Greetings!

At every BellaVita session, I teach a class called **20 Steps to a Healthier Life.** By making simple adjustments in your daily routine, you can improve your health fast! Below are the 20 steps that every guest receives in their BellaVita syllabus when they arrive for the intense 10-day cleansing program. Besides learning these important health tips, each guest practices them daily while at BellaVita Lifestyle Center. Please read them over carefully and start making changes today! The reward
is awesome! You can listen to the amazing healing testimonies from inspired guests from our May 2012 session by **CLICKING HERE**!

- **START** with cleansing the 7 elimination organs of the body, especially the colon.
- **STOP** eating animal foods and all dairy products.
- **EAT** live, organic vegan foods high in fiber. Think Rainbows!
- **DRINK** 6-8 glasses of pure water every day.
- **JUICE** organic fruits & vegetables and make green smoothies.
- **MOVE** every day. Do aerobic and non-aerobic exercise.
- **BREATHE** deeply of fresh air and expel all the air in your lungs.
- **SUNSHINE** - Get plenty of sunlight, but do not burn.
- **SLEEP** and **REST** regenerate nerve energy and charge your batteries.
- **SKIN BRUSH** and take saunas. Use hydrotherapy.
- **PLANT** an organic garden and fruit trees.
- **THROW OUT** and give away things you don’t need.
- **STOP** watching television, especially the news!
- **HELP** someone every day. Blessings come back to the giver.
- **LAUGH:** "A merry heart does good like a medicine" (Proverbs 17:22).
- **THINK POSITIVE** and avoid negative thought patterns.
- **PRAY** and **ASK** God for His grace and blessings every day.
- **STUDY** & **MEDITATE** in the Bible every day. The Lord is the Master Physician!
- **SHARE** with others the good news of Health and the Gospel. The two messages should blend into one! Think total healing!
- **LOVE** your neighbor as yourself, and practice "The Golden Rule": “Therefore all things whatsoever ye would that men should do to you, do ye even so to them: for this is the law and the prophets.” Matthew 7:12.
- **TODAYS ASSIGNMENT:** Read and claim Romans 5:5, 8-10 and Luke 11:13, and put them to
memory!

Have a Blessed Sabbath Day,
Danny Vierra

BELLAVEGAN
RECIPE OF THE WEEK

Chef Charmaine

Coconut Chia Pudding
1/2 cup chia seeds
2 1/2 cups fresh coconut water blended with meat from one coconut. (You can also use any nut milk instead of coconut water)
3 Tbs. agave
1 Tbs. vanilla

Stir all ingredients in a bowl, I like to use a whisk. Allow to chill 4 hours or overnight. Stir again before serving adding more coconut water if too thick. Dust the top with cinnamon or carob powder for garnish.

Color Me Chia!
Create your own rainbow of chia puddings by adding fruit to the coconut water. Variations: blue - blueberries, red - strawberries, green - kiwis, yellow - mangos, HAVE FUN!

Berry Medley Wreath
Place in large bowl: blueberries, raspberries, strawberries, grapes, bananas, nectarines, watermelon sections/balls, mangos, mint leaves. Whisk
together a quick dressing with fresh ginger juice, lemon juice and agave.

**Enjoy!**
Chef Charmaine

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**HEALTH TIP OF THE WEEK**

Do you have fruit trees or a garden at your house? I love picking breakfast and lunch for the family right from the garden. We are enjoying the fresh yellow and white peaches, pears, plums, zucchini, tomatoes, cucumbers, green beans, eggplant, scallop squash, and green and red peppers. My grapes vines are the best ever. Large, healthy, beautiful red and green grapes are nearly ripe. We are saving lots of money by eating our own organic produce. Thank you Genesis 1:29!

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**HEALTH & HEALING CRUSADE DVDS**

You can now order the complete set of 12 DVDs online or by calling 800.655.3228 for the low price of $99.00.

**CLICK TO ORDER**
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

MEDICAL MISSIONARY SCHOOL

This program is offered in a 2-part training series, which includes a distance-learning course entitled "Fundamentals of Natural Hygiene", and an intensive residential program equipping the graduate as a Certified Natural Hygiene Coach.

