

## Health E-Newsletter #4

From: Michael Bergonzi



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**\*A note from Michael! ☺**

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

Hi! Another month, another newsletter! It's been busy; such is my life... what's new? March is here, my birthday month, and I am accepting cash only, no gifts please and no gold, although that is your best investment right now. A very special "thanks" to my workshop group that endured an entire weekend of ME talking about the wheatgrass business and much, much more! The weekend workshop DVD will be out at the end of April! (Go Bob!)

I just spent one week in Northern, CA (and Redwoods) and worked in a few Whole Foods Markets juicing wheatgrass with my favorite juicer, the [Lexen Manual Healthy Juicer](#). I know I keep saying it, but the juicer works really well. In just four days, I juiced over 500 ounces of wheatgrass with the same 'hand powered' juicer, WOW!! I need a nap and should enter the next arm wrestling competition! People said the same thing over and over again after drinking the small sample of wheatgrass juice... This is really SWEET! What did you do to it and how can I get it? I tried to tell them that the taste of wheatgrass should always be on the sweeter side. If it is bitter, or makes you feel sick, the grass is usually 'old', harvest too late, had too much light, not watered enough or not grown correctly. My goal has been to teach people how to grow wheatgrass so that it has a smooth taste, not to sell a wheatgrass growing kit. Coming soon! (that is a joke) Keep checking my personal [website calendar page](#) to find out where I will be next, or a Whole Foods near you!

Well, it's time for a big change and to break the news to you... After 10 years of service at Hippocrates Health Institute in West Palm Beach, FL, I am moving on, forward and out to CALIFORNIA!!! I would like to thank Hippocrates for the past, incredible, ten years of my life! Being able to teach thousands of people to grow grass, sprout seeds and my favorite class 'conscious communication', has been a true blessing in my life! Hippocrates has also allowed me to travel to NY City twice a year, CA, Toronto, Canada, MA, CT, PA and all over FL lecturing and managing their booth at the so many different Health Expo's. Not to mention

also being blessed to have been the Greenhouse Manager for 10 years, the Director of their amazing Health Educator Course for 4 years, Director of the Program Consultant office 3 different times and filming / producing a few of my DVD's being sold to this day in their store! I will be keeping in touch with them, teaching for their Health Educator Groups 3 times each year (as my time permits) and, in many ways, still running their greenhouse with 'love' from a distance. Yes, you will always get GOOD GRASS when you stay there! It's hard to say good-bye and there is a lot of emotion with this departure from Hippocrates. My special 'thank you' to Reenie Brewer & Jeff Huntley for keeping me "sane" throughout these past 10 years! I love you both! Of course, I can't forget to thank Brian & Anna Maria, Joseph & Maria (my favorite employees ever), Denise, Ken (Pam too) & his kitchen team (Marsha & Sandy), Valerie, Nurse Caron & Tom, JoEllen, Rick, Larry, Noah, Sato, Katharine, Diane, Jane, Beth, Juan & William, Eric, Esther, Carole (juice bar), Carole (best accountant EVER), Desiree, Jody (& Sean), Shelia, Steph, Yvonne and from back in time, Kelly Serbonich, Vickie, Brenda, Alissa, Dr. Joe, Erica, Shelli, Dawne, Dani, Jessica, Marisella, Nick, Will & Becky Reh! Of course, my cats: Seti, Kobie & Shapoopie, of course all the turtles in the pond by the greenhouse. If I forgot to mention you, sorry!

Ok, back to CA... After my week out there, I realized it was where I need / want to be right now. Everything about it called my name. So, I have a house, a new job and an amazing opportunity. Speaking of CA, it's a great place to open a new wellness retreat center! \*See next article. That is my next, NOW venture. It seems we will be starting out in Cabo San Lucas, Mexico right away. Want to come for a visit? Trial weeks, at half price, begin in May 2011!!

