Greetings!

The new year is just around the corner and here are some health tips to help you get on the right track for 2014, especially in the morning.

1. **Lemon and Water Drink** - Start the morning with a large glass of water and the juice of one lemon. The lemon and water, especially if warm, will flush the bowels, kidneys, and bladder. The drink will help the cleanse the liver, cut mucus from the intestines, hydrate and alkalinize the body. I suggest drinking the lemon and water through a straw to protect your tooth enamel. Try pressing down hard (put your weight into it) and roll the lemon on a hard surface, round and round, for about a minute before juicing. This will yield more juice per lemon.

2. **Coffee enemas** - Cleanse the liver of toxins in 12-15 minutes with a coffee enema. This procedure may not be for everyone,
but I believe this simple detox technique, which is part of the Gerson program, has helped me fight off disease and sickness for the past 15 years. How often should one take a coffee enema? That depends on your health and exposure to toxins. My recommendation would be to do one or two a week at least. The Dr. Oz show recently contacted my wife for an upcoming episode featuring women who do coffee enemas. Charmaine is a 11-year cancer survivor and routinely does a coffee enema which has definitely benefited her overall health. The coffee enema, made with organic coffee, dilates the bile duct and helps the liver release bile and toxins in 12 to 15 minutes. Costco has the best price for organic coffee (look for San Francisco organic). At BellaVita, every guest takes a daily coffee enema, and many have reported powerful healing results like stopping migraines, eliminating pain (especially in joints), clearer minds, and stopping healing reactions if they arise. I cannot emphasize strong enough the power of coffee enemas for headaches, migraines, and pain. I have seen migraine sufferers, who have suffered with migraines for years, eliminate them in just 15 minutes. Coffee enemas also help when someone is trying to eliminate or cut down on prescription pain medications like oxycontin. Never retain coffee for more than 12-15 minutes. For more information on how to do a coffee enema see the link at the end of this article.

3. Super Energy Breakfast Drink - This drink is a must for the whole family. I start with organic unfiltered apple juice in my Vita-Mix, filling it about half way (add more if needed). Then I add my favorite fruits like apple, banana, blueberries, strawberries, kiwi, or whatever fruit you like. I buy frozen organic fruit at Costco when not in season and organic unfiltered apple juice and frozen pineapple and mango pieces from Trader Joes. These stores have the best prices. I then add 3 tablespoons of ground flaxseeds or organic Flaxseed Oil, 2 Scoops of our SuperManna, and a few ice cubes if not using frozen fruit to give a little chill. I also may add two tablespoons of pumpkin, flax, and sunflower seeds and perhaps 10 almonds for added protein and healthy essential fats. Add all of the above ingredients to the organic apple juice and blend for about 30 seconds to one minute on high. This makes five to six servings depending on the size of your glass. You will get amazing amounts of energy from the super foods taken first thing in the morning right when you need it most. The Super Energy Breakfast Drink contains all the protein, essential fatty acids, and healthy carbohydrates for a great start for the day. I like to add several leaves of kale to my drink for the chlorophyll and added mineral content. To make a less
sweet drink, add half water and half apple juice to your VitaMix and less sweet fruits. Remember to chew your smoothie and mix it well with saliva before swallowing. This will assist digestion and assimilation.

4. **Healthy Breakfast Choices** - Choose organic oatmeal or some other nutritious cereal for breakfast if desired. I buy gluten-free oatmeal because of my gluten intolerance. If you are unsure if you have gluten intolerance or not, play it safe and stay away from wheat, barley, rye, and oats and buy gluten-free oats. Trader Joes now offers gluten-free oats at a reasonable price. The Super Energy Breakfast drink is all the breakfast for me, and provides the go-power to exercise for an hour or more. The drink digests quickly since it is blended and broken down in the VitaMix, sort of like being predigested. Avoid cows milk and choose almond milk or coconut milk instead on your cereal. I intentionally want my breakfast to be high in healthy complex carbohydrates that provide the perfect amount of fuel for a day's activities. The calories will be burned up usually by lunch time. Make sure to eat a large fresh salad everyday with your favorite live vegetables for immune building power.

