

# THE MANNA MANUAL

Natural Remedies that can Save your Life!



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"...This is the bread which the LORD hath given you to eat." -Exodus 16:15

The people had sickened their bodies with the rich foods from the fleshpots of Egypt. So the Lord gave them manna to promote physical, mental and moral strength for the long journey of life before them.

"The use of natural remedies requires an amount of care and effort that many are not willing to give. Nature's process of healing and upbuilding is gradual, and to the impatient seems slow. The surrender of hurtful indulgences requires sacrifice. But in the end it will be found that nature, untrammelled, does her work wisely and well. Those who persevere in obedience to her laws

will reap the reward in health of body and health of mind." -The Great Controversy page 366

The Lord has also given us the vegetation all around us to restore health and vigor of life. For it is written that "...the leaves of the tree were for the healing of the nations." - Revelation 22:2

When Jesus walked among us, He not only did miracles of healing no scientist could ever explain, He also healed people using natural methods. For example, He used clay, spittle and water to heal a blind man in John chapter nine. Paul instructed Timothy to use grape juice to help his stomach and other infirmities in 1 Timothy chapter 5. Even way back in Old Testament times they used natural methods to heal. In 2 Kings chapter twenty we see King Hezekiah was healed of a life threatening disease with a lump of figs.

Since we have "His Word" on it that natural methods have His approval, what does His creation suggest we use for healing today?



## EAR ACHE:

1 tbsp of extra virgin olive oil.  
3 drops of tea tree oil.  
warm to a "bearable" temp.

pour into affected ear.

This appears to work instantly for some.



## SPIDER BITE:

1 tbsp of purified water.  
1 "activated" charcoal capsule  
mix charcoal and water into a paste.  
place mixture directly on swollen bite.  
wait 8-10 hours  
remove paste, wash and replace as needed.

swelling will disappear within a day or so.  
apply until all trace of "pimple" is gone.  
in most cases wound is gone within a week.



## INSOMNIA:

take 1 to 2 grams of Melatonin.

effects a 180lb man in about 20 mins.



## INFECTED SORE:

cover sore with bees honey or pine pitch. cover with gauze  
Repeat as needed

clears up in a day or so (pine pitch works faster)



## WORK BLISTERS:

pick a few plantain leaves.  
(A "weed" with small cat-tail like stalks)  
chew them up.

create a poultice with saliva and chewed leaves.  
place directly on blister.  
blister will shrink away within minutes.



## MINOR BURNS:

break 1 leaf of Aloe Vera plant.  
squeeze jelly from leaf unto burn.  
pain should deaden instantly.



## FLU or COLD:

Juice of one lemon.  
1 small clove of garlic, finely chopped.  
(NOT CRUSHED)

1 pinch of cayenne pepper.  
1 drop of eucalyptus oil. (no more than one drop!)  
mix all together.  
drink up and wash down with some water.  
take 1-2 times a day.



## AVOID FLU / COLDS

2000 mg to 4000 mg of Garlic  
500 mg to 1000 mg Vitamin C.  
400 mg – 800 mg Echinacea.

wash hands frequently.

take above ingredients daily first sign someone in household is sick. NEVER have I gotten sick while using this method.



## BLEEDING:

Pour Cayenne pepper on wound.

**Cayenne** has also been known to stop heart attacks within 30 seconds. Give 1 tsp of the extract every 15 mins. It can also be placed in a glass of hot water until crisis is passed. I found \*2 cases where 2 men were pronounced dead by paramedics and after cayenne extract was placed in mouth, within minutes the heart would start beating. (source [http://www.cleansse.net/newsite/articles/cayenne\\_and\\_health.html](http://www.cleansse.net/newsite/articles/cayenne_and_health.html) )



### SIN:

"For whosoever shall call upon the name of the Lord shall be saved."

- Romans 10:13

"If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness." -1 John 1:9



### HOARSE THROAT:

brew 1 cup of goldenseal tea.  
let steep for a few minutes.  
gargle and drink tea  
repeat morning and evening  
continue until hoarseness disappears

You may have to repeat once a week every now and then. But for the most part, within 7 to 10 days all hoarseness will subside from your voice.



### STOMACH ACHE:

1 to 2 drops of peppermint oil.  
or half a cup of pure grape juice.



### PINK EYE:

brew two chamomile tea bags.  
squeeze water from both bags.  
let bags cool to "luke warm" temp.  
place 1 bag on each eye for 5 mins.

repeat 2 to 3 times daily until healed.



### WARTS:

cut a raw potatoe in half.  
rub the potatoe on the affected area.  
rub 3 times a day until warts vanish. (about 2 wks)



### DANDRUFF:

1 tsp of lime juice.  
¼ cup of water.  
mix lime juice and water together.

wash and rinse hair normally.  
ring out water. (do not dry)  
use lime and water mix as final rinse.



### DIAPER RASH:

make sure affected area stays as dry as possible.  
when changing diaper, blow dry or pat area dry.  
apply coconut oil.



### COUGH:

1 cup of pure grape juice  
1 tsp of honey  
mix and drink



### HAY FEVER:

boil and mince grapefruit and lemon  
add some honey  
drink 3 times a day  
or, boil chamomile in water

inhale fumes



### 8 LAWS OF HEALTH:

1. pure air
2. water
3. sunlight
4. healthy diet
5. exercise
6. rest
7. moderation
8. trust God

Follow these laws daily and you will be blessed with a long healthy life. Truth is, the life you have is a blessing from the Creator that formed you. Did you know He is returning soon. Are you one that would live in His kingdom? Sadly, due to the ultimate life threatening disease of SIN, all of us have been given a death sentence keeping us out of the kingdom because, "the wages of sin is

death; but the gift of God is eternal life through Jesus Christ our Lord." (Romans 6:23) We do deserve death, but there is a way out!

If we do all we can to prevent premature death of the physical bodies our God has given us, why do we neglect the eternal life He offers us so readily? Strange thing is, it's a gift! IT'S FREE! Unlike all that the world offers for payment, we paid nothing for this gift. Yes, there was a price paid for that gift, but it was paid in full by the Lord Jesus Christ 2000 years ago. He gave His life for you, so you wouldn't have to die eternally! "...ye are bought with a price." -1 Corinthians 6:20

Let's be honest. You like being alive, right? Yes, that's a stupid question. But is it really? Look around! Most people choose eternal death over eternal life because their sin in the "mortal" life appeals more to them than immortal life. Why?

"... men loved darkness rather than light, because their deeds were evil." - John 3:19

"...As I live, saith the Lord GOD, I have no pleasure in the death of the wicked; but that the wicked turn from his way and live: ...turn ye from your evil ways; for why will ye die?" - Ezekiel 33:11

Do you recall the innocence of childhood, the way it was before you found grief, pain, and sin? There was peace, and happiness. Wouldn't you want to have that same childlike peace as an adult for all eternity? Seriously, that's what the gift is all about!

For more information on how to gain eternal life, as well as lengthen the life you have now before eternity begins with health and vigor. Stop by the website, [www.MannaManual.org](http://www.MannaManual.org)

There is nothing to purchase. It's 100% free of charge. Just like the gift of salvation offered to every soul that merely accepts it. All you need to do is say YES, I want Jesus as Lord!