Greetings!

Toxic emotions. One doctor called them acid emotions. Whether they are toxic or acid your negative thoughts and emotions can negatively alter your the immune system and target specific body organs.

Here are some startling statistics about negative emotions and how they can affect your health:

1. "Sickness of the mind prevails everywhere. Nine-tenths of the diseases from which men suffer have their foundation here." *(Mind, Character, and Personality, p. 59)*

2. "Research has demonstrated that just six minutes of a negative emotion can supress the immune system for more than 21 hours" *(Berk 2001).*
3. W. John Diamond, M.D., coauthor of *Definitive Guide to Cancer*, observes: "Repressed emotions, if not vented or expressed, will seek physical expression, such as functional bowel disease, fibromyalgia, or even cancer."

4. "Autoimmune diseases can be associated with self hatred. As we attack ourselves with our own words, thoughts or actions, we see a corresponding autoimmune response resulting in an autoimmune disease. In other words, certain negative emotions cause the body to produce specific autoantibodies that will only attack a specific organ or cell in the body" (*In His Own Image*).

Here is a very popular slide I discuss during my presentation called *Can Attitude Affect Your Healing*. You can watch Part-1 of this powerful presentation that has helped many people learn to forgive by clicking the link below.

![Negative Emotions Affect Organs](image)

Julia, 38, a mother with two children, came to BellaVita with liver and pancreatic cancer. She was in a very serious condition, and could not eat or drink a thing. I asked the Lord why He brought Julia to BellaVita?. He answered quickly with a still, small voice: "It is to heal her spiritually, not physically." Julia had a short time to live, and God wanted to save her eternally. As you will see forgiveness was the key.

As I gave my presentation *Can Attitude Affect Your Health?*, with both Julia's parents listening carefully, her mother asked me after I finished if she could speak to me privately. She tearfully told me that her husband had been a horrible alcoholic...
and beat her many times. She shamefully shared that she was so angry with him that she took it out on the kids, and Julia got it the worst. "I beat her many times," she cried.

Study the slide above. Notice carefully that anger affects the liver, and low self esteem and feelings of rejection affect the pancreas. Was Julia's liver cancer and pancreatic cancer due to a bad diet? With the information her mother shared, it was obvious to me that her sick daughter's disease was due to lack of love, rejection, and anger that Julia had held inside for many years.

I spent quality time with Julia at BellaVita. One morning I asked her lovingly: "Have you forgiven your father?" "I believe I have," she said. I then asked the big question: "Have you forgiven your mother?" "No," Julia said as she gasped for air. "She beat me many times." "The poor child," I thought. How rejected she must have felt from the beatings. The feelings of rejection and anger were killing her. The highly, toxic emotions were shutting down Julia's liver and pancreas.

My next question was critical for the young mother's spiritual healing: "Do you know Jesus, Julia?" "I know Mary," the Catholic woman answered. I then opened my Bible to Isaiah 53 and read her about the True Redeemer:

"He [Jesus] is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from him; he was despised, and we esteemed him not. Surely he hath borne our griefs, and carried our sorrows: yet we did esteem him stricken, smitten of God, and afflicted. But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed" (Isaiah 53:3-5).

"Jesus was despised and rejected," I told Julia. "He know exactly how you feel. He carried your sorrows and your griefs to the cross. He loves you so much, Julia, that He died for you and wants to spend eternity holding you close and loving you." A peaceful smile shined on Julia's dying face as I continued. "He was wounded for your transgressions, bruised for your iniquities, and by His stripes you are healed. My personalized, healing words gave peace to the troubled soul. "Just tell Him you need Him to help you to love and forgive your mother. Pray to Him like you would talk to a close friend who wants to help you," I said. "Tell Him everything that is hurting you.

Later that night, Julia called me into her room and thanked me for helping her. "I prayed to Jesus all day," the 98-pound woman said. "Heaven will be my new home, and I am going to look for you there, Danny!" What a privilege it is to do medical missionary work. What a sacred work indeed.
Three weeks later, Julia’s mother called and said that her frail daughter was dying. I was surprised when she continued: "Thank you, Danny. Thank so much for what you did for my daughter at BellaVita. She found salvation - she found Jesus!" She forgave me last night, and I forgave her. Now she can rest in peace," she said sobbing.

A week later Julia passed away. Can you imagine dying with anger or bitterness in your heart against someone who hurt you when Jesus said, "For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses" (Matthew 6:14, 15)? The video Can Attitude Affect Your Health? (link below) is a very important message. I share my personal pain with you and how God led me to forgive those who have hurt me. Please share the healing message with your friends.

Remember, God loves us so much that He sent His son to pay the penalty for our toxic, emotional sins. Remember, Jesus admonished us to "Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you" (Matthew 5:44).

Maranatha,
Danny Vierra

CAN ATTITUDE AFFECT YOUR HEALTH? - PART ONE

HEALTH REFORM AND THE SPIRIT OF PROPHECY

MESSAGE FROM POPE FRANCIS, CATHOLICS AND PROTESTANTS UNITE

NEW ADVERTISEMENT FOR SACRAMENTO FAITH TV. (See Information Below)

EXCITOTOXINS - THE TASTE THAT KILLS

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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
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

HEALTH TIP OF THE WEEK

"Scientists have reported studies that show our emotions, particularly stressful ones, can unleash a torrent of free radicals and stress hormones such as cortisol that not only age our skin but cause a wide range of allergic and inflammatory skin ailments. Acting through the nervous, immune, and endocrine systems, this new phenomenon is being called the 'brain-skin connection' that may underlie inflammatory skin diseases trigg
ered or aggravated by stress. Indeed, dermatologists worldwide are recognizing that significant numbers of their patients have underlying psychological components related to their skin complaints. "Life Extension, July 2009, pp. 67.

Now you can share *Can Attitude Affect Your Health?* with others.

Visit [www.modernmanna.org](http://www.modernmanna.org) or call 209.334.3868 to order. $1.00 each or special bulk prices on 25 or more.

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**Lifestyle for Excellent Health on TV**

We are happy to announce that our new TV show Lifestyle for Excellent Health will be airing at 8AM on Fridays and 9AM on Saturdays. This week's show is "Can Attitude Affect Your Health?." You can watch the show at:

- Comcast - Channel 20
- SureWest - Channel 19
- Sacramento Faith TV - Watch online

[Click Here](http://example.com)

Watch the New 30-second advertisement

[Click Here](http://example.com)
Please help fund the new show by giving to Modern Manna's Media outreach. This is costing us $100.00 per show. By your generous giving we can keep it on the air.

Donate here

See our NEW WEBSITE at

www.modernmanna.org
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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
March 23 - April 1
BellaVita Lifestyle Center
10-Day Cleansing Program
Session Closed

Templeton SDA Church
April 11-13, 2014

AFCOE Germany
Amazing Facts Europe Center
May 5-10, 2014

May 18 - 27
BellaVita Lifestyle Center
10-Day Cleansing Program
Session Open

Health and Healing Crusade
June 13-15, 2014

July 20 - 29
BellaVita Lifestyle Center
10-Day Cleansing Program
Session Open

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.

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

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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