Greetings!

1. The medical profession claims there is no medical reason to have a bowel movement every day. (medicinenet.com - Medical editors and authors)

2. That normal bowel function is three to five bowel movements a WEEK, and constipation is less than three bowel movements a week! (Ibid; National Digestive Disease Information Clearing House).

3. Over half of Americans do not have a bowel movement each day. (medicinenet.com)

4. Harvard reported as many as 44% of Americans strain and grunt to have a bowel movement. (Harvard Newsletter)
5. The FDA says that the average American male may be carrying 5 - 22 lbs. of fecal matter on any given day. (FDA)

6. The third leading cause of death from cancer is colo-rectal cancer. (ACS)


8. The Natural Center for Health Statistics reports that Americans eat 5-14 grams of fiber daily, short of the 20-35 grams they should be eating.

9. Americans consume over 500 - 12 oz. cans of soft drinks per year.

10: The Royal Society of Medicine of Great Britain, comprised of 57 leading physicians, reported: "Death begins in the colon." They concluded that nearly every contemporary chronic disease is related to poisons in the colon.

11. The highest consumption of red and processed meat significantly increases the risk of colo-rectal cancer. The largest study to date reported that eating as little as 3 oz. of red meat a day produced these results. (The American Cancer Society, 2005).

12. Long term constipation is linked to anxiety, insomnia, and sexual dysfunction. (Journal of Gastroenterology and Hepatology, 2003).

13. Parasites will effect a billion people this year. The broad-fish tapeworm, which can grow to 35 feet and live 10 years in a human being, can lay as many as one million eggs in a human per day. (National Geographic, Oct. 1997).

14. Merck Manual, the standard medical text, says if you live long enough, every American will get bowel disease.”

Friends, America is a nation of constipation, fermentation, stagnation, putrification, and autointoxication. We are poisoning our bloodstream from the undischarged feces that is rotting in our intestines. The toxic waste in our colon is sitting there for days instead of being eliminated once or more daily. Our own fecal matter starts to slowly poison us, infecting and rotting tissue, degenerating our bowel, causing inflammation, polyps, fissures, ulcers, tumors, cancer, and eventually killing us. Our lack of attention to digestive health
and healthy elimination, and our increased consumption of junk food, has awarded Americans with the highest level of digestive disorders, bowel disease and colon cancer in the world. This is why I recommend doing Modern Manna’s Super Cleanse 2 to 4 times a year—or one every season.

Autointoxication is defined as a state of being poisoned by toxic substances produced within the body. When the digestive system doesn’t work properly, autointoxication sets in. This happens when food begins to break down without being eliminated. Proteins putrefy and rot, carbohydrates ferment, and oils and fats turn rancid. The body becomes poisoned from its own waste.

If these poisons are not constantly excreted will die. When our bodies are overwhelmed by toxic substances beyond its ability to eliminate them through the channels of elimination, the body institutes emergency action to expel the toxin burden. This crisis is called sickness or disease. It is true: death can and often does begin in the colon!

"The impurities of the body, if not allowed to escape, are taken back into the blood and forced upon the internal organs. Nature makes an effort to free the system, and the effort produces fever and what is termed disease." Healthful Living, p. 228.

We are busier than ever at BellaVita Lifestyle Center and Modern Manna because so many people are requesting cleansing programs. People come from all over the world to BellaVita because they know we have the most intensive and thorough cleansing program available. Consider attending one of our 10-day programs or order your ten-day home cleanse today. Make sure to watch the colon cleansing video below. See link below to order the 10-day Super Cleanse.

To your health,
Danny Vierra

HOW TO CLEANSE THE COLON

DR. BLAYLOCK ON CHEMTRAILS AND THE BRAIN

U.S. SOLDIERS AND CANCER FROM FUKUSHIMA

HOW TO DO A COFFEE ENEMA

VICTORY IN ST. LOUIS - WATCH NOW

IS YOGA SAFE FOR CHRISTIANS - WATCH NOW
Modern Manna’s Super 10-Day Cleanse

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

HEALTH TIP OF THE WEEK

Many guests at BellaVita Lifestyle Center have passed parasites in just ten days. Consider the October 1997 issue of *National Geographic* that featured an article entitled: “Looking for a Free Lunch.” The eye-opening report was about parasites and
how they infect the human body. Take for instance the broadfish tapeworm that can live 10 years inside of you, grow to 35 ft., and lay 1 Million larvae or eggs in a person in one day. Hookworms can lay as many as 250,000 eggs inside of you in a day. The Center of Disease Control (CDC) says larvae hatch in 3 days. Now consider that 50 percent of Americans are constipated, and three to five bowel movements a week are considered normal. That means the larvae have sufficient time to hatch. Your best defense is to eat a high-fiber diet to sweep the colon several times a day. Two to three bowel movements would be the safest way to eliminate parasites and their eggs. A plant-based diet loaded with fresh fruits, vegetables, beans, legumes, and whole grains will keep the colon swept. Make sure to drink plenty of pure water and get daily exercise as well to avoid constipation.

------------------------------------------------------------------------------------------------------------------------

COMING SOON!

MODERN MANNA'S NEW HEALTH LIBRARY ON DVD
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

SCHEDULE HEALTH PROGRAMS
IN YOUR AREA

DANNY VIERRA AND JACK LALANNE
The "Man" Jack Lalanne. Notice the name of his booth.

Join Danny Vierra's Health Page

Subscribe - Danny Vierra Channel
Modern Manna NEW 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 Valley SDA Church
3901 East Clinton Ave
Fresno, CA
559.438.5433
Register Here
Southgate SDA Church
February 12-23, 2014

Cambrian Park SDA Church
March 14-16, 2014

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

Templeton SDA Church
April 11-13, 2014

AFCOE Germany
May 2014

RISEN - Natural Hygiene Coach Certification
October 12-26

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.
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

Past Issues
THE ELIJAH PROPHECY