Greetings!

"We must educate, educate, educate, pleasantly and intelligently. We must preach the truth, pray the truth, and live the truth, bringing it, with its gracious, health-giving influences within the reach of those who know it not. As the sick are brought into touch with the Life-giver, their faculties of mind and body will be renewed. But in order for this to be, they must practice self-denial and be temperate in all things. Thus only can they be saved from physical and spiritual death and restored to health." Medical Ministry, p. 262. "If we would elevate the moral standard in any country where we may be called to go, we must begin by correcting their physical habits. Virtue of character depends upon the right action of the powers of the mind and body." Counsels on Health, p. 505.

If there is one country that needs to hear the health message and practice self denial it is the United States of America, because this country is in
LIFESTYLE CENTER
JAN. 15 - 24
SESSION OPEN

THE BELLAVITA PROGRAM
CLEANSING
REGENERATION
LIVER FLUSH
HERBAL REMEDIES
COLD SHEET
TREATMENTS
NATURAL HYGIENE
HEALTH & BIBLE STUDIES
RAW FOOD INSTRUCTION
MASSAGES
LIVE JUICES
OZONE SPA

first place for being the fattest nation in the World. That is the reason Modern Manna is renting the Golden State Theatre in Monterey, CA and showing BellaVita--A Beautiful Life, the documentary that educates people in heaven's health program for the prevention and cure of disease using natural remedies instead of drugs. There are millions of souls perishing from chronic diseases and pharmaceutical drugs in the U.S., and we must help educate our fellow citizens in right lifestyle principles while there is still time. There is an epidemic of obesity at the door.

Soon the door of the ark will close and many souls will perish for eternity. Jesus warned: "And take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, [overeating] and drunkenness [overdrinking], and cares of this life, and so that day come upon you unawares. For as a snare [food and drink - gluttony] shall it come on all them that dwell on the face of the whole earth. Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man." Luke 21:34-35. "Gluttony is the prevailing sin of this age. Lustful appetite makes slaves of men and women, and beclouds their intellects and stupefies their moral sensibilities to such a degree that the sacred, elevated truths of God's word are not appreciated. The lower propensities have ruled men and women." CD 32. A bad diet can negatively affect the clarity of the mind, and many souls will be lost because they worshiped the "god of their belly" (see Phil 3:19) and ate too many burgers at the Golden Arches of Babylon!

Why Are We So Fat? That's the question asked in the cover story of a recent issue of National Geographic magazine. "Americans enjoy one of the most luxurious lifestyles on Earth: Our food is plentiful. Our work is automated. Our leisure is effortless. And it's killing us," says Geographic senior writer Cathy Newman. Some of the latest facts and statistics revealed in the article are chilling: One out
of three Americans is obese, twice as many as three decades ago. The Center for Disease control and Prevention (CDC) has declared obesity an 'epidemic.' 15% of children and teens are overweight, a nearly three fold jump since 1980. Other countries are catching up to the United States, especially newly industrialized nations. KFC opened a drive through restaurant in Beijing in 2002 with more on the way. UK snack food consumption rose 25% in the last five years. Sales of processed food rose 20% in Latin America between 1980 and 2000. Being overweight is now associated with over 400,000 deaths per year."

How can anyone who knows the health message be silent at such a time like this is beyond me! We must get to work now!!

