Dear Friends:

Have you ever thought about the 100% grass diet that King Nebuchadnezzar ate for seven years, as recorded in Daniel 4:32?

In Daniel Chapter 1, Daniel and his three friends

Greetings!

Did you know that God's original diet can be found in Genesis 1:29: "Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat."

God put Adam and Eve in a garden and Instructed them to eat a diet of the most simple kind, which He Himself provided for them. The fruits of the tree and the herbs bearing seed were provided for their food. "God gave our first parents the food He designed that the race should eat. It was contrary to His plan to have the life of any creature taken. There was to be no..."
refused the diet of the King’s meat and wine and chose to eat a whole plant food diet, a vegan diet and to drink pure water. This implies, since it was the king’s meat and drink, that King Nebuchadnezzar must have been eating a high fat, high protein diet of dead animals most of his life. It is fair to assume that the King must have been very toxic and perhaps even constipated from time to time from the fiberless feasts. Certainly he increased his risk of getting colon cancer.

Besides being unhealthy, the king also needed to be humbled. After all, he was the King of Babylon and was worshipped like a god. The Bible tells us that he had a pride problem. Daniel chapter 3 says he decreed that all the guests at the dedication of the golden image must bow down to the image of gold, representing death in Eden. The fruit of the trees in the garden, was the food man’s wants required.” CD 81.

The Bible also tells us that after Adam sinned he was driven out of the Garden of Eden and God instructed him to add the “herb of the field” to the original diet plan of Genesis 1:29 (see Genesis 3:18). Vegetables, the herbs of the field, were added to the original live food program, because Adam had lost access to the Tree of Life, which provided immortality. The vegetables were added to God’s health program because Adam may have now needed the extra vitamins and minerals provided by the plants that grew in the earth. These new foods provided added nutrients, especially chlorophyll or concentrated sun power, which is like a twin sister to hemoglobin in red blood cells. **Green blood in plants can make red blood in humans and green vegetables are wonderful blood builders.** Yes, God made vegetables high in pytochemicals to nourish the body’s immune system and keep Adam and Eve disease-free.

Vegetables are rich in an abundance of minerals like calcium, magnesium, potassium, and trace minerals, because they grow directly in the soil from which man himself was formed. Vegetables contain vitamins, especially A, B, and C, and enough protein to build strong bodies. We are living beings powered by living plants that grow directly in the earth. Plants are high-octane fuel containing nutrients and calories to fuel and repair the human body, which God made. We remineralize ourselves by eating the plants He has created and grow in the earth.

Another point is that you and I were born after sin, and, therefore, require fruits, nuts, grains, plus **vegetables**, to make good blood: “It is a mistake to suppose that muscular strength depends on the use of animal food. The needs of the system can be better supplied, and more vigorous health can be enjoyed, without its use. The grains, with fruits, nuts, and vegetables, contain all the nutritive properties necessary to make good blood. These elements are not so well or so fully supplied by a flesh diet. Had the use of flesh been essential to health and strength, animal food would have been included in the diet appointed man in the beginning.” CD 396.

The Great Flood was the next crisis that required
Nebuchadnezzar and Babylon. Anyone who refused to bow in homage to the king would be cast into a fiery furnace. The three Hebrews who refused to bow to the human potentate were cast in the furnace which was heated seven times hotter than usual. In the furnace, the king saw a fourth man who he likens to the Son of God, Jesus, even though he had only three men thrown into the furnace.

Miraculously not a hair on their heads was harmed, and the converted king blesses the God of Shadrach, Meshach, and Abednego and decrees that the whole nation recognize the true God.

