

Health E-Newsletter #6

From: Michael Bergonzi

www.wheatgrassgreenhouse.com



Join me in May, June & July at Rhythm in CABO!

***A note from Michael! ☺**

As always, keeping it simple & true

*[CLICK HERE](#) to listen & watch Kris Carr speak about Gluten & Wheatgrass!

*[CLICK HERE](#) to listen to Michael's Lecture in Toronto. (*8 sections to click on)

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

I begin this letter on a flight going to FL from an amazing weekend in Toronto with Benjamin Stone, Grace and his whole group at Raw Naturals. It was great to see so many familiar faces, some I have seen for the past 10 years. Ben was kind enough to allow me to speak in his time slot on Friday night (THANK YOU a thousand times for that!) and there were 10 people in the audience. By the time I was finished speaking, there were 40 people plus some standing in the back listening to my words. I am honored to have the ability to speak clear and offer words that allow others to actually think about their own lives and the connection to everyone around them. This and other lectures are now up on my website NEW AUDIO lecture section at the [Health E-Newsletter link page](#). Just scroll down a bit. At this expo in Toronto, I spent a few hours each day at the Hippocrates booth with my greenhouse / expo replacement, Karine. She was so sweet to let me help out at the booth. It was like being 'home' again... ☺

OK, now some exciting news: The NEW Rhythm Live Juice Cleanse & Retreat Center will have its grand opening in CABO starting Sunday, May 22nd for 2 weeks and again for 6 weeks starting June 26th. My good friend, Reenie Brewer and I (both 10 years with Hippocrates) will be there helping all the guests on their juicing journey as well as going through it ourselves, giving lectures, going on excursions with you and much, much more. We invite everyone to 'pre-register' and sign-up today for some big savings and great extra's! There are only 5 spots left (both shared & private rooms) for the grand opening in May. This first two weeks have a very special bonus offer with the tuition, your airfare will be taken off the total price for the week!! (up to \$500) Price includes all green juices, nightly mineral soups with blended organic vegetables, 4 colonics per week, 2 massage's, infrared sauna use, all lectures, daily exercise & yoga, sunset cruise,

day at the beach, filtered shower heads, drinking water delivered to your room, use of the pool, shuttle service too & from the airport and full laundry service. We can also help with your flight to the San Jose Del Cabo (SJD) airport. *Special \$250 gift basket if you mention my newsletter #6! I have learned throughout my years listening to people's healing / life changing stories, that doing a green juice cleanse for one week is the fastest and best way to allow the body access to heal itself. **One week at Rhythm is worth 3 weeks at any other raw food health center in the US.** SEE YOU THERE!!

**If you are in need of having anything translated into French (Spanish & German), written word or spoken, please contact Linda Ilona Dietrich at walkinthesky@myway.com and she will be happy to assist. THANK YOU, LINDA for helping with my newsletters! (#3-#5 will be added soon to the website.)

Cont. below...

New product out today

Some of you have been waiting for this and it is finally ready, May 15th (if not sooner). It is my Wheatgrass / Sprouting Business DVD Workshop from Feb. 26th & 27th. 2 DVD's, up to 5 hours of a PowerPoint presentation lecture. If you have already purchased my Business Workbook, then you will want to have this DVD Lecture. On its own, the workbook sells for \$229.00 and the DVD workshop is \$189.00. [Together, they are \\$289.00](#) plus S&H. *Save \$\$\$ if you already purchased the workbook. Just email me in advance for the discount before you place your order, wheatgrassking@yahoo.com. For complete details, just visit my store or click here to see the product: [Business DVD Series](#) or the [Workbook](#) with another 2 hour DVD and CDR. *Coming soon: *The DVD workshop will also have a French & Spanish speaking language option on the DVD menu.*

*Are we all the same?

