Greetings!

I am very humbled right now! Our God is so good and filled with love for all of us. The doors continue to open for Modern Manna to share the health message and the
gospel to the world. I look at the signs of the times and realize Jesus is at the door. We can be sure of this because the last work will include the medical missionary work and it is exploding ever since Charmaine, Daniel and I have been sharing the message of Natural Hygiene and its origin.

We are holding an evangelistic & medical missionary outreach for one week in Suva, Fiji at the Civic Center Auditorium and throughout the city. We are organizing door-to-door work for the youth to distribute fliers to the public, and for the week of meetings. Fiji is very excited that Modern Manna is coming to the South Pacific, and people are already responding from surrounding countries. Perhaps some of you can join us for the outreach program.

We also are raising funds to add two much-needed bathrooms to BellaVita and a new aerobic center. Please help us with the new additions with your tax-deductible donations. The approximate cost is $25,000. We are very excited that we were able to purchase the remaining equipment for Modern Manna film and TV studio and to build and install the light grid. We are planning some exciting new shows, and a way for you to share our cutting-edge health programs with your local church and community. Charmaine is working hard on the new model which should debut soon.

Here is our schedule for 2013, not counting BellaVita Lifestyle Center programs every other month.

March 1-3, 2013
Southgate SDA Church
2200 Meadowview Rd.
Sacramento, CA
916.428.3027

March 8-10, 2013
Mountain View Central SDA Church
1425 Springer Road
Mountain View
650-967-2189
April 12-14, 2013
Rancho Cordova SDA Church
3405 Viking Dr.
Sacramento, CA
916.363.1995

May 3-5, 2013
Tabernacle SDA Church
26 SW Condor Way
Portland, OR
503.223.0623

June 14-16, 2013
Modern Manna's Health and Healing Crusade
Lodi Grape Festival
Lodi, CA
Speakers: Charlotte Gerson, Christian Berdahl, Esmie
and Arthur Branner, Charmaine and Danny Vierra, and
Daniel Vierra Jr. and more.

July 2-9, 2013, Evenings 6-8PM
Modern Manna Health Expo and
Medical Missionary Evangelism
Civic Center
15 New Town Hall Road, Victoria Parade,
Suva, Fiji

July 7-9, 2013
Mokani SDA Self Supporting Ministry
Mokani, Tailevu
Suva, Fiji

July 31-Aug 4, 2013
5th Annual Old Fashioned Bible Campmeeting
at Nature's Retreat Campground,
Middle River, MN
Info: Kimber 218-222-4070
naturesretreatmn@hotmail.com

August 23-25, 2013
Woman's Health Retreat
Leoni Meadows
charmaine@modernmanna.org

September 13-15, 2013
Rio Theatre - Friday 7 PM
Santa Cruz SDA Church
1024 Cayuga St.
Santa Cruz, CA
831.429.1442

October 13-27, 2013
R I S E N - Natural Hygiene Coach Certification
BellaVita Lifestyle Center
Lodi, CA

Our God is good,
Danny Vierra

BellaVita - The Movie

BellaVita Movie - Premier Results

How to Cleanse the Colon Video

Modern Manna’s Super 10-Day Cleanse

Chef Charmaine
My husband, Danny Vierra, came up with this great idea for a tasty drink that is medicinal. He calls it Ginger-Ail (not Ale), because it is a natural COX-2 inhibitor and good for what ails you. Yes, ginger has many healing plant constituents (over 500) that are beneficial for inflammation and other symptoms. Ginger is good for morning sickness, motion sickness, arthritis, prostate cancer, digestion, the heart, and more. If fact, it has 180 times the protein digestibility than the legendary papaya, according to the book "Beyond Aspirin" by Thomas M. Newmark and Paul Schulick.

10 quarts pure water
3 lbs. of fresh ginger juiced
48 oz. can of unsweetened pineapple juice
juice of two limes
3 lbs. of pure raw honey

Add all the ingredients to a 12 quart pot and bring to a boil. Cover and simmer on low for 15 to 20 minutes. Great served cold or hot. Store in the refrigerator. Lasts for three weeks or more. If you market the product, make sure to send royalties to Modern Manna Ministries. :)

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

It is so nice not getting sick for the past 15 years. Ever since I started cleansing at BellaVita every other month I do not get sick anymore. No fevers or flus. What is the flu anyway? It is toxemia in the blood. When impurities accumulate in body faster than they can be eliminated through the normal channels of elimination, the body produces what is termed disease. Detoxing and cleansing the elimination organs will result in blood purification. I used to get sinus infections twice a year and they too are a thing of the past. Charmaine is so happy she doesn’t get ill now that she is doing the "program." The coffee enemas help prevent sickness by eliminating toxemia. They cleanse the liver in less than 15 minutes. I also spray colloidal silver up my nostrils every other week to preventative sinus infections. The Natural Hygiene method of healing is awesome!

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 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)
Call 800-655-3228 for more information

See article above

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