Greetings!

I just received the April 2012 issue of *Life Extension* magazine and read an excellent article by Roger Wilkinson on how to protect yourself from a nuclear emergency. Since the nuclear disaster at Fukushima, radioactive contaminants have traversed the Pacific Ocean and are being detected in California beaches. By late March, smaller levels of radiation were being detected from Washington State to Florida. The article explains the dangers of radioactive isotopes and suggests a simple remedy on how to protect yourself. Scientists agree that when taken in time, potassium iodide tablets can reduce the hazard from fallout due to radioactive
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.

BELLA VITA LIFESTYLE CENTER

May 20 - 29
SESSIONS OPEN

THE BELLA VITA PROGRAM
CLEANSING

iodine. Here is a summary of the article from Life Extension.

"Iodine-131 is a radioactive isotope commonly released from nuclear power plant disasters. In your body, iodine naturally goes to the thyroid gland located at the front of your neck. The thyroid is your body's 'thermostat,' adjusting your metabolic rate to match your needs.

"The thyroid's ability to concentrate iodine is what causes trouble when you come into contact with radioactive iodine-131. That radioisotope is a powerful emitter of beta-radiation with a half-life of 8 days. Once the iodine is absorbed, the thyroid can be therefore directly exposed to localized tissue-penetrating beta rays at elevated levels for 2-3 months.

"As beta rays zip through thyroid tissue and leave behind radioactive ions. The DNA in the thyroid is a major target of beta radiation from iodine-131." (LE p. 80). The damage can produce mutations that lead to thyroid cancer. In 1986, a major nuclear accident happened at Chernobyl in the Ukraine. ... Five million people were exposed to high levels of iodide-131 and cesium. Iodide is especially dangerous for children. More than 5,000 cases of thyroid cancer developed in children because of Chernobyl, and new cases continue to arise. The radioactive material commonly gets ingested. It gets into groundwater, then grass, and then into the milk and meat of cattle because they feed on it. "Worrisome levels of iodide-131 were found locally in all of those sources within weeks following the Fukushima disaster." (Ibid)

"One of the most important was to prepare for a nuclear power plant disaster is to have potassium iodide tablets. Generally these tablets are quite stable with a typical shelf-life of at least three years, so you can obtain them now and keep them in a safe place when needed.

"You take it only when there is a credible threat of a radiation leak. Once the stable iodine saturates your thyroid, there simply is no place for the unstable, radioactive iodine-131 to go, and it is excreted in your urine.

"Today, potassium iodide 'blocking' is considered the most effective means of protecting your thyroid. ... Oral potassium iodide is most effective when administered from up to two days before and up to eight hours after an actual intake of radioactive..."
iodine.

"For that reason, disaster management authorities recommend that all people living within a 20-mile radius of a nuclear power plant keep potassium iodide, 130 mg. tablets, on hand in quantities to treat every family member.

"Here is how to use potassium iodide.

1. Obtain 130 mg. Potassium Iodide tablets
2. When (and only when) actual release, of radioactive material is announced by official sources adults should take 1 pill per day. Adult size (150 lbs. or more). Children 3-18 should take half of a 130 mg. tablet or 65 mg. Children 1 month to 3 years should be given 1/4 dose or a 130 mg. tablet or 32.5 mg. Newborns from birth to 1 month should be given 1/8 of a 130 mg. tablet or 16.5 mg.
3. Continue to dose the potassium iodide once daily until risk of significant exposure (by inhalation or ingestion) no longer exists.

"Potassium iodide has not been found to be dangerous when used as described. It should not be taken on a regular basis or as a supplement. ... Potassium iodine does not offer protection against other, longer-lasting, contaminants such as radioactive cesium.

"The disastrous events of March 11, 2011, at the Fukushima Daiichi nuclear power station in Japan serves as an important wakeup call to the rest of the world." (Ibid, 81, 82).

God bless you,
Danny Vierra
BellaVita Lifestyle Center

*These statements have not been approved by the Food and Drug Administration.
**10-DAY BELLAVITA PROGRAM**

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**HEALTH & HEALING CRUSADE 2012**

**JUNE 15 - 17**

FREE ADMISSION
FREE CAMPING
Vegan Meals
Great Speakers
Raw Demos

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**SPEAKERS:**
Charlotte Gerson (age 90), Dr. Robert O. Young (author of the pH Miracle), Shelley Young, Nathan Renner, Christian Berdahl, Danny and Charmaine Vierra.

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**REGISTER HERE!**

Potassium Iodide Tablets - $6.95 for 14
Call 209.334.3868
HEALTH TIP OF THE WEEK

Research has also shown that the following states of mind are injurious to the chemical and electrical balance of the body because of their emotional potential: anger, bitterness, unhappiness, anxiety, fear, remorse, guilt, distrust, and selfishness. Certain negative emotions can affect specific body organs. For example, anger is the negative emotion associated with liver problems and bitterness with gallbladder problems; low self esteem and feelings of rejection can weaken the pancreas; a broken heart and grief can negatively affect the heart and lungs; and feelings of abandonment can have a negative on the intestines. Have you heard of anal retention? The syndrome is correctly coined because when we get tense and defensive, the negative emotions can trigger irritable bowel. We need to understand that our attitudes and emotions affect both mind and body. Be happy! Do something for someone else today and get a blessing back! “A merry heart does good like a medicine!” Proverbs 17:22

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

April 20 - 22
Santa Clara Hispanic Church
2545 Warburton Rd.
Santa Clara, CA
408.841.0748
www.santaclarasda.org
Young Graduate

Organic Juices

For more information: SEE BELLAVITA

These statements have not been evaluated by the food and drug administration. These products are not meant to diagnose, treat or cure any disease or medical condition.

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
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, Shelley Young, Charlotte Gerson, Age 90, Nathan Renner, Christian Berdahl
Lodi, CA.

June 29 - July 1
Vancouver SDA Church
9711 NE ST Johns RD.
Vancouver, WA.98665
360-696-2511

July 22 - 31
10-Day Cleansing Program
BellaVita Lifestyle Center
Lodi, CA
209.334.3868

September 10 - 14
Week of Prayer
Monterey Bay Academy
Monterey, CA

September 10 - 16
Week of Prayer
Health and Raw Food Weekend
Watsonville SDA Church Watsonville, CA

September 23 - October 2
10-Day Cleansing Program
BellaVita Lifestyle Center
Lodi, CA
209.334.3868

October 13 - 15
Campus Hill SDA Church  
Loma Linda, CA  
October 26 - 28  
Tabernacle SDA Church  
Portland, OR  
November 18 - 27  
10-Day Cleansing Program  
BellaVita Lifestyle Center  
Lodi, CA  
209.334.3868  

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