In Daniel Chapter 4, we learn that Nebuchadnezzar backslides and, once again, was exalted as a god. Now, the true God of the Hebrews was going to humble the proud monarch by driving him from men to eat grass with the a temporary, but necessary, provision to be made to the pure plant diet of Genesis 1:29 and 3:18. After the Great Flood in Noah's day, God altered the original diet plan and added flesh to man's diet, just as he added the herb of the field after sin: "Every moving thing that liveth shall be meat for you; even as the green herb have I given you all things." Since all living things were destroyed off the face of the earth (see Genesis 7:21-23), God gave permission, for the first time, for His people to eat the flesh of dead animals, but never the blood or the fat: "But flesh with the life thereof, which is the blood thereof, shall ye not eat." Genesis 9:4. We need to understand that in the provisional diet of flesh eating, God gave specific dietary instructions on which animals could be eaten and which animals could not (see Leviticus 11 for the clean and unclean list). But today, must we continue on the provisional diet when the plant foods are in great abundance and available at any supermarket, or better yet, from one's own garden? "If ever there was a time when the diet should be of the most simple kind, it is now. Meat should not be placed before our children. Its influence is to excite and strengthen the lower passions, and has a tendency to deaden the moral powers. Grains and fruits ... in as natural a condition as possible (there is nothing more natural than raw), should be the food for the tables of all who claim to be preparing for translation to heaven." Another statement says: "Again and again I have been shown that God is bringing His people back to His original design, that is, not to subsist upon the flesh of dead animals. He would have us teach people a better way." Ibid, 82, 1884.

What does God mean by "His original design"? It is evident from my studies that He means a pure plant food diet as given in Genesis 1:29 and 3:18 -- a vegan diet without the use of any animal products. Furthermore, there is another thought-provoking statement in the SOP that encourages us to go all the way back to His original design: "Let our people discard all unwholesome recipes. Let them learn how to live healthfully, teaching to others what they have learned. Let them impart this knowledge as they would Bible instruction. Let them teach the people to preserve the health and increase the strength by avoiding the large amount of cooking that has filled the world with chronic invalids. By precept and example make it plain that the food which God
beasts of the field. The prophet Daniel said: "Thy dwelling shall be with the beasts of the field: they shall make thee to eat grass as oxen, and seven times [years] shall pass over thee, until thou know that the most High ruleth in the kingdom of men, and giveth it to whomsoever He will." Dan. 4:32.

It is a very interesting story when you consider King Nebuchadnezzar lived on only grass for seven years. The question may be asked: "Is that possible? Let's take a look at one grass called wheatgrass. Wheatgrass is very similar to barley grass and both are some of the richest sources of Vitamin A, B's, and C. They are very rich in minerals also. They are used as a body cleanser, rebuilder and neutralizer of toxins. These grasses can even protects us from radiation.

According to Ann gave Adam in his sinless state is the best for man's use as he seeks to regain that sinless state. CD 460.

The reference, "in his sinless state", suggests that before Adam ate of the forbidden fruit and sinned, his diet consisted of only live food, for there was no fire in Eden for cooking nor was there any death! It wasn't until after he was driven out of the garden that the first animal was killed (see Genesis 3:21). I do not think it means to be a fruitarian, for as I said earlier we were born after sin and need to eat vegetables, but may be saying to eat the food in the same way Adam ate it--LIVING! The diet in the "sinless state" was always live and raw. Some people get offended when you mention a pure raw diet or urge someone to try it this side of heaven. If you are one of them, ask yourself the question: "Will the diet in the new earth be the same as the diet God gave our first parents in Eden? Will there be any death in Eden Restored, even by cooking?

The Bible and Spirit of Prophecy tell us that the heavenly Canaan will be abundant in living food, and, as in Eden, without the need of vegetables once again, for we too will live in a sinless condition. The seer John, in vision, saw the Tree of Life which "bare twelve manner of fruits, and yielded her fruit every month (see Revelation 22:2)" providing its blessing again. In vision, Ellen White also beheld the diet of the earth made new: "This temple was supported by seven pillars, all of transparent gold, set with pearls most glorious. The wonderful things I there saw I cannot describe. Oh, that I could talk in the language of Canaan, then could I tell a little of the glory of the better world. I saw there tables of stone in which the names of the 144,000 were engraved in letters of gold. After we beheld the glory of the temple, we went out, and Jesus left us and went to the city. Soon we heard His lovely voice again, saying, "Come, My people, you have come out of great tribulation, and done My will; suffered for Me; come in to supper, for I will gird Myself, and serve you." We shouted, "Alleluia! glory!" and entered into the city. And I saw a table of pure silver; it was many miles in length, yet our eyes could extend over it. I saw the fruit of the tree of life, the manna, almonds, figs, pomegranates, grapes, and many other kinds of fruit. I asked Jesus to let me eat of the fruit." EW 19.

