Greetings!

Have you ever thought about the 100% grass diet that King Nebuchadnezzar ate for seven years, as recorded in Daniel 4:32?

In Daniel Chapter 1, Daniel and his three friends refused the diet of the king's meat and wine, and chose a whole plant food diet and pure water. This implies that King Nebuchadnezzar ate a high fat, high protein diet of dead animals for most of his life. It is fair to assume that the king must have been very toxic, and perhaps even constipated at times from the standard Babylonian diet of fiberless feasts. Certainly this high-fat, high protein diet increased the risk of colon cancer, heart disease, and diabetes.

The king also had a pride problem and needed to be humbled. In Daniel Chapter 3, Nebuchadnezzar enforced a decree that demanded all guests at the dedication of the golden image to bow to the pagan golden statue, which symbolized the king as supreme. The decree demanded that anyone who
refused to bow to be cast into a fiery furnace. The three faithful Hebrews who refused to worship the graven image were consequently cast into the furnace that was heated seven times hotter than normal. But the king saw a fourth in the furnace who "is like the Son of God. As a result of this miracle, the now-converted king blessed the God of Shadrach, Meshach, and Abednego, and decreed that the whole nation recognize their God as the One-true God.

Sadly, in Daniel Chapter 4, Nebuchadnezzar backslides, and, once again, exalts himself as a god. The true God of the Hebrews was going to humble the proud monarch by driving him from men to eat grass with the beasts of the field. The prophet Daniel said: "Thy dwelling shall be with the beasts of the field: they shall make thee to eat grass as oxen, and seven times [years] shall pass over thee, until thou know that the most High ruleth in the kingdom of men, and giveth it to whomsoever He will." Dan. 4:32.

It is a very interesting story when you consider that King Nebuchadnezzar lived on only grass for seven years. The question may be asked: "Is that possible? Let's take a look at one grass called wheatgrass. Wheatgrass is very similar to barley grass. Both are two of the richest sources of Vitamin A, B's, C, and key minerals. They are used as a body cleanser, rebuilder and neutralizer of toxins. These grasses can even protects us from radiation.

According to Ann Wigmore, 1 lb. of wheatgrass is equal in nutritional value to nearly 25 pounds of the choicest vegetables. She also reported that wheatgrass therapy helps to eliminate cancerous growths and helped with many other disorders including mental disorders. Very effective in reversing anemia.

Wheatgrass is rich in chlorophyll--concentrated sun power. It is one of the greatest healers for conditions inside and outside the body. A blood purifier and builder. Increases the red cell count, purifies the liver, improves blood sugar problems, and helps sores heal faster. It acts like a detergent in the bloodstream.

This is why I use barley grass at every BellaVita. I give the guests at least three tablespoons a day of the chlorophyll-rich beverage, along with many other fresh, organic juices.

Fresh green juices are healers and blood builders. They are rich in vitamins, minerals, trace elements, and enzymes which are the sparks of life.

Almost 100% of the vital nutrients are assimilated
into the bloodstream and cells without putting strain on the digestive system. Green juices speed the body's recovery from disease through rejuvenation. They are alkaline foods, and very beneficial for balancing pH since over-acidity is a problem with so many Americans today. Acid reflux is a generational disease and is getting more prevalent. The GI tract is taking a beating with all the acid-forming foods like meat, dairy, alcohol, coffee, and sugar.

Juices provide generous amounts of minerals like calcium, potassium, silicon which are easy to be assimilated because they are in liquid form and, thus, restore mineral balance in the cells. They are alkaline-forming foods and can restore pH balance.

Raw green juices contain nature's medicines-phytochemicals, hormones and antibiotics. String Beans and Jerusalem artichokes contain insulin-like substances for diabetics. Cucumbers and onions contain hormone-like substances needed by the cells of the pancreas to in order to produce insulin. Garlic, onion, and radish contain natural antibiotics.

Even the coloring of the plants--the reds, yellows, greens and blues contain phytochemicals that prevent and fight cancers.

Apple juice contain pectin which sweeps the intestines of toxins and binds with heavy metals.

Beet juice is high in minerals, cleansing and building to the blood, and detoxifies the liver.

