Greetings!

The more I learn about Psychoneuroimmunology, the more I am amazed. My next story proves that negative emotions can suppress immune function and affect your health in ways you may not expect.

In 2005, I watched my mother die while standing by her bedside. A few months later my father would join her and truly die from a broken heart and grief. I will never forget the sores all over my father's arms soon after my mother died. They itched so bad that he would scratch them until they bled. In the morning his arms would have dried blood and large blisters
You are invited to attend a fabulous health weekend with Danny and Charmaine Vierra in Fresno, CA.

The event includes a Friday night showing of BellaVita - The Movie, Health Lectures on Saturday, and Charmaine's Raw Cooking Demo and delicious taste samples on Sunday.

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where he scratched all night. My father suffered from psoriasis from the age of 17, and his skin was his weakest organ. Cortisone creams helped the itch to some degree of relief, but never stopped the dermatitis or skin inflammation completely. Was it possible that the breakdown of the skin on his arms was caused from the negative emotions in his mind? Was his body was merely responding to the grief and stress he was experiencing?

Do you believe that you can inherit weak organs from your parents or other genetic diseases? In the past two years, once when I was at the peak of my divorce and the other when I was fighting for restraining orders against a mad man who was threatening my four children, my arms flared up just like my father's had after my mother death. After all, they were happily married for 56 years. Like my father, I could not stop scratching my arms. I scratched the skin right off trying to relieve the horrible itching. I developed blisters and sores on both arms that would bleed just like my father's. I tried every natural remedy that promised relief, but finally had to go to the doctor for a diagnosis. The doctor said: "It is neurodermatitis, a skin disease caused by the nerves and from your scratching. There are many nerve endings on the surface of your arms and when your nerves react to extreme stress it can cause itching. The worst thing you can do is scratch the areas because the nerve endings kind of multiply and you can make matters worse. If you wouldn't have scratched the areas there would have been no sores." He prescribed a cream which finally stopped the itching. The sores took a lot longer to heal.

I noticed that when my stress level increased, the itching would also increase. In fact to prove that it was my nerves, one day a car nearly hit me at an intersection and my arms instantly felt like someone was using them for a pin cushion. Every sore reacted at the same time to the stress from to the emergency. Was God teaching me another lesson on the mind/body connection that I could use to expand my presentations on the subject? I believe God was educating me so I could educate others. What better way to understand the mind/body connection than from a personal experience. He also wanted me to learn one can find perfect peace in His Son, Jesus.

The other night I left the ministry late and grabbed a magazine on my way out the door. Amazing, there
was an article in it entitled "Psychodermatology: A New Approach to Protect the Skin." As I anxiously devoured the information, I found the answer to my own problem. The dermalogical problem on my skin was actually caused by stress. No wonder the stress tabs and the herbal nerve formula only slowed the itch, but never cured the problem. The neurodermatitis on my arms was caused by the stress and negative emotions originating in my mind, and I was trying to heal myself from a physical standpoint only.

With the newly emerging field of psychodermatology, scientists have reported studies that show our "emotions, particularly stressful ones, can unleash a torrent of free radicals and stress hormones such as cortisol that not only age our skin but cause a wide range of allergic and inflammatory skin ailments. Dermatologists are now recognizing that when emotions such as stress and anxiety are creating havoc within the skin, there is little in their pharmacopeia that can solve the problem. It is at the junction of the skin that physicians and psychiatrists truly see the interaction of the mind/body connection. ... Acting through the nervous, immune, and endocrine systems, this new phenomenon is being called the 'brain-skin connection' that may underlie inflammatory skin diseases triggered or aggravated by stress. Indeed, dermatologists worldwide are recognizing that significant numbers of their patients have underlying psychological components related to their skin complaints" and I am one of them! (Life Extension, July 2009, pp. 67

"Stress-related skin disorders include:

- Psoriasis (which my father had) - a chronic disease characterized by inflammation and thickening of patches of skin.
- Eczema - swelling, blisters and bumps and crusting and scaling of the skin.
- Atopic dermatitis - a chronic skin disorder characterized by itching and red, scaly, or dry rashes.
- Seborrheic dermatitis - an inflammatory condition characterized by greasy scales and yellowish crusts, usually on the scalp.
- Hives - red, raised welts.

"Many people find that when they are stressed they
break out in pimples or hives, and their psoriasis, eczema, or other skin conditions become worse. Reducing stress may therefore offer the key to skin disease.” (Ibid, p. 68).

During stressful times of my life, I can feel the itch return to my arms. At the first sign I take Modern Manna’s Nerve Formula that calms the nervous system down and relaxes you. I also take a great B-Complex made from whole foods concentrates called Unstress. I also include lots of exercise, sometimes twice a day, to relieve the stress and strengthen my immune system. “Prayer is the key in the hand of faith that unlocks heaven's storehouse.” Never forget to call upon God in your time of need. He is always there for you!

Happy New Year,
Danny Vierra
Modern Manna
BellaVita Lifestyle Center

View the new trailer of BellaVita the Movie.

Learn more about the 10-Day BellaVita Program

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HEALTH TIP OF THE WEEK

I heard someone say the other day: "I am living divorce in marriage." That is like saying, "I am dying in life." Both are pathetic but true for so many people. Marriage takes a lot of work and so does keeping yourself in the best shape possible. SO love your spouse today and work on your own issues. Tell your wife or husband you love her/him. Ask what you can do to improve the relationship and mean it. And then LISTEN without reacting! Then go have a fresh organic juice, workout, and kneel down and say a prayer thanking God we can redeem the time (Eph. 5:16).

“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.”
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

January 11, 18, 25, Feb. 1
Lodi Memorial Hospital
PCRM Cancer Project
Food for Life Program
209.482.1631

Fresno Central Valley SDA Church
3901 East Clinton Avenue
Fresno, CA 93703
(559) 226-3901

February 6, 9, 13, 16, 2012
Learn How To Be Well Series &
Raw Food Classes, BellaVita Movie
Church of God - Seventh Day
2100 Tienda Dr.
Lodi, CA
209.334.3868

February 11, 2012
Oakdale SDA Church
Bi-Lingual Service
Oakdale, CA

March 9-11, 2012
136 Fire Island Ave
Babylon, NY 11702
631.774.8025

March 18-27
BellaVita Lifestyle Center 10-Day Detox
Lodi, CA
209.334.3868

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

A Young Graduate

Graduation Party

For more information: SEE BELLAVITA
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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

May 4-6
Grass Valley SDA Church
Grass Valley, CA

Coming Engagements and Programs:
BellaVegan School of Raw Cuisine, Lodi, CA
Food For Life Nutrition Classes - PCRM
LIFEOAT - Life-Enhancing Support for Women
Medical Missionary Training Weekend
Health and Healing Crusade 2012
R I S E N - Medical Missionary School
Lodi Grape Festival Grounds (Planning stages, TBA)

BELLA VITA LIFESTYLE CENTER
January 22 - 31
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

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