GREETINGS:

I just finished teaching a class on Natural Hygiene to a group of students at BellaVita. This is a fascinating study on disease, its causes, prevention and cure. My goal at BellaVita is to teach future medical missionaries in these four areas so they will know how to counsel and help others people that are ill.

Please read the following sobering quote from the Spirit of Prophecy: "As religious aggression subverts the liberties of our nation, those who would stand for freedom of conscience will be placed in unfavorable positions. For their own sake, they should, while they have the opportunity, become intelligent in regard to disease, its causes, prevention, and cure.

"All those who do this will find a field of labor anywhere. There will be suffering ones, plenty of..."
them, who will need help, not only among those of our own faith, but largely among those who know not the truth. The shortness of time demands an energy that has not been aroused among those who claim to believe the present truth." *Counsels on Health*, p. 506.


Another statement says: "The impurities of the body, if not allowed to escape, are taken back into the blood and forced upon the internal organs. Nature, to relieve herself of poisonous impurities, makes an effort to free the system. This effort produces fevers and what is termed disease." *Counsels on Health*, p. 61, 62.

What have we learned from these statements? Disease is caused from violating the laws of health, like not drinking enough pure water or eating a healthy plant-based diet. Lack of sleep or fresh air will also break down the life forces and invite disease. In addition to eating and drinking the wrong foods, toxins or impurities build up and store in the tissues. We are a nation of constipation, stagnation, putrefaction, fermentation, and autointoxication!!

Most Americans eat a low-fiber diet that is high in animal protein and fat. I call these food choices Fiberless Feasts! Fast-food, animal products, junk and processed food make up the majority of the diet of Americans.

As a result the fiberless feasts cause constipation and then stagnation or slow bowels and infrequent elimination. This in turn will cause fermentation of the food sitting long periods in the intestines, putrefaction or rotting, and finally autointoxication or self-poisoning as the impurities are forced back into the blood.

Friends, I want to share with you some of the information I found while researching and writing the script for my infomercial - *The Almighty Cleanse*. The information clearly shows how and why Americans are polluted and become sick. Please read the following:

1. The medical profession claims there is no medical reason to have a bowel movement every day. *(medicinenet.com - Medical editors and authors)*
2. That normal bowel function is three to five bowel movements a WEEK, and constipation is less than three bowel movements a week! (Ibid; National Digestive Disease Information Clearing House).

3. Over half of Americans do not have a bowel movement each day. (medicinenet.com)

4. Harvard reported as many as 44% of Americans strain and grunt to have a bowel movement. (Harvard Newsletter)

5. The FDA says that the average American male may be carrying 5 - 22 lbs. of fecal matter on any given day. (FDA)

6. The third leading cause of death from cancer is colo-rectal cancer. (ACS)


8. The Natural Center for Health Statistics reports that Americans eat 5-14 grams of fiber daily, short of the 20-35 grams they should be eating.

9. Americans consume over 500 - 12 oz. cans of soft drinks per year.

10: The Royal Society of Medicine of Great Britain, comprised of 57 leading physicians, reported: "Death begins in the colon." They concluded that nearly every contemporary chronic disease is related to poisons in the colon.

11. The highest consumption of red and processed meat significantly increases the risk of colo-rectal cancer. The largest study to date reported that eating as little as 3 oz. of red meat a day produced these results. (The American Cancer Society, 2005).

12. Long term constipation is linked to anxiety, insomnia, and sexual dysfunction. (Journal
13. Parasites will effect a billion people this year. The broad-fish tapeworm, which can grow to 35 feet and live 10 years in a human being, can lay as many as one million eggs in a human per day. (National Geographic, Oct. 1997).


I remember Dr. Schulze in one of his four Healing Crusades that I attended in Santa Monica said: "We won, America won! Our lack of attention on good elimination and digestive health, and our increased consumption of junk food, has awarded Americans with the highest level of digestive disorders, bowel disease and colon cancer in the world. We won."

