago at a health expo in NY City while I was working at a booth for Hippocrates... and the rest is 'friends at first sight' history, I said 'friends', Brian... her support group & husband. ☺ Kris also spent 9 weeks at Hippocrates and took the 9 week Health Educator Course. She is committed to a healthier lifestyle and helping others with their own personal health issues. Her movie & books are a great resource for understanding there is HOPE for your health, but no 'quick fix' and that allowing the body to heal takes time, positive thinking, plenty of green juicing and exercise.

Of course, I could go on and on about her motivating story, but her website has done all that work for me! Kris and I met up recently to discuss something really exciting that will impact the entire wellness world for the better. I can't say anymore right now, but stay in touch with us for something really big happening soon! Thanks for all you do in this world, Kris. You are a true inspiration!

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





## **\*How to be happy everyday! 😊**

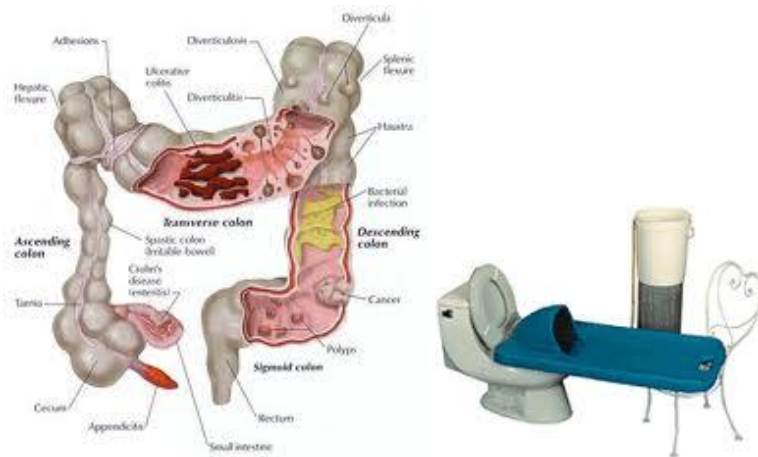
Choose LOVE. Smile. Please take a deep breath and answer this one question: If you could choose happiness in every moment of everyday, would you do it? Well? It seems the answer should be simple, "YES". Then why aren't you? You have the ability to choose happiness, just sometimes we lose sight of it and feel taken over by our other emotions. To be happy is really a choice we make on a daily basis. Sometimes we choose the other emotions, and that is totally fine, but then we can choose to be happy again. There are many of us that need help to find our happiness again, I know, it just happened to me a few weeks ago. We need support & friendships (and not just over the internet). We need to know we are not crazy for what is going on in our lives and in our heads. To have our words heard and understood without judgment is KEY.

Being "awake" in this life, now, on this planet Earth, is difficult. To be conscious and aware of everything going on around you and to hear the words (or read words someone has written) is getting harder every day. We are now losing some feeling in ourselves because of the definition of words and what someone really means. We are feeling more LOST now than ever before. The 'disconnect' that so many are speaking about now. Sometimes we feel 'stuck' in our own thoughts. As I mentioned, It just happened to me recently. I was stuck in anger, fear, and being alone, lost love, feeling hurt, etc... ME!! So, I feel very connected to this topic right now and want to try to offer some help if you are in a tough place now and to get some answers in your life and your feelings. (I am not a therapist!) Let me start with something that will help right away and be sure to really 'own' this statement, "No one can ever say anything to hurt you." If you ever feel hurt by someone words, then *own* that hurt. It's yours, not the person who said the words. If you hold to the simple truth that 'no one can ever say

anything to hurt you', then, if someone in your life (that loves you) is trying to verbally hurt you, then you will know that they must be hurting and can't find a way to talk to you about their own pain and sadness. It seems like they are attacking you, but they are really attacking themselves. Be there for that person or try to offer help in some way. Forgive me, but the internet, cell phones, texting and emails are not always the best way to share something that our HEARTS feel. You can't see a person's face, their smile, their eyes, body language, etc... ALL of those things are really important in a conversation.

