Greetings!

Did you know that your entire body rebuilds itself in less than two years? In fact, 98% in less than one year. You can have a new brain in 1 year, blood in 4 months, skeleton in 3 months, DNA in 2 months, liver in 6 weeks, skin in 1 month, and stomach lining in 5 days. So why are you creating the same old body?

At BellaVita lifestyle Center, guests go through an intense 10-day cleansing and detoxifying program that addresses the 7 elimination organs of the body: colon, liver, kidneys, skin, lungs, lymph, and blood. One of the most important detoxifying organs of the body is the liver. The liver is a vital organ that has a wide range of functions, including detoxification, protein synthesis, and production of biochemicals necessary for
digestion. The liver is necessary for survival. The liver lies to the right of the stomach and overlies the gallbladder. It is connected to two large blood vessels, one called the hepatic artery and one called the portal vein.

One of the most amazing natural treatments for detoxifying the liver is the coffee enema. I learned of this simple remedy from Charlotte Gerson and her father Dr. Max Gerson. The famous doctor, who saved hundreds of incurables from their terminal diseases using diet and simple detoxification techniques, used coffee enemas for helping patients with pain and detoxification of the liver. The coffee enema was used for pain in WWI when the nurses ran out of morphine. The caffeine in the coffee absorbs through the hemorrhoidal vein into the portal system and dilates the bile duct, allowing the liver to dump toxins fast. I have seen it work for migraines, headaches, drug addictions, pain, and for the discomfort of a healing reaction or crisis. It can bring a person out of a healing reaction in minutes. When detoxifying, some people may experience flu-like symptoms, headaches, joint pain, and other problems. The coffee enema, which is retained for 12-15 minutes, dilates the bile duct and allows the burdened liver to eliminate the accumulation of toxins rapidly. A person lies on the right side during the enema allowing gravity to bring the solution down the transverse colon and closer to the liver. I have seen people reduce or discontinue different painkillers like morphine, oxycontin, and other drugs with daily coffee enemas at BellaVita in ten days. One smoker of 21 years and migraine-sufferer was healed of her migraines in 20 minutes. Her first coffee enema ended a life-long migraine problem. I have seen the enema alleviate many headaches and migraines and help others reduce their strong, toxic pain-killing drugs. One man suffering with neuropathy could not believe the reduction in the pain in his feet from one enema.

The Gerson Therapy advocates up to five coffee enemas a day for cancer patients. The patients juice 13 times a day, and the body can spill toxins into the liver fast. The coffee enema assists the liver in releasing drug residues and other toxins in minutes. I take one frequently as a prevention. I believe this simple remedy, and the fact that I have gone through the cleansing program at BellaVita (every other month for 10 years), has kept me from getting sick for the
Besides the coffee enema, the guests at BellaVita cleanse the colon while cleansing the liver. I believe the two organs should be cleansed simultaneously. We use bentonite clay, charcoal, psyllium, flaxseeds, marshmallow, and other herbs in a poultice drink that absorbs heavy metals, pesticides, chemicals, drug residues, and radioactive waste. I have seen radiation damage reverse during the 10-day cleanse. The poultice drink is very effective for detoxification. Combined with coffee enemas, the two remedies work wonders. That is why we rarely see healing reactions at BellaVita.

The guests at BellaVita also take a liver and gallbladder herbal formula three times a day for the ten days at the wellness center. The formula contains milk thistle, burdock, dandelion, garlic, gentian, Oregon grape root, wormwood, black walnut and other herbs for cleansing and regenerating the liver. We occasionally use castor oil packs for inflamed livers and pain reduction. A fresh, organic dandelion salad with chopped garlic, fresh lemon juice, and a little Celtic Salt, is both delicious and cleansing to the liver. It is a powerful liver-cleansing meal in itself! In addition to the above remedies, we recommend that everyone drinks a quart of warm water every morning with the juice of one fresh lemon for cleansing the liver, kidneys, bladder, and colon, since it moves the bowels.