This is why Modern Manna is testing a new evangelistic model to enlighten the cities with a health and gospel message from heaven. We must bring the message to the Gentiles (see Isaiah 60:1-7 for the fulfillment of this prophecy). Charmaine and I hung posters in local businesses and passed out fliers in Monterey, Carmel, and Pacific Grove. We left a thousand fliers and 100 posters with Mimie, an outreach leader from the Monterey SDA Church. We hung the beautiful poster of the movie in Whole Foods Market in Monterey. Every day thousands of health-minded people shop at this super health store. You can imagine how excited we were to place postcards of BellaVita -- A Beautiful Life at the information table in the front of the store. We were also thrilled to see the 24 X 40 poster of the movie in the front window of the theater. Another bonus is the poster lights up at night for hundreds of people to see as they walk down busy Alvarado St. in Monterey. We also are running advertisements in the Coastal Weekly News and already have the event advertised on radio stations in the area.
Sponsors and donors have given generously to this special outreach project, and, as a result, we are sending out 8,000 direct mail invitations to homes in the Monterey, Carmel, and Pacific Grove. These are affluent areas with million dollar properties overlooking the beautiful Pacific Ocean. “While He ministered to the poor, Jesus studied also to find ways of reaching the rich.” Gospel Workers, p. 45. "There are many places that need gospel medical missionary work, and there small plants should be established. God designs that our sanitariums shall be a means of reaching high and low, rich and poor. They are to be so conducted that by their work attention may be called to the message God has sent to the world. The ministry to the physical and the spiritual are to blend, leading the afflicted ones to trust in the power of the heavenly Physician. Those who, while giving the proper treatments, will also pray for the healing grace of Christ, will inspire faith in the minds of the patients. Their own course will be an inspiration to those who supposed their cases to be hopeless. CCh, p. 309.

Thank God for BellaVita Lifestyle Center, and thank God for this inspiring movie that He gave me, filmed and edited by George Hope, to proclaim the health and gospel messages to the world! Who knows? Maybe there will be a BellaVita By The Sea one day.

Our goal is to educate, educate, educate! People who come to the movie will learn about God's health plan and hear messages of salvation through Jesus Christ. They will learn, perhaps for the first time, about the importance of obeying the health laws: nutrition, exercise, pure water, sunshine, temperance or self control, fresh air, rest, and trust in divine power. They will learn how God's health program reversed chronic disease, and his grace delivered an
86-Holocaust survivor from the ravages of smoking. After the movie we will answer questions from the audience and offer a VIP invitation to the free health and natural remedies classes and live food demonstration on Saturday, Dec. 3 and Sunday, Dec. 4 at the Monterey SDA Church in Pacific Grove with my lovely wife Charmaine, who is an 8-year cancer survivor and Certified Raw Chef.

Please pray for us. We still need funds to cover costs and purchase hundreds of copies of Ministry of Healing to pass out to the guests absolutely free. It is perhaps the finest book ever written on blending the health message with the Gospel with power to lead souls to Christ. Now you can be part of this powerful outreach mission by helping Modern Manna with your donations. Please call us with your pledge at 800.655.3228, or, for your convenience, you can donate online at www.modernmanna.org.

REGISTER FOR THE MOVIE HERE.

To Your Health,
Danny Vierra
Modern Manna
BellaVita Lifestyle Center

View the trailer of BellaVita - A Beautiful Life.

Learn more about the 10-Day BellaVita Program

HEALTH TIP OF THE WEEK

48% of men will get cancer and 38% of women. The numbers keep rising. 1 in 3 will have heart disease and 1 in 3 children born in the US will be diabetics. Alzheimers and other brain-wasting diseases, which were very rare 25 years ago, are increasing fast, and people in the 30's now have the disease. What can you do about it? You must think preventatively and cut out animal foods including dairy. Avoid alcohol,
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

coffee, sugar and refined foods. Eat as much organic produce as possible and drink juices. Try to eat 7 to 9 servings of fruits and vegetables a day. Two juices contain lots of vegetables. Use carrots, parsley, celery, beets, apples, chard, and get creative. Green smoothies are cancer preventative and packed with nutrition. Start the day with one instead of coffee.

**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

November 13 - 22, 2011
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 2011
Monterey Peninsula SDA Church
375 Lighthouse Avenue
Pacific Grove
831.372.7818

January 6-8, 2012
Fresno SDA Church
Fresno, CA

February 6, 9, 13, 16, 2012
Learn How To Be Well Series &
Raw Food Classes
Church of God - Seventh Day
2100 Tienda Dr.
Lodi, CA
209.334.3868
March 9-11, 2012
136 Fire Island Ave
Babylon, NY 11702
631.774.8025

April 13-15, 2012
Bible Explorations
Terra Bella, CA

Coming Engagements and Programs:
BellaVegan School of Raw Cuisine, Lodi, CA
Food For Life Nutrition Classes - PCRM
LIFEBOAT - Life-Enhancing Support for Women
Medical Missionary Training Weekend
Health and Healing Crusade 2012
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

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