Greetings!

"Beloved, I wish above all things that thou may prosper and be in health, even as thy soul prosers." 3 John 2. This verse tells us that God is as concerned about our physical health just as He is concerned about our spiritual health. Please notice the words "even as thy soul prospers." This verse tells us that God wants us to be happy and healthy Christians.

Sad to say a majority of Americans needlessly suffer from poor health. Diabetes, heart disease, obesity, and cancer are killing millions of Americans--including Christians! Most people believe that what they eat and drink has little to do with sickness and disease. Americans are ignorant when it comes to disease, its causes, prevention, and cure. They depend on doctors and pharmaceutical drugs to keep
them healthy and disease-free, and think nothing about the fatty foods they eat daily at McDonalds, Burger King, Wendy’s, and KFC. Friends, nothing could be further from the truth.

This week I want to educate you by sharing some of the key steps you can take to have a healthy and disease-free life. If you will follow these simple preventative guidelines, you will become a Super American. To the contrary, the average American eats too much animal foods, sugar, fat, and suffers from one of the major chronic diseases diseases of our country. When we obey and practice God's laws of health we can expect to reap what we sow.

Here are your guidelines to good health and the prevention of disease:

1. **Eat a whole plant food diet with lots of organic fruits and vegetables from the garden.** I always say, “Eat rainbows.” Remember that even the color of the plants have healing power. Such as the red pigment in tomatoes known as lycopene can help preventing prostate cancer. And the list goes on. There are over 500 carotenoids in a tomato and over 500 phytochemicals in ginger.

2. **Get 60 to 80 percent of your diet from living or live food such as fresh organic fruits, vegetables, nuts and seeds.** There are many great raw cookbooks available with delicious recipes. Another easy way to get plenty of healthy raw food is with the following **Super Energy Breakfast Drink**. Start with a good blender or Vita-Mix. Add 1 apple, 1 banana, a handful of grapes, 1 kiwi, or whatever fruit you like, 3 tablespoons of Organic Flaxseed Oil, 2 Scoops of SuperManna, add a few ice cubes or use frozen fruit to give it a little chill but not too cold. I also may add a tablespoon of nummkin.
flax, and sunflower seeds and perhaps 10 almonds. Add all of the above to 24 ounces of organic apple juice and blend for 30 seconds to one minute. This will make four or five servings. You will get amazing amounts of energy from the 14 Super Foods and the four or five servings of fresh live fruits seeds and nuts first thing in the morning, right when you need it. The Super Energy Breakfast Drink contains all the protein, essential fatty acids, and healthy carbohydrates you need for the great start for the day. In addition to the breakfast drink, have a big green salad for lunch or dinner with all your favorite vegetables containing even more fiber and protein, vitamins, and minerals. If you will eat 8 servings of fresh organic produce every day you will protect yourself against cancer, heart disease and other major diseases.

3. Try growing some of your own food and plant some fruit trees. Citrus trees are beautiful in landscaping the yard and they are evergreen. Teach your children how to plant seeds and make a garden together. Make it fun. Nothing tastes better than fresh-picked tomatoes from the garden. This morning I ate Santa Rosa plums from my trees and vine-ripened tomatoes from my garden. Now the Fugi apples, peaches, apricots, grapes, nectarines and ripening fast.

4. Avoid eating animal foods. Animal food is high protein and high fat food that increases one's chance of getting cancer and other chronic diseases. Animal food is void of all fiber and therefore a major cause of colorectal cancer. It is also high in cholesterol and therefore a contributor of heart disease. Besides the high-fat causes diabetes and other chronic disease. Cultures that eat the highest amounts of animal foods have the highest amounts of cancer, heart disease, diabetes, stroke and other diseases. Eating the flesh of animals is not necessary, and in fact contributes to an early grave. Your stomach is not a cemetery for dead animals.

5. Avoid all dairy products. Dairy is liquid meat and
any disease in the animal is most likely also in its secretions. Milk is the number-one cause of childhood anemia and allergy. I remember the late Dr. Vigil Hulse once told me that as a Milk and Dairy inspector for 13 years in California, he found over 80% of the dairy cattle herds had leukemia and 50% Bovine AIDS. Now we see Mad Cow Disease in Washington and other states. "Milk Does A Body Good?" Instead, drink water or fresh juices when thirsty. Pure water is what God gave us to drink.