Life seems to be in 'high-speed' right now... slow down! Please? Take some time off of your computer and cell phone. You heard of juice fasting? My NEW phrase this year is the '**technology fast**'. Stay off of everything electronic. Do one day of green juice. Rest. Do some Yoga. Be silent for one day. Go talk to a good friend, in person. YOU ARE NOT CRAZY. We are all right there for you, to help, to give you some strength you need to make it through today. Just come out of hiding and we will be there for you!!! I am going to put my [Conscious Communication DVD](#) on sale for the month of Jan. 2011 as it is two hours of "how to be happy".

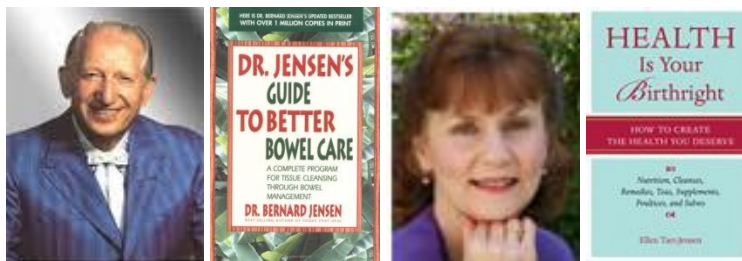
(my personal note to ONE: I am sorry in tt for letting my words spill out on paper in anger. Thank you for your forgiveness.)



**\*Colon Health: Pooping is good for you!**



Let's dive right into the toilet for this next topic! As odd as that may be, there is nothing wrong with looking at what you left behind. It is actually important to know that your organs are working well and that you are chewing your food enough. Thanks to my good friend, Ellen Tart-Jensen (photo & book 'Health is your Birthright below), I am no longer afraid to look behind me, take a stick and play with my poop! Ewe, gross! That sounds like a great website, PlayWithYourPoop dot com! Remember when you were a kid? The size of the poop coming out of you? HUGE 'torpedo's' that clog the toilet. And then, less & less is coming out the older we get. Where is it? Another good site idea, WhereIsMyPoop dot com. You are eating the same amount of food now as you did when you were younger and your body does not need as much as that child's body. So, again, where is it??? If you follow where I am going with this, we are all full of SH\*T! ☺



Ok, with all that said, it's time to clean out our lifeline to health & happiness! When you give yourself and enema, use a colema board (photo above) or go get a colonic, you are on your way to becoming sh\*t free for the new year! There are many products sold to clean our intestinal track / colon, that you can take orally but most of them are all psyllium based, fiber, which is nice, but too much can really clog you up. You have to drink a LOT of water anytime you are taking psyllium. If you are over the age of 30, it's time to go get a colonic! Don't forget about an implant after. You can use some fresh wheatgrass, approx. 2 ounces, with a bulb syringe, or my personal favorite, organic aloe vera juice with some chlorophyll & pro-biotics. For colema board info, visit [www.bernardjensen.org](http://www.bernardjensen.org)

---

---



## **\*TIP OF THE DAY: Help a stranger in need.**

Avatar, the movie, explains it best: **WE ARE ALL ONE, CONNECTED TO EVERYTHING.** Now, more than ever, we NEED each other! Stop reading this, right now, stand up and go hug someone in your house...for no reason, take a deep breath and squeeze, gently...go, do it NOW! How did *it* feel to you? Remember the days where we spent time talking to each other in person? We were able to make eye contact, see a person's body language; a twinkle in their eye, a simple smile would mean everything in a conversation. Not any longer. The computers, internet, cell phones, i-pods, texting, etc... all have us ignoring human touch, human contact. The very thing we all NEED, NOW!

It's a hard time for many people now as we separate more and more from each other, growing distant, feeling empty as we realize we are all different. Maybe now, we should learn to embrace our differences and honor each other's choices in this life. No one is wrong for what they believe in, food, religion, clothes on their backs, etc... We can choose what works for us and it doesn't have to be the same as the person next to us. Have no fear for this new year! Get out of the house, take a big deep breath, go for a walk, say 'hello' to people as you pass them, or just smile. It makes all the difference. Here is your challenge for 2011: Pick one day, each week, and stay off your cell phone, no computer (internet), no television and do the new **'Technology Fast'**! It's going to be the new diet craze for 2011! Connect with a friend or just choose to be silent and connect with yourself again. Love yourself as you are the most important person in your life! Namaste

---

---





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

**Q:** "Was that a picture of YOU at the bottom of your first e-newsletter (guy eating green with his mouth open)?" from M'lee

**A:** No, that is not a picture of ME! Although, he does have the Italian look and a big nose!

**\*Note:** M'lee just did an internship with me last month for one day. She has a business as a wheatgrass / sprout grower in the Atlanta area. If you are close by and need sprouts, send her an email. Her company is called "Andi's Way" [mleelefkovits@yahoo.com](mailto:mleelefkovits@yahoo.com) All my interns have my approval and the best sprouts / grass around! If you have interest in taking a one day internship (that you pay for) with me, please send me an email and I will be more than happy to discuss the details.

