

# modern manna

## 10-Day Detoxification Program

*"Beloved, I wish above all things that you may prosper and be in health, even as your soul prospers." 3 John 2*



**TO PREPARE FOR THE CLEANSE:** Several days before starting, take 1 capsule of Bowel Formula #1 with a glass of water with dinner and increase dosage by one additional capsule each night, if necessary, or until your bowels are moving two or more times a day. Do not take if you have watery stools. Eat organic fruits and vegetables and drink plenty of pure water while you prepare for the cleanse. This program is alkalizing and contrary to the chronic low-grade metabolic acid-forming diet of America. Remember to obey God's laws of health during and after the program: Trust in God, fresh air, exercise, sunshine, rest, pure water, temperance, hygiene, nutrition and a positive attitude. To be loved, be lovable!

**DAY 1-10:** Follow schedule on pages 4 and 5. If necessary, adjust times to fit your schedule, but keep the sequence the same.

**Bowel Formula #1:** Take 1 capsule with dinner. Increase dosage by 1 additional capsule each night until your bowels are moving at least 2 or more times a day. Decrease dosage by one capsule if you have loose stools. If your bowels are not moving daily, take a coffee or water enema. (See page 6.)



- This stimulating formula is cleansing, healing, and strengthening to the entire gastrointestinal tract. It stimulates your peristaltic action (the muscular movement of the colon), and over time strengthens the muscles of the large intestine, halts putrefaction and disinfects, soothes and heals the mucous membrane lining of your entire digestive tract. This formula also improves digestion, relieves gas and cramps, increases the flow of bile which in turn cleans the gallbladder, bile ducts, and liver. Bowel Formula #1 destroys candida albicans overgrowth and promotes a healthy intestinal flora, helps destroy parasites, increases gastrointestinal circulation and is antibacterial, antiviral, and antifungal. I always have a bottle in my herbal medicine chest.

**Herb Drink: ParaTox, Liver/Gallbladder, & Kidney/Bladder Formulas:** 2 dropperfuls of each formula in 2 oz. of organic apple juice (three times a day) until the bottles are empty. Parasites are hungry in the morning, so you want to shock them. Children – 1/4 to 1/2 dose depending on age and weight.

- **ParaTox:** The herbs in this formula have proven to kill many types of parasites! It also kills the larvae—the eggs that other formulas miss.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE. THIS PROGRAM IS NOT RECOMMEND FOR PREGNANT OR LACTATING WOMEN! CHECK WITH YOUR PHYSICIAN.*

Parasites can live in the brain, heart, lungs, liver, etc., not just in the colon. Make sure it says ParaTox. There is nothing stronger for killing worms.

- **Liver/Gallbladder Formula:** An excellent liver and gallbladder tonic that restores and regenerates the liver. It protects hepatocytes (liver cells), and stimulates the liver and gallbladder. It improves digestion and soothes and heals inflamed gastric mucosa. It helps get rid of parasites. A must for liver problems.

- **Kidney/Bladder Formula:** A diuretic and disinfectant to the kidneys, bladder, and urinary system. Very effective for urinary tract infections, the prostate, and dissolving kidney stones. Cleanses and restores the kidneys.



**Morning Flush:** Cleanse your kidneys and bladder and stimulate your bowels by drinking 24 oz. of warm water with the juice of 1 fresh lemon. Drink quickly. It may cause your bowels to evacuate.

**Poultice Drink: Bowel Formula #2:** Take 1 scoop of Bowel Formula #2 for a total of 5 servings a day for 5 days. Shake it vigorously in a small jar (or stir it rapidly)

with 4 oz. of organic apple juice and 4 oz. of water and drink it immediately, for it thickens fast. REMEMBER—Poultice drinks will end in 5 days and this will cut your drinks in half and make the cleanse easier. Make sure to drink water in its place.



