Greetings!

I cannot believe the millions of people that are taking pharmaceutical drugs. Many drugs have dangerous side effects, and many innocent people get addicted to these "legalized" medications. That is why some authors have referred to the pharmaceutical industry as a legalized drug cartel.

There are times when a person may need a drug, but that is not my argument. My argument is that most doctors reach for the prescription pad first, often prescribing several medications, without ever ascertaining the cause of the disease and removing it. Their goal is to relieve symptoms instead of teaching the patient how to prevent the dis-ease in the first place. Then the problem is magnified by pharmaceutical salesmen that frequent doctor's offices pushing there latest nostrums in the form of samples. I just met with a nurse yesterday and she told me the doctors she works with will no longer accept samples,
so the salesmen bring gourmet lunches and give the doctor's vouchers so the patient can save 50% on their first prescription. Pharmaceutical companies are a business, and that business wants to get you "hooked" on their latest sorcery.

At the gym this week, I spoke to Walt. I asked how his health was, and he said, "I went to the doctor the other day. He spent five minutes with me and prescribed two medications. One for blood pressure since I was 128/86 and one for diabetes since I tested at 150. I will not fill the prescriptions. I know what I have to do. I will start my fresh juices, step up my exercise, and cut out more fat. Every time I do this everything normalizes. He just want me to become dependent on drugs, but I know better." I take issue with doctors like this. Why didn't the doctor retake his blood pressure 30 minutes later? And why didn't the doctor inform Walt about diet and exercise? Because he knows very little about lifestyle and its relation to disease. The doctor's prescription pad is his panacea. With Walt on medication, there will be more doctor visits and more income. And maybe more free golfing trips for the doctor with the pharmaceutical company.

Of course, there are many good doctors that truly want to help their patients, but sadly less than 3% of the questions on their licensing exam deals with nutrition. Cut, burn, and poison have serious limitations and side-effects. If you think I am being too harsh, please remember that the our health care system is the third leading cause of death according to JAMA 2000. Look up the words "iatrogenic diseases." These DISEASES or reactions are caused by the medications we take as prescribed by a physician, but also, many iatrogenic diseases are produced by ingesting or using OVER-THE-COUNTER PRODUCTS.

Please let me share a healing praise report from a subscriber named Kathy.

Dear Danny

I have a question about the Herbal Thyroid Formula I am taking, but first I would like to thank you for the wonderful products your company provides.

First I started with the 10 day cleansing program. It was harder than I thought it would be, but wow was it worth it!!! After finishing the 10 day program I was able to breath so much better. I completely quit taking my asthma medication (Spiriva and an inhaler). I have
not had to use the medication for asthma symptoms for over 5 months.

Since doing the cleanse, I felt so much better I decided to try and better my health a bit more. I called and asked several questions regarding how to try to get my thyroid functioning again (mind you, I have been on Levothyroxine for 20 years). My primary care physician told me how to slowly come off my medications. After six weeks of slowly reducing the medication I was finally ready to start the Herbal Thyroid Formula from Modern Manna. After six week of taking the formula I went in for a TSH, T3 and T4. My thyroid function was better than it's been in 20 years--all due to the help of Modern Manna!! In six weeks I am to take one more TSH, T3 and T4 just to make sure all is well. I don't know how to thank you for all your wonderful help, answering questions any time I had them and for your support.

My question is: "My results for the T4 was too high (It was 8.4--almost double the "suggested range"; should I continue taking the formula)? I had been taking 2 dropper's full daily. I really like the way it makes me feel--so energized! I don't want to overdo it, so I was wondering what you would suggest?

If my pocket book would have allowed me to visit your center and get pampered I would have been there in a heart beat!! Larry Roberts went about 4 or 5 years ago and absolutely enjoyed the stay.

I would love to find out how to go vegan, gluten free and prepare dehydrator recipes from you also. I did not know I had problems with gluten until I was 40 years old. I have been on a gluten free diet since. It's really hard to find good recipes for gluten free food--really good food. I will call and ask another day.

Once I have this thyroid problem solved, I will be calling back to get information of how to take care of osteo-arthritis. I suffer from pain in my spine and knees from two bad car accidents. No complaints, though, because the accidents could have had a much worse effect than just pain. I was in a wheel chair for 2 months, then to a walker, then to crutches, then to a cane--and finally to NO MORE CANE!!! Now I have been cane-free for a couple of years, but still have pain from dislocated discs in my neck and pain in the knees due to much knee cap damage. I walk on my own and smile through the pain, because I am not in a wheel chair!!! I really don't mind the pain and I give it up to God.

