Greetings!

I will never forget Dr. Richard Shultze and the four amazing Health Crusades I attended in Santa Monica, California, years ago. Although Dr. Shultze and I have different beliefs in theology and other Christian points of view, we nevertheless share many of the same ideas when it comes to natural healing. At the crusades, I learned a lot about healing herbs, how to cleanse and detoxify the major elimination organs of the body, and other simple natural remedies.

Dr. Shultze, like many of us, advocates a vegan diet, fresh air, sunshine, hydrotherapy, exercise, and other laws of health. He routinely lectures on the dangers of drugs and the benefits of hydrotherapy. He shared many stories of healing miracles that he witnessed in own his life.
He also passed out a number of great handouts for the 200+ students in attendance. One of my favorites is "The Faulty Mathematics of Medicine." It included the following information about the horrible lifestyle practices of the average American.

What is the missing factor in this medical equation?

DIAGNOSIS

(The name a doctor puts on your particular group of symptoms that they believe is your disease.)

+ THE MISSING FACTOR

=PROGNOSIS

(The prediction of the course and end of a disease, and the estimate of your chance for recovery.)

The Missing Factor is that the doctor believes you are the Average American. Let’s take a look at the average American’s lifestyle.

They eat a low nutrition, high fat and sugar food program. A diet high in over processed and nutritionally deplete food. They consume 300 soft drinks a year, 170 pounds of white refined sugar, 400 candy bars, 500 doughnuts and will eat over 12 entire 3,000 pound cows, 6 whole pigs, 3,000 chickens and other birds and another 3,000 assorted fish and sea creatures and over 30,000 quarts of milk and pass all of this through their digestive system and bloodstream. They will have an average of 2-4 bowel movements a week coming up 70,000 bowel movements short in their lifetime, definitely having diverticulosis and digestive/elimination problems.

They will get very little exercise if any, be 25 pounds or more overweight, have hypercholesterolemia with an average level of 200 and have high blood pressure. They take over 30,000 aspirin and assorted other pain killers in their lifetime along with over 20,000 over the counter and the prescription drugs and over 2,000 gallons of alcohol.

The average American has a negative self-image
and gets reoccurring bouts of depression and anxiety. The Average American is physically, emotionally and spiritually sick, therefore, the doctor's prognosis of their disease is probably statistically correct.

On the contrary, if you live an above average lifestyle, a healthy lifestyle, doctors will know little or nothing about how your body will react and recover from disease or your healing potential. You can expect to have medical miracles happen like Dr. Schulze's heart, hand, knee and all of his patients (from Dr. Shultze's Handout).

Now think about this information and compare it to your own lifestyle habits. What Dr. Shultze advocates is being a SUPER AMERICAN and not an AVERAGE AMERICAN. I have witnessed, firsthand, many healing miracles at BellaVita Lifestyle Center when the guests follow the Super American lifestyle program which includes cleansing and detoxifying, hydrotherapy, exercise, fresh air, rest, sunshine, good nutrition, live juices and raw foods, pure water, temperance, and TRUSTING IN DIVINE POWER! Yes, God has His Super Health Program which He instituted in the beginning.

Blessings too all,
Danny Vierra

P.S. I will be speaking for Week of Prayer at Monterey Bay Academy Monday through Friday mornings and evenings at Watsonville SDA Church. Charmaine and I will be having a special Health Weekend at the Watsonville Church. Please pray for us! For more information call 831.722.6892.

BELLA VEGETARIAN RECIPE OF THE WEEK

Chef Charmaine
Sun Garden Burgers

3 T. flax seeds, grind in coffee grinder
1 c. carrot pulp
6 T. water
½ c. minced celery
1 c. sunflower seeds, ground
2 T. minced parsley
6 T. minced onion
1 t. Celtic sea salt
2 T. minced red pepper

In a bowl mix carrot pulp, sunflower seeds, celery, onion, parsley, red pepper and salt. In a blender mix ground flax seeds and water together. Stir in flax mixture to vegetables. Add water if necessary so that the mixture can be formed into patties. Form into six - ½” thick patties. Dehydrate at 115 degrees for four to five hours.

Serve with Kale Chips or seasoned Jicama sticks.

Enjoy!
Chef Charmaine

HEALTH TIP OF THE WEEK

When you think about a situation where you were hurt, is there emotional pain? Behind that pain is unforgiveness, anger, & bitterness. When we forgive from our hearts (Matthew 18:35), then the emotional pain is gone. Forgiveness is our armor that prevents a fight-flight response. Stress begins in the mind but ends up in the body. There is no such thing as stress only in the mind." (Hart 1986).
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

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

NEW - BellaVita Healing Testimonies - May 2012
NEW - BellaVita Healing Testimonies - July 2012
NEW - Alkaline PH: The Key to Prevention - Pt 2 Dr. Robert O. Young - Health Crusade 2012
BellaVita Healing Testimonies - March
Modern Manna Goes To Babylon, NY
Amazing Healing Testimonies
Woman with Lymes Disease
BellaVita Movie - Premier Results
Spiritual Digestion and Assimilation

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

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**Coming Events & Speaking Engagements**

Call 800-655-3228 for more information

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

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

- **September 10-16**
  Week of Prayer
  BellaVita - A Beautiful Life, Health Lectures, & Raw Demos
  Watsonville, 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
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