

THE BODY CAN HEAL ITSELF!

Back to the Garden[®]

Teaching Health from a Biblical Perspective

March/April 2006

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& Hallelujah Acres[®]

The Heart Attack Helper

Household Cleaning Products and Your Children

Insight Into the Dangers
that are Out of Sight
in Your Home.



From Couch Potato to King of the Courts (Tennis, that is!)

**George & Penny Lincoln Share Their
Trip to a Hallelujah Acres Lifestyle Center.SM**

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704.481.1700
www.hacres.com

Publisher:
Rev. George H. Malkmus

Editors:
Paul Malkmus, President
& Linda Vaughan,
Director of Creative Services

Senior Staff Writer: Darlene Cah

**Graphic Designers: Paula Yount
Morgan Tubbs**

Subscriptions are free!
Just send us your name & address.

In Canada:
Hallelujah Acres® Canada
130 Davis Drive • Box 36, Unit 4
Newmarket, ON L3Y 2N1
905.853.7014 • www.hacres.ca

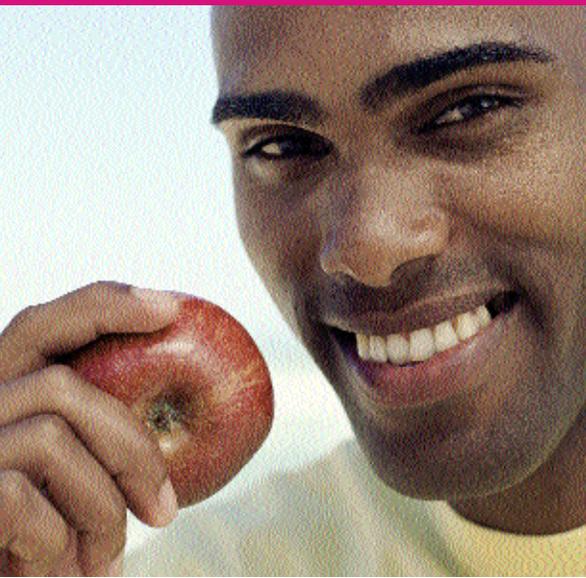
The nutritional and health information in this newsletter is based on the teachings of God's Holy Word – the Bible – as well as personal experiences and research. We do not offer medical advice or prescribe the use of diet as a form of treatment for sickness without the approval of a health professional.

Because there is always some risk involved when changing diet and lifestyles, we are not responsible for any adverse effects or consequences that might result. Please do not apply the information in this publication if you are not willing to assume the risk.

If you do use the information contained in this newsletter without the approval of a health professional, you are prescribing for yourself. This is your constitutional right, but the editor and publisher assume no responsibility.

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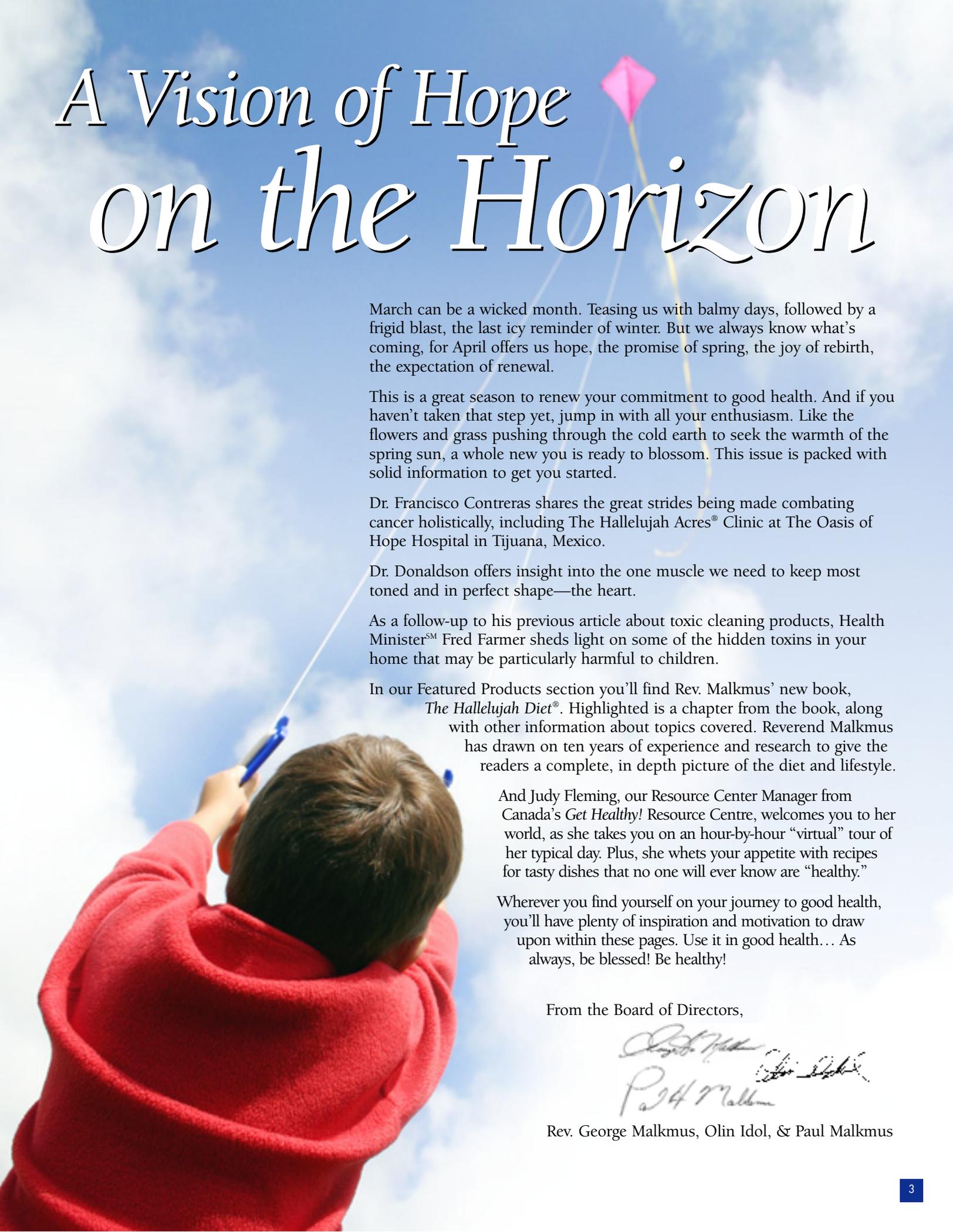
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A Vision of Hope on the Horizon



March can be a wicked month. Teasing us with balmy days, followed by a frigid blast, the last icy reminder of winter. But we always know what's coming, for April offers us hope, the promise of spring, the joy of rebirth, the expectation of renewal.

This is a great season to renew your commitment to good health. And if you haven't taken that step yet, jump in with all your enthusiasm. Like the flowers and grass pushing through the cold earth to seek the warmth of the spring sun, a whole new you is ready to blossom. This issue is packed with solid information to get you started.

Dr. Francisco Contreras shares the great strides being made combating cancer holistically, including The Hallelujah Acres® Clinic at The Oasis of Hope Hospital in Tijuana, Mexico.

Dr. Donaldson offers insight into the one muscle we need to keep most toned and in perfect shape—the heart.

As a follow-up to his previous article about toxic cleaning products, Health MinisterSM Fred Farmer sheds light on some of the hidden toxins in your home that may be particularly harmful to children.

In our Featured Products section you'll find Rev. Malkmus' new book, *The Hallelujah Diet*®. Highlighted is a chapter from the book, along with other information about topics covered. Reverend Malkmus has drawn on ten years of experience and research to give the readers a complete, in depth picture of the diet and lifestyle.

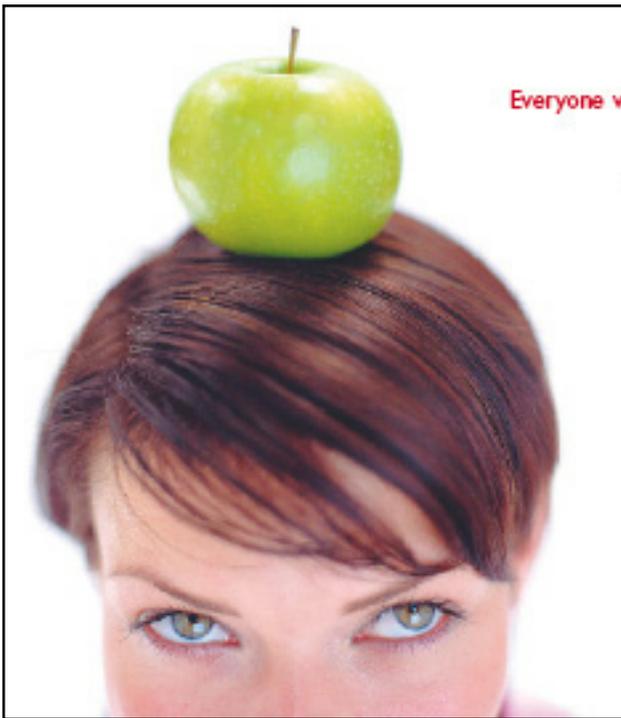
And Judy Fleming, our Resource Center Manager from Canada's *Get Healthy!* Resource Centre, welcomes you to her world, as she takes you on an hour-by-hour "virtual" tour of her typical day. Plus, she whets your appetite with recipes for tasty dishes that no one will ever know are "healthy."

Wherever you find yourself on your journey to good health, you'll have plenty of inspiration and motivation to draw upon within these pages. Use it in good health... As always, be blessed! Be healthy!

From the Board of Directors,



Rev. George Malkmus, Olin Idol, & Paul Malkmus



Win a Green Star Juicer!

Everyone who fills out our weight loss survey is automatically entered into a drawing and eligible to win a Green Star Juicer, retail value \$514.95*

Have you lost weight and kept it off on the Hallelujah Diet®?

Three out of four adults age 45-74 are overweight in the USA. Excess weight = excess disease, period. Effective sustained weight loss is a real need in our country.

Is there a way to be healthy and lose weight at the same time?

You bet there is. We believe the answer is the Hallelujah Diet®, and would like to hear from you.

If you have lost at least 30 pounds and kept it off for at least 1 year, then you can help us.

Please visit our website at <https://commerce.hacres.com/surveys/weightlosssurvey.asp> and fill out our survey. You will be contacted to verify your information. Your experience counts!

*All surveys must be completed by April 30, 2006 for our drawing.

HALLELUJAH[®] HEALTH TIP

Every week, more than 60,000 people receive Rev. Malkmus' **FREE** email health tips.

Join them and get news about what's happening in health and nutrition, read uplifting testimonies, learn to make delicious healthy recipes, and more.



Go to www.hacres.com and subscribe for **FREE** today!

GET INFORMED! GET ENCOURAGED! GET HEALTHY!

Hallelujah Diet & LifestyleSM Support Group Meetings

Meeting every month for a lifetime of health!

Join your fellow Hallelujah Diet & LifestyleSM enthusiasts every month for inspiration, encouragement, fabulous food, and more.

Learn how you can prevent illness, make great-tasting living foods, and enjoy the great health God intended for you.



March	Commit Now
April	Renewing the Body
May	Hallelujah I'm Healthy
June	On the Road Again

Contact your local Health MinisterSM for the dates and times of the Support Group Meetings near you.

From Couch Potato to King of the Courts (Tennis, that is!)

Eleven years ago, God chose to enlighten our journey through life with a unique spiritual awakening. Our successful worldly careers in the Nuclear Power industry and education system had left us comfortable but unfulfilled in our spirits. After many hours of prayer and lamenting, a decision was implemented to leave my career and to pursue a walk not dissimilar to Abraham's, "to walk by faith not by sight." I exchanged my office for an associate pastor's position at a church and our large home and worldly possessions for a fifth wheel and hours of Bible study. All was well for the next eight years spiritually, but a major change to my physical life was going unnoticed. The euphoria of nightly spiritual revival was being closely followed

by the not so euphoric gluttony of breakfast, lunch and supper buffets at various restaurants or at the churches themselves.

In time it became apparent that our pursuit of spreading the gospel had somehow spread more than the kingdom of God, namely us.

We had become fat, very fat, with all the debilitating diseases following closely behind.

To someone that had been a lifelong athlete in many sports and levels of competition, my failing physical condition became a sobering reality.

I didn't understand why I slept so late only to walk from my bed to the couch to lay there for another hour. This is where I did most of my reading, either in bed or on the couch. I only sat at the table to eat, write or counsel. After an episode with excruciating chest pains, I spoke to my daughter about possible help. She and I went to her home and consulted an online nurse about my condition. Her strong reaction prompted us to go to Galveston where my heart could be checked. After several tests and days in the hospital the decision was made to put 2 stints in my right coronary artery that was 98% blocked. The doctors were amazed that I hadn't had a heart attack. They found no damage to the heart muscle.

Needless to say, I felt much better and in time went back to my old ways. After all, I am a Christian, I was eating right (I thought), and I continued to pray for the other symptoms to be healed. How could I lose? Well, these old ways found me again with renewed chest pains.

My wife had my place on the couch (I was on my knees, not in prayer, but because it relieved the pressure and pain in my back



*Above: George Lincoln before starting The Hallelujah Diet®.
Below: George now plays tennis for at least an hour and a half every day.*

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PERSONAL STORIES OF HEALING AND INSPIRATION

DAUGHTER HELPS MOM FIGHT CANCER

“My mom was diagnosed with stage IV breast cancer, and the doctor told her that the cancer had most likely spread to other organs. My mom also had acid reflux. Her breast was so swollen she did not have a nipple, and the breast was hot and hard. The doctor told her that all he could do was remove her breast. I asked the doctor what the chances of the cancer returning were, if he removed the breast, and he answered ‘75 percent.’ I was already familiar with Dr. Lorraine Day and already had her tape *Cancer Doesn’t Scare Me Anymore*. Just 2-weeks before mom was diagnosed with breast cancer, I had been on the Internet and just happened to stumble upon The Hallelujah Diet®. So, the same day mom was diagnosed with breast cancer (July 26, 2004) I put her on The Hallelujah Diet®. Today, my mom’s sharp pains have left, the fever in her breast is gone, the swelling is leaving, and you can see her nipple again! Praise God! She has also lost 30 pounds, and no longer has to take Tums for acid reflux.”

Kay

DOCTORS GAVE HIM NO HOPE, BUT HE FOUND IT FROM ABOVE

“In February 2001, I was given up to die by the doctors, and given only 3 to 4 months to live because of a very aggressive type of brain cancer. One month before I found out I had brain cancer, I had been suffering with acid reflux problems and a friend told me about George Malkmus and the Hallelujah Diet®! I researched it and started the diet immediately. Because of my research, I knew that if I were ever faced with cancer, I would not take the harmful treatments that the ‘mainstream medical field’ tries to convince everyone, to be the only viable options. So when I had the surgery and the doctors could only get 75% of the tumor, I didn’t lose

hope and give up, but continued on the diet God had led me to. Well, after a year on The Hallelujah Diet®, the doctor said all that they could see in my MRI was scar tissue, the aftermath of the surgery. God is good, and I believe that He used this Hallelujah Diet® to help me receive my healing!”

Ed

LOST 33 POUNDS, AND DIABETES IMPROVED

“I truly – have faith – that The Hallelujah Diet and LifestyleSM is definitely the best thing we can do for ourselves. I have been on the program for nearly three months and am absolutely thrilled with the results. I’ve experienced improvement in my diabetes that is just unbelievable, and I’ve lost thirty-three pounds and even more inches! I’m wearing clothes that I’ve not been able to wear for years and I feel great! I have read many testimonies of how people who follow this plan have been healed from cancer, including Reverend Malkmus. This plan makes all the sense in the world! It truly is right that our Father in Heaven gave us an immune system and that we, through our improper eating, have damaged, causing all kinds of illnesses.

Sheila

NO LONGER LETS THE DOCTOR “FIX IT”

“We have been trapped by the medical industry and a complacent society that says ‘let the doctor fix it,’ and have never been told that we are free to choose to care for ourselves. My journey to wellness began on April 3, 1996, when I learned that I had prostate cancer. Having been programmed that you had to have cancer ‘cut out,’ on April 30, I had surgery. After I recovered enough to go back to work, I started looking for alternatives. Soon a friend told me about Rev. Malkmus and The Hallelujah Diet®. I soon met Rev.

Testimonies are a great encouragement to all those who are searching for a better way to regain and to keep their health. If you would like to submit a testimony, please email it to testimonies@hacres.com.

Please put the type of testimony on the subject line. You may also mail your testimony to:
Hallelujah Acres®
P.O. Box 2388
Shelby, NC 28151
and for Canadian residents:
Hallelujah Acres® Canada
130 Davis Drive
Box 36, Unit 4
Newmarket, ON
L3Y 2N1

Malkmus at a seminar in Texas, and began juicing. I jumped fully into The Hallelujah Diet®, and right away could see the benefit, in wellness. Now I am a self-appointed minister of wellness to my family, neighbors, and friends at work and at church. Almost every day I talk to someone who needs a healing touch that will not come from the medical industry. As a Christian, I am keen to keep my life and my teachings in balance. God created us with a body, soul, and spirit, and we must keep all three in harmony!”

Myron

THREE OF FOUR BRAIN LESIONS GONE

“Dear Rev. Malkmus, I was diagnosed with multiple sclerosis in May 2003, with 4 lesions. Fortunately, my doctor was away the week I was diagnosed, so I never started the drug therapy. I learned about The Hallelujah Diet at a Bible Study, started the diet shortly thereafter, and my symptoms – such as weakness, memory problems, numbness, balance problems, headaches, dropping things, spastic bladder, and tiredness - all went away! My eyesight has improved also and the eye doctor has had to weaken my prescription. After seeing my improvement without medication, my doctor ordered another MRI in November 2004, and 33 of 4 lesions has disappeared and no new lesions showed up! Hallelujah! God has healed my brain! I attended your “How to Eliminate Sickness” seminar there in Shelby this past April 2004 and had my picture taken with you.”

Sara



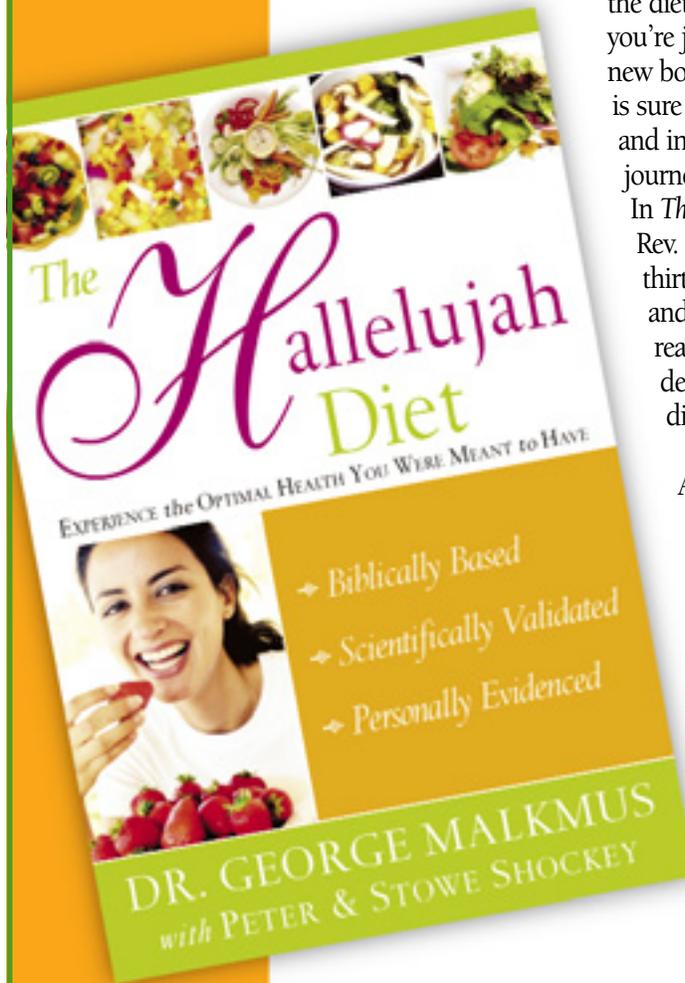
New Book!

From Rev. George Malkmus

Gain Deeper Insight into The Hallelujah Diet®

Whether you’ve been on the diet for a while, or you’re just starting out, this new book by Rev. Malkmus is sure to guide, encourage and inform you on your journey to optimal health. In *The Hallelujah Diet*, Rev. Malkmus draws on thirty years of experience and research to give readers a complete, in depth picture of the diet and the lifestyle.

As you continue on the ever-evolving process of The Hallelujah Diet®, you’ll want to refer to Rev. Malkmus’ words often.



See page 28 for details

Get Healthy! Stay Healthy! Commit to Being Healthy!

