The Elijah Prophecy

Modern Manna Ministries Issue 158 January 11, 2013

THIS WEEK IN THE ELIJAH PROPHECY

NEW COLON CLEANSING VIDEO ON YOUTUBE
R I S E N NATURAL HYGIENE COACH CERTIFICATION APRIL 14-24
    BELLAVITA LIFESTYLE CENTER - JANUARY 20 - 29
    RECIPE OF THE WEEK - HOMEMADE CABBAGE KRAUT
    NATURAL REMEDIES CLASSES, FRESNO, CA JAN. 11- 13 ..........
    COFFEE ENEMA INSTRUCTION TO HELP DUMP THE LIVER

R I S E N APRIL 14-28

ENROLL NOW!

NATURAL HYGIENE COACH CERTIFICATION
Greetings!

We are very excited about the NEW colon cleansing video we filmed at R I S E N, our medical missionary and natural hygiene school. Over 500 people watched the new video in five days after I shared the link on Facebook. We made some edits and released it again on youtube yesterday. The link to this new video that is filled with practical information on colon health and hygiene is at the end of this article. Watch as I explain everything from prune juice to colonic hydrotherapy.

Dr. Bernard Jensen made the following statement: "In the 50 years I've spent helping people to overcome illness, disability and disease, it has become crystal clear that poor bowel management lies at the root of most people's health problems." Dr. Bernard Jensen studied with many very successful doctors throughout the United States and Europe.

In his book *Tissue Cleansing Through Bowel Management*, Dr. Jensen discusses mucoid plaque. He writes: "The heavy mucus coating in the colon thickens and becomes a host of putrefaction. The blood capillaries to the colon begin to pick up the toxins, poisons and noxious debris as it seeps through the bowel wall. All tissues and organs of the body are now taking on toxic substances. Here is the beginning of true autointoxication on a physiological level."

On page 27, he reveals his experience in this matter. "One autopsy revealed a colon to be 9 inches in diameter with a passage through it no larger than a pencil. The rest was caked up layer upon layer of encrusted fecal material. This accumulation can have
the consistency of truck tire rubber. It's that hard and black. Another autopsy revealed a stagnant colon to weigh in at an incredible 40 lbs. Imagine carrying all that morbid accumulated waste."

On page 42, Dr. Jensen talks about his old teacher John Harvey Kellogg at the Battle Creek Sanitarium who "maintained that 90% of the diseases of civilization are due to improper functioning of the colon." On page 43, Dr. Jensen explains that National College in Chicago performed over 300 autopsies. "According to the history of these persons, 285 had claimed they were not constipated and had normal movements and only 15 had admitted they were constipated. The autopsies showed the opposite to be the case, however, and only 15 were found not to have been constipated, while 285 were found to have been constipated. Some of the histories of these 285 persons stated they had had as many as 5 to 6 bowel movements daily, yet autopsies revealed that in some of them the bowel was 12 inches in diameter. The bowel walls were encrusted with fecal material."

Dr. John Harvey Kellogg, M.D. of the Kellogg Sanitarium said, "Of the 22,000 operations I have personally performed, I have never found a single normal colon, and of the 100,000 that were performed under my jurisdiction, not over 6% were normal." The prestigious Merck Manual writing about diverticulosis says that if you live long enough, all Americans will have bowel disease.

So, let me summarize for you. Most of Americans are going to suffer from bowel disease. Thousands are suffering from hemorrhoids, irritable bowel syndrome, polyps, colon cancer, diverticulosis, crohn's disease, or constipation. This is why we all should do a colon cleanse, and adopt a high fiber whole plant food diet.

At BellaVita, we teach people the effective natural remedies for evacuating the colon of old fecal matter. They learn that the following:

1. Get their bowels moving 2 - 4 times a day by eating a high fiber whole plant food diet with lots of organic fruits and vegetables. Beans and legumes are high fiber foods. Maintain good bowel function. Adding 2 TBSPs of psyllium husks to a glass of water and drunk before bed can assure good elimination. Never use wheat bran cereals as it can block the assimilation of key minerals like calcium.
2. Decrease the production of excessive mucus and mucoid matter in the intestines by eating a high alkaline diet. Mucus protects the intestines from the damaging affect of acid. The majority of Americans get 75% of their calories from processed foods. Learn to eat food in its most simple form and as natural as possible.

3. Loosen the encrusted morbid matter and accumulated waste stagnating in the colon by using intestinal cleansers like Modern Manna's Bowel Formulas #1 and #2 that contain aloe, senna, cascara sagrada, Turkish Rhubarb, psyllium husks, charcoal, and bentonite clay and mucilaginous herbs. Thousands of people have done Modern Manna's Super 10-Day Detoxification Program at home. It is the same cleansing program we do at BellaVita Lifestyle Center. All the cleansing products are included and a full-color brochure with all the directions. People cannot believe the waste that comes out of them. Many pass parasites.

So many Americans are constipated and suffering from impactions of the colon because they are eating too many foods that lack fiber, not drinking enough water, or getting enough exercise. Another reason their bowels are in bad shape is because they are eating mucus-forming acid foods like meat, dairy, and sugar. Alcohol and coffee are two other beverages that cause excess acid and abnormal PH and resulting mucus build-up in the intestines. As the mucus builds from eating too much bologna, salami, sausage, pizza, donuts, coffee, cakes, pies and processed foods, the more mucus is formed, layer upon layer, on the colon walls and dehydrates forming the hard, truck tire-like rubbery black feces.