- **Bowel Formula #2:** A soothing, cleansing formula that is a strong purifier of the intestinal tract, especially the colon. This formula draws out old fecal matter out of the bowel and bowel pockets known as diverticuli. It will remove poisons, toxins, parasites, heavy metals such as lead and mercury, and even radioactive material such as strontium 90. This formula will also remove 3,000 known drug residues. Its mucilaginous properties will soften old hardened fecal matter for easy removal and it is an excellent remedy for inflammation of the intestines such as irritable bowel or diverticulitis.



**Breakfast Drink:** Blend 12 oz. of fresh organic apple juice with 1 scoop of SuperManna, 1 tablespoon ground flaxseeds, and 1 tablespoon of Barlean's Flaxseed Oil.

- **SuperManna:** This perfectly balanced blend of superfoods is specifically formulated to supply you with vitamins, minerals, amino acids, and essential trace minerals. These are nature's nutrients, not synthetic man-made vitamins! Contains spirulina blue green algae, chlorella, alfalfa grass, barley grass, wheatgrass, astragalus, nettle, purple dulse seaweed, beet root, spinach leaf, rose hips, orange and lemon peels, and non-fermented yeast. SuperManna is loaded with chlorophyll and enzymes, and gives you lots of energy. This is one of the great healers!

- **Barlean's High Lignan Flaxseed Oil:** Flaxseeds are extremely rich in omega 3 fatty acids. Flaxseed oil can prevent cardiovascular disease, lower blood pressure, prevent cancer and tumor growth, help arthritis and joint pain, eliminate eczema, and increase hormone production for women. It is necessary for healthy skin and hair and is high in fiber. Two tablespoons of ground flaxseeds a day are wonderful for breast health.

*\* DIABETICS: Always consult your physician first. Check your blood glucose daily. If blood sugar rises, dilute fruit and vegetable juices with greens and green apples. Your pancreas needs the enzymes in the live food. If sugar remains high, cut back more on apple and carrot juice. Drink the black poultice with water and a splash of apple juice. We recommend coffee enemas for liver cleansing beforehand.*

**Detox Tea:** A great tasting herbal blend that cleanses the kidneys, liver, lymph, and blood. A safe and gentle cleanser which enhances elimination and helps incontinence. Drink a cup of Detox Tea twice a day during the cleanse.

**Fresh Fruit & Vegetable Juices:** Juices are cleansers, healers, and blood builders. They are easily digested and assimilated by the body. Juices are alkaline and high in natural potassium. The green blood in plants makes red blood in humans. Follow recipes on the schedule (page 4). Produce list for juicing: 25lbs of carrots, 20lbs of Apples, 4 plus stocks of celery, 4 plus bunches of kale, 4 plus bunches of chard, 4 plus bunches of beets, and 4 plus bunches of parsley.

**Water:** Drink filtered or purified water throughout the day, but not with the juices. Drink 1/2 to 1 gallon of water a day.



#### ON DAY 4 ADD:

**Detox Formula:** Add 2 dropperfuls to “Herb Drink” 3 times a day until empty. The goal of the program is purification of the blood.

- **Detox Formula:** A superb herbal formula that is a very powerful blood and lymph cleanser. The herbs in this formula remove accumulated toxins and poisons out of the body’s blood, fat, and cells. Contains chaparral, one of the most powerful antioxidants, which has proven to break up, dissolve, and destroy tumors. The formula also contains red clover—a powerful anti-cancer herb.

#### ON DAY 6 ADD:

**Liver/Gallbladder Flush:** Drink 6 ounces two times per day per schedule.

Blend together: 5 oz. fresh orange juice, 5 oz. fresh lemon juice , 10 oz. distilled water, 5 medium cloves of fresh garlic, 5 oz. virgin, cold-pressed olive oil, cayenne to taste (approximately 1/4 to 1/2 teaspoon), and an inch of diced fresh ginger. Take 6 oz. morning and 6 oz. evening for 2 days. Drink quickly and keep refrigerated. You may start with 1/2 the olive oil and garlic and increase as you go. Makes 4 servings.

