Greetings!

In the last issue of the Elijah Prophecy, I offered a link to my new colon cleansing video on YouTube, and over 1,500 people have already watched it (the link is below if you missed it). This week I am excited about
sharing *BellaVita - The Movie*, our latest upload on YouTube. You can now watch the movie absolutely free and share with your friends. This is the best in reality TV, for it will inspire you to cleanse your bodies on a regular basis and draw you closer to Jesus for true healing.

We launched this amazing 54-minute documentary a couple years ago at the Golden State Theatre in Monterey, CA., where 250 people showed up for the Red Carpet Screening and then packed the local church for health lectures and raw demos that weekend.

George Hope and I spent days editing the 25 hours of footage down to a 54-minute fast-paced, heart-moving documentary filled with healing miracles. This unprecedented film captures real guests on an unscripted journey and their healing miracles using unconventional and natural remedies. *BellaVita - The Movie* is about reversing disease with lifestyle changes and natural remedies like sea water flushes, colon detoxification, parasite cleanses, liver and gallbladder flushes, herb cocktails, hydrotherapy, skin brushing, cold sheet treatments, and God's wonderful laws of health.

Watch as migraines and stomach ailments disappear with cleansing coffee enemas designed to reduce pain and cleanse the liver in minutes. Watch as a heroic man gains the victory over 12 years of Oxycontin abuse. Watch the highlight of an 86-year-old Holocaust survivor who does a backflip off the diving board after passing a 6-foot tapeworm and a large black rope-like stool. The raw meals are another highlight. The pictures alone will make your mouth water.

We are so excited that our new film studio is near completion so we can make more educational and inspiring films like *BellaVita - The Movie*, filmed on
location at BellaVita Lifestyle Center. Please help Modern Manna as we still have need for another HD Panasonic video camera and tripod. If you would like to donate to the cause, go to www.modernmanna.org or call us at 209.334.3868. God bless you.

Now sit back and enjoy the movie. Afterwards you can watch the Premier Results of the movie's Red Carpet Screening in Monterey, CA., and a special message from Charmaine and me.

Blessings,
Danny Vierra

BellaVita - The Movie

BellaVita Movie - Premier Results

How to Cleanse the Colon Video

Modern Manna's Super 10-Day Cleanse
Mock Salmon

1 - 1 ½ cups Mac Cream
½ cup red onion, minced
2 tsp minced garlic
1/3 cup dill chopped (no stems)
1 ½ cups carrot pulp or raw grated yam
1/8 tsp. Dulse
1/3 tsp. Kelp
2 tsp. grated ginger

Mix all ingredients together in a bowl. Best if allowed to sit in refrigerator overnight. Spread on flax seed crackers, wrap in a lettuce leaf, place scoop on salad, etc.

Mac Cream (yield 2 cups) (food processor or blender)

1 cup raw macadamia nuts - soaked, drained, and rinsed (purified water)
1 cup raw cashews - soaked, drained, and rinsed (purified water)
1/2 cup fresh-squeezed lemon juice
1 Tbsp. chopped garlic
1 ½ tsp. Celtic sea salt (to taste)
¼ -½ cup purified water if needed

Blend until creamy.

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

HEALTH TIP OF THE WEEK

I have never had a flu shot in my life, nor the flu in 20 years. My late mother helped convince me when she asked Dr. Paccini, her wise, old Italian doctor about vaccinations. He said: "In Italy, we do not believe in shooting germs into people." Never vaccinated any of our five children nor gave them flouride or dead animal flesh.

Michael Savage posted this information yesterday: "A day after Hollywood actor, Hugh Jackman, jokingly alluded - during his acceptance speech - that flu shots aren't really necessary, the CDC came out and condemned the actor's comments. During his speech, Jackman opened by saying: "Sorry, I'm at the tail end of this flu and I was kicking myself for not getting the flu shot ... but it appears actually you don't need one. I feel great!"
iniquities; who healeth all thy diseases."
Ps. 103:3

TMZ reports that Jackman’s comments, whether intended only as a joke, or not, were not a laughing matter for the CDC. TMZ goes on to quote a representative for the CDC: "I don't know if he really meant that vaccination was not a good thing to do, but each year millions become ill with influenza; more than 200,000 may be hospitalized; and between 3,000 and 49,000 will die."

Hugh Jackman, apparently, has not responded to this CDC statement. He may have just been joking when he said that. Either way, one has to wonder why it's not okay - according to the CDC - for a human being to openly express the fact that he didn't need a flu shot and that he does, in fact, feel great without one.

Is it a crime to say that you don't need a flu shot? Hugh Jackman, however, is not the only one throwing a monkey wrench into the whole government-run, flu vaccine operation. Radio talk-show host, Michael Savage, raised some very compelling points, which confirm Jackman's comments that the flu shot may not be necessary. In fact, Savage insists that the risks of getting a flu shot may actually outweigh the benefits. On Monday, World Net Daily reported on Dr. Savage's on-air comments regarding the flu vaccine and Savage begins by asking a very good question: "Did Harry Reid take a flu shot? Did Barack Obama take a flu shot? Did Barack Obama's lovely family take a flu shot? Did Joe Biden take a flu shot?" Politicians have been known to impose things on the general public while exempting themselves from them, such as the recently passed and highly unpopular Obamacare.

For those who may be wondering where Michael Savage may be deriving his authority on the subject, Dr. Savage has a B.S. in Biology, M. A. in Anthropology, an M.S. in Ethnobotany, and a Ph D. in Ethnomedicine. He knows what he's talking about. Dr. Savage is also the author of over 30 books, several of them #1 best-sellers, and many of them cover the topics of health and nutrition. Savage went on to cast suspicion over the government's insistence that people get a flu vaccine every year. "So they choose five strains out of 250-plus strains of Influenza A, and if they don't choose the right one, you're going to get sick," he said. "So
you're putting your faith in the CDC's ability to guess the one that might be a pandemic."

Dr. Savage's objections to the vaccine, however, do not end there. There are harmful ingredients in the vaccine itself, which even the CDC lists on its own website. Savage adds: "Formaldehyde is in the common flu shot. It's a known carcinogen. Another ingredient in the flu shot is a mercury containing a compound called thimerosol, which impairs neurological and immune systems. There are also detergents, antibiotics, chemicals, and allergens...that cause infertility - including other ingredients that are unsafe for human consumption."

The CDC, on the other hand, insists: "The first and most important step is to get a flu vaccination each year. If you haven't gotten vaccinated yet, you should still try to." One has to wonder, however, if you're healthy and have never had complications of any kind, why must you get the flu vaccine? Why does the CDC insist so strongly when there is so much potentially harmful material in the vaccine....and they insist you get the shot every flu season?

Michael Savage finishes with: "The flu vaccine? No, I wouldn't take it." And later, he says, "Not everything your government tells you is true." (Examiner)
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 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)

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

February 23, 2013
Southgate SDA Church
Sacramento, CA
11:00 AM Divine Service

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
Charlotte Gerson
Christian Berdahl
Charmaine Vierra
Danny Vierra

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NEW - BellaVita - The Movie

BellaVita Movie - Premier Results

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

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 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