Hallelujah Acres Health Conference

Thursday, August 10 - Saturday, August 12, 2006

Look for more details in the May/June issue of *Back to the Garden!*SM

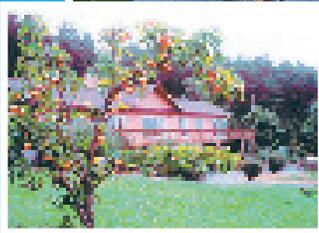
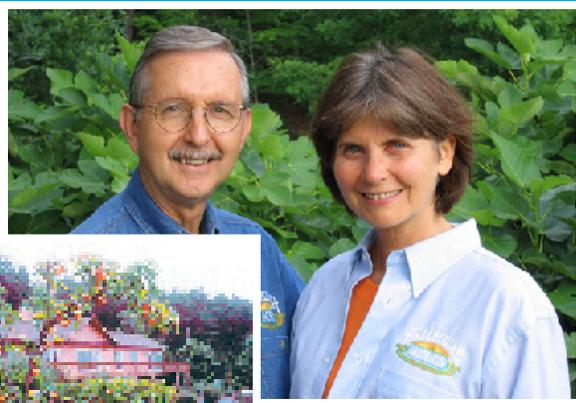
HALLELUJAH ACRES *Lifestyle Centers*SM

Retreat

Rebuild

Revive

From cancer and other life threatening diseases, to chronic pain and annoying allergies, the human body has been known to demonstrate the amazing ability to heal itself. Start your healthy journey at a Hallelujah Acres Lifestyle Center!SM



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www.halifestylecenter.com

George & Penny
Lincoln enjoying
a hike in the
Appalachian
Mountains.



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from two spinal surgeries I had as a young man) and had picked up the *Back to the Garden*[®] issue. She had just read about a man being healed of colitis, which must be a sister of diverticulitis and was encouraged to find that there was “another way.” She stated that it would be nice to have a place to eat like the articles spoke of. I informed her that there had been a restaurant but it was closed. “Well, that doesn’t do us any good. How do we learn to eat like this?” After reading about George and Rhonda Malkmus and their restaurant and the rest of that article she began looking for the answer and there it was in the middle of the magazine. Hallelujah Acres Lifestyle CenterSM! Wow! A hands-on learning experience. A place to stay. Christian based. She immediately called for a brochure and application papers. Once the application papers and brochure came in, the fight began. “I’m going.” “It costs too much.” “I’ll get the money.” “You can’t drive that far by yourself.” “I’ll fly. They’ll pick me up at the airport.” “No, I’ll drive you.” “They suggest you stop eating meat and get off all caffeine before you get there because of the detoxing.” “I’ll do it when I get there.” Which I did but I continued to eat whatever I wanted and drink coffee and diet cokes.

On the trip to North Carolina, I considered chicken and a salad at Cracker Barrel as the supreme sacrifice. When we arrived at Bev and Chet’s, I had chicken on my breath. I wanted to tell everyone that I had a chicken bone in my pocket but my wife wouldn’t allow that.

The Hallelujah Acres Lifestyle CenterSM is located in a beautiful country setting. The house was outstanding. We had a large bedroom with a private bath. We had the bottom floor to ourselves since there was only one other couple there. The downstairs included health books to read, health related videos, a TV monitor, and sitting room.

We were both too full to eat Bev’s beautifully prepared first night’s meal, but she had also fixed a nut and fruit tray for us in case we got hungry that night. And we did. That first meal was hard on us because we had never eaten anything like it. Gazpacho? Really! That night I started reading, which is what I do because of my insomnia. I read Dr. Walker’s book on juicing.

The next morning, my wife got up at 6:00 a.m. to attend the 6:30 a.m. devotional, which was optional. I stayed behind a little longer to read. At 7:00 a.m. we went on a long walk and talked of God. Chet and I very quickly out paced the ‘girls’. It was my wife who slowed Bev. When we got back Jackie, Penny, Bev, Chet and I peeled and juiced carrots for our first taste of fresh carrot juice. We were introduced to BarleyMax[®], Fiber Cleanse, Vitamin B¹² B⁶ and Folic Acid and learned when to take them during the day. Bev had food demonstrations, lessons on The Hallelujah Diet & LifestyleSM, taped testimonies, and taught us meal preparation by having us help her make the meals. We experienced a very at-home atmosphere. Each day was a new experience and by the third night, my wife was able to sleep laying down flat. No

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reflux. By the time we left, we had enough information and equipment to get started, we thought.

We planned to show my sister, Barbara, what we had learned by cooking her a simple meal. Off we went to the grocery store for organics and veggie wash. You would have thought we were speaking in unknown tongues. Veggie wash? Had never heard of it. Organics? We were shocked. Even the health food stores couldn't help. When we got home it was pretty much the same. So we had to start educating the health food store and the grocery store. We did find an organic farmer 45 minutes away. Her produce was wonderful and she could get us bags of carrots from Houston. Things were looking up.

Our friends accepted this new way of eating and living. Well, some of them did. They began eating this new way and saw their health starting to improve. Of course to provide them with juice, we were juicing 75 pounds every other day. We were the only one's with a juicer. They also joined us in the organics so we were getting boxes of fresh vegetables twice a week. All this in a fifth wheel. Then we began making the trips to Houston to get organics and carrots and supplying more to more people. Since we charged nothing but buying price we made no money. We were still getting our Hallelujah Acres® products from Bev and Chet. This made me think about becoming a Health MinisterSM so we could get our products at a discount. So we went to Health MinisterSM Training and became Health MinistersSM on July 25, 2003.

We had already shared the message of health just as we had shared the message of Jesus Christ. We didn't realize how much more we knew about all this until we saw the looks on the faces of the other trainees. Bev and Chet had trained us well. We were able to share what we knew with many of the trainees. I would certainly recommend spending time at Bev and Chet's before training at Hallelujah Acres®. The two together make for a dynamic background. We took our certificates home and continued with our work.

We continued to work with the health food store and, eventually, I began teaching there. I taught the need for changes in food as well as changes in lifestyle and then provided a cooking demonstration. I

cooked for days before the seminars and after much study wrote my own teachings. Sometimes as many as 20 people attended, and that didn't count those who helped with the presentation. (Ten or more were there to serve, wash dishes, and give testimony). Many came back time and again. They were well fed. They loved the ending, which was me making my famous live food pie. The only complaint was, "I'm too full." I also wrote a health article for the local newspaper.

Before going on The Hallelujah Diet & LifestyleSM, I suffered from obesity (between 275 to 300 pounds), high blood pressure (190/110), high triglycerides, gout in my knee and foot, chronic fatigue, arthritis, cluster headaches for months (nothing could stop the pain and no cure), sinus problems, diverticulitis, fluish symptoms, a hernia in my lower right side from being so overweight, dental problems, anger, depression, insomnia and indigestion. I kept Tums in my pockets at all times. Every time I ate, out came the Tums, lint and all.

Today, my headaches are gone, my blood pressure is normal without medication, and everything listed is gone thanks to a lifestyle change and the correct diet as stated in Genesis 1:29. If I have a 'nudge' of an old symptom, it is gone within an hour or so. No more Tums in my pockets or in the house. The hernia was surgically corrected and healing came quickly because of juicing, and The Hallelujah Diet®. I sleep very well even though there is much stress in my job. I get up each morning at 4:30 a.m., getting to work at 5:10 a.m. and coming home between 5:30 and 6:00 p.m. Does this sound like the same guy who went from bed to couch until 10:30 a.m.? Oh, I forgot my hair is coming back in! Not as fast as I would like, but it is coming back in.

Before the change of diet and lifestyle I couldn't imagine playing tennis or going for a hike and now my wife and I play tennis for at least one and a half hours and are in the market for hiking backpacks, including one for Kristen. Lord willing, our long time goal is to walk the entire Appalachian Trail.

In closing, if you are reading these words you are probably seeking to help yourself or some one with a physical, mental or spiritual infirmity. Hallelujah Acres® is a proven one-stop shop for all the help needed. The Malkmus family and their associates are the vessel that our Lord has

utilized as His hand and heart to reach millions of His children and are vastly becoming a beacon of light to the body of Christ. Beloved our heavenly Father wants you healthy and has provided the ways and means to accomplish just this.

May God bless the Malkmus family, Hallelujah Acres®, Bev and Chet Cook and mostly may God bless you for seeking His ways to optimal health, happiness and peace. If I can do it, with God's help, anyone can. ■

Serving Him by serving others.

Love to one and all,

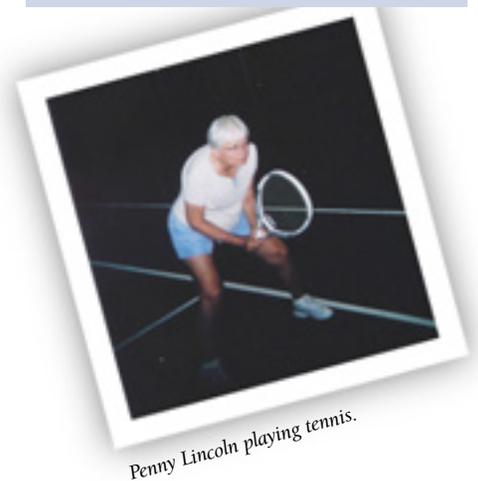
George & Penny Lincoln

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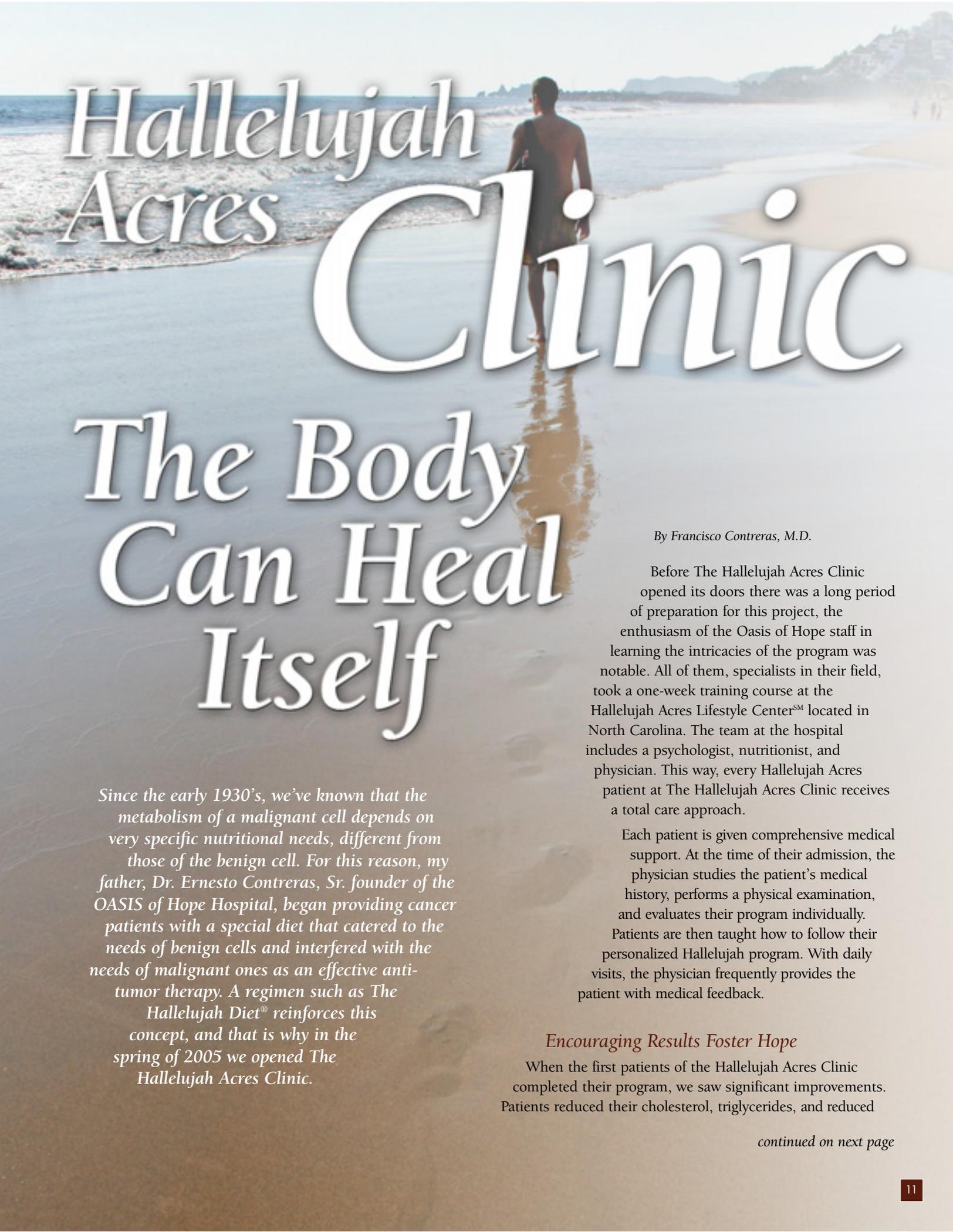
Living Life to the Max!

George writes...

"With Penny and I playing tennis at 7:00 p.m. until 9:00 or even 9:30 p.m. on a week night (sometimes twice a week) we found getting up the next morning a little difficult. Then we started taking a heaping teaspoon of BarleyMax® in about 4 ounces of distilled water before bed. Wow! The next morning we were able to make our day with no ill effects, no sore muscles, and plenty of energy. (We do play to win.)"



Penny Lincoln playing tennis.

A person is standing on a beach, looking out at the ocean. The person is seen from behind, wearing a dark swimsuit. The beach is sandy and the water is calm. In the background, there are mountains under a clear sky.

Hallelujah Acres Clinic

The Body Can Heal Itself

Since the early 1930's, we've known that the metabolism of a malignant cell depends on very specific nutritional needs, different from those of the benign cell. For this reason, my father, Dr. Ernesto Contreras, Sr. founder of the OASIS of Hope Hospital, began providing cancer patients with a special diet that catered to the needs of benign cells and interfered with the needs of malignant ones as an effective anti-tumor therapy. A regimen such as The Hallelujah Diet® reinforces this concept, and that is why in the spring of 2005 we opened The Hallelujah Acres Clinic.

By Francisco Contreras, M.D.

Before The Hallelujah Acres Clinic opened its doors there was a long period of preparation for this project, the enthusiasm of the Oasis of Hope staff in learning the intricacies of the program was notable. All of them, specialists in their field, took a one-week training course at the Hallelujah Acres Lifestyle CenterSM located in North Carolina. The team at the hospital includes a psychologist, nutritionist, and physician. This way, every Hallelujah Acres patient at The Hallelujah Acres Clinic receives a total care approach.

Each patient is given comprehensive medical support. At the time of their admission, the physician studies the patient's medical history, performs a physical examination, and evaluates their program individually. Patients are then taught how to follow their personalized Hallelujah program. With daily visits, the physician frequently provides the patient with medical feedback.

Encouraging Results Foster Hope

When the first patients of the Hallelujah Acres Clinic completed their program, we saw significant improvements. Patients reduced their cholesterol, triglycerides, and reduced

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their tumoral markers. We saw first hand what a nutritious diet could accomplish. For this reason, it is extremely important that the physician work closely with the patient's nutritionist to identify any special needs such as with deficiencies, anemia, weight, and so on.

The Hallelujah Acres® nutritionist provides each patient with enough nutrition knowledge to motivate them to follow The Hallelujah Diet® in order to experience its benefits. She meets with the patients five times a week and offers lectures on nutrition and food preparation. Patients have the opportunity to prepare their own meals, so as to make it easier for them to keep up with The Hallelujah Diet® once they go back home.

Principally, by following the diet, the patient is providing the body, more specifically the cells, with the essential nutrients that they need to recover. Patients are taught the nutritional value of elements such as fiber, flax seed, omega-3 fats, fruits and vegetables, folic acid, antioxidants and enzymes. All these are proven to impact on tumor formation/regression or some other end point of cancer at a particular site in the body.

A Diet for Individual Needs

I am convinced that God put every element on our earth for us to regain and maintain health; and that most of those elements are found in unaltered, unadulterated foods. Chronic ailments, especially cancer, are opportunistic diseases that appear because the body lacks resources to fend itself from internal and external aggressions.

At the Hallelujah Acres® Clinic patients consume only organic fruits and vegetables, juices (especially carrot juice), whole grains, legumes, nuts, seeds, and plant oils. The Hallelujah Diet® is comprised of 85 percent raw and 15 percent cooked food. It also contains supplements such as vitamin B12, BarleyMax®, probiotics, and grape seed extract to mention a few. The diet is tailored to the needs of each patient. For instance, patients with prostate cancer are recommended to include more tomatoes in their diet due to lycopene, a phytochemical

they contain which has been proven to possess antioxidant activity and the potential to reduce prostate cancer risk. Usually results can be seen within the first week, for patients with high blood pressure and weight problems, blood pressure stabilizes and weight is lost.

Education, Therapy and Spiritual Guidance go Hand in Hand

"Knowledge enhances progress" is one of my favorite quotes. Knowledge about nutrition is especially important when adopting The Hallelujah Diet® because once the patient understands why he or she is eating the vegetables and drinking the juices they become self-motivated and comfortable to adopt new eating habits. After a while the patients understand food and adopt the necessary changes and experience the benefits in their health and quality of life in general.

The Hallelujah Acres® Clinic is both educational and therapeutic. As part of the treatment each patient receives psychological and spiritual support. Individual and group therapy are imparted in order to help the patients get accustomed to their new lifestyle. The concept of responsibility is emphasized during therapy sessions. It is imperative that each patient learns how to be responsible for their body and what they do with it.

Equally important is the Spiritual support that is available through the clinic's missionaries or the hospital pastor. After all, our body is His temple.

Explore All Options for Recovery

It was essential for me to open the Hallelujah Acres® Clinic because I believe that patients have the right to all the alternatives available for recovery. In addition, many of the current cancer treatments have little to offer to many patients where orthodox therapies have failed them. Candidates for this program experience the power of what lifestyle changes can do for them when combating a chronic ailment. They will benefit from the long-lasting benefits of effective non-aggressive therapy.

This program may not be the best for all patients; in fact there is no therapy that is.

There are inclusion and exclusion criteria for every therapy. For instance, patients that for whatever reason are incapacitated to eat, or have extremely low levels of protein in their body are not candidates, but these cases are quite limited. Before we recommend this or any other therapeutic approach, we make a thorough evaluation of patients to determine the best therapy for them at that particular stage of their disease. That does not mean that The Hallelujah Diet® cannot be recommended once the obstacles to the diet are resolved. This program is not only recommended for cancer patients, but for anybody who wants to learn how to lead a healthy lifestyle, and most certainly to people with heart problems, high cholesterol or diabetes. If these lifestyle changes can reverse a tumor's growth, imagine what they can do to a healthy person to prevent disease!

Our Hope for the Future

Our main goal is to validate the anecdotal results reported by The Hallelujah Acres® program through many years of experience. There is a plethora of recent articles in the medical and scientific journals that support the anti-tumor effects of nutrients when provided in sufficient amounts. I believe that our clinic's scientific approach will provide the necessary data to assess the results in the proper statistical form and this will provide doctors the confidence they seek to recommend these therapies.

I believe we will be very successful and I hope that our results will inspire patients and non-patients to get on board.

Unfortunately, many will choose the convenience of modern life for a shorter time rather than the fruits of discipline: a prolonged disease-free life.

The Oasis of Hope staff and myself are pleased to be a part of The Hallelujah Acres® team. We are all working for the same purpose and that is to help equip the patients and their companions with the sufficient tools, including support, love, motivation, and knowledge to live a better quality of life. ■

Dr. Francisco Contreras is the President and Chairman of Oasis of Hope Hospital in Tijuana, Mexico, home of Hallelujah Acres Clinic. For more information about the program, call 1.800.842.41 3.

Hope is on the Horizon Just across the border...

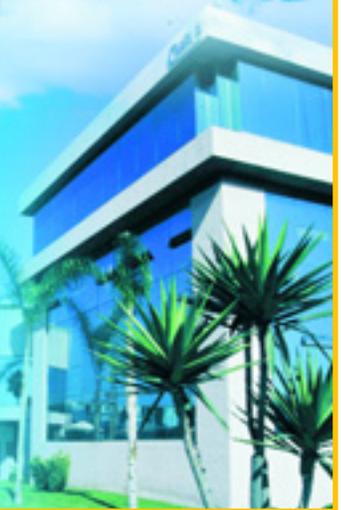


The Hallelujah Acres Clinic is a state-of-the-art alternative medical treatment facility for patients suffering from cancer and other chronic diseases. Both alternative and conventional treatments are available onsite.

During the holistic three-week program, patients:

- Are monitored daily by physicians who are qualified cancer specialists, using state-of-the-art medical diagnostic equipment
- Focus on all aspects of health to cope with their disease
- Attend classes to learn about The Hallelujah Diet & LifestyleSM and how they can easily incorporate it into their lives when they leave the clinic
- Receive spiritual support through Bible study, prayer, and devotions
- Enjoy fresh air, sun, rest, exercise

For more information, call 1.800.842.4163 or visit www.hacres.com.



How to Eliminate Sickness Seminar

Join us and discover...

- Why your diet can make you sick.
- Which are the perfect foods that God gave to mankind.
- How you can restore your health.
- Tens of thousands have done it.
- You can too!
- Attend this **FREE 3.5-hour** seminar the first Saturday of every month, starting at 10 am!