#### FOR BEST RESULTS:

**We recommend juice fasting for the entire 10 days!** Some eat for the 10 days instead of juicing, or use a combination of eating and juicing. If you decide to eat, eat only raw, fresh organic whole fruit for the first two days. Then, on day three, have fruit for breakfast and a fresh organic salad (no head lettuce—use romaine, butter leaf, spinach, green or red leaf) with your favorite vegetables in it for lunch. You can also add SuperManna to your salad too. For dressing, use 1 to 2 tablespoons Barlean’s High Lignin Flaxseed Oil, garlic, lemon juice, water, and herbs or a raw dressing. If you need a third meal, eat \*raw fruit or fruit smoothie only. Do not snack! Eat all you want at meal times, but don’t overeat. Remember this is a cleansing program and food is your medicine! Eating cooked food can slow the cleansing process.

#### Other Cleansing Procedures:

**Skin Brushing:** Use a vegetable bristle brush (Yerba Prima makes a nice one) and brush off the dead skin. It can stimulate circulation and assist lymphatic drainage. Great in showers and saunas. You can use wet or dry. Always stroke towards the heart, first from the hands and then the feet. Doctors have referred to the skin as the third kidney. Dr. Paavo Airola said: “The chemical analysis of sweat is very similar to urine. Uric acid, the main waste product of urine, is found in large amounts of perspiration. One pound of waste product is discharged through the skin everyday.”

*(continued on p.6)*

*\* CANDIDA PATIENTS: Use only Granny Smith apples, cranberries, lemons, or limes for juicing or eating and no other fruit for the ten days. Also use less carrot and more greens when juicing. Fresh garlic is a natural anti-fungal. Mix a finely chopped clove in a little water and drink. Also ask about Candex-kills the candida without die-off or a healing reaction. I have seen it wipe out candida in days, and a person can eat fruit within a week! Call 1.800.655.3228 to order. [3]*

## 10-Day Cleanse: Schedule

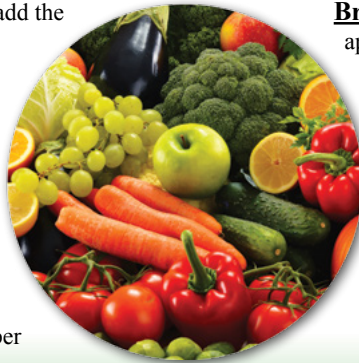
Before you start, read all directions carefully on pages 1-3 to prepare for the cleanse.

Time:		On day 4 add:
6:45a	Morning Flush	
7:15a	Herb Drink	2 Dropperfuls Detox Formula, mix in Herb Dr
7:30a	Poultice Drink (5 days only) Bowel Formula #2	
8:00a	Breakfast Drink Drink 1 cup Detox Tea	
10:00a	Poultice Drink (5 days only)	
11:00a	12 oz. Organic *carrot/apple juice: (50% fresh carrot juice and 50% fresh apple juice)	
12:00p 12:15p	Herb Drink Poultice Drink (5 days only)	2 Dropperfuls Detox Formula, mix in Herb Dr
1:00p	12 oz. Fresh, organic vegetable juice: (carrot, kale, celery, parsley, beet, and a small amount of ginger if desired)	
2:00p	Poultice Drink (5 days only)	
4:00p	12 oz. Organic *carrot/apple juice: (50% fresh carrot juice and 50% fresh apple juice)	
5:00p 5:15p	Herb Drink Poultice Drink (5 days only)	2 Dropperfuls Detox Formula, mix in Herb Dr
6:00p	12 oz. Fresh vegetable juice w/greens <b>TAKE BOWEL #1 CAPSULES WITH JUICE EVERY NIGHT</b>	
6:30p	Drink 1 cup Detox Tea	
7:00p	12 oz. Fresh, *organic carrot juice with 1 scoop SuperManna. Skip if you are absolutely full.	

