Greetings!

Before I begin, I want to invite you all to SUNNYVALE SDA CHURCH this weekend. Charmaine and I will be speaking and having raw food demonstrations this Saturday and Sunday in Sunnyvale. The meetings will start at 11:00 AM on Saturday. Hope to see some you there. Please pray God blesses the programs. Happy Sabbath! Now to my article.

Doctor Bernard Jensen, DC, ND, Ph.D., made the following statement: "In the 50 years I've spent helping people to overcome illness, disability and disease, it has become crystal clear that poor bowel management lies at the root of most people's health problems." Dr. Bernard Jensen studied with many very successful doctors throughout the United States and Europe.

In his book Tissue Cleansing Through Bowel Management, Dr. Jensen discusses mucoid plaque. He
writes: "The heavy mucus coating in the colon thickens and becomes a host of putrefaction. The blood capillaries to the colon begin to pick up the toxins, poisons and noxious debris as it seeps through the bowel wall. All tissues and organs of the body are now taking on toxic substances. Here is the beginning of true autointoxication on a physiological level."

On page 27, he reveals his experience in this matter. "One autopsy revealed a colon to be 9 inches in diameter with a passage through it no larger than a pencil. The rest was caked up layer upon layer of encrusted fecal material. This accumulation can have the consistency of truck tire rubber. It's that hard and black. Another autopsy revealed a stagnant colon to weigh in at an incredible 40 lbs. Imagine carrying all that morbid accumulated waste."

On page 42, Dr. Jensen talks about his old teacher John Harvey Kellogg at the Battle Creek Sanitarium who "maintained that 90% of the diseases of civilization are due to improper functioning of the colon." On page 43, Dr. Jensen explains that National College in Chicago performed over 300 autopsies. "According to the history of these persons, 285 had claimed they were not constipated and had normal movements and only 15 had admitted they were constipated. The autopsies showed the opposite to be the case, however, and only 15 were found not to have been constipated, while 285 were found to have been constipated. Some of the histories of these 285 persons stated they had had as many as 5 to 6 bowel movements daily, yet autopsies revealed that in some of them the bowel was 12 inches in diameter. The bowel walls were encrusted with fecal material."

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." The prestigious Merck Manual writing about diverticulosis says that if you live long enough, all Americans will have bowel disease.

So, let me summarize for you. Most of Americans are going to suffer from bowel disease. Thousands are suffering from hemorrhoids, irritable bowel syndrome, polyps, colon cancer, diverticulosis, crohn's disease, or constipation. This is why we all should do a colon cleanse, and adopt a high fiber whole plant food diet.

At BellaVita, we teach people the effective natural remedies for evacuating the colon of old fecal matter. They learn that the following:
1. Get their bowels moving 2 - 4 times a day by eating a high fiber whole plant food diet with lots of organic fruits and vegetables. Beans and legumes are high fiber foods. Maintain good bowel function. Adding 2 TBSPs of psyllium husks to a glass of water and drunk before bed can assure good elimination. Never use wheat bran cereals as it can block the assimilation of key minerals like calcium.

2. Decrease the production of excessive mucus and mucoid matter in the intestines by eating a high alkaline diet. Mucus protects the intestines from the damaging affect of acid. I just read that most Americans get 75% of their calories from processed foods. Learn to eat food in its most simple form and as natural as possible. I owned health food stores for 30 years. Learn to read labels, for not all natural ingredients marketed on health products are the best for you. An example is natural flavors, soy protein isolates, carageenan, and Bragg's Aminos that can contain excitotoxins.

3. Loosen the encrusted morbid matter and accumulated waste stagnating in the colon by using intestinal cleansers like Modern Manna's Bowel Formulas #1 and #2 that contains psyllium, charcoal, and bentonite clay and mucilaginous herbs. Thousands of people have taken Modern Manna's Super 10-Day Detoxification Program at home. It is the same cleansing program we do at BellaVita Lifestyle Center. All the cleansing products are included and a full-color brochure with all the directions. People cannot believe the waste that comes out of them. Many pass parasites too.

So many Americans are suffering from impactions of the colon because they are eating too many foods that lack fiber. Another reason their bowels are in bad shape is because they are eating mucus-forming acid foods like meat, dairy, and sugar. Alcohol and coffee are two other beverages that cause excess acid and abnormal PH and resulting mucus build-up in the intestines. The mucus is produced to protect the intestines from the large amount of acid and conditions like ulcers. As the mucus builds from eating too much bologna, salami, sausage, pizza, donuts, coffee, cakes, pies and processed foods, the more mucus is formed, layer upon layer, on the colon walls and dehydrates forming the hard, truck tire-like rubbery black feces.

I had two people at BellaVita actually pull black ropes out of their anus that was exactly like how I described. One of the women said, "Gross! It is like a rubber hose."
pulled out about twelve inches on two occasions. One nurse was gathering the rubbery green feces and putting it in ziplock bags (she had gloves on, of course). She said, "I have been a nurse for 19 years and I have never seen anything come out of a human body like this." She wanted to prove it to her husband. Others have had 5 to 12 bowel movements a day at BellaVita. On average, people lose 6-8 lbs. in the ten days.

Remember, sluggish bowels retain pounds of fecal matter and can cause the bowel to balloon, putting pressure on other organs of the body. That is why I see so many miracles happen when someone does a colon cleanse. I had an infertile nurse go on a cleanse, and 6 months later was pregnant with twins. Praise God. Pressure on the fallopian tubes and the uterus could have been the problem.

One last point I want to share before I close is if you are suffering from a stagnant bowel, as in constipation, you can load up on lactobacillus acidophilus which will recolonize your bowel with good bacteria. I tried it recently and was pleased to have two to three easy bowel movements a day. I took a liquid acidophilus and drank all 16 oz. at once. Magnesium supplementation, more water, and exercise can also help.

To learn more about Modern Manna's 10-Day Super Cleanse, visit DETOX PROGRAM.

God Bless You,
Danny Vierra
Modern Manna
BellaVita Lifestyle Center

View the trailer of BellaVita - A Beautiful Life.

HEALTH TIP OF THE WEEK

There are heroin addicts and tobacco addicts, alcoholics and sugarholics. "Refined sugar is particularly insidious since it produces addiction as severe as any drug addiction. The only difference between heroin addiction and sugar addiction is that sugar doesn't need injection, is readily consumable because of its availability, and isn't considered a social evil. However, the strength of sugar addiction is just as strong as heroin addiction." The New Orthomolecular Nutrition, Abram Hoffer, M.D., Ph.D
Coldsheet Treatments

Young Graduate

Graduation Party

For more information: SEE BELLAVITA

These statements have not been evaluated by the food and drug administration. These products are not meant to diagnose, treat or cure any disease or medical condition.

The Lord is the Master Physician. The Bible says He is the One who "forgiveth all thine iniquities; who healeth all thy diseases." Ps.103:3

& Mortan Walker, DPM.

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 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 2, 2011, 7:00 PM
Red Carpet Screening
BellaVita - A Beautiful Life - The Movie
Golden State Theatre, Monterey, CA

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

Past Issues
THE ELIJAH PROPHECY