Dear Friend,

As I write this newsletter, I am on day 33 of my juice fast. I have decided to extend it to 40 days because I don't believe God wants me to stop yet and there is unfinished business. "Why not go for it?" I thought, especially when 40 days was the length of time Moses and Jesus fasted. The difference between my fast and theirs is that I am juicing and they omitted food in all forms, the Bible says.

This week, I want to share the way I feel, my weightloss,
my spiritual connection with God, and, finally, my regimen. I also have a special video to share (link below) on my 40-day fast and a tasty recipe by Charmaine called Rainbow Wraps with Coconut Almond Sauce.

Let me start with the way I feel. It is very interesting to say the least. My longest juice fast, many years ago, was 21 days. I went 10 days on fresh citrus from my own trees and started craving vegetables on day eleven. I figured my body needed more protein. By day 21, I knew it was time to eat. I could not go any further. This time the fast has been different. It is much easier than the 21-day fast. I have not struggled with food. It is not tempting me at all. Some days I have felt weak (especially the first few days), but with constant juices and a few extra items I get the energy I need.

I coasted by day 21 with ease and found a serious increase of energy on day 25, which surprised me. On day 31, I did 1,000 repetitions at the gym. 450 reps just on my stomach. I am using lighter weight of course but getting a good burn. 50 to 100 reps at a time per exercise since I wanted to try something new. I call it aerobic weightlifting. It was intense and fun. Yes fun!!! I loved every minute of the routine. I did bench presses (150), flys (100), lat pulldowns (100), biceps (100), triceps (100), crunches (200), leg raises (50), and kneeling crunches (200) with rope. Daily I have been working out usually doing 400 or more repetitions on weights and stomach exercises and spending another hour playing racquetball or spinning on a stationary bike.

Before the fast I had a full physical. Everything checked out OK. My lowest blood pressure has been 90/70. One day it was 105/70 and this week it was 117/67. I don't have my usual endurance on the fast, but as I pace myself and use lower weight and high repetitions, I am getting good results. However there are days I can go the distance and don't want to stop. I require less sleep and wake up with a clear mind, especially after I drink my first juice.

I started the fast weighing 185 pounds. That is 10 pounds over my usual weight of 175. In five days, I dropped to 179. In 12 days I dropped to 175. By day 21, I dropped to 169. By day 31, I dropped to 164, and today (day 33) I weighed in at 160 1/2. Yesterday, I added a tablespoon of organic Coconut Oil. I felt I needed the fat and extra calories since I am losing
so much weight. In 33 days, I have lost 24 1/2 lbs. I must admit I have never seen myself so thin and I am freaking out my children. I've always had a muscular frame since I was a competitive bodybuilder, but my children keep telling me I look healthy even though they are not use to my new look.

Spiritually I am spending time with my face to the floor and wrestling with God. I am fasting for my family, pleading with our Saviour for direction and healing upon certain members including myself. The enemy is busy and there is wickedness in high places. But praise God that the “the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds” (2 Cor. 10:4).

During the fast I have had many trials. Last week a large limb on a dead oak tree broke off and totaled out my neighbor's lawnmower tractor on the other side of the fence. A couple days later, my dog got in a fight with the other neighbor's dog and ripped its jugular vein and nearly killed her. I paid half the vet bill of $800.00. I am so glad I am fasting and praying at this time of my life. The devil has desired to destroy Modern Manna for 25 years, but I have the promise: "Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world" (John 4:4). Jesus will deliver you in your time of trouble.

For my regimen, I am juicing all kinds of fresh organic vegetables. I add at least 10 different items to every juice. For example, on the video this week, you will see me juice yellow squash, eggplant, lemon balm, carrots, celery, beets, chard, kale, ginger, habanero, and more. I like a vegetable medley providing a variety of nutrients and phytochemicals. Each color provides plant chemicals and antioxidants that will nourish and sustain me with cancer fighting nutrients. After all, the juice will be my liquid nutrition for 40 days. I also take 30 to 40 grams of protein from Hemp to avoid muscle loss, 1 tablespoon of flaxseed oil for essential fatty acids, and two tablespoons (started on day 31) of organic Coconut Oil for added fuel. I drink three quarts three times a day or 16 oz. six times a day. I take the hemp protein in water and drink it down before my workout, at lunch, and then dinner. Please pray that I make it. May the glory go to the Lord.

I want to add that this program is not for everyone, especially thinner people or those with serious health problems. Never push yourself if you feel faint or have chest pain or shortness of breath. This is an intense program. Be wise and cautious. Perhaps a short fast would better suit you, but juicing makes it safer and easier.
Now enjoy the new video and be inspired to begin fasting and praying with me. God bless us all as we learn to deny self, deny appetite, and experience the victory we can have only in Jesus.

Danny Vierra

Danny Vierra’s 40-Day Juice Fast and Raw Recipe Rainbow Wraps served with Coconut Almond Sauce

New Video - The McDougall Program for the 21st Century

HEALTH TIP OF THE WEEK

"When men take any course which needlessly expends their vitality or beclouds their intellect, they sin against God; they do not glorify Him in their body and spirit, which are His. Yet despite the insult which man has offered Him, God's love is still extended to the race, and He permits light to shine, enabling man to see that in order to live a perfect life he must obey the natural laws which govern his being. How important, then, that man should walk in this light, exercising all his powers, both of body and mind, to the glory of God" (CH 20)!

COMING EVENTS
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 A MODERN MANNA
HEALTH WEEKEND IN YOUR AREA
NEW VIDEOS

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 the 10-day cleanse at BellaVita Lifestyle Center.

HOW TO CLEANSE THE COLON

RISE GRADUATES TESTIMONIES

RISE PROMO (2-Minutes)

WOMAN WITH MS WALKS IN 10-DAYS

WOMAN WITH LYMES DISEASE WALKS

BELLAVITA HEALING TESTIMONIES - JULY 2013

BellaVita Healing Testimonies - March 2013

BellaVita Healing Testimonies - Jan 2013

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