I had two people at BellaVita actually pull black ropes out of their anus that was exactly like how I described. One of the women said, "Gross! It is like a rubber hose." She pulled out about twelve inches on two occasions. One nurse was gathering the rubbery green feces and putting it in ziplock bags (she had gloves on, of course). She said, "I have been a nurse for 19 years and I have never seen anything come out of a human body like this." She wanted to prove it to her husband. Others have had 5 to 12 bowel movements a day at BellaVita. On average, people lose 6-8 lbs. in the ten days.

I hope you enjoy the new colon cleansing video
Coldsheet Treatments

A 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

from Modern Manna. Please share it with as many as you can.

Blessings,
Danny Vierra

How to Cleanse the Colon Video

Modern Manna’s Super 10-Day Cleanse

How to Cleanse the Colon Video

Modern Manna’s Super 10-Day Cleanse

Chef Charmaine

Homemade Cabbage Kraut

1 head of red cabbage
1 tsp. Celtic salt
1 Ceramic Crock or wide mouth jar
1 Heavy weight, rock, or jar with water inside
1. Remove outer leaves of the cabbage reserve to use as cover over kraut.
2. Finely shred remaining cabbage using a food processor or mandoline into large bowl.
3. Add salt to cabbage and massage until it begins to sweat. Allow to rest 10 minutes.
4. Massage again until cabbage is very juicy.
5. Transfer the cabbage with water to crock or large jar completely cover with cabbage juice. Press firmly on cabbage to pack down.
6. Cover cabbage with large reserved leaves allowing the edges to extend up the sides.
7. Place weight on top of cabbage and cover with a clean towel.
8. Allow the kraut to ferment at room temperature for a few days. Make sure you press down on the kraut for the first couple days to ensure cabbage is completely submerged in juice.
9. You may ferment to your desired tanginess. Sometimes bubbles form as a natural part of fermentation. There should not be any rotten cabbage as long as it continues to stay submerged in the brine.

Traditional homemade sauerkraut aids in digestion and immune support with all the inherent enzymes, phytonutrients and natural goodness

Tasty dreams to you all, from my heart to yours,

**Chef Charmaine**

"*Like* my New Facebook page, BellaVegan, and enjoy more wonderful and amazing recipes.

**JOIN HERE**

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**HEALTH TIP OF THE WEEK**

Dr. Max Gerson discovered that coffee enemas would detoxify the liver in minutes, and was an integral part
in restoring a person back to health. The Gerson protocol explains: "As the juices begin rebuilding the body and encouraging toxins to be released from the cells into the bloodstream, a great deal of stress is placed upon the liver. The liver alone, especially in cancer patients, cannot deal with a sudden influx of toxins into the bloodstream. The coffee enemas increase liver filtering, greatly aiding the liver's ability to remove serum toxins." I have seen coffee enemas help eliminate migraine headaches, healing reactions, pain reduction or elimination, and liver problems. Dr. Gerson learned that disease is caused from two things: toxicity and deficiency. We must learn to cleanse the eliminating organs of the body and build the body with juicing and live foods. Directions for a coffee enema: Coffee Enema Instructions

2 New Health Booklets by Danny Vierra

Can Attitude Affect Your Health?
God's Health Plan

HOT OFF THE PRESS
My two new health booklets just arrived and are wonderful gift ideas for the holidays.
Can Attitude Affect Your Healing? - It has been said that nine-tenths of diseases have their origin in the mind. Learn how negative emotions and stress weaken the immune system, cause low thyroid, and many autoimmune diseases. God has the answer on how you can have love, joy, and peace back in your life. How does the word freedom sound to you? An excellent book on emotional healing. To order online just click on title above. Bulk price link is under the price online.

God's Health Plan - God's wants you to be healthy! This booklet is perfect for sharing God's eight natural remedies with anybody. The easy-to-read booklet is packed with information on nutrition, exercise, water, sunlight, temperance, fresh air, and trust in God. The attractive health booklet is both thorough and inexpensive. Now you can easily share vital health information to restore the sick back to health. To order online just click on title above. Bulk price link is under the price online.

Special $1.00 each
(Discounts on 25 or more)

or call Modern Manna at
209.334.3868

Other Sharing Titles Available

The Power of Fasting and Prayer

In this booklet, I list the health and spiritual benefits of fasting. Read about my experience doing a 21-day juice fast. Learn the simple
recipe for a 3-day cleansing drink that will help you gain the victory over appetite. Learn why and when God's people fasted from the Holy Bible. ($1.00)

**Diet of the Most Simple Kind**

This is a powerful book on the healing benefits of God's original diet in Genesis 1:29. The information is compelling, and will motivate the reader to adopt a whole plant-based diet with lots of living plant foods from the garden. The book also includes some eye-opening information on the dangers of eating pigs and other unclean meats! ($1.00)

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**Coming Events & Speaking Engagements**

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

- **January 11-13**
  - Natural Remedies and Raw Food Workshop and PCRM's Children's Health Program
  - Fresno Central Valley SDA Church
  - 3901 Clinton Ave
  - Fresno, CA
  - 559.438.5433

- **March 8 - 10**
  - Mountain View Central SDA Church
  - 1425 Springer Road
  - Mountain View, CA 94040
  - 650-967-2189

- **September 13 - 15, 2001**
  - Santa Cruz SDA Church
  - 1024 Cayuga St
  - Santa Cruz, CA 95062-2422
  - 831-429-1442

Modern Manna's Health and Healing Crusade 2013
NEW - How to Cleanse the Colon
NEW - Healing Testimonies - November 2012
NEW - R I S E N PROMO (2-Minutes)
NEW - R I S E N Graduates Give Their Testimonies
BellaVita Healing Testimonies - May 2012
BellaVita Healing Testimonies - July 2012
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

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](http://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