Greetings!

Childhood obesity is rising in the United States, and "children are taking more prescription drugs than ever before," said Dr. T. Colin Campbell, the author of The China Study. We are seeing adult diabetes in children today because of increased body mass, a high-fat diet filled with refined carbohydrates, and a lack of exercise. What is the future for our children? Can we do something to stop the epidemic of childhood obesity?

My wife Charmaine is a certified PCRM Food for Life instructor. She is a 9-year breast cancer survivor who
You are invited to attend a fabulous health program with Danny and Charmaine Vierra in Grass Valley, CA. There will be a special PCRM Childrens Program.

**BELLAVITA LIFESTYLE CENTER**

May 20 - 29
SESSIONS OPEN

**THE BELLAVITA PROGRAM**

CLEANSING
REGENERATION
LIVER FLUSH
HERBAL REMEDIES

Charmaine Vierra has a passion to share healthy nutrition to all ages. Our weekend health programs now offer something for the children. "The children are very excited about the new program," said Charmaine Vierra. "Now they can learn the health benefits of a whole-plant based diet along with their parents."

Charmaine debuted the *Food for Life for Kids* program in Babylon, New York this past weekend. The young audience learned healthy recipes, watched science experiments, completed workbooks, and sang songs with healthy lyrics. "The kids responded with enthusiasm and enjoyed the recipe samples and the colorful workbooks," said Charmaine.

On Friday night we showed *BellaVita - A Beautiful Life* to a packed church. After the documentary I gave a short presentation on the benefits of natural healing. On Saturday I presented three health lectures and Charmaine, Daniel Jr., and George Hope taught the children's health classes to many eager and hungry-for-more young people. How exciting it was to see the children embrace the healing properties of food. The children also received a packet of health information supplied by PCRM. Since 1985, PCRM (Physician's Committee for Responsible Medicine) has been making influencing advancements in medicine and nutritional science. They advocate preventive medicine, especially good nutrition, conduct clinical research, and higher ethical standards in research. More than 125,000 health care professionals and concerned citizens are dedicated to creating a better future for animals and people. PCRM is a nonprofit organization headquartered in Washington, D.C. The president is Dr. Neal Barnard who spoke at Modern Manna's Health and Healing Crusade in 2004. His outstanding lecture, "Breaking the Food Seduction," is still one of the most popular DVDs produced by Modern Manna Media.

On Sunday, my Certified Raw Food Chef wife gave a beautiful raw food demonstration and shared samples of the delicious live food to the hungry
I made our Super Green Smoothie with live organic fruits, nuts, seeds, and kale. I demo this amazing drink that is packed with phytochemicals and antioxidants at every BellaVita cleanse. This super energy drink can hold me until 2 PM without hunger! I can feel an increase in life force a few minutes after drinking the sweet and tasty blended meal.

I then followed my green smoothie demo with "Learn How To Be Well" -- a very informative presentation that emphasizes how to prevent and reverse chronic disease using natural remedies instead of pharmaceutical drugs. The enlightening message features many healing testimonies and miracles we have witnessed at BellaVita Lifestyle Center. Afterwards, we took a ride into Manhattan, NY to enjoy an incredible 7-course, raw gourmet meal at a fabulous restaurant in the city.

Please pray for Charmaine, Daniel Jr. George, and me as we schedule more health meetings for both young and old--teaching them about the benefits of a whole plant food diet (the physical), how attitude and negative emotions affect your health (the mental), and the healing power that is always available from God (the spiritual). We are editing the video footage of the trip to Babylon, NY which we will soon post on youtube for you to watch. We will keep you posted! Please pray for us at Modern Manna.

God bless you,
Danny Vierra
BellaVita Lifestyle Center
HEALTH & HEALING CRUSADE 2012

JUNE 15 - 17 - FREE ADMISSION - FREE CAMPING
Vegan Meals - Great Speakers - Raw Demos

SPEAKERS: Charlotte Gerson (age 90), Dr. Robert O. Young (author of the pH Miracle), Shelley Young, Dr. Tim Riesenberger, Nathan Renner, Christian Berdahl, Charmaine Vierra, Danny Vierra. Mark your Calendars today!

BellaVita Lifestyle Center

HEALTH TIP OF THE WEEK

The prophet Daniel refused the King's meat and drink and requested a vegan diet for ten days while his fellow Hebrews ate the King's high fat, high cholesterol, fiberless feast. In just 10 days their faces told the story. Melzar could see the difference between those who ate God's alkalinizing diet vs. Burger King Nebuchadnezzar's acid-forming diet. On the contrary, whole plant foods are high in antioxidants, phytochemicals, fiber, vitamins, minerals, and enzymes. Not so with dead flesh and alcohol. Of course it is your choice if you want to follow the majority (only a small percent in the church are vegan today). Notice, it was the 3 vegans who refused to bow at the dedication of the image. Likewise, the image of the Beast is being formed today and the Bible says: "And all the world wondered after the beast whose deadly wound was healed." Will you be one of them, or will you compromise like the majority of God's people in Babylon? Keep your mind clear by avoiding stimulating, acid-forming, fiberless feasts of dead animal flesh so you will not be deceived when forced to worship a man-made command. Start now by not worshipping the god of your belly! (Phil. 3:19).

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

SUNDAY 5:30 PM (PST)
AMAZING FACTS TV
Adventures in Health
Every Sunday and Monday morning

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

April 6 - 8, 2012
Bible Explorations
Terra Bella, CA

April 20 - 22
Santa Clara Hispanic Church
Santa Clara, CA

May 4 - 6
Grass Valley SDA Church
12889 Osborne Hill Rd.
Grass Valley, CA
530.272.7597

May 20 - 29
BellaVita Lifestyle Center
Lodi, CA
209.334.3868

June 15 -17
Health and Healing Crusade
Dr. Robert Young, Author of PH Miracle
Charlotte Gerson, Age 90, Nathan Renner,
Dr. Tim Riesenberger, Christian Berdahl
Lodi, CA.

June 29 - July 1
Vancouver SDA Church
Vancouver, WA
Organic Juices

For more information: SEE BELLA VITA

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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

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

Past Issues

THE ELIJAH PROPHECY
Spam
Not spam
Forget previous vote