In this alternative field over the past 20 years, I have heard everything from a carrot will cure cancer to a carrot will kill you. Which is true? Good question. I have read the book where a carrot / carrot juice healed one persons cancer after weeks of eating & juicing only carrots as well as the other book on proving a carrot will actually harm some people due to its high sugar content, etc... Let's spend a moment on this subject. Will a carrot heal the body or will it hurt a body? Yes and no. Depends on the body we are talking about. This is VERY important: WE ARE ALL NOT CREATED EQUAL! Perfect example is, a few weeks ago, I finally met someone that is allergic to drinking wheatgrass. 1st person in 20 years. So, what if that person were to write a book and explain, in detail why and how they are allergic to wheatgrass and everyone were to read that book? Do you think more people would now have problems with drinking it? I mean, it's hard enough to get it down sometimes, so this book would just allow validation to

the thousands that don't like the taste of it, feel nauseous, etc... when drinking it and now they have and a reason NOT to drink it. We have now decided that we have an allergy to it because it is what we want to hear and it works for us. I hope you have all ready my past newsletters that explain the different tastes in wheatgrass juice and hints to help get it down. It's in the Q&A section of [newsletter #3, click here](#) and scroll down a bit. All wheatgrass & juicer is also NOT created equal. You cannot tell someone if there is Vitamin K in Wheatgrass because I can personally prove that there IS and also that there is NOT Vitamin K in Wheatgrass. I have both test results. With that said, how is that possible? Well, what seed was used to grow the grass? What kind of soil? Was there classical music played during its growth? What kind of water was used? How much light did it get? When was it harvest? I think you get the point.

How about the new book called "Killer Clothes" by Brian Clement? Would you have stopped to look at the book if it were called "Healthy Clothes?" And, what are we trying to say now? Are all clothes going to eventually harm us? In a lecture that I used to teach, I would say that there is something wrong with everything if that is what you are looking for. Let's face it, in this day and age, if man made it (besides a child) there is something wrong with it. What are you looking for in life? Are you trying to find something wrong with everything or are you able to find happiness, truth and a reason FOR everything? Or are you looking to blame and sue everyone for your own misery? If you need me to spend more time on this issue, I will be happy to in my next newsletter, just ask. In the mean time, smile, breathe deep (count to three on the inhale and three on the exhale) and try to find something positive in this life. If you look for it inside of yourself, you will find it all around you! I support you. ☺



***SHOUT OUT SECTION: Mike Brewer**

This month is a different kind of a "shout out". I have met many people throughout my career that have struggled with weight loss, stopped smoking, changed their SAD diet to the vegan diet, drank wheatgrass for the first time and even beaten cancers... but this is someone who struggled with something I couldn't even begin to imagine because of the way it all happened.

The story in the words of my dear friend and Mike's grandmother, Reenie Brewer: *On Oct.12, Michael Brewer was intentionally set on fire by his school mates; they drenched him in paint remover and set him ablaze with a lighter. They then watched him BURN, without any attempt to help him. He ran to a fence jumped it and dove into a pool to put out the flames. The months to come were filled with fear, tears, uncertainty, but we stood strong and together.*

Eighteen months later he is in school, learning to drive, has several new friends, does everything any sixteen year old can do, he has horrible scars inside and out, but everyday things get just a little better. He laughs a lot, loves a lot and he is a survivor!!!! Even though the odds were that he would not, he did! Love and support from his parents, grandparents and his family and people from all over the world who were appalled and shocked that such a travesty and act of human indifference could be perpetrated by children, pulled him from the other side. He is proof of the possibility of overcoming any kind of challenge. He shows us all that there is always HOPE, if we all believe in each other.

Way to go Mike!!! You are a role model and a light of hope for anyone that is trying to survive a struggle in their lives.



***THE JUICER -vs- the BLENDER**

Why do people use a blender before they use their juicer? There is a very simple answer and, no matter what anyone tells you, this is the only reason people use a blender... IT'S EASY! Much easier. Yes, for sure, it is very simple to use and then clean. Put stuff in, turn it on and rinse it out in the sink, done. Wait, but some companies say that the blender breaks down the foods better for our bodies and we all NEED fiber, don't we? How much fiber do we actually need? 28 grams? 30? 50? Well, doesn't that number depend on the calories you are getting? Someone will tell you the exact amount, but again, how do they know?

