

Health E-Newsletter #5

From: Michael Bergonzi



www.wheatgrassgreenhouse.com

***A note from Michael! 😊**

As always, keeping it simple & true

I can ask life to “slow down”, but what is really moving fast? ME or LIFE?? Maybe I need to look in the mirror and ask myself to slow down? Maybe life isn’t moving too fast, just me???

Hi everyone! There are so many people to thank in my life, but let’s start with YOU, that have decided to read this newsletter. I want to personally ‘thank you’ right now for taking the time, your time, to read my words. I mentioned back at my very first newsletter that it was just me, alone, writing these and doing the best I can to get the information out there. They are never perfect. But who / what is??? It’s only to share information and for you to do what you wish with that information. Like one of my favorite song lyrics: “... and I feel like I’m naked in front of a crowd cuz these words are my diary screaming out loud and I know that you’ll use them however you want to...” The great part about that verse is the actual words don’t change, only how you perceive them. The perception of words, an action, a smell, a smile etc... all lies within each of you. It is your choice to view an action with happiness or sadness, however the action hasn’t changed. Do you like the herb, cilantro? I don’t, but I know many people do. Has the actual cilantro changed in any way? I am working hard to define choice, and clarity of words as well as perception. My personal life is written in these newsletters, hear them, judge them, be happy by them or hate them... but my words haven’t changed, only your perception of them.

As I sit here on a sunny day in Cabo San Lucas, ready to embrace a new project, a new day, some new faces, I can’t help but think about the meaning of life, this life that we are all sharing right now, together, on this Earth. We can really only choose to do the best we can, maybe not perfect all the time, but we have to

move forward and try it out. Take a chance, go ahead, I won't judge you! So, here I am, taking a chance in hopes to create something wonderful, something that will be connected to the 'truth' in this world. Not to focus on the negative, but to thrive for honesty and do the best we all can. Maybe I will see some of you here in Cabo, for a good 'mind, body, spirit' cleaning out! The new website will be finished shortly and you will be able to read all about this new venture. I was able to go on the 'sunset cruise' and LOVED it!!! Bring your camera!

Cont. below...

***A fresh new start on life. With Michael Bergonzi**

It's a NEW start for me as I am taking on a role as a consultant now, full time. Whether it is the wheatgrass & sprouting business or you would like to open your own Wellness / Health Retreat Center, I can help. Most of you know my story as it appears on my website. If you would like a resume, just ask. I spent 8 years with Optimum Health Institute in San Diego, CA, 3 years working with Ellen Tart-Jensen for singer / songwriter Jewel and 10 years working at the Hippocrates Health Institute in West Palm Beach, FL (wearing many hats). Now, as a full time consultant, I can help you get started right away. For daily fees and consultation rates, just send me an email and we can set up a time to talk.

Would you like to start your own wheatgrass / sprouting business? I am planning another weekend workshop, this time in the Redwoods just outside of Santa Cruz, CA. Just arrive at the San Jose airport (in CA, not Costa Rica or Mexico) and I will have you picked up. Everything will be included for one rate. Your room, vegan foods, green & wheatgrass juice, healthy snacks, free gifts, two full – all day lectures on Raw Food Prep and the wheatgrass & sprouting business plan. The date and cost will be on the website by the end of next week. I will also have the last workshop available on DVD by the end of April. Pre-order from my website store and save \$100!

Please come visit me April 8th, 9th & 10th in Toronto, Canada and again April 29th, April 30th & May 1st in San Francisco, CA at the New Living Expo! FREE lecture at both locations. Sign-up specials and savings on tuition rates, juicers, books, DVD's, HUGS, wheatgrass info, etc...