Year ago, at one our vegan cooking schools, a Pentecostal minister looked me square in the face and
Wigmore, 1 lb. of wheatgrass is equal in nutritional value to nearly 25 pounds of the choicest vegetables. She also reported that wheatgrass therapy helps to eliminate cancerous growths and helped with many other disorders including mental disorders. Very effective in reversing anemia.

Wheatgrass is rich in chlorophyll--concentrated sun power. It is one of the greatest healers for conditions inside and outside the body. It is a blood purifier and builder. It increases the red cell count, purifies the liver, improves blood sugar problems, and helps sores heal faster. It acts like a detergent in the bloodstream.

This is why I use barley grass at every BellaVita. I give the guests at least three tablespoons a day of the chlorophyll-rich beverage, along with many other fresh, organic juices.

Fresh juices are asked: "Why are you a vegetarian?" Smiling back at him I answered: "I know what you are thinking. You think I am trying to eat my way into heaven, right?" I smiled and said: "Brother, I am just getting use to the diet I am going to eat when I get there!" He smiled and nodded in affirmation.

How perfect to eat food just as it comes from the Creator's hand! Living peaches, grapes, plums, and nectarines are some of my favorite foods. I have over 80 fruit trees adorning my property where BellaVita sits. This time of year, I go outside and pick buckets of organic naval, Valencia, Washington, and blood oranges, pink and yellow grapefruits, and tangerines, and juice them throughout the day. Delicious, and my children love them too. When I see the price of fresh organic citrus going for $3.99 a pound at Whole Foods, it makes me very happy I invested $16.99 per tree when I purchased them years ago and planted them. We enjoyed the Gala and Fuji apples, pomegranates and persimmons last month and, come summer, we will enjoy the yellow and white peaches, plums, nectarines, grapes, pears, and apricots. Nature gives us God's blessing in every bite.

Many raw food recipes are absolutely delicious! Raw and living foods are superior to cooked foods because the act of heating food over 115 degrees destroys the enzymes. Learn to sprout grains and seeds and preserve the live enzymes which would otherwise be destroyed. Furthermore, cooking food can change the molecular structure of the food and renders it toxic in some cases and microwaving is the worst. In most cases, living foods have higher nutrient values than cooked foods, retaining more antioxidants to prevent and fight disease.

Let me make it clear that I am not saying that everyone must be a raw foodist or avoid cooking altogether, for that is your choice. But I must admit that I have come to appreciate the raw diet, or at least a high percentage of my diet consisting of live food, as the best for man today. It certainly is a diet of the most simplest kind. "Health reform is an intelligent selection of the most healthful article of food prepared in the most healthful, simplest form." ML 132.

"The Lord intends to bring His people back to live upon simple fruits, vegetables, and grains ... God provided fruit in its natural state for our first parents. CD 81. "God is working in behalf of His people. He does not
healers and blood builders. They are rich in vitamins, minerals, trace elements, and enzymes--the sparks of life.

Almost 100% of the vital nutrients are assimilated into the bloodstream and cells without putting strain on the digestive system. juices speed the body's recovery from disease through rejuvenation. They are alkaline foods, and very beneficial for balancing pH since over-acidity is a problem with so many Americans today. Acid reflux is a generational disease and is getting more prevalent. The GI tract is taking a beating with all the acid-forming foods like meat, dairy, alcohol, coffee, and sugar.

Juices provide generous amounts of minerals like calcium, potassium, silicon which are easy to be assimilated because they are in liquid form and, thus, restore mineral desire them to be without resources. He is bringing them back to the diet originally given to man. Their diet is to consist of the foods made from the materials He has provided.” CD 81. When cooking, use the simple unadulterated foods as close to nature as possible, without pesticides or chemicals, and always fresh.