Who did they test? Were they male or female? What was their age? Blood type? Weight? Exercise routine? And on and on and on... Stop basing your life on a number or percentage that "they" said, or that you read on the internet. Keep asking questions and doing your research. However, don't lose yourself in trying to find the exact answer. Try being silent for a while and hold on to that one question. The answer will show up in front of you in no time at all.

Back to the BIG question on which is better to use. In my personal & professional opinion, a masticating (slow turning, auger type juicer) is the BEST of the BEST out there. It will actually 'chew' what you put it in, slowly, like our own mouths will do, and will not destroy any life force within the food itself. A blender, nice concept and easier to use, is closer to a microwave than a juicer. Simple test to prove me right or wrong (if that is what you need to do). Take a cup of water and put it in the microwave for 1 minute. Let the water cool down and now water one house plant with that water. In about one month, the plant will start to die. Now, put a cup of water in a blender for one minute, let the water cool and do the same thing. Yes, after one month, the plant will start to die. The blender is doing the same thing that a microwave will do to your food. It is, for lack of a better term, 'scrambling' up the energy, vibrational pattern of that food. It will change the structure of life force within that food. The food will NOT be better for you in any way after using a blender... wait, I take that back. The one good thing a blender will do that most humans do not do, is 'chew' your food so that it will come out of you faster! AMEN to that! Forgive this example, but you want to still eat fast food? Just put it in the blender before you eat it! Get it? There's no life in it to start with, so then, getting that food out of your body is the most important thing to do and the blender will help. Smile again, it's ok if you use the blender on occasion to make salad dressings, or some recipes or even frozen drinks, I mean smoothies! Just use the "pulse" setting and do not leave it on for more than a few seconds. Good luck!



***Dairy made me do it! A true story, twice...**

Are you lactose intolerant? Sorry, what was your answer? I will give you one more chance to think about it before I continue. Was it YES? If it was, YOU WIN!!! I really didn't want to be the one to tell you, but you are lactose intolerant. We all are. I can prove it very fast, simple. If you have an ulcer, what are you told to do (by your doctor, go figure)? Drink milk. Correct. Why? Because milk will 'coat your stomach'. YES, it will coat everyone's stomach, because..... you CAN'T DIGEST IT! No one can. Meaning that WE are all lactose intolerant. Some people just handle it better than others. Some take enzymes, some people are in their youth and still have those enzymes, while most others think their skin problems are because of the make-up they use, maybe they sweat a lot, maybe born with "white-heads", etc... I hope you hear these next stories.

First, my story. At the age of 21, my skin started to itch. Out of nowhere, it was a maddening itch. All night long, under my arms, on my stomach and on my back. It was so bad, I couldn't sleep. So, after a few weeks, I tried things to fix it. I changed laundry soap, shower soap, shampoo, clothes, etc... anything that was getting on my skin, I changed it. NOTHING worked! I just wanted to sleep through the night and the more I scratched, the more it itched! I couldn't afford to see a doctor, let alone get tested, so I was stuck. After another few weeks, I met someone that had a similar issue with their skin and was taking a medication called 'seldane', which was an allergy med that didn't cause drowsiness. I asked if I could take one as I was about to go crazy. I would have taken anything at that point in my life, it didn't matter what it was or who gave it to me. Well, let me just say how it felt to actually sleep through the night for the first time in months. WOW! I was happy! So happy that I didn't care what was causing this itch anymore, just get me more seldane! I had to have this pill because I would

not go back to that misery of not sleeping. And this is how the medical profession & pharmaceuticals have us hooked. Simple. We have a problem, they have a pill to "scratch the itch". But, what is causing the problem?