Friends, America is a nation of constipation and autointoxication. We are poisoning our bloodstream from the undischarged feces that is rotting in our intestines. The toxic waste in our colon is sitting there for days instead of being eliminated once or more daily. Dr. Schulze said: "Our own fecal matter starts to slowly poison us, infecting and rotting tissue, degenerating our bowel, causing inflammation, polyps, fissures, ulcers, tumors, cancer, and eventually killing us. This is why I recommend doing Modern Manna's Super Cleanse 2 to 4 times a year -- or one every season.

Autointoxication is defined as a state of being poisoned by toxic substances produced within the body. When the digestive system doesn't work properly, autointoxication sets in. This happens when food begins to break down without being eliminated. Proteins putrefy and rot, carbohydrates ferment, and oils and fats turn rancid. The body becomes poisoned from its own waste.

If these poisons are not constantly excreted will die. When our bodies are overwhelmed by toxic substances beyond its ability to eliminate them through the channels of elimination, the body institutes emergency action to expel the toxin burden. This crisis is called sickness or disease. It is true: death can and often does begin in the colon!
"The impurities of the body, if not allowed to escape, are taken back into the blood and forced upon the internal organs. Nature makes an effort to free the system, and the effort produces fever and what is termed disease." Healthful Living, p. 228.

Dr. J. H. Tilden writes: "One of the first things to do to get rid of any so-called disease is to get rid of Toxemia, for it is this state of the blood that makes disease possible. Disease is a crisis of Toxemia, which means that toxin has accumulated in the blood about the toleration point, and the crisis, the so-called disease - call it a cold, flu, pneumonia, headache, or typhoid fever - is a vicarious elimination. Nature is endeavoring to rid the body of toxin. Any treatment that obstructs this effort at elimination baffles nature in her effort at self-curing." J. H. Tilden, M.D., Toxemia Explained, 1926, p. 49, 79.

"If the colon is not working properly, toxins must exit the body through other routes: the kidneys, the skin, the breath. Many of these patients have bad halitosis, body odor, etc. When a person becomes ill from colon disease, he or she may develop a variety of symptoms, including headaches, muscle aches, fatigue, autoimmune diseases like lupus or rheumatoid arthritis, cancer, or cardiovascular disease." William L. Cowden, M.D., internist, classical specialist in internal medicine cardiologist.

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."

So, let me summarize the picture for you. Most of Americans are going to suffer from bowel disease or already are suffering from hemorrhoids, irritable bowel syndrome, polyps, colon cancer, diverticulosis, crohn's disease, or constipation. That is why I address the colon when it comes to natural healing. Most Americans have colon problems and need help.

At BellaVita, we teach people the most effective natural remedies for evacuating the colon of old feces. They learn that they must:
1. Get their bowels moving 2 - 4 times a day.
2. Stop or decrease the production of mucus and mucoid matter in the intestines.
3. Loosen the encrusted morbid matter and accumulated waste stagnating in the colon.
4. Remove the build-up from the walls of the intestines with specific natural products like bentonite, charcoal, and psyllium.

So many Americans are suffering from impactions of the colon because they are eating too many foods that lack fiber. Another reason is that 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. This is why I recommend doing Modern Manna’s Super Cleanse 2 to 4 times a year -- or one every season.

I had two people at BellaVita actually pull black ropes out of their anus exactly like I described. while on the cleanse! One of the women said, "Gross! It is like a rubber hose." She 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.

One more thing before I close - a sluggish bowel retains pounds of fecal matter and can cause the bowel to balloon, effecting and putting pressure on other organs of the body. That is why I see so many miracles happen when a person colon cleanses. I had an infertile nurse go on a cleanse and, afterwards, she was blessed with twins. Praise God. Pressure on the fallopian tubes and the uterus could have been the problem. To learn more about Modern Manna’s home detox program click 10-DAY CLEANSE.

