Greetings!

Before I begin, I want everyone to know that we do not claim to heal anyone of any disease at BellaVita Lifestyle Center. Only God heals! All the credit for the healing miracles we see at BV are the result of God's amazing grace and a person's determination to obey the Creator's scientific laws of health.
When a person corrects their wrong lifestyle habits, eats a whole plant food diet, drinks live juices, and cleanses the 7 elimination organs of the body, the disease process often reverses in cases like heart disease, diabetes, and, sometimes, even cancer.

These findings have been substantiated by many medical health experts like Dr. John McDougall, Dr. Dean Ornish, Dr. Neal Barnard, T. Colin Campbell, Charlotte Gerson, and many others. The body heals what needs to heal.

Let me share a miracle story that happened at the January ten day cleansing and regeneration program at BellaVita Lifestyle Center. Carl Baxter came to BV with a large tumor in his neck. He had been biopsied several times and tested positive for carcinoma in the head and neck and with B-cell lymphoma in the abdomen.

His diagnosis was positive for two types of cancer and metastasis. Carl was not willing to take chemo or radiation and wanted to detoxify and try natural alternatives. We do not treat cancer at BellaVita or any disease. We work to create the healthiest person possible and detoxify all seven elimination organs/systems. The body will heal itself with its own God-given immune system when the metabolic function of the internal organ systems are restored.

At BellaVita the guests drink all organic juices, special bowel cleansing drinks, and take herbs for cleansing and regenerating the bowel, kidneys and bladder, liver and gallbladder, lymph system, lungs, skin...
and blood. All the products they purchase are over-the-counter and legal for sale. The staff dispenses nothing but organic food and drinks at BellaVita. The guests even take their own vitamin and herbal formulas. There is nothing invasive that we do at BV. The daily routine includes exercise, deep breathing, sunshine, fresh air, pure water, rest, live food nutrition, and trust in divine power. A guest may take a self-administered coffee enema each day to detoxify the liver. The program is naturally high in potassium and low in salt or sodium chloride. We avoid adding salt to the meals, and use only Celtic salt with 80 minerals at times. Remember, in the beginning God put man the potassium-rich Garden of Eden.

We pray a lot at BV and claim God’s promises with every guest. We also anoint the sick with olive oil. We point each participant to the healing love of Jesus and His enabling, regenerating grace.

Christ has the creative power to raise the dead, if He so chooses. Nothing is impossible with God.

Coldsheet baths, saunas and skin brushing and ozone spa treatments are offered. The goal is to cleanse the body of impurities through heavy perspiration. We have internal and external toxins to excrete.

Don lost 16 pounds at BellaVita in nine days on the cleansing program. His blood sugar dropped considerably in a few days, and he was able to lower his diabetic medications and insulin. One woman reversed her psoriasis which she had for a long time. Blood pressure improves in most people in a few days,
reaching the lowest levels they have ever experienced. Energy improves dramatically for the majority of the guests on the cleansing drinks, SuperManna, and live food nutrition. We avoid all grains since some people may be sensitive or have gluten intolerance and not know it. The best diet for helping people regain their vitality and to heal is a grain-free diet with lots of organic green vegetables for the duration of the ten-day program at BellaVita Lifestyle Center. The black poultice drinks, five times a day for five days, adsorbs many times their weight in toxins. Heavy metals, pesticides, drug residues, and even radioactive waste can be adsorbed by the thick black cleansing drink made with bentonite clay, charcoal, pectin, and psyllium husks. It swells within the colon and works like a magnetic broom to adsorb and sweep toxins out of the body. The internal poultice works wonders in drawing toxins out of the tissues and blood.

Needless to say, Carl was very appreciative to God for the miracle at BellaVita. Please pray that God will continue to heal him as he remains obedient to the Maker’s amazing health program.

God is good,
Danny Vierra
Coldsheet Treatments

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
On Tuesday morning, Danny makes the BellaVita guests a Super Breakfast Drink. It is very simple to make and delicious. You will feel your body electrify with energy minutes after drinking it.

- 32 oz organic apple juice
- 1 orange peeled
- 1 apple
- 2 kiwi
- 1 or 2 bananas
- 6 strawberries
- 1/4 cup blueberries
- 1 large handful of kale
- 1/2 to 1/4 cup of ice (chill not cold)
- 3 scoops of SuperManna
- 2 T raw pumpkin seeds
- 2 T raw sunflower seeds
- 2 T flaxseeds
- 3 T flaxseed oil
- 1/4 cup almonds

Blend all ingredients in a VitaMix on high and until the kale's is well mixed. Get creative by adding any fruits of your choice. This is go-power food and great before a workout. Chew the drink well before swallowing. Makes five or six servings. Adjust ingredients if less is desired.

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

Nate called me because her 6-year old son, Steven, had a high fever (at night only) for five days of 102 degrees. I told her what I did for my children in such a case. Manage the fever with hydrotherapy, Kyolic liquid garlic as an antibiotic, Children's glyceride for the lungs and mucus and to stimulate the immune system, garlic enema as an antibiotic, GSE as an antibiotic, and no dairy or sugar. My heart went out to her and I will meet with her at BV this AM and explain how to do the treatments and oversee it as she does it on her own son. After the natural treatments, the enema cooled him down in 20 minutes from 100.4 to 98.4. His temperature was then elevated in the sauna to above 102 and he sweated. He drank lots of water to stay hydrated.

Later that night, I called Nate to check on Steven. She said: "He is here eating and looks like my old son with lots of energy. The fever went up and he sweated profusely and she had to change his clothes." She was praising God! She checked his temp and said it was 97. Eight or more kids at school had the bad bug and they all went to the doctor. His mother is a certified nurse's assistant and came to learn natural remedies we teach at R I S E N - Remedial and Integrated School of Evangelism and Naturopathy. And because I listened to the voice of the Lord and took time to teach the nurse's assistant natural remedies for her child, Nate asked us to do a Modern Manna Health Expo in Suva, the largest city in Fiji, July 2-7, 2013. "Hundreds of Fijians will attend will come to the convention center overlooking
the harbor to learn the medical missionary work," she grateful mother said. Praise the Lord for his mercies and grace!

Disclaimer: These statements have not been approved by the FDA and are not intended to diagnose, prevent, or cure any disease. Always consult your physician first.

2 New Health Booklets by Danny Vierra

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
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
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

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