**Q:** Where can I learn more about the concept of 'vibrational living'?

**A:** I am no expert, yet, but I do understand it. Stay tuned to my E-Newsletters or start by watching my Conscious Communication DVD.

---

---

**cont. from above...** That's correct! We are planning to take this workshop on the road very soon!! Possibly a week long "detox / green juice" program similar to Hippocrates, Ann Wigmore, in these two areas, more locations TBA soon. If you are interested in Montreal, CAN or Costa Rica for a hands-on workshop or week long program, please let me know ASAP. **\*NOTE: If you can't make this special weekend workshop, we will be filming in HD for DVD to be sold early April!!**

There will also be a lecture held at Hippocrates Health Institute in West Palm Beach, FL on Saturday, Feb. 5<sup>th</sup> on Raw food prep and Sprouting / growing wheatgrass from 10am – 4pm. Cost is \$49.00 advance. RSVP a must at 561-471-8876 ext. 106. Are you wanting to start your own wheatgrass / sprouting business? You may attend the Feb. workshop, or I now offer an internship, for lack of a better word, where you can come and spend a day with me. I am also available for lectures in your area, anytime or check my [calendar page](#) for different locations. Please email me for more details.

Remember the KEY to what I wrote at the start of my message, better “choices” for 2011. FOOD is a ‘choice’, not a God, not a cult, not a religion, a CHOICE. And most of the time, an emotional choice, sometimes a social choice, more on that next month. Allow everyone next to you to choose what they want to put in their mouths, and you can do the same. Simple. We are all different and in different places in our lives right now and we all don’t have to choose the same foods. Be kind; let the judgment of other people’s food choice go. They are not better or worse than you, my friends. ☺

Thank you for everyone that emailed me your feedback on my very first E-Newsletter. Your comments are always welcome! I will post each e-newsletter on my website in case you missed one. My data base of emails has just gone from 150 to 2,500 people this past month, so thank you to everyone for your continued support! I will try my best to get one out every month. If you ever have any questions or comments on these e-newsletters, or just want to say “HEY”, tell me about your day, ask me out on a date, fly me to where you live to start a wheatgrass business, fly here to Florida and do an internship in my greenhouse, **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 UNSUBSCRIBE below. 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)

**\*\*What’s included for the weekend workshop\*\***

**SATURDAY & SUNDAY**

3.5 hours ea. day of hands on, personal detailed raw food prep / recipes / equipment

- Dressings, Desserts, Main Course, Snacks, Dehydrating tips, Using your leftovers,

3.5 hours ea. day of wheatgrass / sprouting, building a greenhouse, starting a business

- Wheatgrass, Sunflower, Pea greens, lentils, adzuki, clover, broccoli, chia, micro-greens

Detailed handouts for recipes & growing

Yummy raw lunch & dinner

2 Green drinks ea. day (some with a ‘twist’)

2 shots of wheatgrass juice ea. day

4 DVDs of your choice from my website store (\$80 value)

1 Manual Healthy Juicer (\$45 value, donated from [www.877myjuicer.com](http://www.877myjuicer.com) )

Start-up sprouting / growing kit (TBA)

Several dehydrated take home snacks!!!

Discount code offered by [www.877myjuicer.com](http://www.877myjuicer.com) for on line equipment

**[MORE DETAILS CLICK HERE](#)**



Yes, this one is ME (in black) and my good friend, Dan, toasting to 'good friends' and the New Year!

**HAPPY NEW YEAR TO EVERYONE!!!**

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

- Emotional & Social Eating Habits to break
- Favorite recipe section coming soon!
- Vibrational living in every issue!!!
- Shout out section: ????
- Tip of day: Fear prevents us from living in the now
- Q & A section (email me your questions!)
- \*Bonus: BEST GREEN JUICE FAST EVER!!

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.