**Morning Flush:** 24 oz. warm water and add the juice of 1 lemon.

**Herb Drink:** 2 dropperfuls each of ParaTox, Liver/Gallbladder, and Kidney/Bladder in 2 oz. of apple juice. Add Detox Formula on Day 4. Use until bottles are empty.

**Poultice Drink:** 1 scoop of Bowel #2 in 4 oz. of apple juice and 4 oz. of water. Poultice drinks will end in 5 days. Remember to drink water in its place.



**Breakfast Drink:** Mix apple juice with 1 scoop Flaxseed Oil, and 1 tabl

**Liver/Gallbladder** juice, 5 oz. lemon juic  
oz. olive oil, 1 inch fi  
1/4 - 1/2 teaspoon  
drink contents quick  
Makes 4 servings.

**Notes:** Drink all juices slowly. Drink 1/2 - 1 gallon water daily. Use SuperManna & Flaxseed O

# BellaVita

**Day 6-7 only:**

(7:45a)  
6 oz. Liver/Gall Flush

6 oz. Liver/Gall Flush  
(drink before tea)

***BellaVita**, which means beautiful life in Italian, is a unique lifestyle education center nestled in the gorgeous grape country of San Joaquin Valley. At **BellaVita**, you will be guided through a carefully monitored, 10-day therapeutic cleansing and detoxification program. Our professional staff will serve the freshest, organic raw juices and gourmet live meals that are guaranteed to recharge your vital force. Our Director, Danny Vierra, will personally teach you lifestyle principles and God's natural laws of health that prevent and reverse disease.*



*Our goal at **BellaVita** is to cleanse and regenerate you physically, mentally, and spiritually. We believe that most diseases have their*



*origin in the mind and the body responds with dis—ease. Therefore, physical, emotional, and spiritual healing*

*is emphasized through closer relationship with God.*



*Whether sunning by the pool, enjoying relaxing in the ozone-generated spa, skin-brushing in the beautiful sauna, working out in our on-site professional fitness center, or getting a deep-tissue massage, **BellaVita** may be the answer to your hopes and dreams. Your unique beauty will shine outwardly as you purify your body, mind, and spirit.*



... together 12 oz. fresh SuperManna, 1 tablespoon teaspoon ground flaxseed.

**Flush:** 5 oz. orange juice, 10 oz. purified water, 4 fresh ginger, 5 garlic cloves, cayenne. Blend together, daily. Store in refrigerator.

... on a daily basis.



*(Cleansing Procedures continued)*

**Contrast Shower:** Adjust shower to desired temperature. Then turn the water as hot as you can tolerate for one minute (don't burn yourself), then as cold as you can tolerate for 30 seconds. Repeat alternating hot and cold 7 times always finishing with cold. Try to increase the intensity of hot and cold each time.

**Steambaths** and saunas are excellent for the elimination of toxins. Combine with skin brushing.

**Coffee Enema:** A coffee enema dilates the bile ducts and causes the liver to eliminate bile and toxins in 12 to 15 minutes. Coffee enemas were listed in the Merck Manual, years ago, as a simple remedy for pain.

#### PREPARING THE COFFEE ENEMA:

1. Add 3 rounded tablespoons of ground organic coffee to 1 quart of distilled water in a pot. Boil 3 minutes uncovered; then cover, lower heat and simmer an additional 15 minutes. Strain and let cool. Add enough water to make a full quart. Use at body temperature.
2. Do a clear-water enema to evacuate colon (optional).
3. Place the coffee solution in the enema bag. Hang bag at a 18 to 24-inch height. Instill the solution while lying on your right side, with both legs drawn in close to the abdomen. If the flow is too rapid it can cause spasms. Chamomile tea or 2 teaspoons of Epsom salts added to enema can relieve spasms.
4. The fluid should be retained for 12 to 15 minutes. The caffeine is absorbed into the hemorrhoidal vein directly into the portal system and into the liver.
5. After 12-15 minutes, evacuate the enema into the toilet.