(No reservation required)

Presenter

Rev. George Malkmus,
Founder of Hallelujah
Acres[®] and Author of
*Why Christians Get
Sick, God's Way to
Ultimate
Health, The
Hallelujah Diet[®]
and You Don't
Have to be Sick!SM*

Stay for the question-and-answer session with Rev. Malkmus after the seminar. And join us for a delicious and healthy salad bar for lunch too, for only \$5.00!



Hallelujah Acres[®] Auditorium • 900 South Post Road, Shelby, NC • www.hacres.com • 704.481.1700

Hallelujah Acres® Events Calendar

March/April/May, 2006

Shelby, N.C.

900 South Post Road • Shelby, NC

How to Eliminate Sickness Seminar - FREE

Whether you're battling a life-threatening disease, or you simply want to attain optimal health, this free 3.5 hour seminar presented by Rev. George Malkmus will enlighten you and inspire you to take that first step to self-healing.

March 4 • April 1 • May 6 • Seminar Starts: 10 am

Get Healthy! Stay Balanced® Class

In this lively 9-lesson course, you will learn to achieve vibrant health in body, mind, and spirit. **March 13-15 • May 1-5**

Health MinisterSM Training

Spread the healthy word! This course teaches you how to have total health and how to manage your own local ministry. See page 18 for more information.

March 15-18

Hallelujah Acres® Culinary Academy 2-Day Course

Find out just how creative, and delicious raw food meals can be! Take this intensive 2-day course and learn to prepare everything from the basics to mouthwatering gourmet delights!

March 20-21 • April 18-19 • May 26-27

Class Hours: 10 am - 6 pm

Hallelujah Acres® Culinary Academy 2-Hour Course

Spend a fun 2 hours every month with Rhonda Malkmus learning a variety of food preparation techniques and recipes! Classes are held the Friday night before the monthly Saturday seminar taught by Rev. Malkmus. So have a healthful weekend, and join us for both!

March 3 • March 31 • May 5 • Class Hours: 7-9 pm

Hallelujah Acres® Culinary Academy - Special 1-Day Author's Class

These fun food prep classes start shortly after Rev. Malkmus' seminar! So join us for both.

March 4 - Kim Wilson, Author of Every Day Wholesome

Eating in the Raw

April 1 - TBA

May 6 - TBA

Health MinisterSM Reunion

Attention, Health MinistersSM! Come fellowship with others who spread the message, "You Don't Have to be SickSM!" Share your knowledge. Discover new tools and techniques. Gain insight, encouragement and inspiration, as you renew your commitment and kindle your passion.

April 20-22

Reunion Pre-conference - VoiceBio™ Training for Health Ministers only.

Learn how to use this state-of-the-art, innovative and non-invasive diagnostic tool to help current and prospective clients attain their healthy goals. Go to www.hacres.com for registration application.

April 19-20 - right before Health MinisterSM Reunion

Hallelujah Acres® Health Conference August 10 - 12,

Join us for our educational, informative and inspiring conferences featuring health tips for men, women & families.

Also, the return of the popular

Women's Retreat!

October 12 - 14

For the latest news, check our website:

www.hacres.com.

Programs in Shelby, N.C. are held at The Hallelujah Acres® International Headquarters, 900 South Post Road. Hallelujah Acres® Culinary Academy classes are held at 834 South Post Road (Get Healthy! Resource Center.)

Schedules are subject to change.

Newmarket, ON, Canada

Get Healthy! Resource Centre • Newmarket Plaza, Unit 4,
130 Davis Drive • Newmarket, ON Canada • 905.853.7014

Get Healthy! Stay Balanced® Class

In this lively 9-lesson course, you will learn to achieve vibrant health in body, mind, and spirit. Listed are the 3-day sessions. We also offer the same course over 5 days. For that schedule, please call us at 1.905.853.7014.

March 14-16 • March 28-30 • April 4-6

April 18-20 • May 2-4 • May 16-18

May 30-31

Culinary Academy

Learn how to prepare healthy raw soups, salads, appetizers, main courses, and desserts. Classes feature a wide variety of nutritious recipes, copies of recipes for you to take home and try in your own kitchen along with sampling recipes created during our buffet lunch.

March 4 • March 18 • April 1 • April 22

May 6 • May 20

New and Expectant Moms

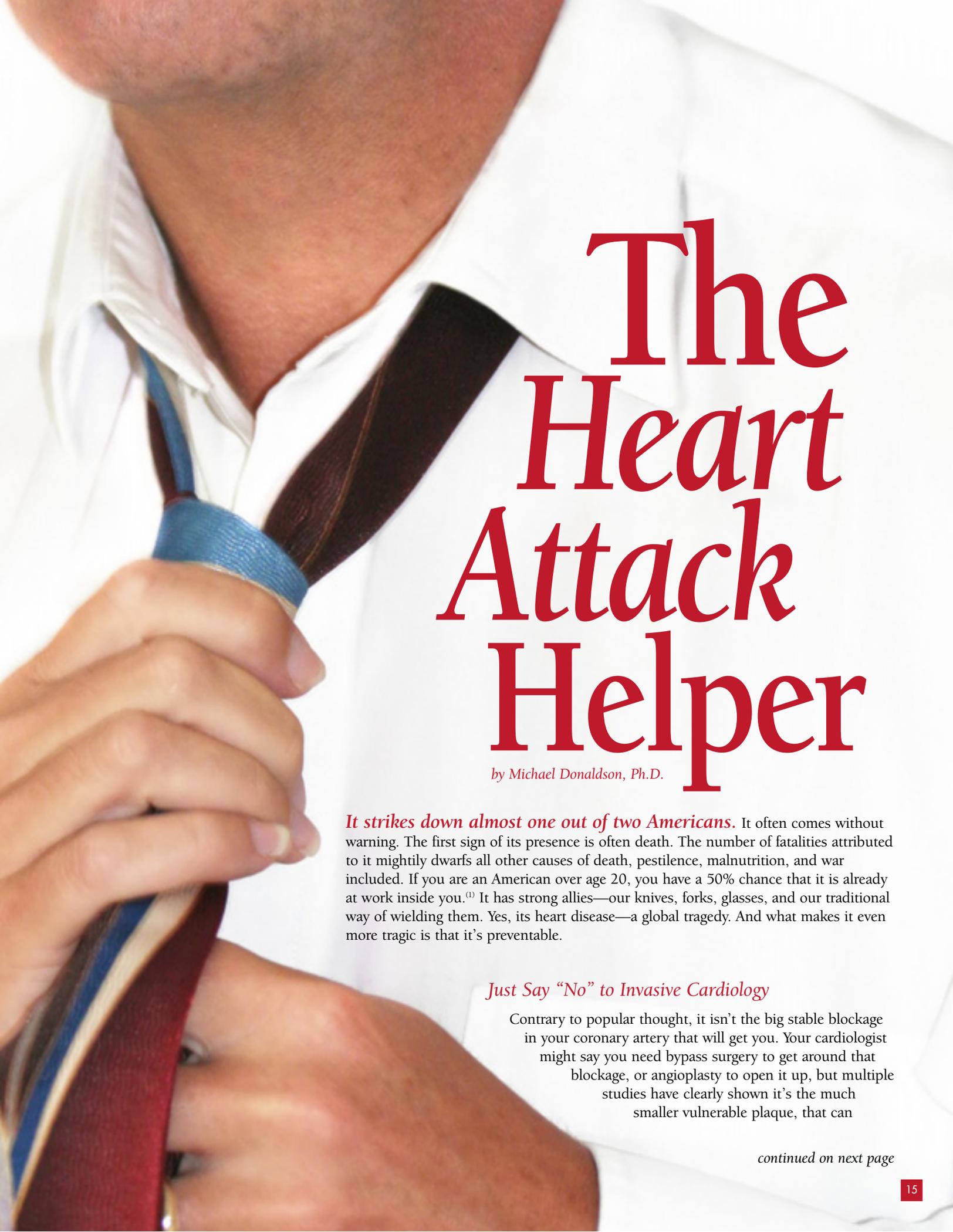
Enjoy educational lectures, videos, food preparation classes and a wonderful take home package to start that great beginning of healthy living for your baby and yourself. Menu planning, exercises, raw foods and their importance, plus much more. Call for details.

March 22 • April 26 • May 24

NEW Workshop! In the Kitchen with Judy

Visit our website to learn more about this exciting new program.

www.hacres.ca/gethealthy



The Heart Attack Helper

by Michael Donaldson, Ph.D.

It strikes down almost one out of two Americans. It often comes without warning. The first sign of its presence is often death. The number of fatalities attributed to it mightily dwarfs all other causes of death, pestilence, malnutrition, and war included. If you are an American over age 20, you have a 50% chance that it is already at work inside you.⁽¹⁾ It has strong allies—our knives, forks, glasses, and our traditional way of wielding them. Yes, its heart disease—a global tragedy. And what makes it even more tragic is that it's preventable.

Just Say “No” to Invasive Cardiology

Contrary to popular thought, it isn't the big stable blockage in your coronary artery that will get you. Your cardiologist might say you need bypass surgery to get around that blockage, or angioplasty to open it up, but multiple studies have clearly shown it's the much smaller vulnerable plaque, that can

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rupture without notice, that triggers 70% of all heart attacks ⁽²⁾.

So, the by-pass and angioplasty won't help much ⁽³⁾. The answer is to undo the things that got you to this point. Medical research has shown that lipid-lowering treatment is more effective than angioplasty ⁽⁴⁾. I've written previously (in issue #32) that high cholesterol levels were only a symptom of heart disease. By naturally lowering your total cholesterol level to less than 150 mg/dL you will be nearly risk-free of having a heart attack and you will be on your way to reversing whatever heart disease you previously had.

Hallelujah Diet® to the Rescue

So, how does The Hallelujah Diet® help you prevent a heart attack or recover from a heart attack? First, it helps reverse plaque formation in all the blood vessels of your body, not just in your coronary arteries. As LDL-cholesterol levels drop in the blood, particularly below a total cholesterol of 150 mg/dL, these plaques of lipids and inflammatory cells can be re-absorbed safely by the body and healed.

High cholesterol levels aren't caused by a deficiency of a statin drug. They are caused by dietary and lifestyle choices that are contrary to the manufacturer's specifications. The original specs are given in Genesis 1:29 and are still a guiding light for our current dietary choices. Research worldwide shows that people have safe cholesterol levels on a plant-based diet rich in fruits and vegetables ⁽⁵⁻⁸⁾.

Next, The Hallelujah Diet® is very rich in antioxidant vitamins and phytochemicals found in fruits and vegetables. These antioxidants prevent low-level systemic inflammation that is part of the underlying causes of heart disease. Vitamin C helps rebuild the arterial walls when they are damaged by blood cells flowing past. Vitamin E helps prevent blood cholesterol from becoming oxidized. It is the oxidized LDL that usually ends up in the fatty streaks that form at arterial wall injuries. Beta- and alpha-carotene (found in abundance in carrot juice) also quench free radicals.

But the antioxidant capacity of The Hallelujah Diet® goes way beyond Vitamins C, E, and carotenoids. There are many compounds in plants (phytochemicals) that have antioxidant properties and contribute to the overall supply of dietary antioxidants needed for optimal health.

The Hallelujah Diet® naturally prevents obesity and many people have found that they have successfully lost weight by focusing on getting healthy rather than on losing weight. Extra weight is a major risk factor for all diseases, including heart disease and diabetes.

The Hallelujah Diet® is rich in vitamin B-6 and folic acid, coming from fruits and vegetables, respectively. Together with vitamin B-12, which we add as a supplement, these vitamins work to reduce homocysteine levels in the blood to normal levels that are no longer associated with heart disease. Homocysteine is probably another marker, like cholesterol, of a deficiency state in the body. Supplying the fruits and vegetables in optimal quantities (and adding in the B-12) brings the body's methyl-group donor cycle into balance.

The standard American diet is very low and unbalanced in important minerals. There is way too much sodium and not enough potassium. There is too much calcium and not enough magnesium. Fruits and vegetables are naturally rich in potassium and low in sodium. Dairy products are replete with calcium but contain almost no magnesium. Vegetables, whole grains, legumes, nuts, and seeds are much more balanced in their proportions of calcium and magnesium. Magnesium and potassium are both important minerals, along with calcium, for the heart muscle to contract rhythmically, making the heart less prone to fibrillation.

Trace minerals such as chromium, selenium, and iodine are lacking in the standard American diet as well. Refined foods are very low in chromium, which makes insulin receptors more sensitive so that blood glucose tend to normalize; three of the best sources of chromium are romaine lettuce, raw onions, and red ripe tomatoes (whfoods.com). Seaweed and vegetables grown in iodine-rich soil are an important source of iodine, which is

essential for thyroid health. Hypothyroid conditions are often the result of insufficient intake of iodine and are sometimes a cause of heart disease as well. The antioxidant mineral selenium has anti-cancer properties, but also assists the body in many ways as part of the antioxidant enzyme glutathione peroxidase.

The Hallelujah Diet® also supplies essential omega 3 fats in the form of flax seed oil, ground flax seed, and a DHA supplement. These fats are very important for the heart, as it stabilizes the electrical signal in the myocardium, thus preventing fibrillation ^(9,10). Omega 3 fats also cause platelets to be less sticky, making the blood less likely to clot should a plaque rupture, and also reduces inflammation ⁽¹¹⁾.

Sunshine also provides vitamin D, as does B-Flax-D™. Vitamin D helps the heart by lowering blood pressure ⁽¹²⁾. Many people, not just vegetarians, are low in vitamin D since we spend so much time indoors.

Exercise is obviously beneficial to the heart and strengthens the entire cardiovascular system. The Aerobics Center Longitudinal Study found cardiorespiratory fitness was a strong and independent predictor of cardiovascular disease and all-cause mortality for people of all sizes ⁽¹³⁾.

Part of The Hallelujah Diet & LifestyleSM is trusting in God. This reduces stress and helps a person to eliminate dangerous anger, which contributes to heart attacks ^(14,15).

So, you can see that there are many aspects of The Hallelujah Diet & LifestyleSM that cannot be replicated by any medication or supplement. To be heart healthy requires a change in diet and lifestyle.

Does It Work

Is there proof that this diet and lifestyle method works against real heart disease? Yes, there's much more evidence than I can mention here, but the picture is clear.

- **R. James Barnard** of UCLA has done several studies demonstrating the

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Household Cleaning Products & Your Children

Protect Them from the Hidden Health Hazards in Your Home

By Fred Farmer, Health MinisterSM

If your child tends to get sick easily, or has been diagnosed with ADD or ADHD, then toxicity in your child's body could be one of the causes. Toxic elements in the air we breathe, the things we touch, and even the foods we eat, can and do manifest in physical and behavioral issues, including ADD, ADHD, and a host of others.

According to the Consumer Product Safety Commission, "150 chemicals commonly found in homes have been linked to allergies, birth defects, cancer, and psychological abnormalities."

Research also indicates that the dramatic rise in chronic health problems coincides with the increase in the use of man-made chemicals in the home. For example, in 1900, cancer rates were about 1 in 50; today, one out of three Americans will suffer from cancer. The number of nervous system disorders, as well as neurobiological disorders such as ADD and ADHD, has increased. And asthma, once very rare, is now extremely common, especially among children.

Along with other factors, scientists and doctors now link many ailments to long-term exposure to chemicals. According to the EPA, most homes have airborne

continued on page 2

Become a Health MinisterSM

You're following The Hallelujah Diet & LifestyleSM and have renewed health and vitality. Now share how you did it with the people in your life.

Learn how to build your own local health ministry.

Come to the next Health MinisterSM Training.
March 15-18, 2006
July 12-15, 2006 • Nov. 15-18, 2006
At Hallelujah Acres[®] 900 South Post Road • Shelby, NC

Share the good news that
*You Don't Have To Be Sick!*SM

Visit www.hacres.com or call 1.866.406.1025 or 1.866.478.2224 (Canada) for more information.

Prerequisites must be met prior to attending training. These include completing the Get Healthy! Stay Balanced[®] program and being on The Hallelujah Diet & LifestyleSM for a minimum of three (3) months.



GET HEALTHY!
STAY BALANCED[®]

One workshop.
Four ways to participate. Thousands of healthy, happy, vibrant people.

Learn how to overcome, and even avoid, health issues.
Understand what to feed your body so you can heal.
Soothe your mind and spirit for health inside and out.

Take the course...

Locally with your area Health MinisterSM
Go to www.hacres.com to find the one nearest you.

Online at Hallelujah Acres UniversitySM • www.hacresu.com

At Hallelujah Acres[®] headquarters
900 South Post Road • Shelby, NC • 1.800.915.9355

At a Get Healthy! Resource Center
www.hacres.com • 1.866.295.7794

Or for Canada
www.hacres.ca/gethealthy • 905.853.7014

Go to www.hacres.com for more details.

Lose weight. Detoxify your body. Get Healthy! Stay Balanced[®].

***The Get Healthy! Stay Balanced[®] program is a prerequisite for Health MinisterSM Training.**
For your convenience, we offer this schedule to coincide with the Health MinisterSM Training that immediately follows.

HEALTH MINISTER SPOTLIGHT

Regina Lewis

Last issue we heard the inspiring testimony of Pastor Dick Lewis. Now, we learn how his wife, Regina, is making the journey to a lifetime of health with him. She went from being a skeptic to finding her true calling.

When he said ‘another diet’ I just was not that excited. But being concerned about his health and wanting to support him as best I could, I agreed.” Indeed, Regina Lewis was resigned, if not quite a bit skeptical, when her husband, Pastor Dick Lewis, approached her about starting The Hallelujah Diet & LifestyleSM. “At first I was not sure I wanted to give up some of my favorite foods and thinking it would be salads all the time just did not impress me. However, we started, slowly at first, but noticed almost immediately that something was happening to us, to our bodies. It did not take long for the benefits of the diet to be seen and felt.”

As Regina’s overall well being improved, she realized she hadn’t had such energy in a very long time. The couple started talking to and learning from other people on the diet, and experimenting with new recipes. Soon, Regina was as big a believer in the program as Dick had become. One major lifestyle change is usually more than enough for the average person, but the Lord had, yet, another in store for Regina.

“It was not long until Dick threw me another curve. He wanted to become a Health MinisterSM. I was OK with that, but I knew my hubby and when he said “he,” he actually meant ‘we.’” Again, Regina hesitated, saying repeatedly she couldn’t get away from her job to attend training. After a good deal of thought, she realized she did want to become a Health MinisterSM, too. “This was not about being a good support partner anymore, it was about health and living life to the fullest. I started searching my mind, my feelings, my body and realized that something truly good was happening to me. I was losing weight, feeling great and it wasn’t hard either.” They found

a Health MinisterSM nearby who agreed to teach them the *Get Healthy! Stay Balanced*[®] class so they could qualify for the March 2005 Health MinisterSM Training session. “From the first video that I saw I was hooked. Suddenly the whole picture came together before my eyes. I knew that for years Dick and I had shared Jesus with people. But we had not in any way shared a biblically based, healthy lifestyle with people.

“Suddenly
the whole picture
came together
before my eyes...”

I saw so many of our friends and church members with illness that were not cured and they were either suffering on a daily basis or they were dying...I knew I had found a calling. After the training I understood that this was not just another “diet” but a way of life. A lifestyle designed by God for His creation. We came home from the training and within a few weeks taught our first *Get Healthy! Stay Balanced*[®] class. The couple hold monthly Support Group Meetings, are preparing to bring You Don’t Have to be SickSM seminars into their community, as well as, continue to teach the *Get Healthy! Stay Balanced*[®] class. Regina draws encouragement from students who tell of the benefits they’ve experienced with the lifestyle, and she relates that her own health continues to improve.



“No more acid reflux, no more migraine headaches, no more chronic fatigue. I’ve been on high blood pressure medication for almost 20 years. Today my meds are cut in half and I am working with my physician because we believe I will soon be able to go off the medication all together. I have so much more energy. And I have learned how to de-stress from the pressures of my hectic, full paced work situation and enjoy my life.” In addition, she’s lost 35 pounds!

Having experienced two major lifestyle changes, you’d think Regina and Dick would settle into their new lives. But, no, yet another is taking shape.

“Dick and I both have set a goal to be able, in the future, to have a Hallelujah Acres Lifestyle CenterSM or a Resource Center and share on a daily basis what we have learned through The Hallelujah Diet & LifestyleSM. God is so good and has designed our bodies to enjoy life. What an opportunity we have to share this good news with a multitude of people who are suffering and not living life at all, only existing.”

Regina Lewis can be reached at RLewisSong@aol.com

The Hallelujah Diet®

By Reverend George Malkmus

Breakfast: Upon rising, take one serving of BarleyMax®, either in capsule or powder form. (Take the powder dry, dissolving it in the mouth, or mix it in a few ounces of distilled water at room temperature.) Do not eat cooked food, or foods containing fiber at this meal, as these hinder the cleansing process while the body eliminates accumulated toxins.

