Greetings!

We are drawing close to the Special Health Weekend in Monterey, CA., and the showing of BellaVita - A Beautiful Life at the Golden State Theatre. Charmaine and I have worked very hard on the planning of this unprecedented evangelistic effort to reach the coastal cities of Pacific Grove, Carmel, and Monterey that are very affluent cities in California. Besides this, you may see Charmaine and I in a new infomercial, Jay Kordish's New Power Grind Juicer, that is airing on National television.

This week I want to share some of the popular Health Tips that I have posted on facebook this year. I hope you enjoy them and put some of them to practice.

1. HEALTH TIP: Can't get moving in the morning without a hefty cup of coffee? The problem might not be your hectic schedule or lack of sleep. You could be
suffering from adrenal exhaustion. Recommendations:
Take a good B-Complex Whole food supplement like Unstress by Mega Food two times a day, Extra Pantothenic Acid - 500 mg twice daily, and 1,000 mg Vitamin C three times a day. Licorice root is the most important herb for adrenal exhaustion. Take whole licorice root tea - a cup two times a day. Eat a healthy vegan diet with lots of rainbows or varieties of plants foods. Get plenty of quality sleep. Try Sleep Assure by Natures Plus with melatonin and herbs in a sustainedReleased formula. The formula puts you to sleep and keeps you to sleep. Relax before bed by drinking a cup of Sleepytime tea and try Calcium/Magnesium before bed that are nature's tranquilizers.

2. HEALTH TIP OF THE DAY: Cayenne is a powerful herb. It can be used to stop a heart attack, stop bleeding by placing directly on wound, help stop bleeding ulcers, used in a gargle for sore throats, inhibit arterioscleroses, used for heart palpitations and arrhythmias, and as an external liniment for arthritis and cluster headaches. Cayenne is an activator, carrier, and accentuator. It can be used for diabetic neuropathy and gangrene, and high and low blood pressure. Ginkgo is good for the brain and cayenne will help get it there! A small amount in your socks will help with cold feet. For a Heart Attack: A teaspoon of cayenne in a cup of hot water should bring a patient out of a heart attack according to the late Dr. John Christopher. Prop up the patient & pour hot cayenne tea down & attack will stop. For wounds: Fill wounds, even if they are to the bone & the bleeding will stop. Cold feet: Sprinkle some in your socks or shoes (180 BTU). For eye disorders: The Herbal Eye Formula with Cayenne is useful in cases of eyestrain, allergies, cataracts, irritated eyes, & conjunctivitis. Beneficial in early stages of cataracts & macular degeneration. ALWAYS DILUTE the formula.
before placing drops in the eyes. Application: Place 10 drops or more in an eye cup filled with distilled water & mix well. Wash for 1 to 2 minutes, 1 to 3 times a day. Keep eye open & rotate while washing. Two drops of castor oil in the eye, morning and evening, has dissolved cataracts in a number of people. Use until vision improves, and reapply as necessary.

3. HEALTH TIP: When my oldest daughter Giana was five, we ate at a friend's house after church. The meal had dishes made with cheese & milk in them. Not to be rude we ate them. Giana got a 105 fever in 10 minutes and I believe it was from the dairy products which she had never consumed before. What do you do? Tylenol? Urgent care? I learned in my herbal pediatrics class to cool the patient down externally & internally. A cool sponge bath, never too cold, and a cool catnip enema lowered the fever to 100.5 in 15 mins. Learn to assist the body in the elimination of toxins and poisons with the careful use of water therapies. Now we refuse the cow's pus whenever possible. Dairy products are the number one cause of allergy in children. I saw so many infants and children eliminate earaches by discontinuing dairy product. They can cause excess mucus in the Eustachian tubes, adenoids, tonsils, and lungs. Dairy products are the #1 cause of childhood anemia because they cause bleeding in the intestines.