"The hygienic system teaches that disease is a
remedial effort, a struggle against the vital powers to purify the system and recover the normal state. This effort should be aided, directed, and regulated if need be, but never suppressed. What is this mysterious thing called disease? It is simply an effort to remove obstructing material which we call toxic materials from the organic domain and to repair damages. Diseases is a process of purification and repair. It is remedial action. It is a power struggle to overcome obstructions and to keep the channels of circulation free.” *Natural Hygiene, The Puristine Way of Life.*

1. **Fundamentals of Natural Hygiene** - A Prerequisite Course for the Natural Hygiene Coach Certification Program. Program launches July 2, 2012. A diploma is issued upon successful completion of course exams with accuracy of 85% or better. This training series consists of 10 components (includes 16 DVDs and required resource books) covering a broad spectrum on health and nutrition, disease, its causes, prevention and cure. Exclusive presentations on video by Charlotte Gerson, Dr. T. Colin Campbell, Dr. John McDougall, Dr. Russell Blaylock, Dr. Neal Barnard, and Danny Vierra, CNC. Graduates gain the foundation necessary for successful understanding of the purpose and function of natural hygiene and its practical application.

2. **Natural Hygiene Coach Certification** - A 14-Day Residential Program located at the BellaVita Lifestyle Center. Onsite program begins OCTOBER 18 through NOVEMBER 1, 2012. Certification is issued upon successful completion of residential program at BellaVita Lifestyle Center. Enjoy the beauty and relaxing atmosphere of the BellaVita Lifestyle Center as you train to become a Certified Natural Hygiene Coach during the premiere 14-day intensive program. Come and learn while you engage in the complete 10-day cleansing, detoxification, and regeneration program with additional education in the following:

- Raw Food Instruction (20 hours)
- Extensive Instruction in Natural Hygiene
- Live Juices for Cleansing and Rebuilding
- Hydrotherapy including Coldsheet Treatments
- Massage
- Practical Application of Herbal Medicine
Square-foot Gardening Method
How to Operate Your Own Lifestyle Education Home
Church-based Health Outreach & Evangelism
Blending the Health Message with the Gospel & more

Natural Hygiene Coach Certification (NHC) provides cutting-edge curricula and training to individuals desiring to direct and operate a lifestyle education home and support individuals through the process of cleansing and detoxification of the seven elimination organs/systems of the body and regeneration of the whole person. NHC graduates are licensed to use BellaVita Lifestyle Center Teacher’s Manual and programmatic materials (including 26 instructional DVDs) for individualized detoxification sessions. Prospective applicants to the NHC Certification MUST HAVE COMPLETED Fundamentals of Natural Hygiene with a score of 85% or better. Internship for Certified Natural Hygiene Coaches - NHC graduates may apply for an internship at BellaVita Lifestyle Center’s 10-day detoxification program.

“Pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies. Every person should have a knowledge of nature’s remedial agencies and how to apply them. It is essential both to understand the principles involved in the treatment of the sick and to have a practical training that will enable one rightly to use this knowledge.” Ministry of Healing, p. 127, Ellen G. White. In fact, this prolific author wrote much about the necessity of removing impurities from the body, and supported the Hygienic reform movement.

Here are the links for more information:

Fundamentals of Natural Hygiene Basic Plan
Fundamentals of Natural Hygiene Complete Plan (Includes all required textbooks)

For additional information, please contact: Charmaine@modernmanna.org

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

SUNDAY 5:30 PM (PST)
AMAZING FACTS TV
Adventures in Health

August 24-26
54th St. SDA Church
1973 W. 54th St.
Los Angeles, CA
323.292.2762 Ext. 10

August 2012
BellaVita Lifestyle Center
Lodi, CA
209.334.3868

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

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

October 12-14, 2012
Tabernacle SDA Church
26 SW Condor Way
Portland, Oregon
503-223-0623

January
Santa Cruz, CA

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