6. Avoid refined white sugar, white flour, and ordinary salt or sea salt. Use Celtic Salt or Real Salt instead for they contain all the minerals from the ocean instead of just sodium and chloride. Learn to eat foods just as God gave them in their whole form. Americans consume far too much white sugar and foods loaded with the vitamin/mineral-robber. Use natural sweeteners like honey, date sugar, and Succanat.

7. Avoid artificial sweeteners like Nutrasweet that causes lesions in the brain, MS symptoms, diabetes, and painful joints to name a few. Learn to eat food as God gave it in the garden like fresh fruit which I call God's candies. Aspartame is a deadly excitotoxin like MSG so watch for it hidden in foods like soy protein isolate.

8. Exercise at least four or five days a week. I enjoy racquetball and weightlifting. This gives me the combination of aerobic exercise like racquetball for my heart and circulation and anaerobic exercise like weightlifting for building bone density, strength, and toning the muscles. Both forms of exercise are good and necessary for eliminating toxins through the lymph system. Exercise is wonderful for fighting depression.

9. Increase your consumption of pure water and drink 6 to 8 glasses a day or more depending on your size and weight. One rule is a half-ounce for every pound of body weight. Avoid chlorine and fluoride. They can cause cancer, hypothyroidism, and other complications.

10. Start drinking fresh organic juices everyday if possible. A combination of carrot, apple, celery, ...
chard and parsley is a great immune-building formula that is high in potassium and phytochemicals. Green smoothies are very popular and I even add some green leaves like chard to a strawberry smoothie. I find combining green leaves with non-acidic fruits does not bother my stomach.

11. **Cleanse your elimination organs on a seasonal basis.** Cleanse the colon, liver, kidney, lung, blood, lymph and skin using organic herbal formulas, saunas, skin brushing, etc. And do not be afraid of cleansing. Remember the old saying: “Death begins in the colon.” I recommend a good cleanse like Modern Manna’s 10-Day Detoxification Program 2 to 4 times a year.

12. **Have a positive attitude** and get moving if you feel depressed. Doing something for someone else that has a need will help heal your own discouragement. Remember to exercise!

13. **Breathe deeply** several times a day of fresh air. Take a walk in the open air. Walking outside or through a forest is always nice and refreshing.

14. **Get 30 minutes of sunshine every day** if possible, but do not burn. The best times are before 11 AM or after 4 PM. 30 minutes to the back and 30 minutes to the front.

15. **Trust in God, spend time in prayer, and study your Bible every day.** Prayer is the key in the hand of faith that unlocks Heaven’s storehouse. Ask for fresh supplies of grace everyday. Communion with God is a healer. His love will consume you if you let Him.

16. **Love your enemies and forgive** those that have wronged you. Remember, Forgiveness is the key to freedom. Don’t delay since Christ is coming soon! Forgiveness does not set the other person free, it sets you free!

I pray you prosper and be in health,
Danny Vierra
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

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REGISTER HERE!

HEALTH TIP OF THE WEEK

ESSIAC TEA use to be marketed as “Canada’s #1 Cancer
Cure.” This powerful herbal formula has helped many people. I have heard and seen success in lung, breast, & brain cancer. Even diabetes & asthma have improved with the formula. A man who had many problems including diabetic and flu-like symptoms gave me his t-shirt after taking Essiac. It was stained slightly orange on his shirt in lung area of the body. He had heard my radio show on Essiac, he took the product and sweated profusely through the night & the shirt was stained slightly orange in lung area the next morning. He told me he was dosed w/AGENT ORANGE in VIETNAM during the war. All symptoms cleared overnight. Another amazing healing testimony! Praise God for His natural remedies and herbal medicines! Agent Orange in its non-oxygenated state is clear, like a gas. Once heated and fused with other gases, it’s slightly orange.

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**Coming Events & Speaking Engagements -**

**Call 800-655-3228 for more information**

**SUNDAY 5:30 PM (PST)**
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May 20 - 29
BellaVita Lifestyle Center
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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
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August 24 - 26
54th Street SDA Church
Los Angeles

Possible August BellaVita Program
To Be Announced

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
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October 13 - 15
Tabernacle SDA Church
Portland, Oregon

November 16 - 18
Stonetower SDA Church
Portland, Oregon

November 18 - 27
10-Day Cleansing Program
BellaVita Lifestyle Center
Lodi, CA
209.334.3868

One Final Note
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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