4. HEALTH TIP: Charmaine makes a delicious BellaPizza and raw lasagna at BellaVita's that are to die for! When I went vegan years ago, many wondered what I ate? People thought I only ate carrots and celery. Today the same applies to raw foods. But the raw food world is expanding, and the choices are incredible. Several uncook books we recommend are the following: Raw by Juliano, Rawsome Recipes by Robyn Boyd, The Raw Gourmet by Nomi Shannon, How We All Went Raw by the Nungessers, and Going Raw by Judita Wignall. All of these books are superb, and we highly recommend them. The Raw Carob Mouse is amazing, the raw cream cheese is delicious, as is the mac cream that I use instead of mayonnaise.

5. PRAISE REPORT: Pastor Tim, a Baptist minister who came to the November session with 6 stents and heart disease, lost 13 lbs. in 5 days at BellaVita. He said: "I
feel better than I ever have ever felt in my whole life." He is so happy, and can't wait to see his doctor and get new tests done to see all the improvements. He did not lose muscle, but gained some. He lost fat, excess water, and lots and lots of feces. The herbal diuretics, natural herbal Bowel Formula #1, and liver flushes cleansed his organ systems. The live juices and meals filled with live enzymes and phytochemicals recharged and balanced his body. You should see how he stepped up his exercise and praised God! Guests routinely lower blood sugar and cholesterol levels and blood pressure. He was excited about lowering his cholesterol and blood pressure medications.

6. HEALTH TIP: One of the most powerful and effective remedies at BellaVita is the coffee enema. What? Are you serious? Yes, I am completely serious. The coffee enema was used by Dr. Max Gerson for incurable cases to detoxify the liver. The remedy helps eliminate headaches and migraines fast. I had one woman who had migraines for 20 years and the coffee enema eliminated it in 20 minutes. She never had another one at BellaVita. The coffee is absorbed through the hemorrhoidal vein into the portal vein and dilates the bile duct to effectively and quickly pass toxins. It can quickly eliminate the onset of headache or migraine. It helps stop healing reactions. It is great for inflammation, pain, and when liver detoxification is necessary. Coffee enemas were used for wounded soldiers in WWI for pain and they were listed in the Merck Manual until the 70’s for the same reason. I have seen people on pain killers reduce or eliminate their medication using coffee enemas. They make me feel good and I routinely do one to eliminate toxins from my liver. Oh, remember to take them black without cream and sugar! Instructions at www.modernmanna.org

7. HEALTH TIP: At BellaVita, guests drink a morning isotonic drink made from purified sea water for 3 to 5 days. Take 1/3 sea water and 2/3 fresh water for a total of 64 ounces or 1/2 gallon. Drink it very warm with the juice of one fresh lemon. Drink it as fast as you can. In 30 minutes or so, the 64 ounces will come through like a waterfall. Never eat before taking this drink as it will stop the cleansing process and you will retain the drink. The isotonic drink has loads of
minerals too. It is like an oral colonic. Amazing results and fast. Do not take this drink if you have heart, kidney problems or high blood pressure. They also take 5 black poultice drinks of the Bowel Formula #2 made with charcoal, bentonite, psyllium, marshmallow, fennel, and flax to pack the large intestine and draw out old fecal matter, parasites, heavy metals, drug residues, pesticides, and chemicals.

To Your Health,
Danny Vierra
Modern Manna
BellaVita Lifestyle Center

*These statements have not been evaluated by the Food and Drug Administration. These statements and the products of this company are not intended to diagnose, treat, cure, or prevent any disease. For informational purposes only.

REGISTER FOR THE MOVIE HERE.

View the new trailer of BellaVita the Movie.

Learn more about the 10-Day BellaVita Program

HEALTH TIP OF THE WEEK

If you have any of the following symptoms try increasing your water consumption to 6 to 8 glasses a day: headache, joint pain, indigestion, back ache, fatigue, bladder infections, and thick blood. The body has many cries for water other than just thirst. Combined with daily exercise such as walking and a pure plant-based diet you just might reverse your disease.

Coming Events & Speaking Engagements -
Call 800-655-3228 for more information

SUNDAY 5:30 PM (PST)
AMAZING FACTS TV
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

Adventures in Health
Every Sunday in 2011

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 Central 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

Going 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)

BELLAVITA 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

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**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](http://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

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**Past Issues**

THE ELIJAH PROPHECY

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Spam

Not spam

Forget previous vote