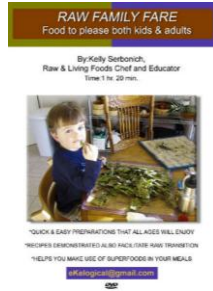
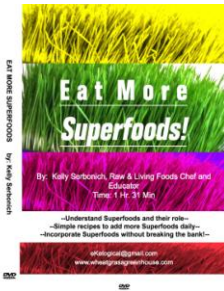
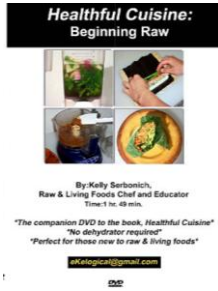


***SHOUT OUT SECTION:
Raw Naturals in Ontario, Canada**

This month I would like to let everyone know about my good friend, Benjamin Stone who created [Raw Naturals](http://RawNaturals.ca) located near Toronto. He graduated from the Hippocrates Health Educator Program in 2009 after battling cancer naturally. Benjamin has combined the living food principles he learned at Hippocrates with his strong background in business and technology to launch two thriving businesses, [Raw Naturals](http://RawNaturals.ca) Healthy Living Supplements and Toronto Sprouts Limited. He is also very successful as a leading Canadian distributor of LifeGive supplements. Benjamin credits living foods with changing his life, curing his disease and has made it his life's ambition to share this knowledge with others. This ambition is already becoming a reality for the young entrepreneur, who has many exciting projects on the horizon, including breaking ground on a new alternative health institute in his native Canada and the potential ownership of raw food retreats in the Philippines.

Also, I will be working with Ben at the Raw Naturals Booth in Toronto on April 9-11th, 2011. The expo is called "Total Health Show" and will be held at the Toronto Convention Center. I will be giving a FREE lecture on Friday, April 8th at 7pm (look for Benjamin's Stones lecture in the program guide as I am not listed by name). Visit www.totalhealthshow.com for more details.

For more information on Benjamin and Raw Naturals, please see: www.healtheducator.ca Keep up the GREAT work!!!



*NEW CONTEST STARTS NEXT MONTH! 😊

Someone will be winning all three of the Chef Kelly Serbonich DVD series. Kelly is the co-author of the Hippocrates recipe book, Healthful Cuisine. She was the executive chef at Hippocrates for 4 years before moving back to Ithaca, NY. Kelly is one of my best friends in this life and been a huge support anytime I needed it. We have done many health shows together, wish I am missing, and I hope to be doing them again with her real soon. She has an incredible son named Noah and works part time for [Moosewoods Restaurant](#) and also for [Jillian Drawers](#). She has her own company as well and a website soon to come. If you have entered your name on my mailing list and received an email to read this Health E-Newsletter, then you are in the contest! Just sit back and wait to see if you win. Winner will be picked at the end of May 2011. Good luck!



*It's all about choice & balance

Whether it is food, religion, politics, sports, colors, smells or even feelings, it's all about choice! Do like to watch ESPN or the History Channel? Would you rather read a book or watch a movie? Have a GREEN juice or a Cup of Coffee? Have a good conversation or check your email? You know that whichever you choose is

'ok' with me and I will still be your friend. Your choice is correct; it now becomes just about understanding why you chose that path. And that is the really fun part about this life right now. More and more people are waking up and understanding that they can create their own worlds and not be 'stuck' any more in Groundhogs Day. (Love that movie!) One of my favorite sayings, "Concur Yourself rather than the World". Perfect. When it comes to choice, much has to do with the perceptions of right now. Every moment is perfect in time; YOU are the only one that can alter the present moment. You are the only one that is actually moving while life goes on all around you. Kind of a strange concept, but really cool at the same time. Life is not about changing the people around you, only changing yourself and allowing the people in your world that you have now created to fit your choice that you made. My favorite Viktoras saying from way back when is 'time ceases to exist at the portals of love'. After more than 16 years, I am still attempting to understand that one statement. In a way, it's perfect. If I am living my truth, then I can create my own world and the world that is around me. Including my friends, my job, my relationships and even the food that I choose to eat, or not eat. If I keep it simple, I can say for sure that I am in control of how I feel, right? Are feelings a choice? You tell me? Can you laugh out loud, right now? Try it. Go ahead, no one is watching you. Did you do it? Then again, I will ask you the same question. Are feelings a choice? Do you think happiness / laughter is the only feeling you can choose? If you can choose those, then you can choose others as well. It truly is simple. Stop using food as an emotional 'crutch' and allow the true emotions to burst up through the heart.

