**The Elijah Prophecy**

*Modern Manna Ministries*

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**In This Issue**

NEW WORKSHOPS COMING TO BELLAVITA LIFESTYLE CENTER

BELLAVITA'S 10-DAY CLEANSE AND LIFESTYLE PROGRAM

JANUARY 16 - 25 & MARCH 20 - 29

DANNY VIERRA SPEAKING IN VISALIA SDA CHURCH - MARCH 5 & 6

**GREETINGS:**

Coming soon! New and exciting health workshops designed to give you in-depth practical learning with convenient times for your busy schedule. These 2- to 4-hour intensive classes will be held on-site at BellaVita Lifestyle Center and the Health Ministry House -- a partnership of the Sonora SDA Church, CA.

The intent of these workshops is to offer affordable, hands-on learning in preventative natural therapies and nutritional healing. Some of the topics include:

1. Live Food, Juices & Smoothies - Join Danny Charmaine for fun in the Bellavita kitchen while they prepare awesome live foods packed with phytochemicals, antioxidants and active enzymes to supercharge your immune system. You will learn to use a dehydrator to preserve nutrients & enzymes, sprout with ease, green-
up your mornings with green smoothies, delicious raw dishes to tantalize your palate. Daniel Jr. will demonstrate different juicers, and Danny will share his personal experience with juice fasting. You will learn what juice combinations to use to heal specific ailments.

2. How To Cleanse & Detoxify Your Body - Danny will show you how to cleanse the 7 elimination organs of the body. You will make and sample poultice drinks, the parasite formula, kidney and liver herbs, simple liver flushes for cleaning out gallstones, super breakfast drinks, and more. Daniel Jr. will demonstrate how to make a liver/gallbladder cleansing drink right from your kitchen. This drink has saved many from surgery and removes liver and gallstones overnight!

3. Bodybuilding and Conditioning - Charmaine has a degree in Sports Science with an emphasis in Sports Medicine. Certified through Stanford Prevention Research Center as a facilitator for the Stanford Healthy Lifestyle Program, she coaches individuals through the process of healthy lifestyle changes. She uses her experience as a corporate health promotional specialist and personal trainer at a major fitness center to guide you in successful goal-setting. Danny has 40 years of bodybuilding experience and 30 years of nutritional expertise. Without steroids, he bench pressed 300 lbs. for 9 repetitions on an Olympic Bar at only 182 lbs. body weight. He also won trophies in two bodybuilding contests for best abs. He will teach you how to flatten your stomach & get that 6-pack look and how to build muscle without animal protein while losing body fat. Learn how to prepare plant-based protein shakes and low-fat meals. You will get the latest information on creatine, HGH, and growth hormone stimulants. Daniel Jr. will share bodybuilding tips for the youth in BellaVita’s professional fitness center.

4. How to Use Herbal Medicine - Danny will teach you how to use wildcrafted, organic herbs for what ails you. Learn the value of herbal tinctures and how to make infusions and decoctions. Learn how to use aromatherapy and make charcoal & clay poultices while enjoying a cup of delicious detox tea.

5. Natural Remedies for You and Your Children -
Learn what to do naturally when you or your child gets a fever, cold or other common illness. Danny provides instruction in herbal remedies, hydrotherapy, nutritional healing & supplementation. We must learn how to assist nature in the healing of the patient. Learn healthy food choices to prevent disease and avoid allergies, healthy prenatal and early childhood nutrition. Daniel Jr. will share how he has avoided doctors for 23 years, and never had a cavity!

6. Hydrotherapy Treatments - Danny demonstrates easy home water treatments to relieve inflammation, reduce fever and pain. Instruction will include: hot and cold fomentations, hot-foot bath, steam inhalation, colon hydration, and coldsheet treatment. Danny and Daniel Jr. will demonstrate an actual coldsheet treatment. An incredible natural treatment that has set many people free from years of painful emotions in a few hours or less!

7. 8 Laws of Health - Learn God's natural doctors and how to use them to prevent and cure disease. Learn how to put these natural doctors into practice in your own life: nutrition, exercise, water, sunshine, temperance, air, rest, and trust in divine power. Class will include a cooking, juicing and smoothie demonstration and samples.