To Your Health,
Danny Vierra
Health Lectures and Live Food Demos  
El Cajon, CA - January 8, 9  

Charmaine Daniels and I will be giving health lectures and cooking demos at the El Cajon SDA Church this weekend. We hope to see some of you there. The schedule is as follows:

SATURDAY, JANUARY 8  
11:00 AM - Bible Prophecy and the Standard American Diet by Danny Vierra  
2:30 PM - The Mind/Body Connection by Danny Vierra  
4:00 PM - How I Survived Cancer by Charmaine Daniels  
5:00 PM - The Medical Missionary Work by Danny Vierra  

SUNDAY, JANUARY 9  
10:00 AM - Cleansing, Juicing, and live Foods for Optimum Health by Danny Vierra  
11:00 to 12:00 - Question and Answer Period  
12:00 - Live Food Demonstration and Taste Sampling by Charmaine Daniels  

El Cajon SDA Church  
1630 E Madison Ave  
El Cajon, CA  
For More info call: 619.851.7774  

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Dear Supporters of Modern Manna  

As a special "thank you" for your prayers and support of Modern Manna, I am enclosing a special DVD as a gift to you this holiday season. The message, "Bible Prophecy and the Standard American Diet," was a straight testimony on health that I gave to the Remnant SDA Church in Silver Springs, MD. Over 300 Christians from India heard the call of the third angel and responded to the altar call to repent and live out
the principles of the health message.

This is one example of the action-packed year for Modern Manna. I am traveling across the country giving revival and reformation messages to a number of churches. Many more are scheduled for 2011 including: San Diego, Glendale, Visalia, Florida, and New York.

Praise God for the thousands that are responding to the message and taking a stand on the Lord's side. Animal foods and dairy products are filled with disease and the world will soon learn the results of consuming these foods like never before. The people of God must awake and prepare themselves before they can prepare others.

I pray this DVD motivates you to sound the God-given health message to a world that is fast becoming an epidemic of lifestyle-related disease. Copy the DVD and share it fast. If you need more copies we will provide them for only $3.00 each, plus shipping. Downloads will be available on our website soon.

We have seen many miracles at BellaVita Lifestyle Center. The Bible promises: "Bless the LORD, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases." Ps. 103:2,3. We are seeing the drug addicts set free, tumors shrink, chronic diseases like diabetes, arthritis, and hypertension reversed in days. Emotionally broken souls suffering from painful past experiences are set free in Christ for the first time in their lives.

Modern Manna's goals for 2011 are the following:

1. Speaking engagements worldwide.
2. Streamlining messages on our new website.
3. BellaVita Lifestyle Center 10-day programs
4. Special 5-day Detox and Cancer Project at BellaVita
5. DVDs in our new Modern Manna Media building and studio
6. Our own TV show called Lifestyle for Excellent Health
8. Bible Studies on Health and Healing
9. R I S E N - (Remedial and Integrated School of Evangelism and Naturopathy) - To be launched in September 2011.
10. The Elijah Prophecy - The free weekly e-newsletter. We have nearly 5,000 subscribers. Sign up on our website at www.modernmanna.org.

11. The Health Tip of The Day on Facebook every day. We have over 4,000 friends now.

12. Sending out hundreds of CDs and DVDs to our supporters every month. (A one-time donation of $100 per year, or download for free on our website). Please contact us at to your preference at 209.334.3868, at service@modernmanna.org, or by mail.

   Once again, thank you for your support for the new studio and our recent health crusade. Our most pressing need is to get the TV studio up and running. Your loving gifts will be used to purchase new lights for the TV studio ($4,500) and an additional HD camera ($5,000. Your gifts are tax-deductible and will help Modern Manna share the health message and the gospel with the world. Please join us as we prepare people for the Coming of our Lord.

God bless you,
Danny Vierra
Modern Manna

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**Speaking Engagements for Danny Vierra**

January 8, 9, 2011
1630 E Madison Ave
El Cajon, CA
619.851.7774

January 16-25, 2011
BellaVita Lifestyle Center
10-Day Cleansing Program
Medical Missionary Training

February 4-6, 2011
El Evangelio Eterno
333 E. Colorado Blvd.
Glendale, CA
323.256.3600

March 11 -13, 2011
For Lauderdale, Florida

March 20 -29, 2011
BellaVita Lifestyle Center
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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