Ok, I found a doctor through a friend and, after an hour of begging, because I couldn't afford the tests, I got the pills!!! YES!!! Happy!!! I took one pill, every other day, and all was good with the world. By the way, so you know me a bit more, there is NOTHING about taking any kind of pill that seems right in this big picture of life. Fast forward one year later... I met someone while I was working at Optimum Health that was also taking seldane. I asked, "are you allergic to cats and dogs like me?" She replied, "yes, but I am also allergic to dairy." And there it was! ONE sentence spoke right to my skin. Ever since I started to eat healthier, I was eating more and more dairy. Now, I didn't believe that not eating it would do anything, but I thought I would try as the pills were a bit pricey. I spent the next two weeks coughing up mucus and blowing my nose. I wasn't sick, just 'leaking'...??? After those two weeks, I stopped taking the seldane and, to my surprise, the maddening itch was GONE! AMEN!!! IT WAS THE DAIRY! Oh, and another side effect was these tiny white heads that I had on my face since I was 11 years old, disappeared after three months of NO DAIRY. That was the greatest gift of all. Clear skin!

TRUE STORY TWO: By Melissa Netto, Delray Beach, FL

In 1993 at the age of 8, I made the decision to become a vegetarian. Coming from a family of steak eaters, and being very young, I did not have access to vegetarian food, or the knowledge of staying healthy while being a vegetarian. At that time my understanding of health was limited to a very incorrect philosophy "Protein comes from animals. If you aren't eating meat you can only get protein from dairy". Hence my love affair with dairy began, and ultimately transformed into an addiction.

All during high school and college I was very active, my diet was as healthy as I could make it and dairy was a primary ingredient in everything I consumed. After college my physical activity all but ceased and I started noticing little bumps on my back, which I attributed to my tattoos. Then they started forming on my legs, must be from shaving. Ultimately, they appeared on my face. After numerous dermatologist visits, thousands of dollars in prescribed medicine, face washes, new makeup's, facials, elixirs etc... the bumps refused to go away, until the day someone very wise gave me the simplest solution: no dairy + enzymes = clear skin.

My heart sank a bit, how could I go without dairy? Everything I eat is smothered in cheese, I consume about 2 gallons of milk a week, and yogurt is my favorite snack! But ridding myself of these bumps that had now spread to my entire body was an absolute must, so I gave it a shot. Within 2 weeks almost all of the bumps on face were gone. Within a month my arms, legs, chest and stomach were completely clear. WOW! My body was so over loaded with dairy that it was actually expelling the excess lactose through my pores! Since I stopped consuming dairy and started taking the enzymes, it allowed my body to start working on the surplus it had desperately tried to be rid of. Nothing else in my life changed, so I know for certain that this remedy works and I'm proud to share my story with anyone who will listen. So remember, our bodies are fine tuned machines. They tell us what we need to consume and warn us of what we mustn't. Listen to your body; pay attention to warning signs and do not let food control you.

*Melissa Netto
Financial Analyst – Billing*



***TIP OF THE DAY:
The Amtrak Auto-Train & ship your car to CA**

This is my most spiritually unrelated tip of the day ever, but I have to tell you to save some of your time. If you ever are driving your car from the northeast to Florida or vice versa, take the auto train by Amtrak. They load your car on the train and you take a seat or a cabin for the overnight drive from Orlando, FL to Lorton, VA (just south of DC). Totally worth the money for the time it will save you in the long run. What's your time worth? And my other revelation I just had this week? I was losing sleep over this drive I was getting ready for to CA. So, why not SHIP my car to CA rather than spend 4 or 5 days driving it from FL? WOW! You know, the price was just about the same, being that gas is so high now. And I don't lose the TIME in my life as I need to be in CA for the Expo in SF

at the end of the month. PERFECT solution!

*By the way, on a side note for all of those who received the email that read "don't buy gas on this particular day and help fight the rising prices." This will do NOTHING except make the day before and day after the "no buy day" huge days at the pumps. Try this instead, don't drive for ONE day, or fly, or use the gas and that may make a much bigger impact. I'll do it, just tell me the day and I am in!