Prevention is key. Avoid alcohol, drugs, chemicals, pesticides, anger and bitterness. These negative emotions are very destructive to the liver. Forgiveness is the key to freedom. When you are angry at someone, you are the one who will pay the price, and your liver will feel it the most. Remember, forgiveness does not set the other person free--it sets you free! Anger is like a cancer. It will sooner or later damage your liver. Watch out for other negative emotions that can harm the liver and other organs. The Bible says: "Mine eyes do fail with tears, my bowels are troubled, my liver is poured upon the earth, for the destruction of the daughter of my people; because the children and the sucklings swoon in the streets of the city." Lamentations 2:11. The Word of God confirms that stress, grief, and sadness can affect the bowels and liver just like bitterness and anger that also dries the bones.

Since the liver produces bile, an alkaline compound which aids in digestion by the emulsification of lipids,
we give the guests at BellaVita a liver/gallbladder flush for purging the liver and gallbladder of stones. The drink contains fresh lemon juice and olive oil, cayenne, ginger, and garlic. The evidence is in the toilet the next morning, and, in some cases, and many have cancelled surgery using the natural treatment that costs less than $2.00. Recently a friend called for the recipe for a woman who was scheduled for surgery the next morning. She took the drink in the hospital with the permission of her doctors. I do not think they expected the inexpensive treatment to knock loose the stone that was blocking her bile duct. Her pain was gone, the liver enzymes dropped, and she was released the next morning. She saved $15,000 dollars and her gallbladder. A variation of the recipe and the full cleansing program can be found at www.modernmanna.org. Simply navigate to the following link and open the PDF file for the cleanse on that page. 10-day Cleanse.

May God bless you as you learn to heal yourself without drugs and surgery.

Danny Vierra
BellaVita Lifestyle Center

HEALTH TIP OF THE WEEK

Dr. John Harvey Kellogg, M.D. of the Kellogg Sanitarium said, "Of the 22,000 operations I have personally performed, I have never found a single normal colon, and of the 100,000 that were performed under my jurisdiction, not over 6% were normal." America leads the world in colo-rectal cancer. Prevent this by eating a high-fiber vegan diet and avoiding animal flesh and dairy products.

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Coming Events & Speaking Engagements -

Call 800-655-3228 for more information

July 17 - 26, 2011
BellaVita Lifestyle Center
10-Day Cleansing Program
Medical Missionary Training
209.334.3868

July 29-31 - Fri. 7 PM, Sat. 10:45 AM, 2:30 & 4:00 PM
Sunday 10:00 AM
Templeton SDA Church
930 Templton Hills Rd.
Templeton, CA
805-434-1710

August 4-6
ASI
Sacramento Convention Center
Come see us at Modern Manna's New Booth

September 18 - October 9, 2011
R I S E N - Remedial & Integrated School of Evangelism
& Naturopathy
21-Day Medical Missionary Course Plus Cleanse
800.655.3228

October 22 - 23, 2011
Sunnyvale SDA Church
653 West Fremont Avenue
Sunnyvale, CA
(408) 732-4080

Medical Missionary Training Weekend
Lodi Grape Festival Grounds
(Planning stages, TBA)

November 5 - 6, 2011
SDA Bilingual Church
Visalia, CA

Coming Engagements and Programs:
Mountain View SDA Church
Hollister SDA Church
Natural Remedy Workshops
BellaVegan School of Raw Cuisine
Food For Life Nutrition Classes - PCRM
LIFEBOAT - Life-Enhancing Support for Women

BELLAVITA LIFESTYLE CENTER
JULY 17 - 26
Call 1-800-655-3228
Join Danny Vierra for the next therapeutic cleansing program at beautiful BellaVita. The unique 10-day session includes instruction in the 8 Laws of Health and Health Disciple Training Program.

Take a tour of BellaVita by clicking on the link below.

BellaVita Lifestyle Center

One Final Note

I would greatly appreciate your prayers. Time is short and Jesus is coming soon. The signs are all around us.

Please help Modern Manna reach the world with the health message and the gospel. Donations can be made online at www.modernmanna or just drop me a note at danny@modernmanna.org or call 1-800-655-3228. Perhaps we can encourage one another.

God bless you,
Danny Vierra
Modern Manna