NOTE: Do enemas as needed—1 or 2 a day, and always when having a healing reaction, headache, migraine, pain, nausea, or constipation.

**Exercise, Fresh Air, Sunshine, and Rest** are part of God's healing program. Brisk walking will increase circulation and assist the elimination of toxins. Exercise 4 to 5 times a week. Choose exercises you enjoy. Combine aerobic and weight bearing exercises for building bone density. In the morning, take several deep breaths of fresh air and expel all the air in your lungs. Try to get 30 minutes of sunshine a day, be careful not to burn. Sunlight in the early mornings or late afternoons are safest. Get to bed several hours before midnight, for an hour of sleep before midnight is equal to two hours after midnight.

**A Positive Attitude** is critical for healing. Negative emotions and stress can kill you faster than junk food and a high-fat diet. Forgiveness is the key to freedom. Remember, by giving you receive! When you help others, you receive a blessing back.

**Prayer** is the key in the hand of faith that unlocks Heaven's storehouse. You must believe in God's grace for the healing miracle to happen. Reach out by faith and touch the Great Physician's garment. Try it—you can't go wrong. The Bible says that God will give you the Holy Spirit for the asking (see Luke 11:13).

#### AFTER DAY 10:

*Congratulations, you made it! It is very important that you do not break the fast improperly!*

**If you juice fasted for the 10 days**, start eating organic, fresh whole fruit or small servings of melons only for the first two days. Over the next two days add a large salad and raw foods for lunch and dinner. Then you can add to your diet cooked organic whole foods: brown rice, oatmeal, legumes, nuts, seeds, whole-grain breads, potatoes, etc. Avoid all dairy and animal foods! Beware of gluten intolerance.

**If you ate for the 10 days**, continue to eat raw fruit and vegetables and add cooked whole foods. Check out the recipes in the books *The Vegetarian Cooking School Cookbook*, *The Raw Gourmet*, *Going Raw*, and *RawSome Recipes*. Keep using the Bowel Formula #1 as needed and finish tinctures until empty. Keep taking the SuperManna and flaxseeds oil on a daily basis. You can substitute 2 tablespoons of ground organic flaxseeds for the flaxseed oil.

[6] \*The chemicals found in commercially grown coffee could damage the liver when used as a coffee enema. Use ONLY organically grown coffee!

## Maintenance Program:

The Bible says: *“Beloved, I wish above all things that thou prosper and be in health”* (3 John 2). God created our bodies with a self-healing system.

Start the day with a large glass of pure water with lemon to cleanse the urinary tract, kidneys and liver. It will also stimulate the bowels if you use warm water.

Include plenty of raw foods in your diet. Eat rainbows. In the morning, make a fruit smoothie and add green leaves like kale, spinach, or chard, and add a scoop of SuperManna and a tablespoon of organic Flaxseed oil for added nutrition. Add some raw almonds, sunflower, pumpkin, and/or flaxseeds for healthy fat and protein.

For lunch have a nice organic salad and add your favorite raw vegetables like purple cabbage, carrots, celery, broccoli, etc. Garbanzo or red kidney beans are healthy additions and increase fiber and protein content. A super salad is loaded with phytonutrients and cancer preventative antioxidants.

Have a couple fresh organic juices a day for good health. Get creative. Juice carrots, celery, parsley, beets, kale, and other vegetables. Add pineapple, lime/lemon, or ginger for added flavor and healing power. Enjoy!

Avoid all meats, dairy products, processed foods, unhealthy fats, and refined sugars. We recommend doing a cleanse 2 to 4 times a year.