*Cont. below...*

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

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## **\*NEW WELLNESS CENTER!!! Just outside of Santa Cruz, CA**



**\*REDWOODS & Our program's focus:**

As I write this, the name is being decided on. Send in your idea's along with a logo for a chance to win a FREE week with us! Just reply to this email with "Name/Logo contest". We are going to focus on many different modalities & beliefs in health and healing the body, some of which include; Far infrared sauna's, mineral baths, breathing (what a concept), wheatgrass & green juicing 7 days a week, raw & vegan foods, hiking, all kinds of sprouts / micro-greens, yoga, exercise, hands on food & sprouting lectures, special guest speakers each month, technology fasting (my personal favorite) and plenty of activities!!! If you want to be a part of our discounted trial weeks, please reply and write "Sign me up!" in the subject. The location is perfect! Just 1.5 hours south of San Francisco and 15 minutes away from downtown Santa Cruz, located in the Redwoods just up from Ben Lomond, CA. The air, water and year round temperature make for the perfect health & wellness retreat setting. If you are one of my close friends (even if you're not), please just email me that you want to come see the land and I will give you a personal tour. Just reply and type "TOUR ME" in the subject. GREEN JUICE for everyone!

With all that said, it may be a while before we can open to the public with our year round wellness center, so... How about coming to our other location starting May 18<sup>th</sup> – June 8<sup>th</sup>? Located in CABO SAN LUCAS, MEXICO!! Then June 15<sup>th</sup> – July 6<sup>th</sup>. If you would like to be a part of this amazing 6 star location, green juicing every day, sunset cruise each week, the beach, airport pick-up, massage, yoga and much more then please reply with "CABO" in the subject and I will be happy to send you the complete details and rates.



**\*SHOUT OUT SECTION:  
My mother, Jeanette Bergonzi... All Moms!**

To the strongest woman I know. You inspire me (and others) to continue on in this life no matter how hurt or alone I feel sometimes. When we lost Dad in Dec. 2009, I tried to imagine how that would feel to you after almost 60 years together. There was nothing I could even compare that emotion with in my own life. I mean, just recently in my life it was hard after only 5 months in a relationship and could not even fathom what you must be feeling after 60 years. Dad helped people in so many ways when he was alive, all the time being 'of service' to everyone he came in contact with. He will be missed, always... But Mom, YOU inspire people with the LOVE you have inside and the way you care about your friends and family. After watching you do the things that you used to do with Dad, I am in amazed by your strength. Being the youngest of all eight of your children, I have been blessed to have you nearby my life, no matter what state I move to in order to get away (that was a joke!); you are always around and there for me. You have supported me in every way, no matter what I was doing next. So, here's to you, Mom, and to all Mother's that do, on a daily basis, what you have done for me my entire life! Thank you. I love you! Your son, Michael.

PS: Let me know when you are ready to follow me out to CA!!



**\*Turn off your cell phones ☺**

Bringing this statement back again... Technology Fasting! Do it today! Please? Take one day and shut them off and use NOTHING that requires power or a battery. Stay out of places that use WiFi also. Your eyesight will thank you! Have you noticed your eyes getting worse? Do the research on WiFi and eye sight. Remember the days when you only had a pager? It seems like so long ago. SHUT IT OFF, one day, your day off of work... please?



## **\*Happy & Healthy Animals!**

What happens when your animal eats grass? 90% of the time, they will get sick. Exactly!!! In other words, most of the time your animal is eating the grass because they are not feeling well. They know whether it comes up or stays down, it is helping them. This is INSTINCT. Let me say one of my favorite quotes to you now: "Instinct guided creatures, left to themselves, do not make mistakes." I will prove it to you... Has anyone chewed on grass / weeds when you were a kid? Most of us would say "yes." So, why did you do it then and not now? Mostly because you were told not to eat the weeds. But, everything in your body and in your cells told you to go to the GREENS!