Mid-Morning: Drink an eight-ounce glass of fresh vegetable juice (2/3 carrots and 1/3 greens). If fresh juice is not available, the next best choice is a combination serving of CarrotJuiceMax™, and BarleyMax® or a piece of juicy, fresh fruit. About 30 minutes later is an ideal time to use Fiber Cleanse as directed, B-Flax-D™, or freshly ground flaxseed to help maintain optimal bowel function.

Lunch: Before lunch, have another serving of BarleyMax®, taken as at breakfast. Thirty minutes later, eat either a raw vegetable salad or raw fruit. This also is an all-raw meal, as cooked food is limited to the evening meal. Fruit should be limited to no more than 15% of total daily food intake.

Mid-Afternoon: Drink an eight-ounce glass of carrot/vegetable juice. If juice is not available, a serving of CarrotJuiceMax™, BeetMax, or some carrot or celery sticks are second best.

Supper: Before dinner, have another serving of BarleyMax®, taken as at breakfast and lunch. Thirty minutes later, eat a LARGE green salad comprised of leaf lettuce (never head lettuce as it has very little nutritional value) along with a variety of vegetables. After the salad comes the only cooked food of the day, the 15% cooked food portion allowed on The Hallelujah Diet®. This could be steamed veggies, a veggie sandwich on whole grain bread, baked sweet potato, squash, etc. (If desired, Lunch and Supper can be switched, but only one meal should contain cooked food on any given day.)

Evening: If desired, a piece of juicy, fresh fruit or a glass of freshly extracted apple or pear juice may be consumed.

The Hallelujah Diet® Explained

The Hallelujah Diet®, once understood, is very simple. We follow a ratio of 85% raw and 15% cooked food each day, with the cooked food usually coming only at the end of the evening meal.

The 85% Portion

This is an abundance of God's natural foods, uncooked (raw), and unprocessed. The dense living nutrients found in raw foods and their juices are what meet and satisfy our cells' nutritional needs, so that a person no longer needs to struggle with uncontrollable hunger. These live foods are also what produce abundant energy and vibrant health. The following are items from each category that fit into the 85% portion of each day's food intake:

Beverages: Freshly extracted vegetable juices, BarleyMax®, CarrotJuiceMax™, BeetMax, and distilled water

Dairy Alternatives: Fresh almond milk, creamy banana milk, as well as frozen banana, strawberry, or blueberry "fruit creams"

Fruit: All fresh, as well as unsulphured organic dried fruit (Limit fruit to no more than 15% of daily food intake.)

Grains: Soaked oats, millet, raw muesli, dehydrated granola, dehydrated crackers

Beans: Green beans, peas, sprouted garbanzos, sprouted lentils, and sprouted mung

Nuts and Seeds: Raw almonds, sunflower seeds, macadamia nuts, walnuts, raw almond butter or tahini, and raw ground flaxseed (Consume sparingly.)

Oils and Fats: Extra virgin olive oil, Udo's Choice Perfected Oil Blend, flaxseed oil (the oil of choice for people with cancer, except men with prostate cancer, who may be better served meeting the essential fat needs through freshly ground flaxseed), and avocados

Seasonings: Fresh or dehydrated herbs, garlic, sweet onions, parsley, and salt-free seasonings

Soups: Raw soups

Sweets: Fruit smoothies, raw fruit pies with nut/date crusts, date-nut squares, etc.

Vegetables: All raw vegetables

The 15% Portion

The following foods make up the 15% portion of The Hallelujah Diet®. These cooked foods follow the raw salad at the evening meal. This cooked food portion can be very delicious, and actually proves beneficial for those trying to maintain body weight.

Beverages: Caffeine-free herb teas and cereal-based coffee-like beverages, along with bottled organic juices

Beans: Lima, adzuki, black, kidney, navy, pinto, red, and white

Dairy: Non-dairy cheese, rice milk, and organic butter (Use sparingly.)

Fruit: Stewed and unsweetened frozen fruits

Grains: Whole-grain cereals, breads, muffins, pasta, brown rice, millet, etc.

Oils: Mayonnaise made from cold-pressed oils

Seasonings: Same as the 85% portion plus unrefined sea salt (Use sparingly.)

Soups: Soups made from scratch without fat, dairy, or table salt

Sweeteners: Raw, unfiltered honey, rice syrup, unsulphured molasses, stevia, carob, pure maple syrup, date sugar (Use very sparingly.)

Vegetables: Steamed or wok-cooked fresh or frozen vegetables, baked white or sweet potatoes, squash, etc. While this list at first appears limiting, there are hundreds, if not thousands, of exciting recipes that meet these criteria. See our selection of recipe books for additional ideas.

Foods to Avoid

These foods create most of the physical problems we experience, and are NOT part of The Hallelujah Diet®. They should be eliminated from the diet as quickly as possible.

Beverages: Alcohol, coffee, tea, cocoa, carbonated beverages and soft drinks, all artificial fruit drinks, including sports drinks, and all commercial juices containing preservatives, refined salt, and sweeteners

Dairy: All milk, cheese, eggs, ice cream, whipped toppings, and non-dairy creamers

Fruit: Canned and sweetened fruits, along with non-organic dried fruits

Grains: Refined, bleached flour products, cold breakfast cereals, and white rice

Meats: Beef, pork, fish, chicken, turkey, hamburgers, hot dogs, bacon, sausage, etc. (All meats are harmful to the body and a contributing cause of most physical problems.)

Nuts & Seeds: All roasted and/or salted seeds and nuts. (Peanuts are not a nut but a legume, and very difficult to digest.)

Oils: All lard, margarine, shortenings, and anything containing hydrogenated oils

Seasonings: Refined table salt, black pepper, and any seasonings containing them

Soups: All canned, packaged, or creamed soups containing dairy products

Sweets: All refined white or brown sugar, sugar syrups, chocolate, candy, gum, cookies, donuts, cakes, pies, or other products containing refined sugars or artificial sweeteners

Vegetables: All canned vegetables with added preservatives, or vegetables fried in oil

continued from page 1

effects of low fat vegetarian diets to improve blood lipid profiles⁽¹⁶⁾, insulin resistance, and diabetes.

- Neil Barnard and others have done a few studies using low-fat plant-based diets to lower lipids in women⁽¹⁷⁾, promote weight loss and improve insulin sensitivity⁽¹⁸⁾, and improve diabetes.
- A recent randomized clinical trial recently showed that a low fat diet emphasizing nutrient-dense vegetables, legumes, and whole grains improved lipid profile better than just a typical American low-fat diet⁽¹⁹⁾.
- David Jenkins and co-workers showed their Portfolio Diet (vegetarian diet with soy, plant sterols, almonds and psyllium fiber) worked as well as lovastatin for lowering cholesterol in hypercholesterolemic men⁽²⁰⁾.

- In the Cardio2000 case-control study, Panagiotakos and co-workers showed that high levels of fruit and vegetable intake brought about a 70% reduction in risk of CHD⁽²¹⁾.
- Dean Ornish showed that a low-fat vegetarian diet could reverse blockage of coronary arteries⁽²²⁾.
- Dr. Esselstyn found the same thing to be true with his patients⁽²³⁾.
- Singh and co-workers found that adding antioxidant rich foods to a prudent diet vastly improved survival after a heart attack⁽²⁴⁾.
- Dr. William Castelli, former director of the Framingham study, was publicly supportive of plant-based diets for their proven cardiovascular protection⁽²⁵⁾.
- An analysis of 5 large cohort studies found that men with favorable cholesterol profile, normal blood pressure, and non-smoking status had much lower rates of disease and lived 6 to 9 years longer⁽²⁶⁾.
- Eighty-two percent of the coronary events in the Nurses' Study was attributed to not following a low risk diet and lifestyle⁽²⁷⁾.
- In a combined analysis of over 120,000 men and women Joshipura and co-workers found that green leafy vegetables and vitamin C-rich fruits and vegetables lead to lower rates of CHD⁽²⁸⁾.

Does it work? Do your own research. The evidence shows anything short of changing your diet and lifestyle only deals with symptoms and not with causes. It's your choice. What will you choose? ■



Michael Donaldson, Ph.D. is Research Director of the Hallelujah Acres® Foundation. His research studies have been published in many medical and nutrition journals, including BMC Complementary and

Alternative Medicine, Nutrition & Food Science, and Nutrition Journal.

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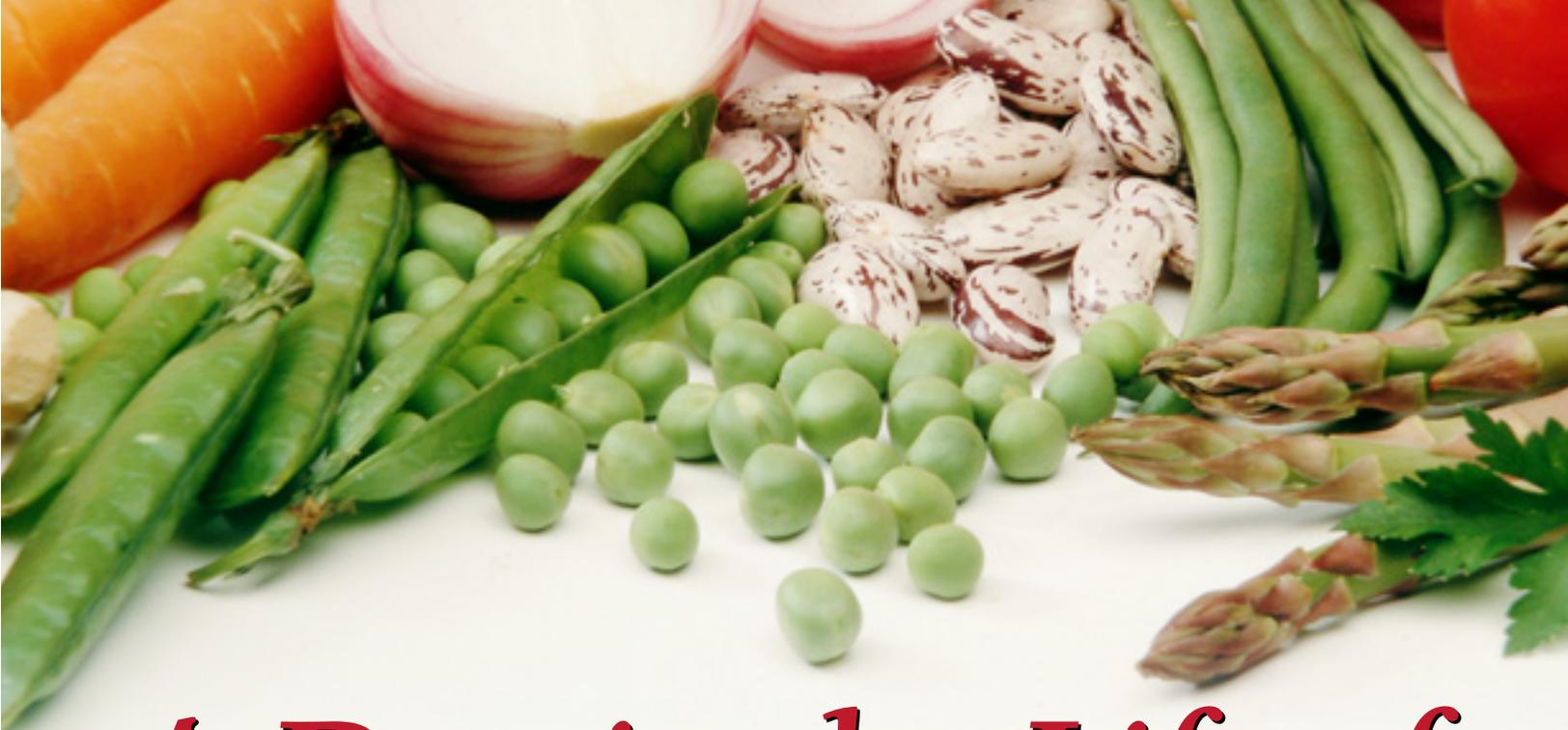
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A Day in the Life of Judy Fleming

*Judy Fleming, Manager of
the Get Healthy! Resource
Centre in Newmarket,
Ontario, Canada*

*Many people ask me how do I live this
lifestyle? Is it easy? How do I handle family
and friends?*

First thing I did was send my family and friends a letter. It stated very clearly how I loved and respected them, and I wanted the same love and respect back from them. Since I would not tell them how to live their lives, I wanted them to allow me to change the way I lived so I could improve my health. As a result of our mutual respect, I have never been made fun of, or told to stop what I am doing. By my example, I showed others how The Hallelujah Diet & LifestyleSM changed my

continued on next page



continued from previous page

life—I lost over 30 pounds and was able to stop taking my many painkillers!

Welcome to My World...

Are you ready to start your virtual day with me? This is the daily routine that I follow, and that I teach to my classes so everyone can enjoy the same benefits I have for the last 7 1/2 years.

6:30 am - When I wake up I read some Scripture, since I started this I have more peaceful days and nights.

6:45 am - I have my first BarleyMax®. 1 tsp straight from the bottle, I let it sit in my mouth while I do my stretching exercises.

7 am - I take a large glass of distilled water while I do 30 minutes of aerobic exercise using the Make Me Ready video.

8 am - As I leave for work I have an 8 oz glass of Carrot/Vegetable juice, 2/3 carrots 1/3 other vegetables.

During the morning I make my raw Flax Seed Cereal. I use B-Flax-D™ to conveniently get my flax-seed, B12, B6 and Vitamin D (during the winter I get little sun).

With a busy day the time will vary, between noon and 2 pm I have another BarleyMax® then 1/2 hour later lunch.

Lunch consists of a Green-Smoothie. Recently I realized I was not getting

enough greens so I decided to put them in a smoothie for lunch. This consists of 3 cups of greens, 1/2 cup fruit, herbs and water, blended in the Vita-Mix and served in a large glass. Blending allows me to get more nutritional value as it is more easily digested. Being busy, I often missed lunch altogether before I started making these Green-Smoothies, now I can drink as I work.

During the afternoon I have a nut snack. This snack aids in keeping my weight consistent (for over 20 years I was 30 pounds overweight, now I am my ideal weight, as long as I eat the right food!). One thing I see in my work is most people either do not eat enough, therefore they are underweight, or they eat too much of the starches, therefore they are overweight. I have no problem staying my ideal weight by following my daily routine.

5 pm - I take another spoonful of BarleyMax® and let it dissolve while I do 15 minutes on the Rebounder, then I have a large glass of distilled water.

6 pm - I am ready for another glass of Carrot/Vegetable juice.

For supper I make a large salad. During the cold months I have some cooked food usually in the form of a cooked vegetable soup. I leave the starchy foods like potatoes, pasta, rice or bread for the times I eat out since I have found in the past these are the things that put the weight on.

8 pm - I get ready for the next day. I believe if we prepare for the next day we will have a better night's rest. I make a list of what I want to accomplish the next day, then I have the pleasure each night of crossing off the list what I managed

to do. I take time to re-evaluate my list if I have many items I did not get done. I also have a blank notebook by my bed so when I wake up thinking about things I can jot them down, then I go back to sleep more easily.

9 pm - I am ready for bed, so I have a great sleep then I wake-up the next morning before my alarm!

I have included some of my favorite recipes. They are nutrient full and easy to prepare, as well as, being so good for you. Enjoy!

Editor's Note: Judy's meal plan and routine are specific to her needs, with regards to nutrition and her busy schedule. Of course, everyone's routine will vary due to individual goals, health and tastes. For those just starting out on The Hallelujah Diet & LifestyleSM, you may need a little more latitude with regards to food choices and variety. This is perfectly acceptable. Keep in mind this is a lifestyle, an ever growing and changing process. As you learn more about nutrition and yourself physically, emotionally and spiritually you will refine your plan to meet your needs.

To participate in any of Judy's Resource Centre Food Preparation classes, please call (905) 853. 014 or see our calendar of events on page 14.



You Can Create Delicious Meals and Snacks!

JUDY'S RAW FLAX SEED CEREAL

(this is for 1 person)

Five reasons why I have this cereal everyday.

- 1) Good source of Omega 3 & 6
- 2) Has our essential fatty acids
- 3) Good source of living protein
- 4) Good scrubbing fiber and
- 5) Helps to fill me up until lunch.

I use our B-Flax-D™ during the winter months when I do not get enough sun during my days, it's also a convenient way to get my B12, B6 & Folic Acid daily.

In a cereal bowl put:

- 4 tbsp (1/4 cup) flax seed
- 1 tsp of spices (eg. cinnamon or allspice, nutmeg, cloves, ginger)

For variety add one or some of the following:

Sunflower, pumpkin, sesame or poppy seeds, unsweetened coconut or ground nuts

Now add one of the following liquids:

- 1/2 c. of your fruit smoothie
- 1/2 c. almond milk
- 3/4 c. apple, banana or berry sauce (to make this just blend 1 apple, 1 banana or 1/2 c. berries with water)

Stir until it is like a porridge, add more liquid to keep it moist.

JUDY'S RAW SALAD DRESSING FORMULA

You need 3 main ingredients to make a tasty dressing. These are something acidic, a fat, and seasoning. I find dressings are best if mixed in a blender so the flavours mix well, this can be done ahead and then kept cold until ready to serve with your salad (they keep well for 3-5 days in the fridge).

Take equal parts of the acidic and fat then season to taste.

Acidics: lemon, lime, tomato, apple cider vinegar, orange, grapefruit

Fat: extra virgin olive oil, flax seed oil, Udo's oil, avocado, nuts or seeds

Seasoning: garlic, onion, herbs (basil, cloves, oregano, paprika, sage, thyme, rosemary, allspice, cinnamon, cloves, nutmeg, ginger, etc...)

By mixing the above combinations you can make an unlimited variety of salad dressings.

Two of my favorite dressings are:

Spicy Tomato Dressing

- 1 small tomato
- 2 tbsp extra virgin olive oil
- 1 tsp garlic powder
- 1/2 tsp cayenne pepper
- 1 tsp minced fresh ginger

Oriental Twist

- 1/4 c. apple cider vinegar
- 1/4 c. Udo's or Flaxseed oil
- 1 tbsp Bragg's Liquid Aminos
- 1 tsp garlic powder
- 1 tsp honey

JUDY'S RAW ANYTIME COOKIES

Makes 3-4 dozen small round balls. Preparation time: 5 minutes

What makes these cookies so easy is that they do not have to be cooked. They are great as a breakfast food, or as a snack anytime. They are a great source of Omega 3, protein, essential fatty acids.

Put the following into your food processor and blend well:

- 1 c. each of — almonds, sunflower seeds
- 1 c. organic raisins and/or dates
- 1 c. unsweetened coconut

For best results, soak nuts and seeds in distilled water overnight.

You can substitute other nuts or seeds such as brazil nuts, pecans, hazelnuts, pumpkin seed

Add the following to the nut mixture in your food processor, and blend well:

- 1/4 c. apple butter
- 1/4 c. coconut butter (oil)
- 1/4 c. carob powder (optional)

Mix well then roll a spoonful into a ball, you can roll each ball in more coconut or leave plain. Serve right away. They keep well for a few days in the fridge or freezer.

continued from page 1

concentrations of hazardous chemicals that are two to five times higher than outdoors. One EPA report concluded that toxic chemicals in household cleaners are three times more likely to cause cancer than outdoor pollution. And in a study conducted over a 15-year period, women who worked at home had a 54% higher death rate from cancer than women with jobs away from home; it concluded that the increased death rate was due to daily exposure to hazardous chemicals in ordinary household products. If these are some of the results for adults, what may they be for our children?

The Mt. Sinai School of Medicine in New York ran a series of ads in The New York Times alerting parents to the dangers and threats of toxic chemicals to children's

health. These ads were not about children accidentally dying from swallowing household chemicals; instead, they were about the links between brain cancer in children and toxic chemicals in the house. (Visit www.childenvironment.org to see specific scientific data.) According to Dr. Philip Landrigan, Director of Mt. Sinai's Center for Children's Health and the Environment, "Asthma, allergies, cancer, and a range of maladies from skin irritations to fatigue and behavior problems can be directly linked to chemicals in households." Of course, in addition to these kinds of long-term exposure dangers, there are millions of accidental poisonings of children every year that would not happen if people used safe products.

So what exactly are the safe products? Are the citrus and orange cleaners safe to

use? The substance used in these cleaners is derived from orange peels and/or pine bark, commonly shown as D-Limonene or Terpenes in the list of ingredients, and is found in most "natural" citrus cleaner brands. Because they are plant-based, they are advertised as "green" and assumed safe. But according to the EPA, "Some salesmen [of citrus cleaners] are quick to point out that terpenes are 'generally recognized as safe' by the FDA and that they are found in a myriad of products, from food additives to toothpaste. Unfortunately, toothpaste is not often used for industrial cleaning. Yes, terpenes are safer to use than many solvents, but to compare a terpene food additive to a terpene paint stripper is not only misleading, it is reckless. Terpene cleaners are mildly neurotoxic. They are known to cause respiratory distress and/or irritation and that 'pleasant citrus fragrance' can very quickly become nauseating. There is a controversy about the carcinogenicity of D-Limonene."