5. **Exercise and Fitness Training** - I enjoy racquetball and weightlifting usually five days a week at the gym. This gives me the perfect combination of aerobic exercise for my heart and circulation and anaerobic exercise for building bone density, strength, and toning the muscles. Both forms of exercise are good for eliminating toxins via the lymph system. Exercise is also wonderful for fighting depression and to have a clearer mind. You can choose whatever aerobic exercise you enjoy, just remember that consistency is the key. Walking in the fresh air and sunshine is an option and costs nothing.

6. **Avoid eating animal foods.** Animal foods are high in protein and high fat food that increases one's chance of getting cancer and other chronic diseases. Animal food is void of all fiber and therefore a major cause of colorectal cancer. It is also high in cholesterol and therefore a contributor of heart disease. Besides the high-fat causes diabetes and other chronic disease. Cultures that eat the highest amounts of animal foods have the highest amounts of cancer, heart disease, diabetes, stroke, and other diseases. Eating the flesh of animals is not necessary, and, in fact, contributes to an early grave. In case you do not know it, your stomach is not a cemetery for dead animals.

7. **Avoid all dairy products.** Dairy is liquid meat and any
disease in the animal is most likely also in its secretions. Milk is the number-one cause of childhood anemia and allergy. I remember the late Dr. Vigil Hulse once told me that as a Milk and Dairy inspector for 13 years in California, he found over 80% of the dairy cattle herds had leukemia and 50% Bovine AIDS. Now we see Mad Cow Disease in Washington and other states. "Milk Does A Body Good?" Instead, drink water or fresh juices when thirsty. Pure water is what God gave us to drink.

May you prosper and be in health in 2014,
Danny Vierra

HOW TO DO A COFFEE ENEMA

VICTORY IN ST. LOUIS - WATCH NOW

IS YOGA SAFE FOR CHRISTIANS - WATCH NOW

How to Cleanse the Colon Video

Modern Manna's Super 10-Day Cleanse

HEALTH TIP OF THE WEEK

Now is a good time to prepare for the cold of winter. Drink plenty of pure water every day, get to bed early, and don't
forget to exercise. Try drinking a quart of water and the juice of one or two fresh lemons when you wake up. Antioxidants feed the immune system and keep it healthy and strong, so drink fresh smoothies with lots of colors for breakfast. Drink a couple cloves of chopped garlic mixed in 4 oz. of water every night before bed to ward off colds and viruses. Try to get sunlight whenever possible, and consider extra Vitamin D-3 when the sun does not shine to prevent sickness and the winter blues. Avoid all mucus forming dairy products including ice cream! I like coconut milk ice cream on occasion.

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This may be a good time to detox your 7 elimination organs of your body. Modern Manna's Bowel Formula #2 can remove radio-active waste! Try our Super Cleanse today! Cleanse with the seasons ... every three months!

The "Man" Jack Lalanne. Notice the name of his booth.
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

New Modern Manna website coming soon! See what is cooking at BellaVegan.

JOIN HERE

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

January 26 - February 4
BellaVita Lifestyle Center
10-Day Cleansing Program
Session Full

January 10 - 12
Fresno Central SDA Church
3901 East Clinton Ave
Fresno, CA
559.438.5433

Other health weekends will soon be announced in San Jose, San Francisco, Templeton, Sacramento, Santa Cruz, and Germany.

March 23 - April 1
BellaVita Lifestyle Center
10-Day Cleansing Program
Session Open

IS YOGA SAFE FOR CHRISTIANS?

NEW VIDEO TESTIMONIES - JULY 2013

NEW - A SPECIAL HEALTH MESSAGE

Health Reform and the Second Coming.
A powerful message you don't want to miss!

BellaVita - The Movie
A 54-minute documentary that follows guests through a 10-day cleanse at BellaVita Lifestyle Center.

Healing Testimonies - March 2013
How to Cleanse the Colon

Healing Testimonies - Jan 2013

Healing Testimonies - November 2012

R I S E N PROMO (2-Minutes)

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 2012

Modern Manna Goes To Babylon, NY

Amazing Healing Testimonies

Woman with Lymes Disease

BellaVita Movie - Premier Results

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,