Now it's time to keep our animals healthy. How many people love their animals more than they love other people? Did you raise your hand? Nice. True statement that we will do anything for our animals, and we should. Wheatgrass (any grass) will do amazing things for your animal and it will do it very quickly. Here's what to do:  
Household pets can nibble the grass to get roughage (absent in most prepared pet foods), so keep your wheatgrass at a safe distance. If they are chewing on it, then you can grow the wheatgrass back a second time (lost 50% of it's value, but fine for your pets) and let them chew on that. For you animal that may have a health issue, fleas, eye problems, hair loss, trouble walking, wounds, etc... here is what you can do: Give them a little less than ½ an ounce (orally), twice a day, 30 minutes before you feed your animal. Use a bulb syringe or eye dropper to get it down. **\*Caution: do not try this on a white carpet as it may tend to come right back up! =)**

Do this every day for at least five days. Stay with it as you will then see some amazing results in a very short time!!! 😊 Also, a dropper of wheatgrass juice into your pet's mouth for illness, gum or teeth problems, urinary problems or

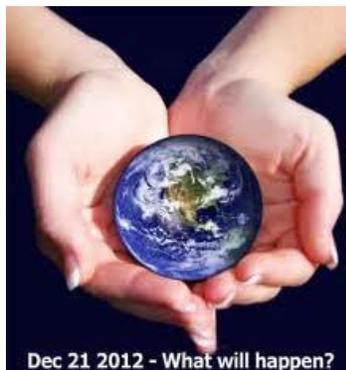
eating problems. After you have given them the juice for the five days, then chop finely into their food for preventative, three times per week. This will help keep your animal in balance.

Wheatgrass soaked bandage for sores, can be applied right to their wounds.

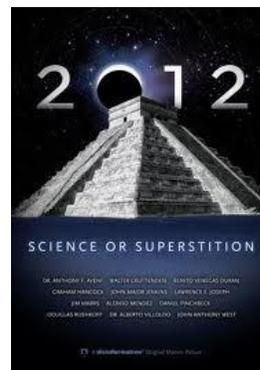
Grow small amount in the house for cats to play with (this will take their attention away from your plants). Good luck!



Rockette and me at Optimum Health 1995.



Dec 21 2012 - What will happen?



## **\*TIP OF THE DAY: Survival in 2012**

What does that mean? Well, believe or not, that is your choice! Get it? You can choose what to believe about your life, this Earth and where it is all going right now. You are in total control of your own life and how to walk your path. It's time to stop blaming the rest of the world, or other people, for what happens to you every day. I am not here to make that choice for you, just to offer information for you to choose what works best in your life. Whether or not anything happens in 2012, who knows? But, it will not change what I am going

to say. Why not be better prepared, just in case? If nothing happens, then what did you lose? Most people don't want to know, and there is a part of me that totally understands that. At times, I wish I didn't know some things too! But, at the same time, when you have information, you can choose to change your path, or not. So, read on... or not, the choice is always yours.