Many environmentally-friendly and national-brand companies use this popular orange substance in their products, giving the impression that it is safe because they are using a natural ingredient. The truth is, these companies are mixing a natural ingredient (or sometimes only an orange fragrance) with a questionable ecotox profile to give consumers the impression of safety, which is ultimately questionable.

So how can you be sure that your cleaners are safe, and that you are not compromising your health or the health of your children and family? Check the labels for the ingredients and get rid of the ones that contain hazardous ingredients. (See the sidebar for a list of some of the most common toxic ingredients in household cleaners.) Then replace them with ones that are user-safe and non-toxic; without harsh chemicals, abrasives or solvents; are non-caustic, non-corrosive, non-flammable, non-fuming, and non-reactive; and do not contain any volatile organic compounds. For more information about where you can find safe and effective cleaners, contact Hallelujah Acres® or visit a health food store near you. ■

Toxic Ingredients in Common Household Cleaners

Ammonia: Eye irritant, can cause headaches and lung irritation. If mixed with chlorine, it releases toxic chloramine gas. Short-term exposure to this gas may cause mild asthmatic symptoms or more serious respiratory problems.

Ethylene glycol: (*found in all-purpose cleaners*) Causes eye damage, skin, nose, throat and lung burns.

Chlorine: In cleaning products, chlorine bleach (sodium hypochlorite) is a lung and eye irritant, and if mixed with ammonia or acid-based cleaners (*including vinegar*), chlorine bleach releases toxic chloramine gas. Short-term exposure to this gas may cause mild asthmatic symptoms or more serious respiratory problems.

Sodium hydroxide: (*found in bathroom cleaners*) Causes skin, nose, throat and lung burns.

Isopropyl Alcohol: (*found in glass cleaners*) Causes central nervous system disorders, causes liver and kidney disorders.

Hydrochloric Acid or Sodium Acid Sulfate: (*found in toilet bowl cleaners*) Can burn the skin or cause vomiting, diarrhea and stomach burns if swallowed; also can cause blindness if inadvertently splashed in the eyes.

Nitrobenzene: (*found in furniture and floor polishes*) Causes skin discoloration, shallow breathing, vomiting, and death; associated with cancer and birth defects.

Perchloroethylene or 1-1-1 trichloroethane solvents: (*found in spot removers and carpet cleaners*) Can cause liver and kidney damage if ingested; perchloroethylene is an animal carcinogen and suspected human carcinogen.

Phenol [jeb1] and Cresol: (*found in disinfectants*) A corrosive that can cause diarrhea, fainting, dizziness, and kidney and liver damage.

Formaldehyde: (*a preservative in many products*) Suspected human carcinogen; strong irritant to eyes, throat, skin, and lungs.



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Where the art of food prep is made easy!



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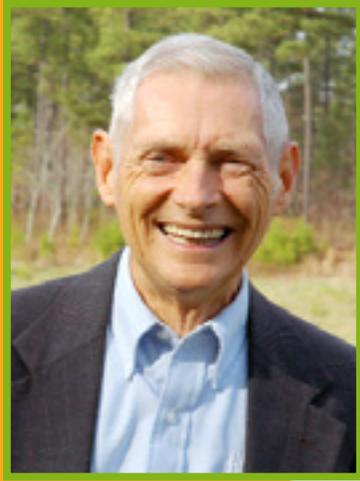
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Take this intensive 2-day course and learn to prepare everything from the basics to mouthwatering gourmet delights!

Culinary Academy- Canada

Please see the Hallelujah Acres Events Calendar on page # for dates and special topics!



New Book! From Rev. George Malkmus! Gain Deeper Insight into The Hallelujah Diet®!

Whether you've been on the diet for a while, or you're just starting out, this new book by Rev. Malkmus is sure to guide, encourage and inform you on your journey to optimal health. In *The Hallelujah Diet*, Rev. Malkmus draws on thirty years of experience and research to give readers a complete, in depth picture of the diet and the lifestyle.

As you continue on the ever-evolving process of The Hallelujah Diet®, you'll want to refer to Rev. Malkmus' words often.

In this enlightening book Rev. Malkmus covers:

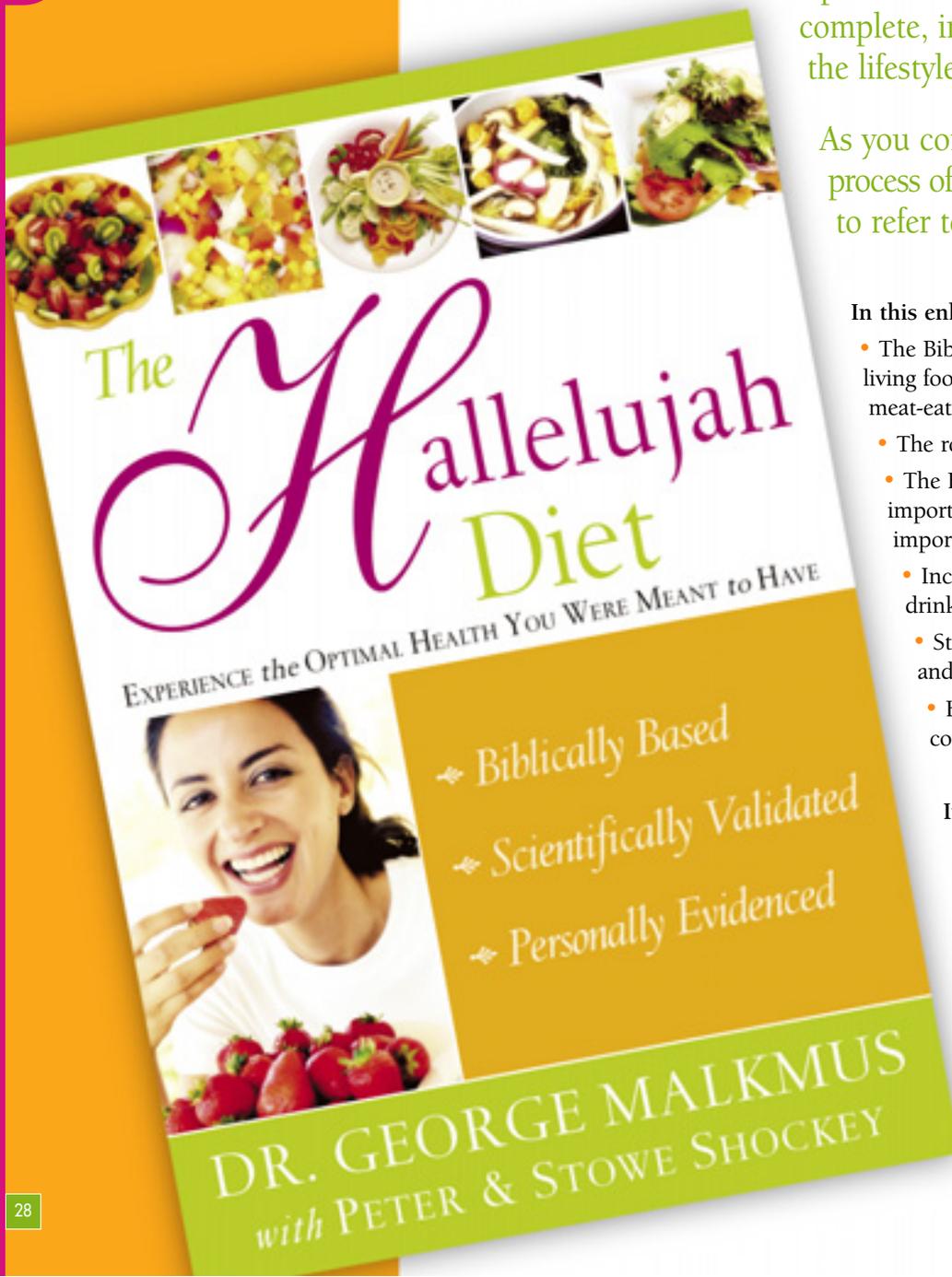
- The Biblical foundation of the diet and God's living foods as opposed to man's deadly meat-eating way
- The role of modern medicine in our society
- The Hallelujah Diet® in detail, including the importance of eating living, organic foods and the importance of juicing
- Incorporating exercise, sunlight, fresh air and drinking clean water into our lives
- Stress and emotional balance, depression and the importance of getting adequate rest
- How to make choices, set goals to chart the course for success

Includes:

- Comments by doctors attesting to the diet
- Inspiring testimonies by people who have been cured of various diseases, including Cancer, Diabetes and Depression, among others
- Recipes, worksheets, journals, recommended reading, and much more

#215

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Following are some excerpts from Chapter Two of Rev. George Malkmus' new book

The Hallelujah Diet

“And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat (food)” (Genesis 1:29).

In Genesis Chapter 1, verse 29, God gave Adam and Eve, and all of mankind that would follow, the ideal way to nourish their marvelous physical bodies. Now for a moment, let's consider the setting - God had just finished creating the physical body of Adam. Then He, God, the Creator, placed Adam, the creation, in a garden called Eden, where He, God, the Creator had already created and placed within, all manner of plant life (fruits and vegetables, seeds and nuts), in anticipation of Adam's arrival. See Genesis 1:11-13.

In Genesis 1:29, God told Adam that these fruits, vegetables, seeds, and nuts, in the garden, that He had previously created, were to be Adam's food. Who would know better what Adam's physical body had been designed to be nourished with, than the very Creator of that physical body?

Thus man was to forage for his food, just like all of the rest of God's animal creations. All that was necessary for man to do, to obtain the nutrients necessary to sustain his life, was to go into the garden and harvest the living plant foods God had placed there. This pristine garden had been prepared by God to be man's beautiful home and source of nourishment.

Once in the garden, almost immediately, our eyes are drawn to an apple tree, covered with beautiful brilliant red apples that are shimmering and glimmering in the sunlight. Instinctively we are attracted to the beauty, the smell, and ultimately the taste and texture of that apple, which is full of nutrients. Real food appeals to our sight, touch, smell, and taste when in its natural unadulterated state.

Now since those apples contained nutrients to nourish the physical body, how was man to get those nutrients contained within that apple, from the cellular level of the apple to the cellular

level of the body, where those nutrients must eventually arrive if they are going to nourish the physical body?

Instinctively, the man goes to the tree, plucks a beautiful apple from the tree, and instinctively takes a bite from that apple. But now I must ask a very important question? Are the nutrients in that apple immediately available at the cellular level of the body as fuel and nourishment as soon as that bite of apple is taken? Obviously, the answer is “no.”

So what is the next step? What do we have to do with that bite of apple? Instinctively, we start chewing that bite of apple with the teeth God had placed in the mouth at the time of man's creation, so that apple could be processed in preparation for swallowing and digesting. Once we swallow that first bite of apple, it begins its journey through the digestive tract, a system God designed to be the means of processing that apple and placing it into a form the physical body could utilize as fuel and nourishment.

For the next approximately seventeen hundred years, from creation to the flood, man's life was sustained by this Genesis 1:29 diet, as God had designed! And scripture reveals that during those seventeen hundred years, on this pure raw vegan diet, man lived to an average age of 912 (age of patriarchs at death), without a single recorded instance of sickness.

It wasn't until after the flood, which covered all plant life, in Genesis 9:3, that God gave man permission, (possibly for survival purposes because all plant life had been destroyed by the flood), to eat the flesh of the clean animals. Interestingly, it was only after God allowed man to consume animal flesh into his physical body, that we read of the first instance of sickness, and man's lifespan starts dropping dramatically, from an average lifespan of 912 years on the pure Genesis 1:29 diet before the flood, to 110 years



within 10 generations on a cooked, meat based diet, after the flood.

Well, here we are some 6,000 years after God gave mankind the Genesis 1:29 diet, and what are we placing into our beautiful God made bodies for food? Well, if we are honest, very little of what God designed these physical bodies to be nourished with. Instead of eating our fruits and vegetables raw as God designed, we cook them, thus destroying all of the enzymes (life force) within them, as well as a high percentage of the nutrients. But that is just the beginning of the defiling. Just look at all of the junk foods and sugar and alcohol based beverages being consumed. Are we not defiling our bodies today, with what we are putting into them on a daily basis?

Preachers like myself, dedicate their lives to serving the people in our churches. However, for far too long now, we have only ministered to their spiritual needs, while relegating their physical needs to prayer and the world's medical system. Jesus ministered to more than just the people's spiritual needs; he also ministered to their physical and emotional needs. In III John 2, we are told of God's will for His people concerning their physical bodies:

“Beloved, I wish above all things that thou mayest prosper and be in health . . .”

The Hallelujah Diet® Products



#441

BarleyMax® This blend of two of nature's most nutritionally dense foods - raw organic barley and alfalfa grass juices - is a convenient powder form of those juices that gives you one of the widest spectrums of naturally occurring nutrients available in a single source. BarleyMax® offers a high level of enzymatic activity, which is necessary for building new, strong, healthy and vital cells in your body. Available in 4.2 oz and 8.5 oz powder; vegetarian capsules; and an alfalfa-free powder.

- #440 4.2 oz powder \$21.95
- #441 8.5 oz powder \$34.95
- #442 240-ct vegetarian capsules \$29.95
- #453 BarleyMax® AF (Alfalfa Free) 8.5 oz powder \$34.95



#452

CarrotJuiceMax™ For those times when you simply can't juice fresh carrots and leafy green vegetables, you can use this convenient juice powder, made from organic carrots, to give you practically all of the nutrients available from fresh carrots. High in nutrition and naturally sweet, with no artificial ingredients, CarrotJuiceMax™ is the perfect fresh juice substitute.

- #452 16-oz powder \$39.95

BeetMax Another great fresh vegetable juice substitute you can use is BeetMax, a juice powder made from organic beets, which are a rich source of two powerful antioxidants: betacarotene and Vitamin C. BeetMax contains no artificial ingredients and gives you the best of this fresh organic juice in this convenient powder form.

- #451 8.8-oz powder \$32.95

Fiber Cleanse Contains 28 herbs in a psyllium and flaxseed base to help you cleanse the colon, restore optimal bowel function, and ensure timely elimination of toxins from the body - a must for achieving optimal health. Use Fiber Cleanse during the first 2-3 months on The Hallelujah Diet®. Not recommended for pregnant or lactating women, or for long-term use. Available in powder and vegetarian capsules.

- #445 16-oz powder \$29.95
- #445-C 240-ct vegetarian capsules \$29.95



#451

B-Flax-D™ This multi-nutrient powder contains stabilized ground flaxseed, a valuable source of soluble and insoluble fiber as well essential fats (Omega 3's); Vitamin B12, which has been shown to prevent nerve damage; Vitamin D, which assists the body in the absorption of important minerals like calcium; and seleno-yeast, a source of the mineral selenium, which has antioxidant activity that helps protect the immune system by preventing the formation of free radicals that can damage the body. B-Flax-D™ is formulated specifically for long-term use, providing an easy transition for those who have been utilizing the Hallelujah Acres® Fiber Cleanse product.

- #456 3-lb powder \$19.95

Organic Flax Seed After the first 2-3 months on The Hallelujah Diet®, you can take freshly ground flaxseed to help maintain excellent colon health and optimize immune system and cellular functions. To prevent the contents from going rancid, grind only as much as needed for daily consumption.

- #433-6 6-lb container \$15.95



#445



#456



#433-6

Vitamin B12, B6 and Folic Acid If you are following The Hallelujah Diet®, you should consider taking a supplement to ensure an adequate level of B12 in your body. The body is designed to produce B12 in the intestinal tract under optimal conditions, but this nutrient is not readily found in a primarily vegan diet. Unfortunately, today's diet and lifestyle does not allow for optimal production of B12 in many individuals. The Hallelujah Acres® sublingual vegetarian B12 tablet includes vitamins B6 and Folic Acid to give you additional health benefits. A must for pregnant women.
#450 60 vegetarian tablets \$14.95



#450

Udo's Choice Perfected Oil Blend One tablespoon per day of this cold-pressed blend of organic flax, sunflower and sesame seed oils, combined with oils from oat and rye germ, will give you the essential omega-3 and omega-6 fatty acids the body needs to achieve and maintain good health. Recommended for long-term use. (Please note: we are unable to ship these glass bottles outside the 48 contiguous United States.)
#427 17-oz bottle \$21.95

Flora Flax Oil Get all the benefits of omega-3 and omega-6 essential fatty acids without consuming fish oil! EFAs contribute to immune system development, digestive support, healthy brain function, smooth skin, circulation, and anti-aging. Certified organic, Flora Flax Oil is unrefined and cold-pressed using a unique manufacturing technique that avoids light, heat and oxygen to protect the fragile essential fatty acids. To guarantee freshness, each bottle is shipped within one week of pressing and the completion of quality testing, and includes a "date pressed" and "best before" date. Shelf life is six months refrigerated, one year frozen.
#436 17-oz bottle \$16.95



#427

Light Grey Celtic Sea Salt Celtic sea salt is treasured as the finest condiment in France and many other countries outside the United States. Free of any processing, it is dried only by the hot summer sun and wind, and harvested by salt farmers who gather it from the marshes. Its gray color is attributed to the pure clay of the basins, which ionizes the many minerals in the salt, making it richer in electrolytes. Because Light Grey Celtic Sea Salt is sun-dried, it retains the ocean's moisture, which helps lock in many vital trace elements.
#431 1-lb bag \$6.95
#430 1-lb bag – Fine Ground for Salt Shakers \$12.95

Hand Mixer Our hand mixer is perfect for mixing any of our Max powders easily and conveniently. It uses just two AA batteries, is small enough to bring with you practically anywhere, and blends BarleyMax®, CarrotJuiceMax™ or BeetMax into a smooth, tasty treat.
#403 Hand Mixer – White \$5.95



Shaker Cup This handy 7" tall shaker cup holds 16 oz. of liquid, and is perfect for mixing any of our powder products, like BarleyMax® or B-Flax-D™, with your favorite juice or distilled water. To make measuring easy and convenient, ounces are shown on the side of this white frosted cup with a green Hallelujah Acres® logo.
#404 16-oz Shaker Cup \$2.95



Eden Sea Salt Sea salt contains many essential trace elements such as magnesium and potassium! So sprinkle this fine quality, French, hand-harvested salt to add a hint of flavor to your dishes!
#435 14-oz jar \$4.95



#436



#431



Hallelujah Acres® Antioxidant This broad-spectrum antioxidant formula protects you from most types of free radicals. It includes: vitamins A, C, and E; various minerals, botanicals, antioxidant nutrients, and other naturally occurring phytonutrients; select antioxidant enzymes, including GliSODin™, the only orally effective form of SOD—known as the Master Antioxidant; and digestive enzymes that help maximize the delivery and absorption of the antioxidant ingredients.
#455 60 vegetarian capsules \$27.95



Hallelujah Acres® Digestive Enzymes Our Digestive Enzymes supplement contains live enzymes that help improve digestion and the absorption of nutrients from the foods we eat. If you eat cooked or processed foods, most of the enzymes in those foods are essentially destroyed, so it is especially important for you to take a supplement of living enzymes.
#447 90 vegetarian capsules \$24.95



Hallelujah Acres® Intestinal Balance This unique supplement contains a proprietary blend of ingredients that packs a powerful punch for your health. Special enzymes break down the outer shell of particular pathogenic bacteria in the intestinal tract, which can proliferate quickly and cause many health issues if not brought under control. Botanicals bring them under control with their antibacterial functions, and probiotics help your body to rebuild the friendly bacteria necessary for a healthy intestinal tract and strong immune system.
#449 60 vegetarian capsules \$24.95



Microhydrin This is a potent supplement that helps to improve the body's internal environment by safely increasing the alkaline level and the antioxidant potential of blood and body tissues, thereby counteracting the typically unhealthy conditions we live with today. It enhances the absorption of nutrients, facilitates the flow of oxygen into cells, improves the chemical condition of body fluids, helps rid the body of toxins and free radicals, and restores energy and wellness to the body. After taking this supplement, Rev. Malkmus noticed an almost immediate increase in his stamina, strength, and energy.
#434 60 vegetarian capsules \$39.95



Micro-Max This supplement helps overcome the consequences of the increasing micronutrient deficiencies in our foods by providing the essential trace minerals necessary for good health. The seaweed, a natural marine plant from which the micronutrients are derived, is harvested and dehydrated to exact standards in order to concentrate and to preserve maximum levels of the naturally occurring trace minerals.
#432 100 capsules \$14.95



Hallelujah Acres® Probiotic A healthy intestinal tract is host to over 400 species of bacteria—both pathogenic and “friendly” flora—with the friendly flora being predominant. The Hallelujah Acres® Probiotic is a well-formulated and stable probiotic supplement that (1) survives the acid/bile conditions of the intestinal tract and (2) aids in maintaining a healthy balance of “friendly” flora. This helps inhibit the proliferation of pathogenic bacteria, produce B vitamins, and maintain overall optimal colon health.

