

MAKE YOUR CELL PHONE SAFER

Back to the Garden

Teaching Health from a Biblical Perspective

May/June 2006

Issue No. 38

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Published by

Rev. George H. Malkmus

& Hallelujah Acres®

**Inflammation,
Pain, and Disease**

**His Oncologist Called
Him "Miracle Boy"**

Warren Smith followed the call from
God—straight to The Hallelujah Diet.

**Healthy Eating
on the Road**



**Reaching The Church
With The Health Message**
*Bringing the Hallelujah Diet and Its Message
of Health as God Intended into the Churches.*

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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.

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Time to Stop & Smell the May Flowers



You know the old saying, “April showers bring May flowers.” Well, it’s that time of year again. The time to shake off the winter chill, get out and breathe in the fresh spring air and shout, “Hallelujah! I’m healthy!”

In this month’s Featured Testimony, Warren Smith shares his incredible journey from the devastating diagnosis of Non-Hodgkin’s Lymphoma to ongoing improvement with the help of The Hallelujah Diet. Find out why his oncologist calls him his “Miracle Boy.”

Olin Idol, Doctor of Naturopathy and Vice President of Health at Hallelujah Acres, takes on the enigmatic subject of inflammation and its adverse effects on our health and well being. In his article *Pain, Disease and Inflammation* he shares insight into two supplements that may help reduce inflammation, whether it’s an obvious swelling due to an injury, or hidden in internal organs, silently doing damage to our bodies.

The congregation gathers to support a sick member of their church family. They lift him up in prayer, offer words of hope, and the pastor offers comfort through Scripture. What more can they do? Rev. Malkmus speaks of his experience as a Pastor and addresses why it’s vital to get the health message according to God’s Natural Laws out to the churches.

Cell phones. They seem to be a permanent attachment to just about everyone’s ears—in supermarkets, on highways, in classrooms. How did we ever live without them? But will we be able to live with them? Michael Donaldson, Ph.D. reports in with the unseen dangers of that little device now so essential to our lives, and offers a solution to negating harmful emissions.

No one hits the road more often than Rev. and Rhonda Malkmus. In her article, *Healthy Eating on the Road*, Rhonda Malkmus shares her tips for food to go, and, of course, offers up some tasty recipes that are great on the road.

For those of you already reaping the rewards of Rev. Malkmus’ new book, *The Hallelujah Diet*, we have a new way for you to make the experience even more enriching—with a perfect companion book, *The Hallelujah Diet Workbook*.

Finally, this issue, we’re introducing a new section—**News from the Acres!** We realize that many of you want to know what’s happening at headquarters, and we have a lot to share. So read on and become a part of our growing family.

As always, be blessed! Be healthy!

Rev. George Malkmus
Olin Idol
Paul Malkmus
Hallelujah Acres’ Board of Directors

NEWS FROM THE ACRES

Issue #38

News & Happenings from Hallelujah Acres International Headquarters

May/June 2006

BARLEYMAX GETS EVEN BETTER!

The new BarleyMax is packed with power featuring increased protein, Vitamins A and E, Folate, Zinc, Manganese and Potassium! The result is a denser powder, so you can use less per serving—only 1 level teaspoon—to get the full nutritional value! And you get value for your money, too. The new size is just 29¢ per serving when you buy the 8.5 oz. bottle. Because the powder is denser, there's less air. Less air means we can use a smaller canister. So don't let the smaller size fool you. You're still getting superior nutrition. You know what they say: "Good things come in small packages!" In this case, it's "Good Health!"

AND THE NUMBER ONE BOOK ON AMAZON.COM IS...

... *The Hallelujah Diet* by Rev. Malkmus! On the morning of March 13, 2006, Rev. Malkmus' latest book shot to the top of the list. This was a great way to kick-start the awareness for this significant book, which continues to gain in popularity. To learn more about this title, see page 33.

THE SEARCH FOR QUALITY PRODUCTS

We're always looking for high-quality products for our own information and to share with our readers, Health Ministers and anyone interested in achieving optimum health. Here are some of the newest supplements we've found to be of great value:

- **Fight inflammation with Serrapeptase**
This enzyme reports positive results in cases of varicose veins and other circulatory problems, arterial plaque, and blood clots, post operative healing, lesions and cysts, lung diseases, and much more.
- **Powerful anti-oxidant: Curcumin**
Also an anti-inflammatory agent, additional

studies suggest curcumin has anti-bacterial, anti-viral, and anti-tumor properties and may be used to fight infections, kidney stones and stomach and intestinal gas.

