Greetings!

I want to make a special health challenge with you. If you will follow the advice that I share in this week's Elijah Prophecy for 30 days, I guarantee you will feel AWESOME. Some of you may take the challenge to heart and do it all at once, while some of you may make gradual changes. But whatever your choice, try to make some changes next week.

1. Eat a whole plant food diet with lots of organic fruits and vegetables. I always say, "Eat rainbows." Remember that even the color of the plants have healing power. Such as the red pigment in tomatoes known as lycopene can help preventing prostate cancer. Try starting the day with a green smoothie and have a large salad at lunch with beans in it for protein.
2. Avoid all meat and dairy products. Dairy is liquid meat, and any disease in the animal is most likely also in its secretions. Milk is the number-one cause of childhood anemia and allergy. I remember the late Dr. Vigil Hulse once told me that as a Milk and Dairy inspector for 13 years in California, he found 80% of the herds had cows with leukemia and 50% of the herds had cows with Bovine AIDS. This was in the county in which I live. Milk Does A Body Good? Instead, drink water or fresh juices when thirsty. Try cutting all flesh foods out for the month.

3. Avoid refined white sugar, white flour, and ordinary salt or sea salt, except Celtic Salt or Real Salt. Avoid artificial sweeteners like Nutrasweet that causes lesions in the brain, MS symptoms, diabetes, and painful joints to name a few. Learn to eat food as God gave it in the garden like fresh fruit which I call God’s candies. If you must snack choose fresh fruit or vegetables instead of cookies and candy.

4. Exercise at least five days a week. I enjoy racquetball and weightlifting. This gives me the combination of aerobic exercise like racquetball for my heart and circulation and anaerobic exercise like weightlifting for building bone density, strength, and toning the muscles. Both forms of exercise are good and necessary for eliminating toxins through the lymph system. Walking is a great choice and costs nothing.

5. Increase your consumption of pure water and drink 6 to 8 glasses a day. Start drinking some fresh organic juice everyday if possible. Carrot, apple, celery, chard and parsley is a great immune-building formula that is high in potassium and phytochemicals.

6. Cleanse your elimination organs on a seasonal basis. Cleanse the colon, liver, kidney, lung, blood, lymph and skin using organic herbal formulas, saunas, skin brushing, etc. And do not be afraid of cleansing. Remember the old saying: "Death begins in the colon." Eat high fiber foods like fruits, vegetables, grains, and beans. Remember to drink your glasses of water. If you are still constipated try magnesium tablets before bed.

7. Have a positive attitude and get moving if you feel
depressed. Doing something for someone else that has a need will help heal your own discouragement.

8. Breathe deeply several times a day of fresh air. Take a walk in the open air. Walking outside or through a forest is always nice and refreshing.

9. Get 30 minutes of sunshine every day if possible, but do not burn. The best times are before 11 AM or after 4 PM.

10. Try throwing out needless items that you have kept stored for years. I feel so good throwing out junk or giving things to Goodwill. Thinning out is healing!

11. Trust in God, spend time in prayer, and study your Bible every day. Prayer is the key in the hand of faith that unlocks Heaven's storehouse. Ask for fresh supplies of grace everyday.

12. Love your enemies and forgive those that have wronged you. Remember, Forgiveness is the key to freedom. Don't delay since Christ is coming soon!

May God Bless You as you accept this challenge.

Danny Vierra

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. 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**

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**HEALTH TIP OF THE WEEK**

W. John Diamond, M.D., coauthor of Definitive Guide to Cancer, reported: "Repressed emotions, if not vented or expressed, will seek physical expression, such as functional bowel disease, fibromyalgia, or even cancer." Negative emotions will find expression even as a tumor in the breast. The body is your barometer of what is going on mentally & spiritually in your life. There are no incurable diseases with the Lord!

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**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
Fresno SDA Church
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
LIFEOAT - Life-Enhancing Support for Women
Medical Missionary Training Weekend
Lodi Grape Festival Grounds (Planning stages, TBA)

BELLA VITA 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
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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.org 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