

Health-E-Newsletter #7

From: Michael Bergonzi
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Finding balance, support and LOVE

***A note from Michael! 😊**

As always, keeping it simple & true

****[NEW FRENCH](#) (Spanish soon) translation of my Newsletters!!****

"Don't let food define your happiness" MB Wow! That is not as easy as it sounds. Everything is based around food. From the shopping, to the cooking and then the eating of it. Think about this; How much of your day is spent talking about it, shopping for it, preparing it, cooking it, driving through it and actually doing it? Take a deep breath! Don't let food consume your life. Remember, you are not in this alone. We all have some kind of food / drink issue. Smile. Breathe.

Hi everyone! Sorry for the delay in getting out this newsletter. I have been a bit "stuck" these days. Some good friends have been there to help dig me out of this hole and I am ready for the next challenge in my life. Currently, I am in West Palm Beach, FL helping out Sean & Got Sprouts and putting together some amazing audio and video for our websites. It will be ready in the next 2-3 weeks and all FREE!!! Thanks to Bob for his filming help on our 'last minute' project. Heading back to CA for another project next week. I am planning out my next six month schedule now, so if you have something in mind, please let me know ASAP so I can pencil you in. I am willing to travel anywhere to help you with the sprouting business, wellness centers or personal cleansing at home. My new concept for people that can't take the time to go to a Health Center, I will bring Optimum Health, Hippocrates Health and some of Bernard Jensen to YOU. We all need an 'oil change' and a refresher on health & wellness in our everyday lives. Just ask and I will come to you.

***Details below in 'DETOX at home'**

Cont. below...



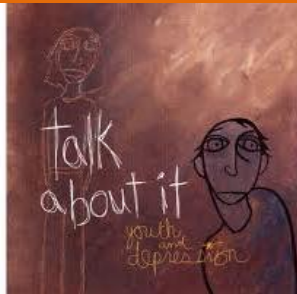
DETOX at home

It's time to clean out, DETOX as some call it. Getting the toxins out and adding some LIFE back into the body and boost that immune system. Maybe you want to just lose some weight? Either way, your body is asking for it, NOW! Too many times we say, as soon as "x" happens, I will do a cleanse. Making excuses and finding reasons why we can't clean out today. Well, I want to offer my help. This is newsletter #7 and if you read 1-6, maybe something has already helped you live a bit healthier. Soon there are going to be many more audio and video clips on ways to better your health at home on this website, FREE. Change your personal 'oil'. You put on a lot of miles and your body can use it.

For those of you that just can't seem to get motivated and need more personalized help at home, then now is the time to schedule my help. I will educate you in green juicing, growing sprouts & wheatgrass in your home, colon cleansing, shopping better, books to read, movies to watch, websites to visit and much more on health and healing. You have tried many different cleansing & detox programs and now you can learn what really works and why juicing greens works better than eating them. [CLICK HERE](#) for more details!

*This cleanse also includes a one hour personal phone consultation with Dr. Ellen Tart-Jensen, www.bernardjensen.org

**Please email me for more details and schedule a date to clean out!
wheatgrassking@yahoo.com



Dealing with Depression

It's possible that we all have a bit of this issue in our lives. The big "D". Yes, I do too. I am not a therapist on this subject, but at times, can use one. Sometimes I think that depression is because we are all feeling responsible with

where the Earth is right now and the pain she is feeling. Many of us are taking the easy way out and are constantly looking for someone else to blame. For example; The BP oil spill, Monsanto and the seed control, Japan's nuclear issue or even the war on terrorism. It's always something that we focus on so we don't have to look within ourselves for what is really going on. I know, because I do it to in many different ways. I blame 'ME' most of the time for anything that happens in my life. I wasn't good enough. I said the wrong thing. Something I did in the past is coming back around to balance my energy, Karma got me again. If only I could have a second chance... Embrace the light. Know that everything happens for a reason and all is perfect. You did not make a mistake in that moment and it's time to move forward. Talk to someone that will listen.

First, try to find a reason to get out of bed in the morning. Put your feet on the ground as soon as you open your eyes. Stand up, stretch and start your day. It's not groundhogs day though sometimes it feels like it is. This day belongs to you and however you want it to create the outcome. Think of it as a blank canvas waiting for the paint (your thoughts) to tell a story.