To learn more about these supplements, read the article on page 11 by Olin Idol, N.D., C.N.C. and see our catalog on page 32.

MAY WE BE OF SERVICE?

Hallelujah Acres introduced a new program, *Get Healthy!* Now, that takes our message into service clubs, such as the Lions Club and Kiwanis Club, among others. Trained Health Ministers are equipped with an enlightening PowerPoint presentation, or a Flip-Chart presentation and a variety of handouts, including a specially-produced magazine, and will be available to answer questions about the Hallelujah Diet & Lifestyle.

If you would like to book a presentation for your group, please call our service club manager at 1 (800) 915.9355 ext. 761.

HELPING PASTORS BRING GOOD HEALTH TO THEIR CHURCHES

New DVD Mailed to Pastors

On December 2 and 3, 2005 a number of Pastors arrived at Hallelujah Acres Headquarters and did what they do best—preach! Only, on this occasion, the virtual "congregation" was made up of fellow Pastors and the message was about attaining optimum health by way of the Hallelujah Diet. The DVD, along with a short introductory letter, were mailed to Pastors across the country urging them to tend to their congregations' health needs, as God instructed. The professionally produced DVD illustrates the widespread problem of failing health within churches all over the nation and the world, and it includes powerful testimonies.

As the cameras rolled, Pastors Paul Travis, Gary Price, Dick Lewis, Graeme Coad, Alvin Tallant and Brice Casey along with Pastor

Jerry Stines, Rev. Malkmus and Rhonda answered interview questions and offered testimony and personal anecdotes resulting in an enlightening video.

As Pastors receive the packets and are inspired to seek further information, local Health Ministers will be called upon to make presentations. Pastors may send a designated congregation member to Health Minister Training, or they may opt to attend themselves. By reaching out to the Pastors, we believe we are reaching the men and women who are instrumental in guiding those who need our message most.

If you are a Pastor, or would like to bring this powerful tool to your Pastor, please contact Pastor Donagrant McCluney, our new Church Health Ministry Coordinator at 704-481-1700 ext 744 or toll free at 877-969-9467. Email: dmcluney@hacres.com.

NEW AND UPDATED VIDEO RELEASE: HOW TO ELIMINATE SICKNESS SEMINAR

Hundreds of people travel to Shelby, NC the first Saturday of each month to hear Rev. Malkmus teach the basics of The Hallelujah Diet & Lifestyle. On December 3, 2005, in spite of chilly winter weather, and holiday preparations in full swing, the seminar was, once again, packed with people from across the country, and the world, including visitors from Poland. If you weren't able to make it, you won't be missing out. A film crew taped the event and a new DVD, VHS and CD are available. See our catalog section on page 34. A must have for inspiration anytime!

HALLELUJAH ACRES EMPLOYEES MAKE GOOD BUDDIES

This school year was special for several children attending Shelby's Township Three Elementary School. Each week, 16 volunteers from Hallelujah Acres staff, spent a lunch

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His Oncologist Called Him “Miracle Boy”

Warren Smith’s Ongoing Journey to Health

Before going on The Hallelujah Diet, my day would begin with two old-fashioned donuts and tea with sugar.

For lunch (when I took time for lunch) I would have two hot dogs and a root beer. If there were no time for lunch, I would grab a Snickers and Dr. Pepper from the vending machines. For supper we would have the Standard American fare, meat and potatoes or a casserole or pasta with meat sauce. My wife is a good cook!

In spite of my eating habits, I was, basically, a healthy person. I was hardly ever sick. I would get tired in the middle of the afternoon, and in the evening, whenever I “stopped,” I would fall asleep. I also was known to snore very loudly.

Then in November 2004 I was diagnosed with Non Hodgkin’s Lymphoma. On Thanksgiving Day with my sister, I remember trying to eat better. The change to The Hallelujah Diet was progressive, not sudden. Once diagnosed, I began a lot of reading and research. I read a lot about vitamins and supplements. The vitamins and supplements, people said, we need because we don’t eat right. So I began asking myself, “why don’t I just eat right?” Between December and February, I attended two seminars—one, by Mr. Gothard and one by Rev. Malkmus at Hallelujah Acres. My wife attended the same seminars. We went to Hallelujah Acres together.