At BellaVita we serve only live foods and juices--foods in their simplest form--because we want the guests to recharge their vital force during the ten day program. The live foods contain electrical charge and when we eat them they, in return, charge us! When people stop eating cooked protein foods, which require large secretions of stomach acid which can lead to GERD or acid reflux, they have much more energy, a calmer stomach, a lighter disposition and sleep better at night if they exclude a late dinner. Many people who eat raw foods eat a low protein diet and are free from stomach problems. The diet is great for those who want to lose weight. At BellaVita we have seen people lose as much as 12 pounds in ten days!

We introduced raw cuisine at several Modern Manna’s Health and Healing Crusades. We introduced incredible raw chefs like Nom Shannon, Robyn Boyd, and the Top Rawmen. The audience loved all of them. The DVDs on their presentations have been very popular sellers and the raw food world is growing fast. I remember the day when I first saw a raw cookbook, now they are being published with lightening speed. Years ago, I took a raw "cooking" class from Guliano the author of Raw and learned many wonderful things, like putting avocado in a smoothie or in carob mouse with vanilla and agave to give it that rich, fat texture. No, you do not taste the avocado.

I know when I fast on live juices and eat only raw, living foods, I feel much better--the mucus decreases, my body balances and cleanses, and my sinuses remain clear. My mind is clearer, sleep is better, and my digestion improves because the foods eaten provide plenty of enzymes to assist nature in the digestion and assimilation of nutrients. Eating raw provides the best cellular nutrition second to juices. But when I start adding too many cooked foods back in my diet, I immediately notice a difference--I feel bogged down, have less energy, have poorer digestion, and my sinuses begin to plug up. I also know that 90% of the improvements we see at BellaVIta are because of the
balance in the cells. They are alkaline-forming foods and can restore pH balance.

Raw juices contain nature’s medicines—phytochemicals, hormones and antibiotics. String Beans and Jerusalem artichokes contain insulin-like substances for diabetics. Cucumbers and onions contain hormone-like substances needed by the cells of the pancreas to in order to produce insulin. Garlic, onion, and radish contain natural antibiotics.

Even the coloring of the plants—the reds, yellows, greens and blues contain phytochemicals that prevent and fight cancers.

Apple juice contain pectin which sweeps the intestines of toxins and binds with heavy metals. Beet juice is high in minerals, cleansing and building to the blood, and

cleansing and raw food program. Believe me, nothing compares! That is why we have Robin teach a couple of classes on raw food preparation at each of BellaVita’s 10-day sessions.

Let it be your goal, in 2010, to eat more live food. Be bold, try raw for a couple of weeks and feel the difference. Try sprouting or making delicious macadamia cream and use it instead of mayonnaise. Buy a dehydrator and make flaxseed crackers and burgers that are not cooked to death and still have the enzymes preserved. Buy a raw food cookbook and try some of the recipes. Start to get acquainted with the world of raw.

In closing, let me share another author’s vision of the earth made new: "And they shall build houses, and inhabit them; and they shall plant vineyards, and eat the fruit of them. They shall not build, and another inhabit; they shall not plant, and another eat: for as the days of a tree are the days of my people, and mine elect shall long enjoy the work of their hands." Isaiah 65:21-22. From Eden lost to Eden restored, the heavenly garden will serve food right from the Creator’s hand. He will provide an abundance of living foods once more, because there will "be no more death." Revelation 21:4.

God bless you,
Danny Vierra

P. S. Please help Modern Manna spread the good news of health by forwarding this email to others who might be interested in receiving it. Please help us grow our list of subscribers by signing up your contacts today. Not many ministries are sharing what we do each week in The Elijah Prophecy, and you can be a blessing to them. Please, we really need your help to continue this work. I rarely ask for donations, but funds are trickling in in. Please help Modern Manna effort to be a light in this world by making a donation online, or sending your gift to Modern Manna, PO 408, Victor, CA 95253. Thank you!