Everyone benefits from taking the Probiotic supplement, and we especially recommend it for pregnant and nursing mothers, individuals on antibiotics, anyone undergoing pelvic or abdominal radiation treatments, and those who suffer from gastro-esophageal reflux disease.
#446 90 vegetarian capsules \$24.95



Balanced Woman Many women experience hormonal imbalances due to a lack of progesterone and an excess of estrogen in the body. This all-natural progesterone cream, derived from wild yams, can help balance the hormonal system.
#443 2-oz dispensing pump \$24.95

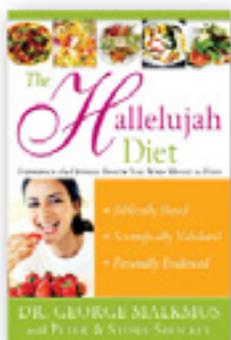


DHA DHA is an essential fat that is necessary for optimal development of the brain and the retina of the eye and, therefore, is of utmost importance for the fetus during pregnancy and the first year of life. DHA is available to breast-fed infants through mother's breast milk, but unfortunately, the amount found in mother's breast milk has decreased by 67% in the past 60 years. Because of the decrease, it may be helpful for nursing mothers to include a regular supplement during pregnancy and the first year of nursing or for a supplement to be included for babies who are not breast-fed.

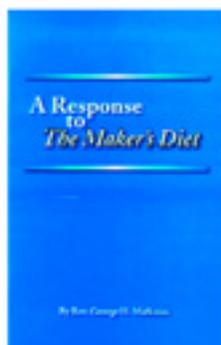
DHA is also becoming more recognized as a vital nutrient for adults as well. While there is limited conversion to DHA of the Omega 3's (ALA) found in flaxseed and walnuts, scientific evidence points to the benefits of supplementing with DHA. After months of research, we are pleased to make available the only Vegetarian Source DHA supplement we have found that meets our high standard of purity and potency.
#426 60 vegetarian capsules, 100 mg. each \$23.95



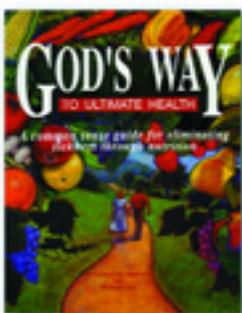
Nutritional Essentials Natural Choice Product's Nutritional Essentials is a great tasting, vanilla flavor, whole food supplement that provides a stable variety of essential nutrients. This includes highly concentrated antioxidant vitamins and pro-oxidant nutrients including tocotrienols, which have been found to exert powerful antioxidant, anticancer and cholesterol-lowering capabilities, and when combined with the 22 essential and non-essential amino acids and a superior form of B Complex create a synergistic effect that can provide up to 100 times more powerful an antioxidant function than either pycnogenols or grape seed extracts alone. This product is also a great liver detoxifier, a real help in today's toxic-filled world.
#421 10 oz container \$29.95



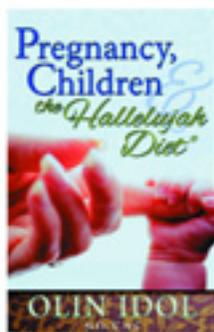
NEW! The Hallelujah Diet by **Rev. George Malkmus** Whether you've been on the diet for a while, or you're just starting out, this new book by Rev. Malkmus is sure to guide, encourage and inform you on your journey to optimal health. In *The Hallelujah Diet*®, Rev. Malkmus draws on thirty years of experience and research to give readers a complete, in depth picture of the diet and the lifestyle. **#215** \$14.95



A Response to The Makers Diet by **Rev. George Malkmus** Backed by Biblical truths and scientific studies, Rev. Malkmus reveals its inaccuracies, and passionately refutes each of Rubin's 12 "myths," which include advocating the consumption of meat. Rev. Malkmus also exposes Rubin's contradictory accounts about which diet actually cured Rubin of Crohn's disease. A real eye-opener, Rev. Malkmus' rebuttal will help strengthen your commitment to attain the health and joy God intends for you. **#204** Paperback, 64 pages \$2.95



God's Way to Ultimate Health by **Rev. George Malkmus with Michael Dye** is the ultimate nutritional guidebook, and has everything you need to know about how to return to God's original plan for nourishing the human body. Read what the Bible says about diet and how modern science supports this Biblical wisdom. This cornerstone book of *The Hallelujah Diet*® contains 282 pages of vital information and real-life testimonies—a book that many people say saved their lives. **#202** Paperback, 282 pages \$18.95



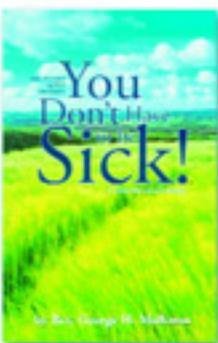
Pregnancy, Children, and The Hallelujah Diet® by **Olin Idol, ND, CNC** Infants and young children have special dietary needs that require special considerations. In *Pregnancy, Children, and The Hallelujah Diet*®, Olin Idol, N.D., C.N.C., discusses these unique needs and provides practical advice to ensure their nutritional requirements are met. This book is a must read for anyone already with child or contemplating having one. **#209** Paperback, 100 pages \$8.95



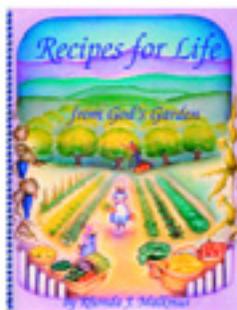
Why Christians Get Sick by **Rev. George Malkmus** is the most important book Christians can read, after the Bible. It delves into the questions of why we get sick, and provides the Biblical answers. With more than 150 Bible verses, this book clearly shows how we can avoid sickness and disease and experience superior health through a natural diet and lifestyle. Also available in Spanish. **#201R** Paperback, 159 pages \$13.95 **#201S** Spanish version: \$8.95 (Original Cover)



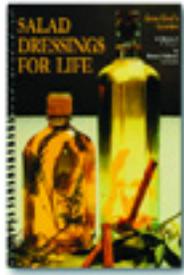
NEW! Hallelujah Holiday Recipes by **Rhonda Malkmus** Holidays times with family and friends are some of the most cherished memories. But what do you serve and eat, if you want to stay true to your healthy lifestyle? Over the years, many people on the *Hallelujah Diet*® have asked this very question. Now, in her cheerful and encouraging manner, Rhonda Malkmus shares over 300 recipes that will help you create new healthy holiday traditions. She also includes "Helpful Kitchen Tips" and a handy "Guide to Planning a Holiday Party." And in the spirit of giving, Rhonda has added a "Gifts to Share" section with many creative gifts you can make, including "Cookies in Jar," a "Mexican Bean Soup Mix," and a variety of cheerful basket arrangements. **#205** Paperback, 272 pages \$19.95



You Don't Have to be Sick: A Christian Health Primer by **Rev. George Malkmus** is an inexpensive booklet that summarizes *The Hallelujah Diet & Lifestyle*™ while answering Biblical health questions that Rev. Malkmus has received over the years. Personal testimonies and several famous studies on diet and nutrition are included as well. Also available in Spanish. **#206** Paperback, 49 pages \$3.95 **#206S** Spanish version: \$3.95



Recipes for Life... From God's Garden by **Rhonda Malkmus** helps you put into practice what you learn from *God's Way to Ultimate Health*. With more than 400 nutritious and delicious recipes, you will see that healthy food really does taste wonderful! It also has important chapters on how to feed children, young adults, and even babies. Includes daily menu suggestions, index lists, and a glossary of ingredients. **#203** Spiral-bound, 358 pages \$24.95



Salad Dressings for Life... From God's Garden by Rhonda

Malkmus contains 117 great recipes that will make your salads livelier than ever. Includes healthy recipes for salad dressings of all types: oil-based; seed- and nut-based; vegetable-based; apple cider vinegar-based; fruit-based; and avocado-based. You can have lots of variety on The Hallelujah Diet®, and Rhonda will show you how.

#208 Spiral-bound, 64 pages \$13.95



Healthy 4 Him by Health

MinisterSM Julie Wandling continues to bring you motivational information, the pros and cons of all-raw eating, tips and timesavers, and ways to implement The Hallelujah Diet® on a shoestring budget. Includes more than 100 new and different recipes for cooked and raw foods.

#212 Paperback, 200 pages \$17.95



Hallelujah Kids by Health

MinisterSM Julie Wandling Julie Wandling has done it again, and this time for your kids! As a follow up to her successful *Thank God for Raw* and *Healthy 4 Him* recipe books, *Hallelujah Kids* provides a wealth of recipes for all occasions that will please even the pickiest of eaters.

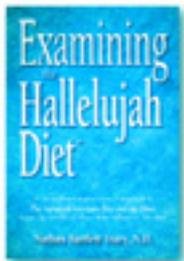
#376 Paperback, 164 pages \$19.95



Thank God for Raw by Health

MinisterSM Julie Wandling will show you how to prepare healthy meals your whole family will eat, even your kids! And if you want to lose weight in the process, and keep it off for good, you can with these recipes. You master the fine art of preparing raw foods in creative, tasteful ways with the more than 100 simple and delicious recipes, as you bring fun and flavor to those you love and serve. Inspiring personal testimonies will also uplift you.

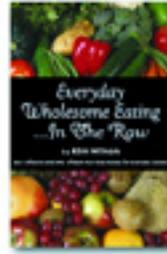
#211 Paperback, 167 pages \$17.95



Examining The Hallelujah Diet®

by **Nathan Tracy, ND**, discusses the nutritional implications of The Hallelujah Diet® in comparison to the Standard American Diet (SAD), and addresses the effects upon the health of those who adhere to The Hallelujah Diet®. This extremely informative book is easy to read and to understand, and shows you that the body will heal most diseases if given proper nutrition and protection from toxins.

#213 Paperback, 144 pages \$9.95



Everyday Wholesome Eating... In the Raw by Health MinisterSM

Kim Wilson helps you create quick, easy, delicious, and inexpensive meals using raw foods. Covers the basics of raw food—ingredients, tools, sprouting made simple, and transitioning to raw food eating—with reliable, delicious recipes for juices, fruits, salads, dressings, sauces and condiments, dips and fillings, soups, entrees, snacks, desserts, and treats.

#374 Spiral-bound, 260 pages \$17.95



Simple Weekly Meal Plans by

Health MinisterSM Marilyn Polk is a handy month-long meal planner that will help everyone on The Hallelujah Diet & LifestyleSM—from newcomers to seasoned followers! Offering four weeks worth of menus, shopping lists, and recipes, this book is an excellent resource to help you transition to The Hallelujah Diet®, or add new recipes to your repertoire. And with the menus and recipes for holidays and special occasions, you can make every day a Hallelujah day!

#214 Paperback, 66 pages \$8.95



Juicing With Rev. Malkmus

Hear it straight from Rev. George Malkmus himself as he discusses the many aspects of juicing, and effectively answers the question, “Why juice?” He personally demonstrates how to assemble, use and clean the Green Life and Green Power juicing machines, as well as how to properly clean your veggies, and gives many helpful hints on the process of juicing. He also shows you how to make a delicious frozen treat that everyone will enjoy.

#269DVD DVD – 75 minutes \$12.95

#269 VHS Video – 75 minutes \$12.95



How to Eliminate Sickness

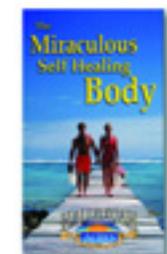
2002 Understand the basics of why we get sick and how we can nourish our bodies in order to restore them to health. When you get the DVD, VHS, CDs, or audiotapes of the How to Eliminate Sickness seminar, you will change your thinking forever as to what nutrition is and what it is not.

#231 Audio Cassettes (2) \$12.95

#265 Audio CDs (2) \$12.95

#266DVD DVD Video (1) \$24.95

#266 VHS Video (1) \$24.95



The Miraculous Self-Healing

Body You can learn about the dangers of the Standard American Diet (SAD) and hear for yourself the evidence that improper diet is the leading cause of almost every physical ailment. Five leading health experts, including Dr. Neal Barnard, Dr. Joel Fuhrman, Dr. John McDougall, Dr. Russell Blaylock, and Rev. George Malkmus, discuss all this and reveal the secrets to a healthy, vital, disease-free body. A very powerful video! Available in VHS and DVD formats.

#219DVD DVD Video \$17.95

#219 VHS Video \$17.95



Six Months to Live by Charles Snyder This is one of those books that you won't be able to put down! Health MinisterSM Charles Snyder has written a combination Robinson Crusoe meets Genesis 1:29 in an action-filled, fiction adventure that you hope will never end!

Stranded on an unknown island, whether by shipwreck or plane failure, God has carefully assembled a very special group of people who experience the change of their lives. One by one, they undergo complete healing of their physical

illnesses, all while encountering torrential storms, pirates, hidden caves, and, above all else, God's Grace.

Snyder's own journey from debilitating arthritis to complete health was pivotal in the creation of his characters, who show us that God is not a respecter of persons, but of conditions.

#378 Paperback, 175 pages **\$8.95**



Healing for Life Testimony Video Series See and hear for yourself compelling testimonies from everyday people who have successfully dealt with various illnesses and experienced a renewed level of health while following the Hallelujah Diet & LifestyleSM. Medical authorities also provide scientific facts that corroborate the guidance given in the Bible about how to handle health issues and attain good health. Available in DVD and VHS formats; please specify your preferred format when ordering.

#293 5-Video Set **\$21.95**
#293-1 Arthritis & Osteoporosis Only **\$4.95**
#293-2 Cancer Only **\$4.95**
#293-3 Diabetes Only **\$4.95**
#293-4 Weight Issues Only **\$4.95**
#293-5 Fibromyalgia & Lupus Only **\$4.95**

Food Show Series



The full set of the eight videos in the Food Show Series will show you how you CAN follow The Hallelujah Diet[®], both in and out of your own kitchen. Titles include: *Let's Get Started*; *Choices, Variety, and Convenience*; *Basics for Great Recipes*; *The Hallelujah Diet[®] at Work and on the Road*; *Feeding Our Children*; *A Day on The Hallelujah Diet[®]*; *Holidays and Special Occasions*; and *Eating in*

the Outdoors. Available in DVD and VHS formats. Titles also available individually.

#230DVD DVD Video – 8-Video Set **\$119.95**
#230 VHS Video – 8-Video Set **\$119.95**

Food Show Video 1 **Let's Get Started**

In this first video of the Food Show series, see a couple transform their Standard American Diet (SAD) kitchen to one that supports The Hallelujah Diet[®]. Entertaining and informative, it will help you learn about the foods you should and should not have in your kitchen; the helpful food prep equipment; and tips for grocery shopping. It is a great reference to help you or anyone you know get started on The Hallelujah Diet[®].

#221DVD DVD Video, 35 minutes **\$14.95**
#221 VHS Video, 35 minutes **\$14.95**

Food Show Video 2
Choices, Variety, and Convenience From the beginning to the end, this second video in the Food Show series shows you a vast array of choices for the evening meal. See how to prepare salads and dressings, raw soups, and other delicious dishes, as well as tasty treats like cookies and ice cream.

#223DVD DVD Video, 34 minutes **\$14.95**
#223 VHS Video, 34 minutes **\$14.95**

Food Show Video 3
Basics for Great Recipes The third video of the Food Show series teaches you how to prepare some of the basic ingredients used in many of the recipes found in Rhonda Malkmus' *Recipes for Life* recipe book. Get this video and add more variety to your diet!

#224DVD DVD Video, 25 minutes **\$14.95**
#224 VHS Video, 25 minutes **\$14.95**

Food Show Video 4 **The Hallelujah Diet[®] at Work and on the Road**

This video gives you many recipes for meals and snacks that you can take with you practically anywhere. Based on what you learn from this video, you'll be able to easily answer those questions about what to eat while you are traveling, at work, eating out, or at a friend's house.

#225DVD DVD Video, 21 minutes **\$14.95**
#225 VHS Video, 21 minutes **\$14.95**

Food Show Video 5
Feeding Our Children Children have special nutritional needs, and it is vital that we ensure they are receiving all the precious nutrients their bodies require. This video provides ideas for feeding healthy foods to infants, toddlers, and young children, as well as for feeding schedules and the foods to avoid.

#226DVD DVD Video, 25 minutes **\$14.95**
#226 VHS Video, 25 minutes **\$14.95**

Food Show Video 6
A Day on The Hallelujah Diet[®] This video takes you through a complete day on The Hallelujah Diet & LifestyleSM. Dave, the video host, does a great job of explaining The Hallelujah Diet[®], and prepares a delicious Shepherd's Pie and a variety of home-made pizzas to show you how delicious this diet can be.

#227DVD DVD Video, 34 minutes **\$14.95**
#227 VHS Video, 34 minutes **\$14.95**

Food Show Video 7
Holidays and Special Occasions You really can enjoy holiday favorites and eat healthy! We loaded this video with tons of recipes for meals and desserts that you can serve with holiday flair. Learn how to make healthy stuffing, cranberry sauce, entrees, even eggnog, and more!

#228DVD DVD Video, 53 minutes **\$14.95**
#228 VHS Video, 53 minutes **\$14.95**

Food Show Video 8
Eating in the Outdoors In this video, you get plenty of exciting ideas for your next picnic or when you're entertaining outdoors. Learn how to make great snacks, salads, desserts, drinks, as well as other picnic foods like potato salad, coleslaw, sun burgers, and tacos. There's even a recipe for potato chips that no child, young or old, could resist.

#229DVD DVD Video, 45 minutes **\$14.95**
#229 VHS Video, 45 minutes **\$14.95**

Kitchen Equipment & Accessories



#549

Green Star Juicer The Green Star Juicer crushes fruits and vegetables rather than cutting them, and expels a drier pulp, which keep the nutrients in the juice instead of the pulp. Also makes wheat grass juice, baby foods, nut butters, bean curd, fruit smoothies, and more. Pasta maker, rice cake maker, and soft fruit attachments are also available.

#549 White

\$514.95



#511

Green Star Juicer Attachments Use these attachments to make fresh, whole grain pasta and rice cakes, as well as soft fruit for toppings, desserts, and more!

#556 Pasta Maker Attachment

\$42.95

#557 Rice Cake Maker Attachment

\$17.95

#558 Soft Fruit Attachment

\$7.95

Champion Juicer This is a masticating juicer, which breaks up the cells and fibers of food, forcing its nutritional value into the juice. In addition to juicing fruits and vegetables, you can make banana ice cream, baby food, nut butters, and more. Available in Almond and White. Commercial model with a stainless steel shaft and heavy-duty winding in the motor to handle high-volume or high-frequency usage is also available.

#510AHA Almond

#510WHA White

NEW! #510BHA Black

\$269.95

#511 Commercial Model (White Only)

\$309.95



#5900

Waterwise 9000 Steam Distiller Produces pure water by steam distillation. Kills bacteria, germs, and removes foreign particles. Easy to use and easy to clean. Makes 1 gallon in 4 hours. New, non-leaching, food-grade, removable plastic boiling tank for easy filling and cleaning. Recessed heating base reduces scale buildup. Fan-delayed start for improved efficiency.

#5900 White

\$399.95



#500US8

WaterWise 8800 Deluxe Purifier This is the newest model of the WaterWise water distillers. The Model 8800 features steam distillation with carbon filtration for maximum purity, and it effectively removes up to 99% of unwanted impurities. You can enjoy 100% distilled water from the carafe anytime with the drip-less stop-and-serve feature. The multi-function read-out lets you know the time of day, when to change the filter, and has a programmable start-up feature for when you are away.

#500US8 White

\$299.95

Waterwise 4000 Distiller This compact countertop water distiller produces one gallon of pure water in four hours, perfect for everyday family consumption.

#5400 White

\$269.95

WaterWise KleenWise This product will clean and de-scale your distiller for maximum distillation.

#502 40-oz

\$13.95

Spirooli Jazz up your meals with this Hallelujah Acres® favorite! Turns zucchini, beets, potatoes, fruits and other vegetables into "spaghetti!" This 3-in-1 turning slicer features an interchangeable blade system that's fast, safe and easy to use, allowing you to shred, slice and chip veggies and fruits for family meals and snacks. The sturdy suction legs grip your kitchen counter. To use, simply insert your vegetable, turn the crank and shred away!