I read everything I could get my hands on regarding health. The more I read on

health, the more God showed me I needed to eat right. I started eating more like Hallelujah Acres. We added in more and more living foods, BarleyMax, and carrot juice.

In July of 2005 I started on a high amino acid protocol from A.P. John Cancer Institute, consisting of a program of supplements and amino acids specially formulated for lymphoma patients. My wife kept these stocked and portioned out for me every day.

Next, I opted for radiation treatment to the face, so I would be able to see again. Dr. Yunes, the radiologist recommended 15 treatments: Monday through Friday for three weeks. After 4 treatments, nearly all the swelling in my face had gone, and I told the doctor I wanted to stop after the fifth treatment. He was reluctant to allow this, saying that the tumors would instantly return, that they were not gone, only reduced to microscopic size. With the passing of the weekend, we spoke again. He had consulted with



Warren Smith with granddaughter Cheryl.

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PERSONAL STORIES OF HEALING AND INSPIRATION

A BETTER WAY OF LIFE FOUND

“I started searching for a better way of life after my wife died from pancreatic cancer in 1995. During her sickness I started reading and searching to find answers. When my wife died, I accused the medical establishment of killing her, but was totally ignored. I have been on The Hallelujah Diet since the summer of 1997, when I acquired a juicer. I became a Health Minister in the Fall of 1997. I juice every day, and have been drinking from 5 to 7 cups of raw veggie juice every day for the past 8-years. Since going on The Hallelujah Diet I have seen the elimination of: acid reflux; heartburn; arthritis; back pain; bleeding gums; body odor; bronchitis; colds; constipation; dandruff; dizziness; migraine headaches; motion sickness; nausea; and pneumonia. My new wife Jan and I teach the *Get Healthy! Stay Balanced* class twice a year. We conduct a support group for Healthy Eating the fourth week of each month. Since we started teaching health, we have helped approximately 650 people.”

Health Minister

Hal Clark, Birmingham, Alabama

DEPRESSION GONE

“Hi George, you saved my life! I had suffered with depression for 25 years before going on The Hallelujah Diet two years ago. The medications I took for 25 years never helped much. After starting The Hallelujah Diet I had my ups and downs, and there were times I felt dizzy and depressed, and I would say, ‘am I doing the right thing?’ Now I stay well and hopefully am on the other side of this depression problem forever!”

Brian

MY BODY STARTED TO REGENERATE ITSELF!

“In 1996, I had just had my fourth baby. After coming home from the hospital I had a lot of depression. My husband Hans had been out of the country for many months and there was a lot of stress in my life. Because of the stress, I ate many things I should not have, and my weight started to mount. My skin started to look bad, and a rash broke out all over my body. I went to the doctor who prescribed a medication for the rash, but nothing helped. Then chronic constipation started becoming a problem, and because of this problem, I developed hemorrhoids and then a fissure. The doctor checked my cholesterol and it was 240, and prescribed more medication to lower it. One Sunday at church, my pastor told us that Dr. George Malkmus was coming to speak. I had heard about him, but not enough. I went to hear him, and hearing him changed my life! Everything he said made sense. I bought his book, *God’s Way to Ultimate Health*, and the next day, bought a juicer and some BarleyMax. My first three days on The Hallelujah Diet were difficult; the most difficult was coming off sugar and caffeine. But within the first week after making the diet change, I noticed improvement! Within two weeks, I had no more constipation and my hemorrhoids were getting better without my prescription drugs! Within the first month, I had lost 20 pounds and my friends at church could not believe what they were seeing! And by this time, the rash had totally cleared! My body had started regenerating itself! Now I sleep like a baby, whereas before the diet change I could only sleep about two to four hours a night. The depression is gone as is the high cholesterol and

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

arthritis, and I have now lost a total of 45 pounds since adopting The Hallelujah Diet! Praise God! With all the trash out of my body, I can even hear God better! Thank you Dr. George and Rhonda Malkmus for giving your life to teach people a better way of life! My heart's desire is to educate people on eating healthy – the way God intended."