Speaking Engagements for Danny Vierra

This Saturday & Sunday Charmaine Daniels and I will be speaking and demonstrating at the Visalia SDA Church. Love to see you there.
detoxifies the liver. Cabbage juice is rich in Vitamin C and purifying sulfur. Contains vitamin U for stomach ulcers.

Celery juice, with its mineral content, can soothe the nervous system and neutralize acid with its organic sodium. Dandelion greens, juiced, stimulate bile flow and helps to cleanse the gallbladder and liver.

Kale juice is rich in calcium, iron, and cleansing chlorophyll as well as beta carotene. Parsley juice is rich in vitamins, minerals, beta carotene, and chlorophyll and is an excellent blood cleanser and has diuretic properties. All green juices are rich in antioxidants and very beneficial for healing the body and building the blood. They are great for anemia and low blood counts.

When you consider the healing power of green, it is no wonder God

March 5 & 6, 2011
Visalia SDA Church
1310 S. Woodland Dr
Visalia, CA  More info: HeartbeatVisaliaSDA@gmail.com

March 7 - Soup & Bread at 5:30
Health & Healing Lessons from the Bible
Health Ministry House
Columbia, CA
209.206.2440

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

April 4, 25 - Soup & Bread at 5:30
Health & Healing Lessons from the Bible
Health Ministry House
Columbia, CA
209.206.2440

April 10, 11, 12, & 14 - Four Night Lectures & Demos
Cleansing, Juicing, & Live Foods for Optimum Health
Sonora SDA Church
209.206.2440

May 9 - Soup & Bread at 5:30
Health & Healing Lessons from the Bible
Health Ministry House
Columbia, CA
209.206.2440

May 15 - 24, 2011 BellaVita Lifestyle Center
10-Day Cleansing Program
Medical Missionary Training
800.655.3228

June 17 - 19 Modern Manna’s Health and Healing Crusade
Speakers: Charlotte Gerson, Cherie Calbom, Nathan Renner, Dave Westbrook, Danny Vierra, Giana Vierra, &
chose that diet to humble the king while preserving his life. But, when you consider the detoxifying power of green grass, it is not surprising that after the seven years of eating 100% green grass that King Nebuchadnezzar’s reason and understanding returned and he praised and extolled and honored the "King of heaven." Dan. 4:27. After all, Ann Wigmore said it would help mental disorders! I hope to see him in heaven.

Here are a few green smoothie recipes for you to enjoy. Green smoothies are very nutritious and easy to digest. A delicious way to get vegetables to your children.

Blend the following together.

Apple, Kale, Lemon

4 apples
1/2 lemon (juice only) 5 leaves of kale (remove white

Charmaine Daniels. Free Tent Camping
Lodi, CA
800.655.3228

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

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BELLAVITA LIFESTYLE CENTER
January 20 - 29
May 15 - 24
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

Donations Can Be Made Online

PLEASE HELP US!! Modern Manna is a self-supporting ministry that specializes in blending the health message with the gospel of salvation.

We believe that God wants His peculiar people to be the healthiest people on earth as promised in Dueteronomy 7:14, 15: "Thou shalt be blessed above all people: ... And the LORD will take away from thee all sickness, and will put none of the evil diseases ... upon
stems for better taste)
2 cups water

Peach and Spinach
6 peaches
2 handfuls of spinach
2 cups of water

Pear-Chard-Mint
4 ripe pears
5 leaves of chard
1/2 bunch mint
2 cups water

Recipes from 12 Steps to Raw Foods by Victoria Boutenko

God Bless,
Danny Vierra

Remember, I am not a doctor and cannot prescribe. But I can share what I do for myself or what my children do for themselves. Consult your physician before using any of these remedies and watch him laugh, or better yet, the Master Physician "Who forgiveth all thine iniquities; who healeth all thy diseases." Ps.103:3

Modern Manna is solely funded by your tax-deductible offerings and donations. Please help this ministry make a difference in a dying world. We are desperately needing your gifts and do not like asking, but we are feeling the pinch. We have lots of plans ahead and need your help now!

For your convenience, you can make a donation online at [DONATIONS](#) or send it to:

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Thank you and God bless you,
Danny Vierra

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