HELP is all around you. Just start to accept it. If you look for it inside of yourself, you will even find it in you! I support your journey and you are not crazy for thinking the way you do. YOU ARE NOT ALONE! ☺

*A special thank you to those people in my own life that always seem to show up right when I need them. Even the ones that encouraged me to finish this newsletter!



***SHOUT OUT SECTION: Got Sprouts?**

This month is a shout out to my good friends and co-workers, Sean & Jody Herbert from Got Sprouts. They started their growing business in West Palm Beach, FL and are now going to franchise all over the country. WOW! I have to admit, that was my dream a long time ago. To have a chain of places that people could go to get the best quality organic FRESH sprouts and wheatgrass and it would all taste good! I am now going to work with Sean & Jody to make that dream come true. The great thing about Got Sprouts is you can also get high quality juicers, planting trays,

growing racks, DVD's and their biggest seller, SEEDS of all types! They have a wonderful team of people that really thrive on customer service.

Expanding into a larger growing area, filming some new video content for their website, getting quality seed... are just a few of the projects we all have been working on recently. I think my most common question via email is "where do I get good seeds?" Your answer is simple, Got Sprouts!! www.gotsprouts.com Thanks Sean & Jody for all your continued work in the field of growing the best wheatgrass in the country!



Donations

You all know that I will answer your emails anytime, FREE. Help you grow wheatgrass and sprouts. 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!



SUPPORT **We all need it!**

Is support something you can get from your computer via the internet? Is it a phone call to a friend or loved one? Is it a text message? What is the support level that you are looking for right now? Do you go out with your friends, sit right next to them and still use your cell phone? Let's talk about all of the above and try to see what you are looking for and what we all really need.

I know, for me, the internet is not real 'love' or a connection to the heart. It's a distraction from what we really need to look at, ourselves. I do agree that there are many times getting a text message from someone at the right time feels really good. Just to know someone is out there and likes me or will listen to the crazy thoughts in my head and not judge me for having them. That feels nice. I think we all want to be heard, listened to and understood. We really don't want people to answer our questions, just have them listen to us talk. Maybe that is why the internet and texting on the cell phone work out so well sometimes? We can say what we want without being interrupted. It provides us that bit of 'sanity' that we need by writing our thoughts down and someone actually reading and listening to the words. Remember using a pencil or pen to hand write a letter? Or even writing in a diary back in the day? Journaling? All of this is really the best THERAPY out there. Talking to ourselves!

There is a story that I remember about a man that was drowning in the ocean. A boat came by to rescue him and he said to the captain, "I am waiting for God to save me." A few hours later, a helicopter came by to rescue the man and he said again, "I am waiting for God to rescue me." A few more hours later, the man drowns. When he was in Heaven in front of God, he asked, "Why didn't you rescue me while I was drowning?" God replied, "I sent you a boat and a helicopter. What else did you want me to do?" I have told this story again, recently in my life, to remember the meaning. Our support is all around us and wants to help, but we have to learn to see it, hear it and listen to it when it calls out for us.

How much support do you need right now? Take some time alone, in silence and ask yourself "what makes me happy?" Write your thoughts down and then read them back a few days later. Try to understand YOU better. It will get you to the answers you seek much faster. I support you. I am always here, via email (LOL), to read your words, hear your story and reply with a smile of understanding. NAMASTE



***TIP OF THE DAY: Wheatgrass: Powder -vs- FRESH -vs- Frozen**

Which one is better? Do you really not know the answer to this question? Of course you do. As a matter of fact, the frozen and the powder companies will tell you the answer as they always compare their product to... what? **FRESH wheatgrass juice!** If you could drink GOLD and that was the best thing to put into your body, then they would compare their product to gold. In other words, they compare their product with the best of the best, which is FRESH wheatgrass juice. So then, why do people spend time to powder wheatgrass and or freeze wheatgrass juice? That answer is also pretty simple. Do you remember why people use the blender rather than a juicer? The one and only reason people use the blender over a juicer is the same reason why people will take a powder or frozen shot of wheatgrass. Because it's EASY! Saves TIME! Simple. That's the reason. But they need to tell themselves that it is just as good for them, prove it with some science facts (not human facts) or that it is even better for their bodies than FRESH, to justify taking it frozen or powdered. Like the blender companies will come up with some reason that using it is better than using a masticating juicer. (read my article in newsletter #6 for more details) Otherwise, what's the point? It's all marketing the product so that the consumer, YOU and YOU will buy it because of the way it is presented to you.