*Health Minister Janet Jau,
Boiling Springs, North Carolina*

NO LONGER HAVE ARTHRITIS

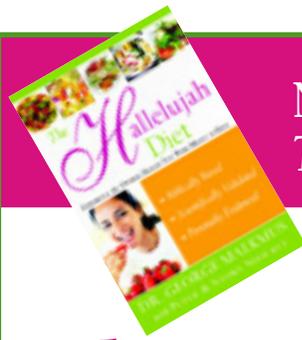
"Dear George, I have been basically on The Hallelujah Diet for nearly 3 years, and have been blessed with several benefits...I am 5'6" tall and 68 years old. On The Hallelujah Diet, my weight went from 165 pounds to 130 pounds, for a weight loss of 35 pounds, which is what I weighed in high school. My cholesterol dropped 60 points. I had been on arthritis prescriptions for 19-years before making the diet change, but no longer have arthritis... I am blessed with good energy and vitality. Thanks be to God!"

*Joyce,
Clarksville, Georgia*

FROM A SIZE 16/18 TO A SIZE 10

"Dear Rev. Malkmus, I have been using your knowledge and The Hallelujah Diet since April 2004. To date, I have lost 24 pounds, and gone from a Size 16/18 to a Size 10. My husband weighs 486 pounds. It took him 8 months of me being an example, for him to give up the meat and get on the diet with me, which he has recently done."

*Ruchelle,
Gaithersburg, Maryland*



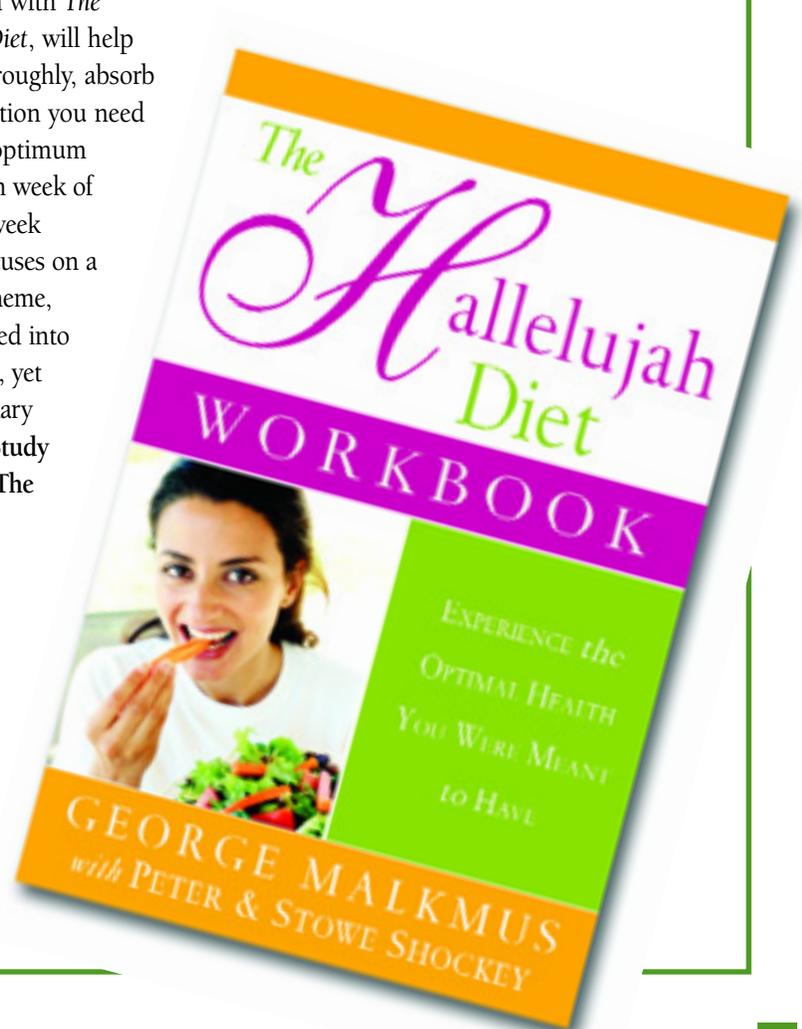
New! The Perfect Companion to
The Hallelujah Diet!

The Hallelujah Diet Workbook

It's like having your own personal support group!

Committing to a new healthy lifestyle is a huge step! We know the power of prayer to give us the strength to go on, but a little "earthly" help is always appreciated, as well! Now, we have the perfect tool to guide you on your healthy journey.