#516 Spirooli

\$19.95



#5400



#502



#516



KitchenAid 12-Cup Food Processor This model is stylish, powerful, versatile, and convenient. With 700 watts of power and 12-cup capacity, this food processor handles the most demanding jobs. Use the exclusive 4-cup mini-bowl and mini-blade as a mini-chopper, and the dough blade will mix and knead ingredients to perfect consistency. Includes a tall feed tube, two-piece food pusher, and accessory case. Bowls, blades and discs are dishwasher safe. This is THE food processor for every kitchen!
#609 KitchenAid 12-Cup Food Processor \$199.95

Vita-Mix Turbo Blend 4500 The Vita-Mix 4500 is an excellent blender and food processor, useful in a variety of tasks from blending salads to preparing delicious raw soups. Note that it is not a juicer because it does not separate the juice from the pulp/fiber. However, it is an excellent tool for food preparation.
#4500 Vita-Mix Turbo Blend \$349.95

Tribest Personal Blender Versatile, portable, and delivers powerful ice-crushing, smoothie-making, seed-grinding, sauce-blending functions wherever you plug it in. Compact and smartly designed, it is THE all-in-one, high-powered wonder. Comes with four single-serving Blend-N-Serve cups. Get the Tribest blender with the 6-lb. Golden Organic Flaxseed and save over 17% off the combined regular retail and shipping price.
#584 Personal Blender \$89.95
#584-FLAX Personal Blender with 6-lb. Golden Organic Flaxseed \$96.00

Excalibur® 2900 Food Dehydrator Dehydration is the most nutritious way of preserving food. With proper temperature and airflow, fruits, vegetables, and herbs can be dried so that enzymes and other nutrients are kept intact. This family-size economy model features an adjustable thermostat with a temperature range of 85° to 145° F, and provides even airflow throughout for consistent drying across all trays. Comes with nine trays and a total of 15 square feet of drying area. Sheets for making fruit rolls also available.
#580 Excalibur 2900 Food Dehydrator \$214.95
#589 Fruit Roll (1-sheet) \$9.95

The CitriStar™ Citrus Pro Juicer Enjoy a tall glass of refreshing orange juice or a tumbler of tangy grapefruit juice. And be assured that it's fresh and full of the vitamins that may reduce the risk of heart diseases, high blood pressure and some forms of cancer—because you're not buying it packaged, you're making it yourself with the powerful CitriStar™ Pro Juicer. This quiet, yet powerful, compact juicer extracts the beneficial juices with minimal time and effort, so you and your family can enjoy your favorite fresh citrus juices anytime. Features a unique, high-clearance, stainless steel spout, which prevents clogging and ensures continuous operation.
#519 CitriStar™ Pro Juicer \$49.95

SnackMaster Pro Food Dehydrator Delivers exceptional value and flexibility. Perfect for making snacks. The adjustable thermostat has a range from 95° to 155°F, which allows you to get the most nutritious results by keeping enzymes alive. The fan forces heated air through the exterior pressurized chamber and across each tray for fast and even drying, alleviating the need to rotate trays and preventing the mixing of flavors. Delivered with 4 trays; expandable to 12 trays with Add-A-Tray sets. Sheets for making fruit rolls also available.
#585 SnackMaster Pro Food Dehydrator \$89.95
#586 Add-A-Tray Two-Tray Expansion Set \$19.95
#588 Fruit Roll (2-sheet set) \$9.95

NEW! Toss & Chop Veggie Cutter Chopped salads are all the rage! Now you can create these healthy, easy-to-chew salads in a matter of minutes—right in the bowl. The elegant Toss & Chop Veggie Cutter is an innovative, hand-operated cutlery device that helps you prepare food faster and neater, with minimal clean up.

- Chop salads, veggies and a variety of other foods right in the bowl!
- Made of high performance fiberglass filled resin material
- Ergonomically designed handle made of Santoprene® rubber gives you a soft grip feel
- Spring action makes it easy and safe to use
- Blades are high quality stainless steel with a micro serrated edge
- Never needs sharpening

#611 Toss & Chop Vegetable Cutter \$29.95



#609



#4500



#584



#580



#611



#585



#519





#582

Kitchen Equipment & Accessories

Braun Flaxseed Grinder To get the benefits of flaxseed, you need to grind it before you consume it. Use this handy grinder to grind your flax and other seeds for salad toppings, as ingredients in crackers and other snacks, and to add a bit of zip to your smoothies.

#582 Braun Flaxseed Grinder \$18.95



#583

Salad Spinner This salad spinner makes easy work of getting water out of your lettuce and leafy vegetables after you wash them. Simply place your cleaned greens in the basket, and the centrifugal force of spinning draws water off the greens and into the bowl, giving you drier, crisper veggies for your salads.

#583 White \$24.95

Fresh Sprouter You can grow your own sprouts and cereal grasses, like wheatgrass, right in your own kitchen with the Fresh Sprouter. Made for indoor use only, in room temperatures of 65°F to 85°F, it features an automatic sprinkling system to produce fresh, nutritious, and tender sprouts. The Fresh Sprouter is inexpensive to operate, easy to clean, and lets you to enjoy nutritional natural food all year round.

#606 Fresh Sprouter \$99.95



Chop & Chop® Cutting Mats Here's a new twist on a kitchen essential! These versatile cutting mats are flexible so you can cut all your juicy fruits and crisp veggies, then scoop up the sides of the mat to form a funnel and pour your mixture into a bowl. No need to worry about losing bits and pieces off the side of the board! Choose from two convenient sizes, or get both!

#480L Large 18" x 24" \$6.95

#480S Small 12" x 18" \$3.95



#606

Evert-Fresh Green Bags® Keep your carrots crunchy, romaine lettuce crisp, sweet bananas yellow...even fresh cut flowers perky! These revolutionary bags extend the life of your produce, retaining valuable vitamins, by 3 to 10 times longer—without chemicals. Only Evert-Fresh Green Bags® are made of a Japanese mineral that naturally absorbs the gases that produce enzymes, which cause vegetables to deteriorate. They also maintain a high level of humidity and reduce light. Celebrating a wedding or other special occasion? These bags will keep your flowers fresh days before the event.

#525LG 10-Pack Large 21.1" H x 9.1" W x 6.6" D \$6.95

#525MD 10-Pack Medium 17.1" H x 7.1" W x 4.1" D \$3.95

#525SM 10-Pack Small 15.1" H x 5.9" W x 3.9" D \$2.95



#534

Rada Knives Mince, slice and dice with ease. Made in the USA since 1948, these surgical-quality, stainless steel knives feature permanently cast, solid satin-finished aluminum handles that feel just right in your hand—balanced and comfortable. The hollow-ground blades feature a precision, concave surface that keeps their edge and sharpness. Lifetime Guarantee.

#534S01 Rada S01 Set (Peeling, heavy duty/regular paring) \$11.95

#534S02 Rada S02 Set (Slicer, utility, reg paring) \$14.95

#534S18 Rada S18 Set (Reg paring, veg peeler, tomato slicer) \$14.95

#534B Rada Old Fashioned Butcher Knife \$7.95

#534RP Rada Regular Paring Knife \$4.49

#534GP Rada Granny Paring Knife \$4.49

#534C Rada Cook's Utility Knife (not pictured) \$5.95

#534V Rada Deluxe Vegetable Peeler (not pictured) \$6.95

#534T Rada Tomato slicer (not pictured) \$4.95

Exercise Equipment

Omron HJ-105 Pedometer This digital pedometer will help you keep track of your exercise progress and make it easier for you to set and reach your exercise goals. Features include: time display; aerobic step counter; distance measurer; calculator for calories/fat grams burned; step counter adjustment; lightweight design with spring clip; and seven day memory function.

#607 Pedometer \$22.95

Needak Rebounder Use this high-quality mini-trampoline for one of the best low-impact aerobic workouts ever devised. Use outdoors or indoors. Includes a 40-inch diameter heavy-duty metal frame and six spring-loaded legs (removable for easy storage); folds in half to fit into its own carrying bag. The hard bounce contains more tension in the springs and membrane, and is recommended for people over 300 pounds, but is not guaranteed by the manufacturer; the soft bounce is recommended for people less than 300 pounds and is guaranteed for three years. Used every day by Rhonda and Rev. Malkmus. Stabilizing bar for better balancing and full goodies pack are also available.

#601 Rebounder (soft bounce) \$219.95

#604 Stabilizing Bar \$59.95

Rebounding Goodies Pack This package contains the Rebounding: Olympic Training book (also available separately) along with an Air-O-Bics video, one set of 2 lb. hand weights, one set of 4 lb. hand weights, one daily-dozen exercise poster, one perfect-ten exercise poster, and one Townsend newsletter on the subject of rebounding. Price includes shipping.

#603 9-piece Rebounding Goodies Pack (please specify VHS or DVD) \$69.95

Dynamic Strength Wand Exerciser Also known as the Chinese Wand Exerciser, this is the oldest documented form of exercise, and the only program ever devised to be practiced in five elemental stages that are safe, effective, and fun. Developed from ancient Chinese wisdom about health, the wand is an equalizing system that improves strength, cardiovascular fitness, inner strength, flexibility, and balance. Includes travel wand, video, in a beautifully packaged travel case.

#605 3-piece Wand Exerciser \$99.95

Make Me Ready Video Start stretching and moving with low impact aerobics using this video featuring Health MinisterSM Laura Lee Ryan. This superb beginner-level program will inspire you to move your body and strengthen your spirit with popular praise and worship music from various artists.

#222 80-minute VHS tape \$21.95



#607



#601 & #604

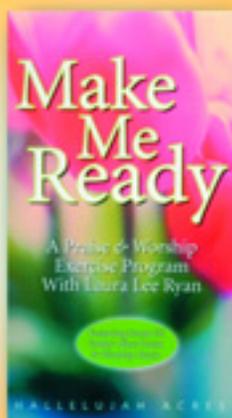


#603

I'VE BEEN CONVICTED

"Dear Ones at Hallelujah Acres, I am starting The Hallelujah Acres way of life. Please pray for strength to live according to the way God wants us to eat and live. My family will not be joining me, so there will be challenges ahead. God has convicted me on my way of eating and my limited amount of exercise. I want to thank you for your commitment to tell others about the Genesis 1:29 Diet. I will let you know of my wonderful results and how God has blessed my commitment to Him."

Vicki



#222



#605

Silver Starter Kit The Silver Starter Kit has the basic components for you to get started on The Hallelujah Diet®, including BarleyMax®, Fiber Cleanse, Udo's Choice Perfected Oil Blend, the book *God's Way to Ultimate Health* by Rev. George Malkmus, and Hallelujah Acres® B12-B6-Folic Acid supplement. You **save almost \$20 off the regular retail price** with this kit, and you get healthy at the same time!

#KITSILVER 5-Piece Silver Starter Kit \$99.95



Gold Starter Kit The Gold Starter Kit includes everything in the Silver Starter Kit, plus a Champion Juicer and the *Recipes for Life...From God's Garden* recipe book by Rhonda Malkmus. And get **more than \$50 in savings**, compared to buying each item separately at the regular retail price. Save money and get Gold!

#KITGOLD 7-Piece Gold Starter Kit \$359.95



Platinum Starter Kit Our Platinum Starter Kit is the most extensive starter kit, and provides the most value for the money—**save over \$100** versus buying this kit's items individually. It has all the components of the Silver Starter Kit, plus the Green Star Juicer, a *Juicing With Rev. Malkmus* video, the *Recipes for Life...from God's Garden* recipe book by Rhonda Malkmus, and the *Introduction to Hallelujah Acres®* video. Upgrade to Platinum today!

#KITPLATIN 9-Piece Platinum Starter Kit \$569.95



Snack Bars

Living Food Survival Bar This bar is one of the most amazing organic, kosher, vegan, and enzymatically alive super foods ever offered in a ready-to-eat bar. Gluten-free with no trans fatty acids. All ingredients are organic: almond butter; date paste; agave nectar; brown rice protein; raisins; flax, soy, and quinoa sprout powders; sesame seeds; and BarleyMax®, CarrotJuiceMax™, and BeetMax.

Provides alkalinizing protein that helps reduce acid in the body. Excellent for those concerned with low carbs—has just 11% of the RDA. Contains 11.5 grams of Omega-3, -6 and -9 essential fatty acids (the “good” fats). Phyto-nutrients and organic vegan super foods help to support the body's overall health and resistance to disease. At 300 calories, it can be used in place of a meal.

#444-L 1 Bar \$2.95
#444-L3BAR 3-Bar Sampler Pack \$8.65
#444-L12BAR 12-Bar Box \$33.95

Vanilla Nut Goodee Bar The combination of nuts, vanilla, cinnamon, and spices in this great-tasting bar reminds us of fresh cinnamon buns – only this excellent snack bar is crunchy! Certified vegan, gluten-free, with NO trans-fats, added fillers, salt, sugar, chemicals, preservatives, artificial flavorings, or color. Contains 100% kosher maple syrup; raw almonds, pecans, and macadamia nuts; organic pure vanilla, agave nectar, cinnamon, and nutmeg. The Vanilla Nut Goodee has the Hallelujah Acres® five-star rating. Yummy.

#444-V 1 Bar \$1.65
#444-V5BAR 5-Bar Sampler Pack \$7.95
#444-VBOX 20-Bar Box \$27.95



Maple Nut Royale Bar Made with 100% pure maple syrup and nuts, this bar is one of the healthiest treats you can eat that will satisfy your sweet tooth.

#444 1 Bar \$1.65
#444-5BAR 5-Bar Sampler Pack \$7.95
#444-BOX 20-Bar Box \$27.95

*“I love these **LIVING FOOD SURVIVAL BARS** and eat them often! When I am away from home, and faced with nothing to eat that is healthy at mealtime, one of these Survival Bars becomes my meal.”*

Rev. George Malkmus



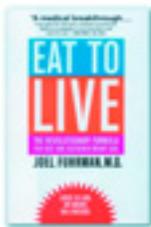
Raw Eating by Arshavir Hovannessian was one of the most influential forces in moving Rev. Malkmus to a raw food diet. This book is filled with great information that is useful to anyone considering changing to a raw food diet, although Hallelujah Acres® does not agree with the evolution hypotheses discussed therein. This printing is not available anywhere else.
#352 Paperback, 159 pages \$8.95



How We All Went Raw by Charles Nungesser, Caralanne Nungesser and George Nungesser teaches all about a raw-foods lifestyle, describes how to prepare great-tasting raw-food dishes, and is filled with almost 80 raw-food recipes. Organized by ethnic foods, it includes recipes for Mexican, Italian, Chinese, Mediterranean, and American raw-food dishes, as well as those for desserts, smoothies and juices; also includes a section on sprouting and sprout recipes.
#375 Spiral-bound, 150 pages \$17.95



Chelsea's Healthy Secrets by Health Minister™ Sherry Schiavi Fun and informative, this book teaches children about healthy cell secrets in a very simple and creative way. Children seem to love, and more importantly grasp, the healthy cell concept. Beautifully written by Sherry Schiavi, a Hallelujah Acres® Health Minister™ and co-founder of Nutritional Counselor and Director of Living Waters Medical Center, along with her husband, Frank Schiavi, Jr. M.N., and colorfully illustrated by Elizabeth Huffmaster.
#379 Hardcover, 44 pages \$14.95



Eat to Live by Joel Fuhrman, MD, details how you can prevent and even reverse diseases such as high blood pressure, heart disease, diabetes, and cancer; achieve your ideal weight; and live longer and medicine-free, through nutritional and natural methods.
#276PB Paperback, 224 pages \$14.95



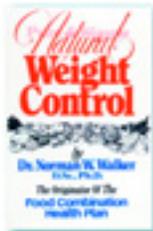
The China Project by T. Colin Campbell, PhD, is the most comprehensive study ever done on the relationship between diet and disease. Conducted over a ten-year period, this study contains groundbreaking scientific information that can directly impact your health, including information about cancer, heart disease, osteoporosis, and many other topics. *The New York Times* called this the "Grand Prize" of all studies.
#364 Paperback, 30 pages \$3.95



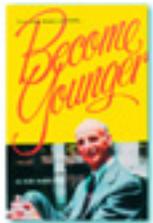
The China Study by T. Colin Campbell, PhD, examines the source behind all of the confusion about nutrition and reveals the truth behind the powerful special interest groups, government entities, and scientists that have taken us down a deadly path. It also details the connection between nutrition and heart disease, diabetes and cancer. *The New York Times* called this study "the most comprehensive large study ever undertaken of the relationship between diet and the risk of developing disease." Read this book so you will understand that many of the common notions about food, health and disease are wrong, and learn how eating the right way can save your life.
#377 Hardcover, 288 pages \$24.95



The Natural Way to Vibrant Health by Dr. Norman W. Walker shows how eliminating artificial processed foods and following a natural diet will build good health. This book offers guidelines for raw foods, pure water, exercise, and mind stimulation; explains in-depth how processed foods destroy our health; and provides insight into the destructive elements and pollutants that can be avoided to achieve a more vibrant life.
#335 Paperback, 125 pages \$7.95



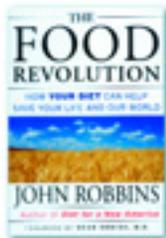
Pure & Simple Natural Weight Control by Dr. Norman W. Walker provides a weight loss strategy based on the body's need for vital, life-giving enzymes that are found only in nature's foods.
#338 Paperback, 129 pages \$7.95



Become Younger by Dr. Norman W. Walker is a practical, research-filled guide about how the body works and what it needs to be healthy.
#312 Paperback, 132 pages \$7.95



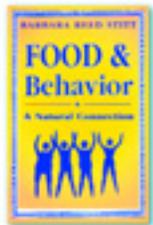
Vegetarian Guide to Diet & Salads by Dr. Norman W. Walker The fundamental purpose of eating is to replenish the cells and tissues in the body with the nutrients they need. This book serves as a nutritional guide that covers the effects of different foods and the benefits of food combining for a balanced vegetarian diet. Includes recipes.
#336 Paperback, 132 pages \$7.95



The Food Revolution by John Robbins contains statistics and research that extol the benefits of plant-based nutrition and vegan diets for long life and good health. It asserts that animal products are responsible for obesity, heart disease, cancer, and other illnesses, and that fad diets can be dangerous to one's health. Learn about the effects of the food you eat, and how you can extend your life and increase your vibrancy and vitality.
#370 Paperback, 340 pages \$17.95



Diet for a New America by John Robbins is the bestseller for which Robbins was nominated for a Pulitzer Prize, and it will motivate you to live without animal products. This powerful, intensely emotional, revolutionary compilation, written by the former heir to the Baskin/Robbins empire, presents the cold, hard facts on the insanity of a meat-based diet. Companion video also available.
#303 Paperback, 448 pages \$14.95
#802 VHS Video \$19.95



Food and Behavior by Barbara Reed Stitt provides solid evidence that what people eat really can affect the way they behave. Stitt shows the link between food and behavior, a connection so basic that parents, the school system, counselors, and most of the medical profession overlook it. Learn about foods that abuse the mind, under-nourish the body, and distort behavior.
#368 Paperback, 220 pages \$9.95



Excitotoxins - The Taste That Kills by Dr. Russell Blaylock shows the relationship between food and brain health, specifically as it relates to excitotoxins, substances added to foods and beverages that literally stimulate neurons to death, thus causing varying degrees of brain damage. Get this well-researched, data-filled, yet easy-to-read book and protect your brain from the assaults that can come from the foods you eat.
#366 Paperback, 320 pages \$17.95



Mad Cowboy by **Howard Lyman** The former cattle rancher shares his insider view of the dangers of Mad Cow Disease and his revelations about the beef industry. He shows his journey from meat-loving cowboy to vegetarian activist who tells the whole truth about the catastrophic consequences of an animal-based diet. It is an inspirational story of a personal transformation and a convincing call to action for a plant-based diet.
#369PB Paperback, 224 pages \$11.95



Don't Drink Your Milk by **Frank A. Oski, MD**, presents frightening medical facts about this over-rated nutrient. Dr. Oski, Director of the Departments of Pediatrics at Johns Hopkins University School of Medicine and Physician-in-Chief of the Johns Hopkins Children's Center, concludes that only calves should drink cow's milk. If you are still drinking milk, then you need to read this book.
#308 Paperback, 115 pages \$7.95



Fresh Vegetable and Fruit Juices by **Dr. Norman W. Walker** lists fruit and vegetable juices, explains their elements, and provides suggestions for effective treatment of special ailments.
#311 Paperback, 115 pages \$7.95



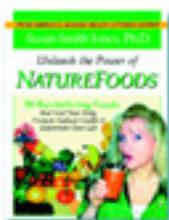
The Fruit Bowl and Vegetable Soup by **Dianne Warren, Susan Smith Jones, and Amy Sorvaag Lindman** are two picture books in one. This fun and educational children's book will help them learn the connection between what they eat and how they feel, look, and perform. Whether they are toddlers, pre-school, kindergarten, or primary age, this is a must-have book to help them learn that "we are what we eat!"
#304 Paperback \$14.95



The Juicing Book by **Stephen Blauer** is an easy reference to learn which fruits and vegetables are helpful for various nutritional needs, and which juice combinations help the body to deal with a range of medical conditions. Also includes recipes.
#321 Paperback, 164 pages \$8.95



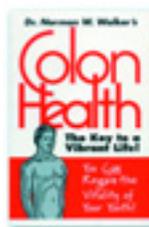
Water Can Undermine Your Health by **Dr. Norman W. Walker** shows you how to protect yourself from the deadly bacteria, viruses, chemicals, parasites, and other toxic substances that are present in our public water supplies.
#340 Paperback, 120 pages \$7.95



Unleash the Power of NatureFoods™ by **Susan Smith Jones, PhD** demystifies nutrition facts and shows you how to make appropriate food choices to:

- Reduce the risks of premature aging, heart disease, common forms of cancer, arthritis, diabetes, reduced vision and mental functions
- Achieve healthy, permanent weight loss
- Detoxify your body
- Reduce inflammation
- Bring more joy into your life

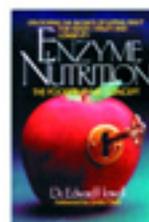
And much more! Includes easy-to-prepare recipes
#301 Paperback, 176 pages \$15.95