Ok. I get it. YES, for the most part, my feelings are my own choice. And I can choose to be happy or sad, whenever I want to. Now, I need some balance in my life so that I am not always depressed, sad and alone. Those are the big ones that lead us to more food. Remember, lack of food will allow the emotions to surface faster. Let them come. Challenge them to come up and out. So, how do I find that balance again? Well, first I need to understand what in my life is 'out of balance'? My diet? My job? My emotions? My relationship? My friends? Maybe all of them... Hmmmm... HEY!!! A lot of those things were just mentioned above. I just read those same words. I CAN CREATE all those things in my life! I have an inner power & connection to OWN my world and not blame others for everything that is going on in my life right now. That is pretty simple and true. Sit alone for a while, in silence. Go for a walk. Breathe. You are

never alone. Send me an email if you need to share some feelings. I will read your words and listen to your story, anytime.



***TIP OF THE DAY: Don't cry out loud**

When you feel sad, what should you do? What about if you're feeling alone and scared? What if someone has hurt your feelings? What does it take before you start to cry and get in touch with your inner self? A bad relationship? An accident? An injury? A good / sad movie? Someone passing? If you know me, then you know that I cry very easy these days. I hope you were able to read my article in the Hippocrates "Love from the Heart" magazine as well as listened to my Communication DVD or Moving Beyond Fear lectures. Yes, I CRY!!! Even in public! That never stops me. A good conversation always does it for me. Just ask my close friends. Or some of the lectures that I have taught. Yes, I even cried while teaching some of my classes over the years!

Is there a good time to cry? How about now? Maybe in an hour? Tonight? Do you think crying is healing? YES!!! It is! We have been brought up in a world that teaches us not to show emotion. Think about all the tools we have been given to hide our true selves? The phone, cell phone, texting, the internet, TV, magazines, radio, satellite, etc... so many outlets to be able to hide behind. What about FACEBOOK? Do you still think that is real? I think it's a nice way to reach out to the masses very quickly, sure, but is it reality? Does it connect us to our own hearts or the big 'mother' of hearts, the Earth? What I have learned in the past 20 years in the alternative field is this simple message: "When you cleanse

the body and get off the standard American diet, the body will now start to heal, both physically and emotionally." The food that usually will suppress your emotions will be gone, so what do you think will happen now? Yes, you will CRY. AMEN to that! Thanks to all the massage therapist that also understand that a good cry will heal many muscle aches in the body. I love a good massage when it hurts! (Can I say that out loud?) Namaste