Anyway, just wanted to know what I should do about
the Thyroid Formula? And could I get on your email list for updates from Modern Manna? Thank you again for everything your company provides for us trying to keep our bodies and minds in good condition physically, mentally, and spiritually.

Take care and many blessings to you and yours.
Kathy M.

Amazing! God gave us laws of health and natural remedies from the earth. We have a God-given immune system that is our best defense against any disease. Remember last week’s testimonies from BellaVita? I have seen so many people lower or quit medications completely when aligning themselves with God’s natural doctors. Always research the side-effects of any medication your doctor prescribes, and call a pharmacist if you have questions or concerns about contraindications with other medications or herbs.

Alice came to BellaVita walking with a cane, and left not using it. She got off both blood pressure and diabetes medication in only two days. Her blood pressure was 104/62 the day she left without medication. Her blood sugar hit a low of 77 on day three. In addition, the pain in her hip was gone which she had lived with for years. She was praising God because her asthma medications were reduced as well. Yes, God can heal any disease when you exercise faith in Him!

Terri was another miracle story. She came to BellaVita with years of MS. I watched her ride a bike 12 miles on two occasions while here, and I walked with her four miles on the ninth day. Terri used two walking sticks when exercising at BellaVita, but had to use only one stick for the four mile walk we took together the day before she left. She improved dramatically overall. We were amazed at God’s healing power seen in Terri. Terri also learned the herbal Nerve Formula had a more positive effect on her muscles than the MS drug her doctor had prescribed. She kept her first Sabbath at BellaVita, and left with the Conflict of the Ages series by Ellen G. White and other books.

Linda came with fears of a heart problem because of pain in her chest. The doctor’s found nothing wrong with her, but the pain continued. She was very happy when her years of pain left after the first day at BV! Mila cried many times because she found the Lord again at BellaVita. The coldsheet treatment reaches
deep inside a person and helps to release the emotional toxins locked inside. Forgiveness is the key to freedom. Her blood pressure dropped from 138/74 to 113/62 on day nine.

Every day we need to obey the Natural Doctors of nutrition, exercise, fresh air, sunshine, temperance, pure water, rest, and trust in Divine Power. These are the true remedies. These are God's Natural Doctors. Remember, "Christ is the true head of the medical profession. ... While the physician uses nature's remedies for physical disease, he should point his patients to Him who can relieve the maladies of both the soul and the body. That which physicians can only aid in doing, Christ accomplishes. They endeavor to assist nature's work of healing; Christ Himself is the healer. The physician seeks to preserve life; Christ imparts life." MH 111.

Before I close, would you please help us build our contact list so others can learn more about natural therapies. Forward this newsletter to a friend or tell others about the Elijah Prophecy and the free subscription offer at www.modernmanna.org. You can also watch me every Sunday at 5:30 PM (PST) on Amazing Facts TV. The show is Adventures in Health.

God Bless You,
Danny Vierra
Modern Manna
BellaVita Lifestyle Center

View the trailer of BellaVita - A Beautiful Life.

HEALTH TIP OF THE WEEK

I love a good dandelion salad. You can buy them at many supermarkets. Cut to inch pieces, add chopped garlic, lemon juice, Celtic Salt. Dandelions stimulate the urinary system and can inhibit growth of cancer cells. Leaves are diuretic and the root is a liver tonic & detoxifier and good for hepatitis, has lipotropic effects (helps fatty liver), can help with deficient bile secretion. An inexpensive way to keep your liver healthy. Have a beet salad too and you have a powerful liver cleansing meal.
Coming Events & Speaking Engagements -
Call 800-655-3228 for more information

SUNDAY 5:30 PM (PST)
AMAZING FACTS TV
Adventures in Health
Every Sunday in 2011

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 13 - 22
BellaVita Lifestyle Center
10-Day Cleansing Program
Medical Missionary Training
209.334.3868

December 3, 4
Monterey Peninsula SDA Church
375 Lighthouse Avenue
Pacific Grove
831.372,7818

January 6-8
Fresno SDA Church
Fresno, CA

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
LIFEBOAT - Life-Enhancing Support for Women
Medical Missionary Training Weekend
Lodi Grape Festival Grounds (Planning stages, TBA)

BELLA VITA LIFESTYLE CENTER
November 13 - 22
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 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
Spam
Not spam
Forget previous vote