Colon Health: The Key to a Vibrant Life by **Dr. Norman W. Walker** gives dramatic evidence that every organ, gland, and cell in the body is affected by the condition of the colon and how this knowledge can lead to relief from numerous ailments.
#337 Paperback, 118 pages \$7.95



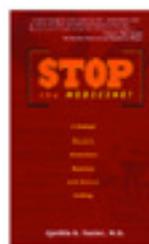
Fats That Heal, Fats That Kill by **Udo Erasmus** teaches how eating the right fats and oils improves energy level, athletic performance, fat loss, cardiovascular health, immune function, longevity, and more.
#348 Paperback, 456 pages \$22.95



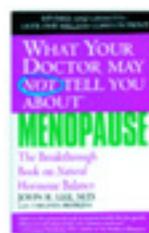
Enzyme Nutrition by **Dr. Edward Howell** explains why our eating habits place severe strains on the body's ability to absorb the nutrients in food, thereby resulting in poor nutrition and diseases. Understand the implications of too few enzymes being absorbed; the resultant effects on the immune and other systems in the body; dietary ways to remedy this; and why eating unprocessed, natural foods is so vital to maintaining good health.
#350 Paperback, 175 pages \$8.95



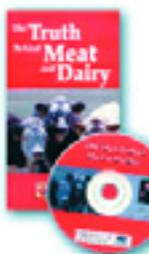
Food Additives: A Shopper's Guide to What's Safe & What's Not by **Christine Hoza Farlow, DC**, will help you make informed choices about the foods you buy, listing more than 600 of the most common food additives, and a code indicating safety and the advisability of use for each additive. Its small size lets you can carry it in your pocket or purse while shopping.
#323 Paperback, 80 pages \$3.95



Stop the Medicine by **Cynthia A. Foster, MD**, is the extraordinary story of how she, a medical doctor, abandoned the theories of modern medicine in order to heal herself and her patients. She reveals the hidden dangers of general and specialized medicine, and introduces concepts of natural healing, such as finding the root cause of a disease, the role that toxins play in ill health, and how herbal detoxification can aid in recovery.
#351 342 pages (reg. \$9.95) **SALE \$4.95**



What Your Doctor May Not Tell You about Menopause by **Dr. John R. Lee** (considered the world's leading authority on estrogen-progesterone balance) is the most comprehensive book on menopause and other female problems. Subtitled "The Breakthrough Book on Natural Progesterone", this book contains a wealth of information on menopause, premenopause, endometriosis, fibrocystic breasts, PMS, and other problems that can be helped by natural progesterone.
#363 Paperback, 372 pages \$14.95



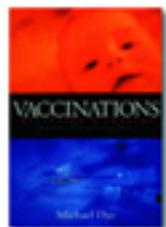
The Truth Behind Meat and Dairy **Howard Lyman** built his small organic family farm into a large corporate chemical farm. By the world's standards, this fourth-generation Montana farmer was a huge success. Following a near-fatal bout with cancer, however, Lyman became a vegan and vowed to dedicate his life to exposing the dangers of meat and dairy consumption, including Mad Cow Disease. He came to the forefront when he, along with Oprah Winfrey, took on the entire food industry in court, and won. This enlightening video is Lyman's address to the Hallelujah Acres® Health Ministers™ in 2002.
#274 VHS or DVD, 65 minutes \$19.95



Uninformed Consent by **Hal Huggins and Thomas Levy** is an authoritative book that makes the reader aware of the enormous and wide-ranging effects of dental toxicity. Written in everyday terms, the book covers dental sources of toxicity, the body's reactions, specific diseases suspected or known to be caused by dental materials, and suggestions for dealing with such toxicity.
#210 Paperback, 278 pages \$14.95



You Can't Improve on God This video from **Lorraine Day, MD**, explains the exact procedures she used to heal herself of her breast cancer. It provides detailed information on diet, lifestyle, prayer, attitude, and much more. Excellent.
#804 VHS or DVD, 92 minutes \$21.95



Vaccinations - Deception and Tragedy by **Michael Dye** If your child is about to receive a mandatory vaccination, then you need to read this book. It explains how God-given natural immunity works, and how vaccinations may destroy this self-healing system. Discover shocking truths about vaccinations that the government, media, and medical establishment would prefer you didn't know. This book is must reading before you vaccinate.
#207 Paperback, 128 pages \$8.95



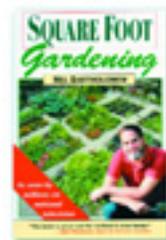
Drugs Never Cure Disease In this powerful video, **Lorraine Day, MD**, reveals the astonishing fact that germs don't cause disease, even though conventional medicine, with its massive use of "therapeutic" drugs, is based on that incorrect premise. Learn why the entire foundation of conventional medicine is based on error.
#805 VHS or DVD, 2 hrs. 18 minutes \$21.95



How to Grow More Vegetables by **John Jeavons** teaches the Biodynamic/French Intensive technique, a totally natural approach to gardening that any backyard gardener can use to grow fruits and vegetables in under 200 sf of soil per person. Learn how to group plants together for better protection against disease and insects, use less water, and grow more produce, all by spending about ten minutes a day maintaining the garden.
#305 Paperback, 175 pages \$16.95



Diseases Don't Just Happen In this video by **Lorraine Day, MD**, she declares that drugs never cure disease, but that they only change the form or the location of the disease. She also describes the disastrous side effects of drugs, and how to overcome diseases such as high blood pressure, diabetes, heart disease, cancer, arthritis, allergies, multiple sclerosis, colon problems, osteoporosis, fibromyalgia, and more, all without drugs.
#807 VHS or DVD, 98 minutes \$21.95



Square Foot Gardening by **Mel Bartholomew** shows his revolutionary system of planting in square foot sections to boost vegetable yields. Rev. Malkmus has used this system successfully for years and would never go back to the row method for most of his garden.
#306 Paperback, 347 pages \$16.95



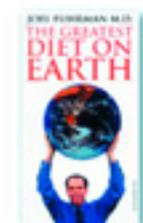
Sorting Through the Maze of Alternative Medicine Let **Lorraine Day, MD**, lead you through the maze of alternative medicine with this video. Step-by-step, she shows you how to evaluate over sixty therapies, including detoxification, herbal, adjunctive, biological, pharmacological, energy, hormonal and cell, mind-body, and nutrition therapies, including The Hallelujah Diet®. Learn what works, what doesn't, and why.
#808 VHS or DVD, 2 hrs. 19 minutes \$21.95



Rebounding: Olympic Trainer by **Harry and Sarah Sneider** is the most complete "how to" book on rebound exercise ever written. It includes programs for any age and any level of fitness from infants to adults to Olympic athletes. This over-sized book details how: to use rebounders; to incorporate hand weights; to do dance movements; to train for 17 different sports using rebounders and handweights; and to personalize your own conditioning workout.
#343 Paperback, 160 Pages \$14.95



Natural Progesterone In this presentation by **Dr. John Lee**, the author of *What Your Doctor May Not Tell You about Menopause*, you'll learn about natural progesterone and its benefits in helping to balance hormones the natural way.
#806 Audio Cassette, 2 hrs. \$9.95



The Greatest Diet on Earth **Dr. Joel Fuhrman**, author of *Eat to Live*, explains the principles of the High Nutrient Diet, and addresses issues such as why so many people are overweight and unable to lose weight; why malnutrition is a root cause of obesity; how nutrition can be the most important tool in fighting obesity; and why the health equation of $H=N/C$ could be the most important breakthrough in modern nutritional science.
#275 VHS Video, 90 minutes \$21.95



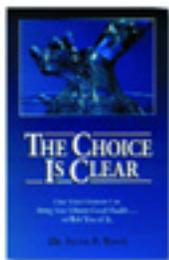
Choosing a Terrific Day Get inspired and have a terrific day! **Ed Foreman**, self-made millionaire and former U.S. Congressman, has lived this message of health, wealth and happiness, shared it with business leaders from around the world, and helped them to get more meaningful living out of life, reduce their levels of stress and anxiety, turn worry into success, and have more fun! And now he shares it with you!
#268DVD VHS or DVD \$39.95



Cancer Doesn't Scare Me Anymore In this video, **Lorraine Day, MD**, gives her personal story of why she refused radiation, chemotherapy, and surgery when she was diagnosed with breast cancer, and how she cured it with nutrition. Stressing the importance of strengthening the body's immune system, she reveals why people get cancer, how to avoid it, and why those who profit from the "business" of cancer don't want you to know this information.
#803 VHS or DVD, 2 hrs. 9 minutes \$21.95



Vaccines - The Risks, Benefits, Choices This highly-informative 3-hour DVD presentation offers the most comprehensive overview available: guiding you step by step through vaccine history, conflicts of interest and specific information about each specific shot in the pediatric schedule. This DVD paints a very clear picture of the immune system and its threats; offering compelling, documented information regarding the "real" risks of choosing not to vaccinate.
#809 Vaccines DVD \$24.95



The Choice is Clear by Dr. Allen Banik is a booklet that explains how water functions in the body, the effects of pollutants in drinking water, their contribution to disease, what really pure water is, and how to obtain it.
#310 Paperback, 48 pages \$2.95



Drink Your Troubles Away by John Lust lists fruit, vegetable, and herbal juice formulas with their medicinal value in over 70 remedies.
#318 Paperback, 224 pages \$4.95

THREE OF FOUR BRAIN LESIONS GO

"I am 43, married, with a little 5-year-old girl. I had my breast removed and went through chemo and radiation in 2001/2002. I didn't know about Hallelujah Acres® then. I have been diligently following the Hallelujah plan for a year now. It's wonderful to be proactive and do positive things for yourself, instead of waiting for the doctor to tell you what will happen to you next. I have been clean from cancer, although my doctor said he would never be able to tell me that it's all gone. Since going on The Hallelujah Diet®, my strength and energy levels have returned after the chemotherapy/radiation experience. I now know that you can do something about cancer, and that you don't have to be a statistic or victim. I am currently encouraging my friend with liver cancer who has adopted The Hallelujah Diet®, and in just one month has seen positive changes. Of course, her doctor will not even consider that it is the diet making the difference."

Lisa

Hallelujah Acres® Cleaning Products



Hallelujah Acres® Cleaning Products Conversion Pack

Includes all seven Hallelujah Acres® Cleaning Products (small size only for laundry solution & fabric softener concentrate and soft scrub cleanser), plus four empty 16-oz spray bottles, at one low package price. Get the conversion pack and save almost 20% off the regular combined retail price of \$68.45 while you rid your food, home, and more of harmful toxins.
#770 Conversion pack \$54.95
(conversion pack does not include vegetable and fruit wash)

Hallelujah Acres® All-Purpose Cleaner For general household use. Quickly penetrates grease, dirt, and oils and separates them so they can be easily washed away. Contains no petroleum distillates or harmful chemicals, such as chlorine, acids, or glycol ethers. Odorless and safe to use on any water-washable surface. Use as an all-purpose cleaner or double the strength to remove stubborn grease and soils. This 8 oz. concentrate, when properly diluted makes eight 16 oz. bottles.
#766 8-oz Concentrate \$10.95

Hallelujah Acres® Kitchen and Bath Cleaner This ready-to-use super-concentrate is perfect for toilet bowls, sinks, countertops, tubs, showers, and fixtures. Removes scum, stains, lipstick, hair spray, soap film, grease, etc. Unique thick consistency allows it to cling to vertical surfaces, which means less waste. A great non-acid cleaner that's odorless and gentle on hands, too!
#764 16-oz \$6.95

Hallelujah Acres® Glass Cleaner Eliminates streaking and spotting while producing a brilliant, sparkling film-free shine. Use on windows, mirrors, tabletops, counters, eyewear, plastic, vinyl; makes a great CD cleaner. Does not contain alcohol, ammonia, or solvents. Product is free-rinsing so the surface does not have to be wiped completely dry for a better, quicker, more thorough cleaning action. This 8 oz. concentrate, when properly diluted makes four 16 oz. bottles.
#762 8-oz Concentrate \$5.95

Hallelujah Acres® Carpet Cleaner Specially formulated for use in extraction-type carpet cleaning machines. May be diluted for use as a pre-spotter or as a daily-use stain remover. Conditions and cleans, has almost no odor, lengthens fabric life, vividly brings out colors and patterns, and dries quickly. This 8 oz. concentrate, when properly diluted makes eight gallons.
#761 8-oz Concentrate \$5.95

Hallelujah Acres® Furniture Polish Cleans and protects all hard surfaces, such as high-gloss, lacquered, or modern furniture, cabinets, appliances, and fixtures, while leaving a lustrous shine. Can also be used on appliances, TVs, ceiling fans, computer screens, porcelain, marble, tile, laminates, and more. Helps keep surfaces clean longer, repels water and fingerprints, and won't re-attract dirt. Forms a barrier against soap scum, hair spray, and smoker's build-up. This 8 oz. concentrate, when properly diluted makes four 16 oz. bottles.
#765 8-oz Concentrate \$14.95

Hallelujah Acres® Laundry Solution and Fabric Softener The super-concentrated and low-sudsing formula is a combination laundry solution and fabric softener with essential oils. Hypo-allergenic. Special formulation keeps colors vivid and clothes looking like new. Essential oils provide a delicate lemony scent during washing, but won't stay on clothes. So powerful a cleaner that one ounce will do an average load. The 16 oz. concentrate, when properly diluted will wash 16 loads. The 32 oz. concentrate, when properly diluted will wash 32 loads.
#763 16-oz Concentrate \$7.95
#763-32 32-oz Concentrate \$11.95

Hallelujah Acres® Soft Scrub Cleanser This ready-to-use super-concentrate quickly and easily removes all types of grease, oils, and grime from hard surfaces such as tubs, tile, stovetops, toilets, countertops, and cookware, without leaving a messy residue. Super concentrate makes a little go a long way.
#767-8OZ 8-oz \$7.95
#767 16-oz \$12.95

Spray Bottle This spray bottle holds 16 ounces, and is perfect for mixing the cleaning concentrates with water for a full-strength cleanser. Also great for misting your indoor herb garden.
#772 16-oz Spray Bottle \$1.95

Personal Care Products

Colema Board Colon health is critical to your total overall health. To have a healthy colon, it needs to be irrigated and cleansed of built-up toxins, and you can do this in the privacy of your own home with this personal colema board kit; includes the colema board, tubing, pail, and two tips.

#595 Personal Colema Board Kit \$279.95



Hallelujah Acres® Soaps and Body Bars – Individual Bars

Our soaps are handmade, using only 100% natural ingredients, including organically-grown herbs and cold-pressed herbal extracts, so the natural proteins and

enzymes are not damaged by heat. Get them individually or in a sample pack, where you can try three soaps and save money at the same time.

#708 Carolina Pine – For Normal Skin \$3.95
#702 Chamomile – For Normal to Dry Skin \$3.95
#703 Coal Tar – For All Skin Types \$3.95

(Good for psoriasis, poison ivy, insect bites, etc.)

#706 Lavender – For Sensitive Skin \$3.95
#704 Rose – For Normal to Oily Skin \$3.95
#701 Rosemary – For Normal to Oily Skin \$3.95
#705 Sweet Orange – For Dry Skin \$3.95
#707 Ylang Ylang – For Normal Skin \$3.95

#714-I Invigorating Sample Pack \$9.95

Sweet Orange, Carolina Pine, & Coal Tar

#714-R Refreshing Sample Pack \$9.95

Ylang Ylang, Rose, & Lavender

#714-S Soothing Sample Pack \$9.95

Chamomile, Rose, Lavender

Gardener's Bar Soap With its stone-ground corn grits, the Gardener's Bar is great for cleaning your hands of everything from worm slime to dirt under the fingernails, and it smells great too!

#719 Gardener's Bar Soap \$3.95



Body Oils Our Orange Oil contains sage and sweet orange essences in wheat germ oil, making it a wonderful moisturizing oil to soothe dried and tired skin. Our oil of lavender essence is perfect for massaging tired, achy muscles and easing the strains of stress. (Please note: We are unable to ship these bottles outside the 48 contiguous United States.)

#709 4-oz Bottle Orange Oil \$8.95

#710 4-oz Bottle Lavender Oil \$8.95



Jewelweed Topical Ointment

Native Americans have used jewelweed to relieve skin ailments from poison ivy to bee stings. This ointment contains jewelweed, white oak bark, comfrey, aloe, and mountain witch hazel, making it a perfect combination for oily skin, large pores, and complicated acne, too.

#716 4-oz Bottle Jewelweed Ointment \$6.95



Loofah Sponge Use this natural body sponge to remove dead skin and stimulate circulation.

#712 Loofa Sponge \$4.95



ShowerWise Filter with Showerhead Made by WaterWise, this device effectively removes chlorine from your shower water to enhance your health and skin, and conserves water at the same time.

#503 ShowerWise Filter with Showerhead (pictured) \$49.95

#503F ShowerWise Filter Only \$39.95

#530 Replacement Cartridge Filter \$29.95



Lavender Garden Mist Use as a body splash or room freshener. Made with essential oils and mountain spring water. Comes in an attractive glass spritzer bottle.

#717 4-oz Lavender Garden Mist \$5.95



Crystal Deodorant Stone

Completely natural, safe, and effective for everyone. Made from the earth's own potassium sulfate and other mineral salts. One stone guaranteed to last at least a year.

#721 Crystal Deodorant Stone \$7.95

#721R Roll-on \$5.45

#721S Pump \$7.45



100% Pure Tea Tree Oil

Contains a high grade of Australian melaluca alternifolia. A natural antiseptic, it soothes and brings relief to minor burns, scalds, sunburn, insect bites, etc.

#750 1-oz Bottle \$9.95

Tea Tree Ointment

This natural blend of pure oils and herbs will soothe your skin.

#751 1-oz Container \$7.95



Bug-Me-Not Herbal Repellent

A blend of six essential herbal oils that have a long history of repellent activity. Safe and effective against mosquitoes, fleas, biting flies, ticks, gnats, and other nuisance bugs.

#715 4-oz Bug-Me-Not Herbal Repellent \$6.95



Hallelujah Acres® Umbrella

Make any rainy day a Hallelujah day with our umbrella! It is green-and-white striped, stands 34" tall when closed, and opens with the push-button on the wooden handle to a 41" diameter.

#791 Umbrella \$10.95



"Got Carrots?" T-Shirt We've brought carrots from the kitchen to the wardrobe with our bright orange "got carrots?" tee shirt. Simple and whimsical, it is made of 100% cotton, has short sleeves, and comes in Adult Small, Medium, Large, and X-Large, and Children's sizes Small, Medium, and Large.

- #909AS** Got Carrots Tee - Adult Small \$13.95
- #909AM** Got Carrots Tee - Adult Medium \$13.95
- #909AL** Got Carrots Tee - Adult Large \$13.95
- #909AXL** Got Carrots Tee - Adult X-Large \$13.95
- #909CS** Got Carrots Tee - Child Small \$13.95
- #909CM** Got Carrots Tee - Child Medium \$13.95
- #909CL** Got Carrots Tee - Child Large \$13.95

Hallelujah Acres® Logo Denim Shirt Our long-sleeve button-down denim shirt is made of 100% cotton and has the Hallelujah Acres® logo embroidered over the left pocket. Comfortable, durable and great looking, it comes in Small, Medium, Large, and X-Large.

- #910S** HA Denim Shirt - Small \$27.95
- #910M** HA Denim Shirt - Medium \$27.95
- #910L** HA Denim Shirt - Large \$27.95
- #910XL** HA Denim Shirt - X-Large \$27.95



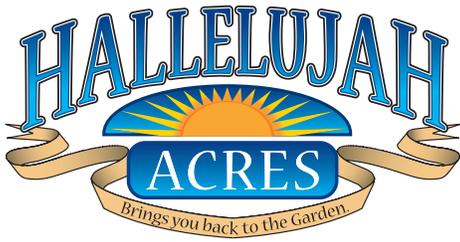
Hallelujah Acres® Tote Bag Our tote bag is handy and durable. Made of 600-ct denier denim, the 16"H x 12"W x 5"D bag has 14" long handles so you can throw it over your shoulder. Available in Forest Green/Black and Forest Green/White.

- #200** Forest Green/Black Tote Bag \$14.95
- #200W** Forest Green/White Tote Bag \$14.95

Hallelujah Acres® Apron This adjustable one-size-fits-all apron is perfect to wear when you are preparing your fresh juices and all of your Hallelujah dishes. Comes in Forest Green. Made of 65% polyester/35% cotton for easy washing.

#790 Apron \$19.95





P.O. Box 2388 • Shelby, NC 28151
 704.481.1700 • 800.915.9355
www.hacres.com

We ask for your prayers as we continue our mission, and hope that you, too, will join us in spreading the joyful truth that
*You Don't Have to be Sick!*SM

Survive in Style.



It's bold, sophisticated, and eye-catching: the new look in nutritious eating! Snackers will vie to be seen with these new convenient bars poking from gym bags, backpacks, purses and pockets. But what do you get when the colorful wraps are shed?

Pure organic super foods!

Yes, we changed the wrappers, but kept the delicious taste and living enzymes. Good eating never tasted so good!



Be sure to try these other delicious offerings as well!



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