With all that said, yes, science can prove that the powder and the frozen are the same as the fresh. I can too. That is really simple to do these days because you would only compare the things that the powder and frozen have in them. These companies are not trying to prove that fresh is better; otherwise they would be able to do that as well. Get it? It's called 'working the system'. You focus on all the things that it has in it, not what is missing. The way I like to explain this is very simple. If you take soil away from growing wheatgrass, you take the heart /

love away from the final product. Science will tell you they are the same, soil grown and hydroponic wheatgrass. However, it wouldn't be the same in the end. When you drink the FRESH wheatgrass juice, you get that "love / heart", vibration, life force, the complete spectrum of chakras. You get all those things that science cannot prove right now. These are the most important things you need in your life these days. We all need the LOVE and the connection to Earth again. The powder and frozen do not offer that connection. Yes, they are easier, for sure. So forgive me for saying this, but, as you read on my website is what I will repeat now. It's exaggerated to make this point very clear. *What FRESH wheatgrass juice will do for your body in one weeks time, it will take the powdered grass one year's time and the frozen juice two years time.*

Yes, again, I too have access to the internet and I have read everything you have read about the frozen and the powders. I read the science and the testimonies. I have also known people to tell me how good the powder and the frozen juice has worked for them. Even healed their bodies with these products! Amazing and wonderful! I support you 100%! Your stories are true and I wouldn't say any different. But, what I also know for a fact because of working at the Optimum Health Institute in San Diego for 8 years and Hippocrates Health Institute in West Palm Beach for 10 years is, FRESH juice is #1 and the best way to get the most benefits from the wheatgrass. Hippocrates has been around over 50 years and Optimum almost 40 years now. All the thousands upon thousands of testimonies will credit the FRESH wheatgrass juice to their new found good health. So then, why do people say the powder and frozen are just as good? Because, a good percentage of the time, they are selling you the product. The testimonies they give you may be true, but did those people even try drinking the FRESH wheatgrass juice instead of the powder / frozen? Maybe it would have worked faster and better for the body. Some say the fresh will taste awful, which we know, when it's grown right, will actually taste sweet and smooth, and that is why they 'prefer' the powder or frozen. This is too bad because many health food stores and juice bars out there do not have a good tasting wheatgrass juice.

Remember what I wrote in another newsletter and what is on my website. ***"If you can't get FRESH wheatgrass juice, then the next best thing would be FRESH GREEN juice, using everything that is green, leafy green or a sprouted green. i.e.: cucumber (skins too if it's organic), celery, spinach, kale, cabbage, all green sprouts... even a fresh leave of mint would be a nice touch! Just remember to keep***

the GREENS together and do not mix anything that isn't green in with your FRESH green juice. It is LIFE, vibration, energy, connection that WE are all needing, not a (forgive me for this) "fast food" substitute that is claiming to be as good as the real thing. Look, when it comes down to it, if you want better health, stick with FRESH as much as you can. Wheatgrass (GRASS) is number one, any and all GREENS would be #2. Just have the Manual Lexen Juicer with you and you can always juice GREENS anywhere! However, a powder is good third option if you absolutely need something in a pinch.

If you want that fresh, good tasting wheatgrass, just contact Sean from Got Sprouts and they can ship it right to your front door. 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 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!!!



Q & A section

Q: *"My sunflower is starting to rot and turn brown, what am I doing wrong?"*

A: Ok. Sunflower is a bit more involved than wheatgrass. You really have to be careful with how much water you are giving them. Use more soil in the trays and less water, that should help. Check out details [CLICK HERE](#).

Q: *"What is the best juicer to use for wheatgrass and leafy greens?"*

A: The single auger, masticating juicers. [Manual Healthy Juicer](#) by Lexen or the

Omega 8005 or 8006. More details, [CLICK HERE.](#)

cont. from above...

A special "Thank you" to my very good friends that helped me in the past few months! You know who you are and I love you all very much. You are all my family, including the ones that were actually my family!

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 [6 others](#) just like it ready for you to read!



Support your local Farmers Markets.

***Next month's issue:**

- Tell me what you want to talk about.
- Q & A (email me some, anytime.)
- Shout out section

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.