Cabbage juice is rich in Vitamin C and purifying sulfur. Contains vitamin U for stomach ulcers.

Celery juice, with its mineral content, can soothe the nervous system and neutralize acid with its organic sodium.

Dandelion greens, juiced, stimulate bile flow and helps to cleanse the gallbladder and liver.

Kale juice is rich in calcium, iron, and cleansing chlorophyll as well as beta carotene.

Parsley juice is rich in vitamins, minerals, beta carotene, and chlorophyll and is an excellent blood cleanser and has diuretic properties.

All green juices are rich in antioxidants and very beneficial for healing the body and building the blood. They are great for anemia and low blood counts.

When you consider the healing power of green, it is no wonder God chose that diet to humble the king while preserving his life. But, when you consider the detoxifying power of green grass, it is not surprising that after the seven years of eating 100% green grass
that King Nebuchadnezzar's reason and understanding returned and he praised and extolled and honored the "King of heaven." Dan. 4:27. After all, Ann Wigmore said it would help mental disorders! I hope to see the King of Babylon in heaven.

Here are a few green smoothie recipes for you to enjoy. Green smoothies are very nutritious and easy to digest. A delicious way to get vegetables to your children.

Blend the following together.

**Apple, Kale, Lemon**

- 4 apples
- 1/2 lemon (juice only)
- 5 leaves of kale (remove white stems for better taste)
- 2 cups water

**Peach and Spinach**

- 6 peaches
- 2 handfuls of spinach
- 2 cups of water

**Pear-Chard-Mint**

- 4 ripe pears
- 5 leaves of chard
- 1/2 bunch mint
- 2 cups water

Recipes from *12 Steps to Raw Foods* by Victoria Boutenko

God Bless,
Danny Vierra
Modern Manna Ministries
BellaVita Lifestyle Center
NEWLYWEDS - August 14, 2011

On August 14, 2011, Charmaine Daniels and Danny Vierra were married. There was a beautiful ceremony at Danny's home and a honeymoon in Hawaii. The vegan meal, the music, and the weather could not have been more perfect.

More pictures can be seen of the wedding and honeymoon on [facebook](http://www.facebook.com). If you are not a friend of Danny's, and would like to see the pictures simply send him a friend request and a note: "wedding pictures." Please pray for the new couple as they commit their lives to the 3 Angels' Messages, the health message, and the gospel. They are a dedicated and talented team who are dedicated to the Lord Jesus Christ.

Thank you Giana Vierra for making all the arrangements. You did a fabulous job as wedding planner! [WEDDING PICTURES](#)

HEALTH TIP OF THE WEEK

Once a Pentecostal minister looked me square in the face & asked: "Why are you a vegetarian?" Smiling back at him I answered: "I know what you are thinking. You think I am trying to eat my way into heaven, right?" "Well?" he said. I smiled & said: "Brother, I am just getting use to the diet I am going to eat when I get there!" The Bible says: "And there shall be no more death!" Revelation 21:4. Try eating a diet of whole plant foods without animal foods (meat, chicken, fish, dairy, ice cream, butter, cheese, etc) for 2 weeks and see what happens. Have your cholesterol and blood pressure checked before and after.

Coming Events & Speaking Engagements -

Call 800-655-3228 for more information
September 18-27
BellaVita Lifestyle Center
10-Day Cleansing Program
Medical Missionary Training
209.334.3868

October 14-16
Bible Explorations
Terra Bella, CA

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

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

November 27 - December 6
BellaVita Lifestyle Center
10-Day Cleansing Program
Medical Missionary Training
209.334.3868

Coming Engagements and Programs:
Babylon, NY
Mountain View SDA Church, CA
Hollister SDA Church, CA
Natural Remedy Workshops, Lodi, CA
BellaVegan School of Raw Cuisine, Lodi, CA
Food For Life Nutrition Classes - PCRM
LIFEBOAT - Life-Enhancing Support for Women
Medical Missionary Training Weekend
Lodi Grape Festival Grounds (Planning stages, TBA)

BELLA VIA LIFESTYLE CENTER
September 18 - 27
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

Past Issues
THE ELIJAH PROPHECY