8. Alternative Cancer Treatments - Danny shows you the effectiveness of the Gerson and other natural therapies. He will discuss orthomolecular nutrition, herbal formulas, and cutting-edge natural protocols and modalities for the alternative treatment of cancer and other serious chronic diseases. Charmaine will give her testimony as an 8-year cancer survivor.

9. 17 Steps to a Healthier Life - Danny will guide you through the progressive journey of proper elimination, intake, movement and circulation, spirituality, and inherited constitution. Learn many of Danny's health tips he shares daily on facebook. Live food demonstrations by Danny and Charmaine.

10. Square Foot Gardening - Danny shows you the benefits of the square-foot gardening method. Learn techniques of building your 4 X 4 garden boxes, organic soil preparation, plant spacing, composting and natural pest control. Enjoy the
11. Natural Hygiene - Learn the difference between allopathic vs. natural remedies. Understand the process by which toxins accumulate faster than the body can eliminate them, and how the body institutes emergency measures called disease. Learn that disease is remedial and an effort of nature to balance and restore health. Cleansing, detoxifying, nutrition, and natural remedies will be discussed. Danny will share several cleansing techniques.

12. Quick & Easy Healthy Meal Planning - Charmaine demonstrates simple raw and nutritiously prepared dishes. Develop healthy weekly menus & become an informed shopper by visiting a local grocery store. The taste-sampling alone is worth coming!

13. Weight Loss Clinic - Beat the bulge with the power of juice fasting, plant-based nutrition, cleansing & detoxifying, and physical exercise. Discussion includes natural hormone therapy and thyroid balance. Gain the confidence through successful behavioral change to achieve your long-term weight loss goals.

14. Healing the Broken Heart - Learn how to heal depression and other negative emotions naturally. Danny and Charmaine will share natural remedies and materials they personally have used for emotional healing. In this incredible class, you will learn the mind/body connection, the health-destroying power of negative emotions and the life-charging power of positive emotions. Learn how to fill the emptiness in your being with the strength of God's amazing love. Yes, there is hope for anger, bitterness, unforgiveness, shame and guilt. A vegan lunch will be served.

15. Medical Missionary and Health Disciple Training - In this class, you will learn how to share the health message and heal the sick using simple, natural remedies. Every member of the church should be a medical missionary worker. Charmaine and Danny will instruct on how you can work with your church, local hospital and community. Learn how to do door-to-door work and bring the good news of health with the gospel to your neighborhood, friends, and
family. Learn how to do stop-smoking classes, put on a vegetarian cooking class, and the practical use of natural remedies. A vegan lunch will be served.

**Watch our website for class information, schedule and times.**

[www.modernmanna.org](http://www.modernmanna.org)

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### Speaking Engagements for Danny Vierra

**March 5 & 6, 2011**
Visalia SDA Church  
Visalia, CA

**March 11 - 13, 2011**
6800 West Oakland Park Blvd.  
Sunrise, Florida 33313  
Phone 954-742-7515

**March 20 -29, 2011**
BellaVita Lifestyle Center  
10-Day Cleansing Program  
Medical Missionary Training

**May 15 - 24, 2011**  
BellaVita Lifestyle Center  
10-Day Cleansing Program  
Medical Missionary Training

**June 17 - 19**
Modern Manna’s Health and Healing Crusade  
Lodi, CA

**July 9 &10**
Bayknoll SDA Church  
Rochester, NY  
585.467.2722

**July 17 - 26, 2011**
BellaVita Lifestyle Center  
10-Day Cleansing Program  
Medical Missionary Training

**R I S E N - Remedial & Integrated School of Evangelism & Naturopathy**
21-Day Medical Missionary Course Plus Cleanse
Planning for the month of September

BELAVITA LIFESTYLE CENTER

November 14-23
January 16-25
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

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

Consult your physician before using any natural remedy. These statements have not been approved by the Food and Drug Administration.

For more information:
SEE BELAVITA

Graduation Party

For more information:
SEE BELAVITA

Past Issues
THE ELIJAH PROPHECY