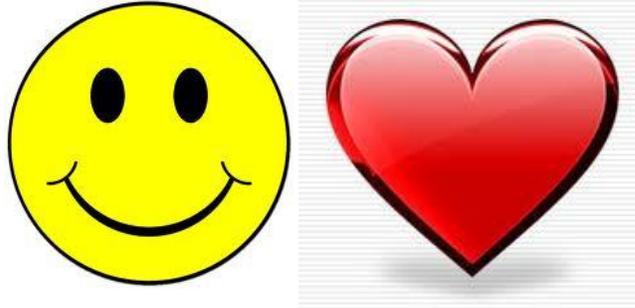
Let's start with a list of what we need to survive. Keep it short and simple and get down to the bare bones of LIFE. 1. Oxygen!!! 2. Clean water. 3. Greens! 4. Shelter of some sort. DONE. Ok, now let's figure out how to make that happen. Well, what produces oxygen? GREENS! So, we need plants, leafy greens, grass somewhere in our life. Or plenty of Oxygen tanks! I suppose we can survive an amount of time without greens if there were enough in the air. Next is clean water. I would stock up on some of those travel carbon filters as they will turn coca-cola into water if need be. You can buy them anywhere and they last a long time, just don't really put coke through them! That will clean any water that you find, or even melted snow. Now we are back to GREENS. Interesting that they are on this list twice? How important are they??? Well, green gives us the energy / vibration and connection that we all need right now. Sun & Earth, together make GREEN and that is everything our cells want to connect with. Sure, some greens are better than others, but we can use them all if we had to. I suggest that you have a hand juicer (no power needed, very important) to process the greens. Yes, you can chew them, and chew them and chew them... But be sure to chew them until they disappear. Don't swallow to fast. (this was in newsletter #1) Ok, but what if there were no greens left out there? Now what can I do? Well, if you remember the 'superfood' story, then you already know the answer. SEEDS! You will need seeds and some water (melted snow) to sprout the seeds, viola! There is your survival tip of a lifetime, yours and mine. NOW. Store some seeds and keep them DRY, in mason jars or hard plastic buckets. Not in the fridge, however frozen is 'ok'. As long as you have seeds, you will survive for a long time. This is why I am trying to speak more about "vibrational" living. That you really won't 'starve' as fast as you think if you understand this concept. Lastly you will need some shelter. You want to keep warm. My advice is to be as high up as you can get without passing out. A cave is good. I am planning on a solar tree house in the mountains. Want to join me? Nice.

Oh, if whatever happens, keep in mind there will be no electric (TV, computer,

etc...) and no running water or toilets (plumbing), so have your iPod with a solar charger to keep you company, or bring a friend with you, that doesn't talk too much!!! Namaste

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### **\*Q & A section\***

**Q:** "How long does the seed last?"

**A:** Most seeds, when stored room temperature and dry, will last a lifetime. The only seeds that will not last very long are hulled seeds. Hulled means the shell (or skin) has been taken off the seed and those also do not sprout well. Soaking a seed is the most important part of 'bringing it to life'. You don't really need to actually sprout them. Remember the standard rule for all seeds: If you can sprout ONE seed, you can sprout ALL seeds. If the seed isn't sprouting, then it may just be a bad seed and nothing you are doing wrong.

**\*Note:** This information is available on my DVD called 'Sprouting, The Easy Way.'

**Q:** When will your new wellness center in CA be open and can I come to visit?

**A:** That is a GREAT question!!! We are working hard and fast for the next couple of months and I promise to keep you updated on our progress in every Health E-Newsletter that I write. If you have interest in being involved with this project in any way, or would just like to come see the land, please contact me via email and send me your resume or to set up your visit. We have plenty of great people involved already, but are also very open to any new thoughts and ideas. Don't forget about Cabo San Lucas and our trial week which will be in May 2011.

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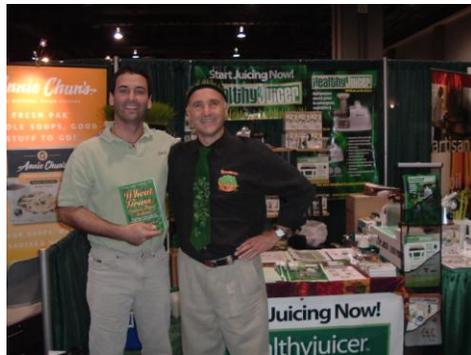
**cont. from above...**

So, come and get healthy with me in CABO!! I will be there for all three weeks of the trial time in May, teaching many classes, telling some of the same bad jokes, touring you for the sunset cruises, making your green juice, having some private consults with each of the guests, growing grass & sprouts, showing some of my

favorite movies and so much more... 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 out in CA June 2011.\*), then please email me at [wheatgrassking@yahoo.com](mailto: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](http://www.wheatgrassgreenhouse.com)

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Sproutman, Steve Meyerowitz.

### \*Next month's issue:

- More on the CA wellness retreat project!
  - It's all about choice
  - Shout out section: ????
  - Tip of day: Don't cry out loud...
- Q & A section (email me your questions!)
  - \*Bonus: NEW CONTEST STARTING!!!

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.