Q & A section

Q: "Is there gluten in wheatgrass juice?" [CLICK to hear Kris Carr's answer!](#)

A: First off, everyone is gluten intolerant; just some people handle it better than others. It's kind of like the people that are lactose intolerant, everyone is, and just some do it better than others. Take enzymes if you eat dairy! No one should be allergic to wheat, soil before planting the wheat seeds. This meant the wheat plants (the parents) were having to give the wheat seeds (children) a very poor diet, with less but we are now. Wheat, at one time, was the perfect and most complete seed on the planet, until farms started to not rotate crops and did not take the time to replenish the mineral content and more sugar so they would survive, just not as healthy and more prone to sickness (lack of sprouting).

Once the wheat seed is soaked and sprouted, the gluten is broken down into a more simple sugar that can be better digested by 'everyone'. I have gluten issues as well as Candida (which I am taking a pro-biotic to help) but can eat sprouted wheat seeds. When it grows as a grass, it becomes a GREEN, a plant, and, unless the person cannot eat live greens, it shouldn't be an issue to anyone.

There is NO gluten in the GREEN of wheatgrass, only the dry seeds.

The proof that I personally have is that I can put a pile of dry wheat seed & a pile a soaked / sprouted wheat seed outside my greenhouse here in FL and everyone that comes by that day (everyone = birds, ducks, squirrels, raccoons, etc...) will stop to eat the sprouted wheat, no one eats the dry wheat seed. My other proof is simple; Hippocrates has people each week with gluten issues drink wheatgrass without any issues. I can remember anyone in my 20 years, have an issue with a gluten problem and drinking wheatgrass. I see people with issues drinking it because of other things, not the gluten. Steve Meyerowitz, in the book *Wheatgrass Nature's Finest Medicine* has the science proof of what I am writing. www.sproutman.com

Q: *"What do I eat for a healthy breakfast?"*

A: Ok. As you may know, breakfast is the most important meal of the day, but remember the definition means "breaking-a-fast". Every book written about breaking any kind of a fast will tell you to 'ease' into food again. Pureed foods, oatmeal's, juices and some fruits (minimal due to higher sugar content) are fine. I would suggest starting with a FRESH shot of wheatgrass juice, 1 or 2 ounces at the most, on an empty stomach is perfect. You can even cut back on many of your supplements if you taking this every day. Just wait about 15 minutes before consuming anything else. Then, if you are a bit more active, 8-16 ounces of a green drink (details on green drink in newsletter #3) would be a good option or even a sprouted bowl of grain; either quinoa or millet would be a good choice. Anything that requires the least amount of chewing would mean it is fine to have for breakfast. Do not try to "fill up" with so much food in the AM! Be gentle to your body so early in the morning.

*Remember a green smoothie is a nice option, but in a perfect world you should try to stay away from mixing fruits with greens. That is why many green smoothies use the powder of greens as they are not as potent as the FRESH live greens. Too much fruit in the AM will give the body a 'sugar high', consequently then crashing again by noon, or even causing a headache if you do not eat again. The less you have for breakfast, the healthier your body will be throughout the day. So go easy with the Denny's and IHOP's!

cont. from above...

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 as well as having some of the best quality wheatgrass I have ever tasted! It's almost like I grew it myself! Very nice work! If you are in the Northern CA area, be sure to find a location that serves wheatgrass from *Grateful Greens* out of Santa Rosa. 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! Oh, and the show in San Francisco with Andrew was a great success. 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**, 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 5 others just like it ready for you to read!



From the meadow in the middle of the Redwoods to the boardwalk in Santa Cruz!

***Next month's issue:**

- Dealing with Depression
- The support we all need
- The CABO retreat update
- Q & A (email me some, anytime.)
- Shout out section

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The information in this Health E-Newsletter is not meant to replace the advice of any physician.