## Cleansing Packages:

**7-Day:** Bowel Formula #1  
Bowel Formula #2

*Visit our website for special pricing.*

**Note:** *If you are doing the 7-Day cleanse, use the same 10-day instructions, but modify the cleanse with the products purchased.*

**10-Day:** Barlean's Flaxseed Oil, 16 oz.  
Bowel Formula #1  
Bowel Formula #2  
Detox Formula  
Detox Tea  
Kidney/Bladder Formula

Liver/Gallbladder Formula  
ParaTox Formula  
SuperManna

*Visit our website for special pricing.*

## Juicers



### Green Star Juice Extractor

The Green Star Juice Extractor is by far the most versatile juicer on the market today. Its revolutionary twin gear triturating extraction system slowly crushes and presses fruits, thus, retaining nutrients and enzymes, juices leafy vegetables, creates nut butters, and even makes frozen desserts! (Free Shipping)

**Visit our Website for Special Pricing**



### The Champion Juicer

The finest juicer for the money anywhere! Discharges the unwanted pulp as you juice. The Champion makes nut butters, fruit "ice cream" and snow cones too! (Plus Extra)

**Visit our Website for Special Pricing**

## WHY YOU NEED TO CLEANSE

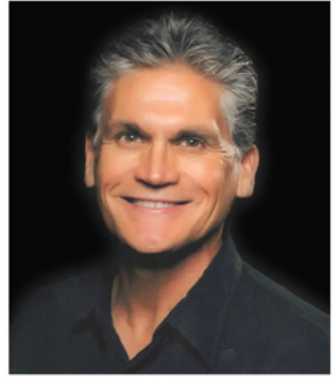
We are a nation of constipation, stagnation, putrefaction, fermentation, and autointoxication. Some medical doctors report that less than 50% of Americans have a daily bowel movement, and say there is no medical reason to have a bowel movement every day. The National Digestive Disease Information Clearinghouse states that three bowel movements a day to three a week are normal, while the FDA reports the average American male may be carrying an unbelievable 5 to 22 lbs. of fecal matter in his colon on any given day.

*The European Journal of Cancer* reported in 2004 that constipation raises your risk of colon cancer. Few people realize that there are two types of constipation. The first type is infrequent elimination or when you cannot have a bowel movement. The other type of constipation, of which most people are unfamiliar, is when the colon wall becomes encrusted with hardened mucus and fecal matter narrowing the aperture of the colon and resulting in pencil-like stools. This is called *mucoviscidosis*, or intestinal mucin, and can have the consistency of truck tire rubber and harbor parasites.

As the Director of *BellaVita Lifestyle Center*, I have witnessed many people pass black, hard ropes in just a few days. I explain to every guest the power of colon cleansing for removal of material from the colon that may be years old. One nurse gasped: “*I have been a nurse for 19 years and I’ve never seen anything like this pass from a human body.*”

So why should we cleanse? I think the answer is obvious. When the body takes in toxins faster than it can eliminate them, the result is sickness and disease. In order to prevent and reverse disease, we must **FIRST** detoxify all the elimination organs of the body: the bowel, liver, kidneys, lungs, skin, blood, and lymph, and eat live foods to regenerate the cells of the body. This is the foundational program for healing. When the toxins are removed from the body and tissues, and the blood is nourished and purified by a diet of living organic foods and juices, **WHAT NEEDS TO HEAL HEALS.**

*Modern Manna’s 10-Day Therapeutic Cleansing Program* addresses the 7 elimination organs and systems of the body. It is both cleansing and regenerating at the same time. It is also affordable and convenient since it is a take-home program. On average, a person may lose 8–10 lbs in just ten days, and experience better health, a clearer mind, and a deeper spiritual life.



**Danny Vierra**  
Health Expert

---

### **Modern Manna Ministries**

P.O. Box 408, Victor, CA 95253  
800-655-3228 or 209-334-3868  
[www.modernmanna.org](http://www.modernmanna.org)  
Email: [service@modernmanna.org](mailto:service@modernmanna.org)

### **Modern Manna Health**

P.O. Box 408, Victor, CA 95253  
209-334-3868  
[www.modernmannahealth.com](http://www.modernmannahealth.com)  
Email: [support@modernmannahealth.com](mailto:support@modernmannahealth.com)