

Oxygen is the very first thing we need to live, and also, to be healthy! That's right!!! So, start NOW and take a deep breath. Count to three on the inhale and three on the exhale. Go ahead, I'll wait... ☺ Of course you need water and then you some sort of food / green juice, but oxygen will always come in first place with what the body is looking for to live and heal itself. So guess what we are running very low on these days? Yes, OXYGEN! Doctors will tell you to have some more plants in your house. It will help you feel better, have more energy and be healthier on a daily basis. That sounds too easy, right? It is that 'simple & true'. Always find a way to keep the green in your life. As mammals, it is what we need to live, in so many different ways. Check out my 1st blog on my website for more details. Take another DEEP BREATH. Green seems to be disappearing from the planet. On land, we cut it down to make room for homes, condos, strip malls, roads, parking lots, etc... and even the algae in the sea are going away due to the ocean heating up just by 1 degree, oil spills, pollution, sewage waste, etc... Have you ever heard of an Oxygen Bar? It's not as crazy as you think! Some of our downtown, major cities in this world, the oxygen content is as low as 7%, rather than 21%. That can't be good. Have you ever noticed a person using a walker to get to the door of the casino, and then carrying it around with them once they go inside? That's oxygen, mixed with some excitement juices of seeing those slot machines. What? I don't have that addiction... oh, yes, I do! ☺ (the above photos can be found on my website and blown up to read)



***SHOUT OUT SECTION: #1 Wellness Center in Atlanta!!!**

My very dear friend, Dr. Kimball Johnson, has dedicated most of her life to helping others, via the medical field, and now she has taken what she learned and added another amazing piece, raw foods & green juice to her practice. She has opened the very best 'crossover' wellness / alternative medicine center in all of Georgia! The Jobri Center, located in Atlanta. They offer a similar program to Hippocrates Health Institute as well as a 'walk-in' store front for your fresh

greens, supplements and other supplies. Jobri Center combines the knowledge and experience of the medical field with the practical world of raw foods, green juice, colon health and (of course) wheatgrass juice. Dr. Johnson and her dedicated staff will be sure to give you the best care and most accurate information available in their field. I met them all and can't wait to spend a week there myself. Their hearts are filled with love and they are really 'of service' in this world! Can I take a week off yet? As they say, "Get Your MO-JO back" and make the Jobri Center your News Years Resolution! Mention my name and get 10% off your tuition rate when you reserve your stay before March 31, 2011. Special thanks and lots of love to Kimball and her team!! Keep up the incredible work you are all doing! xo www.jobricenter.com



***Frozen, Powders and Pills... OH MY!!!**

Wheatgrass, of course! I have to add something about it in every one of these or people will start to wonder... ☺ Ok, here is the bottom line (and please let science go for a moment), FRESH is the #1 choice, every time, all the time!

There is no question about it. **The second choice**, if you can't find fresh wheatgrass would be FRESH GREEN DRINK. That means, anything that is GREEN juiced with a masticating juicer (single auger (my favorite), or twin auger). Make an eight ounce glass to compare to a 2 ounce shot of wheatgrass juice. Use anything that is GREEN. Cucumber, celery, sprouts (any sprout that has a green leave), spinach, kale, cabbage, romaine lettuce, etc... and even add a mint leave for some flavor! **The third choice**, in my professional 'green' experience, would be the powder wheatgrass. Frozen is not an option for true health and healing, however, it will keep your drinks cold! What a FRESH ounce of wheatgrass juice will do for the human body in just one weeks time, it will take powder / pills one year to do the same thing. It will take frozen, two years! Remember, only drink 1-2 ounces of fresh wheatgrass at any one time or you can drink 8-16 ounces of a green juice. They both make a healthy & complete breakfast!



***FREE JUICER for Dec. 2010 and Jan. 2011!**

What a GREAT way to end 2010 and start FRESH (no pun intended) in 2011 and win a FREE manual Healthy Juicer from Lexen. This is the masticating, single auger juicer I was just talking about. Sign up at www.wheatgrassgreenhouse.com for a chance to win. One entry per email address. If you are receiving this email, then you're already on the list to win! This is the very best of the best when it comes to juicing wheatgrass, leafy greens, sprouts and anything else green you can think of. My #1 juicer for travel, power outages, camping, Christmas gifts or for the person just getting started on the path to health and wellness. This juicer stands the test of time and has been on the market for the past 7 years now. It looks like a toy, but works like a champ. I suggest giving it at least 2-3 times of use before 'judging' it as the first time that I used it... well, let's just say it wasn't a good experience. But, by my third time, I was juicing an ounce of wheatgrass in one minute's time

and making an 8 ounce green drink in 5 minutes. Simple, easy to clean and priced right at \$45.00 (plus S&H). One year warranty. OH, and I will also give away 5 DVD's during the next 2 months!

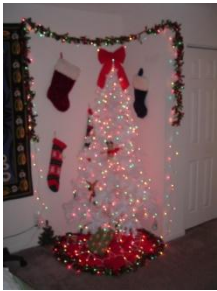
*If you live in local West Palm Beach, FL (you're lucky!) or anywhere in the U.S. and want some FRESH wheatgrass, sunflower greens or pea greens, to eat or juice, then contact Sean or Gabe from www.gotsprouts.com Tell them you saw their name in my newsletter (my name is Michael Bergonzi!) and receive 10% off your order, one time only!!!



***TIP OF THE DAY: Chew your food!**

Again, is it that simple? YES!! Believe it or not, food wants to come out of your body as fast as you can eat it. SLOW DOWN!!! PLEASE! Chew your food 25-40 times before you swallow. Almost to the point where you don't have to even swallow as it disappears in your mouth. Your jaw will hurt for the first few days! You have all heard of blending food, well, the reason is not to get more nutrient value, it is so the food will be able to digest faster and then come out of your body easier. The less time your body spends on digestion, the more time it has to heal itself. That's right everyone, if no one ever told you, the body can HEAL ITSELF! In other words, lack of solid food (green juice is best) will heal the body faster than putting solid food in your system. Forgive me for this example, nonetheless, a person who lives on fast foods would be healthier by putting that food in the blender before eating it! Now let's look at the 'raw food' people out there. Eating a salad everyday is a better choice for your body, it's not hurting your body like the S.A.D. is, however, you are still not chewing it long enough for your body to benefit from those healthy greens and sprouts. That is why we JUICE leafy greens. To 'chew' them enough and remove the goodness of the sun

& Earth from them. Remember why we were able to live on cows in the past? They ate the grass / greens, processed it, removed the proteins from them and then we ate the cow. Oh, I get it now! In the past, we ATE our JUICERS!!!
Lighten up... I never said my jokes were good! ☺



HAPPY HOLIDAY SEASON!!!

***Next month's issue:**

- Colon Health: Pooping is GOOD for you!
- How to be happy everyday!
- Vibrational living
- Shout out section: Kris Carr, Crazy Sexy Life
- Tip of day: Help a stranger
- *Bonus: Healthy eating for the winter season

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REMOVE your email address: Just reply with UNSUBSCRIBE as the subject.