This Workbook, used in conjunction with *The Hallelujah Diet*, will help you to, thoroughly, absorb the information you need to achieve optimum health. Each week of the twelve-week program focuses on a particular theme, and is divided into two distinct, yet complimentary parts: *The Study Guide* and *The Journal*.



See page 29
for details

NEWS FROM THE ACRES

continued from page 4

hour with children selected by the teaching staff who were in need of companionship, attention and guidance. But not only the children benefited from this enriching program. The volunteers were equally touched and found the experience to be rewarding. Many hope to give their time again in the next school year.

HALLELUJAH ACRES AWARDED BUSINESS OF THE MONTH

Recognition came in our own back yard! The Shelby Chamber of Commerce declared Hallelujah Acres the Business of the Month, February 2006.

HEALTH MINISTERS JOIN TOGETHER

April brought Health Ministers from all over the world to the Hallelujah Acres Headquarters in Shelby, as they came together to renew their spirit, strengthen their commitment and share encouragement in supportive fellowship.

Highlights included:

Keynote Speaker: Dr. Francisco Contreras, the Director of Oasis of Hope Hospital in Mexico

Featured Speakers:

- Rev. George Malkmus, founder of Hallelujah Acres
- Olin Idol, N.D., C.N.C. and Vice President of Hallelujah Acres
- The Snyders, talking about and demonstrating exercises on the Rebounder
- John Riley, a well known motivational speaker

Plus, many others presented the latest in culinary and juicing techniques, product demonstrations and more.

If you are interested in becoming a Health Minister, see our Calendar of Events on page 14 for the next scheduled training session and call, (800) 915.9355 for pre-requisites.

HALLELUJAH ACRES GOES HOLLYWOOD

Hallelujah Acres was one of the featured segments on a Food Network Special news style show which aired in January, covering the various faith-based health, diet and fitness programs available across the country. Keep an eye out for re-runs of this enlightening show.

SPEAK UP AND GET HEALTHY – VOICEBIO TRAINING UPDATE

Several Health Ministers took advantage of this innovative training session taught by Olin Idol prior to the Reunion. VoiceBio is a non-invasive, cutting edge energy assessment tool that analyzes an individual's speaking voice, offering a look at holistic energy patterns within the human body. If you are a Health Minister, this tool can greatly enhance your ministry.

HAPPY ANNIVERSARY, GET HEALTHY! RESOURCE CENTERS

It's hard to believe a full year has gone by, but from January 12 through January 14, the *Get Healthy! Resource Center* in Shelby held a 3-day extravaganza celebrating its anniversary. The festivities included prizes, food prep demonstrations by the Graffs, presentations on fitness and health, and moving testimonies, including former Shelby Mayor Mike Philbeck and his wife Patty talking about their personal experience with the Hallelujah Diet. The Greater Toronto Area *Get Healthy! Resource Center* in the Newmarket Plaza, celebrated its anniversary with discounts on private label products, from Wednesday March 29, culminating with a Free Sample Day and Open House on Saturday, April 8.

OLIN IDOL ON THE ROAD

On January 7, while Rev. Malkmus was giving his *How to Eliminate Sickness Seminar* in Shelby, NC, Olin Idol, N.D., C.N.C., Vice President of Health at Hallelujah Acres, was sharing the same insight at the New Life Church, in Renton, WA, near Seattle. Health Ministers Jerrod and Nikki Sessler coordinated the exciting event, with over 500 in attendance.

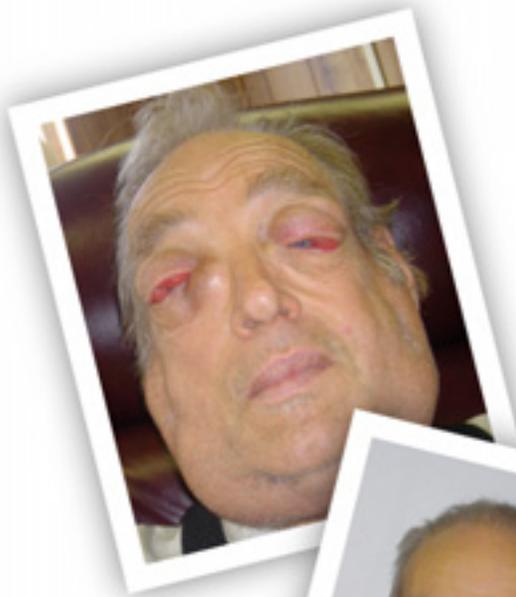
EASTER SEALS NAMES HALLELUJAH ACRES EMPLOYER OF THE YEAR

It was a great honor to learn that Easter Seals UCP North Carolina awarded Hallelujah Acres the 2005 Large Employer of the Year Award.