Q & A section

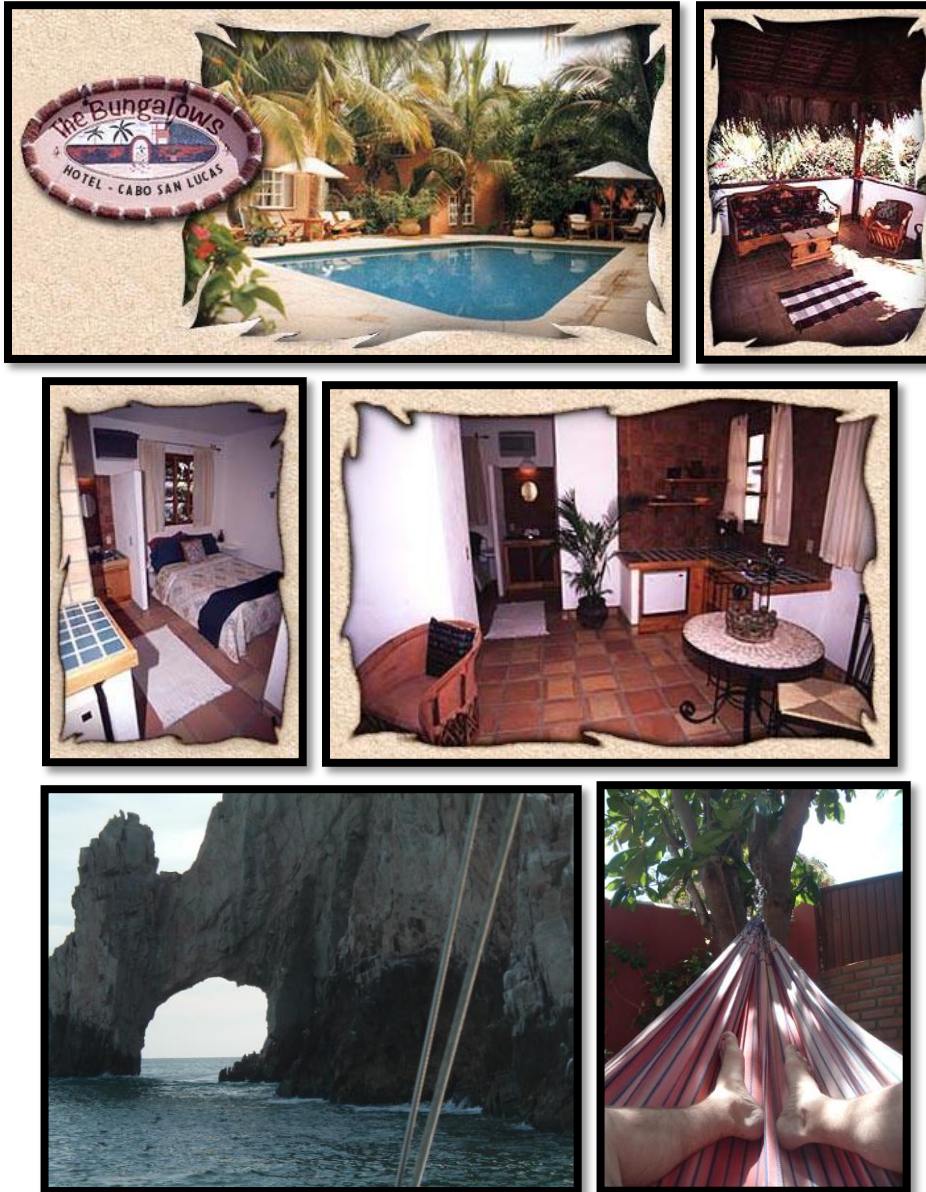
Q: "Where can I buy a wheatgrass growing kit and some good seeds?"

A: Right now, you can purchase the "[how to grow wheatgrass](#)" DVD from my personal website and the seeds and trays from Sean at www.gotsprouts.com. Soon you will be able to get seeds directly from my website as well as trays, racks, etc... I really try to have the best wheat seeds in the country and for that reason, I do not give out my direct source, however, you can always get the same seeds that I use from my website, in one form or another.

Q: "Sunflower greens easy to grow?"

A: Not as easy as wheatgrass, pea greens and buckwheat, but, if you follow my guidelines, they will grow beautiful. You must watch out for over watering in the winter months and be sure to use more soil in the trays. [Click here for complete growing details.](#)

cont. from above...



Photo's from CABO, the hotel, my room, the sunset cruise, my feet!

Just to recap: You can come join us for our 2 trial weeks starting, May 22nd – June 4th? **Located in CABO SAN LUCAS!!** Then for two weeks in June & July. I was recently there and it is beautiful! The weather is perfect and the Sunset Cruise was amazing! If you would like to be a part of this incredible 6 star location, green juicing every day, excursions on the sunset cruise each week, shopping, the beach as well as airport pick-up included, massage, yoga, colonics and much more then please reply with "CABO" in the subject and I will be happy to send you the complete details and rates. Special discount if you bring a friend, stay for two weeks and sign up with me!

A special "Thank you" to George Phillips from Grateful Greens in Santa Rosa for giving me some wheatgrass demo's to do while I am here in Northern, CA. To my dear friend Reenie Brewer & her husband Spike for making the trip to Cabo extra special. And another "Thank you" to Andrew Casey, Jason and Ed, the gang from Healthy Juicer. It was a blast doing the Natural Product Show West with you again! Also it was a pleasure to meet everyone in Cabo that will be taking on this new GREEN task for everyone that comes to visit your special hotel location. And finally, to Jose Lima, the best (and only) wheatgrass & sprout grower in Los Cabos. We will be working together very soon my new friend!

www.wheatgrasslocabos.com

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 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



Hold on to the Sun and the Earth, cherish them both.

***Next month's issue:**

- Nothing promised but truth!!!

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.