Curran West the Juice Man for Hallelujah Acres was also given the Achievement of the Year Award. Our ministry has partnered with Easter Seals and Supported Employment Training (SET) to integrate into the work force individuals with physical or mental disabilities. Currently, two employees placed by SET are on staff at Hallelujah Acres.

REVEREND MALKMUS HIT THE ROAD

Rev. Malkmus took his message of health to beautiful Ocala, Florida on January 15, as he presented his popular *How to Eliminate Sickness Seminar* to a packed house. Health Ministers Carol and Fred Markett arranged the speaking engagement. On February 11, Rev. Malkmus held seminars in Lake Worth, FL with Health Ministers Tim and Anita Koch. On the 13th he spoke at The Christian Retreat in Bradenton, and the 15th in Tallahassee with Health Minister Faye Pulvermuller. On Feb. 20 he spoke at the Hickory Vegetarian Fellowship Dinner in Hickory, NC.



Above: Warren Smith after radiation treatments. Below: Warren Smith today.



improvement in how I felt, but this was mostly due to cancer treatment. Now that I'm through with all of that, I have abundant energy, and I feel great!!

At my 3-month check-up, the doctor greeted me as "Miracle Boy." He also said they have changed the way they look at treatment because of me. They now evaluate patients after 5 treatments, rather than assuming everyone needs the full 15 treatments.

It's approximately a year now that I was diagnosed. I have grown healthier than I can remember. Before The Hallelujah Diet, I weighed 205 pounds, and my blood pressure was 189 over 135. Now, I weighed 127 pounds and my blood pressure is 110 over 60!

Along with increased energy I also haven't had as much as a cold in one year. I still have tumors though, and they seem the same for the last six months. Most everything I lost through radiation has returned except for full restoration of taste buds.

I'm thankful and I thank God for all those that prayed and are still praying. My wife Terri, and my granddaughter Cheryl, work on a daily basis to keep me healthy. Cheryl encourages me to get fresh air and exercise, and will often ask, "Are you supposed to have that?" if she sees me eating something unusual. My wife does special shopping, looking for organic veggies, fruit, etc. She keeps fresh, living foods in the house at all times. They are both on BarleyMax and carrot juice, and eat a 50% raw diet, more or less.

[I thank] My church family, my employees, the writers of many books I have read that helped me, organizers of the seminars that I have attended, and many people who have tried to communicate the message of health. Aside from a personal relationship with the Lord Jesus

Update: Tumor Disappears

Warren reports that he continues to amaze his doctors with his improved health. Since he is on a healing trend, he says they have agreed to "experiment" with him. To treat one of his tumors, they used radiation at a level of 200RADS*. Meanwhile, Warren stuck to The Hallelujah Diet, in earnest, as he had been. Within three weeks, the tumor disappeared and Warren suffered absolutely no side effects. At first, the doctors attributed his incredible recovery to the excellent health he was in as a result of The Hallelujah Diet. But now Warren's doctors are telling him, he must not have had Non Hodgkin's Lymphoma since he is getting such incredible healing results, even though his original lab results indicated he did.

* 200RADS is an extremely low dose of radiation. Normal dose is in the range of 2000RADS with chemotherapy!

His Oncologist Called Him "Miracle Boy"

continued from page 5

other oncologists and shown them my photos, and they consented to my stopping the treatments. Dr. Yunes had promised no major side effects from the radiation. But, in spite of his promise, I suffered the loss of 4 fillings, loss of taste buds, burnt mouth, and a loss of hair.

Meanwhile, I had been gradually adopting more and more of The Hallelujah Diet. During this diet transition time, I didn't notice a drastic

"I have more energy, and I haven't had as much as a cold in one year."

Christ, our health is most important. I believe the key to a healthy physical life is eating right so that the body can function right. ■

Warren Smith is a Health Minister with Hallelujah Acres and can be reached at wsmith@hhealth.net

Warren Smith and Family



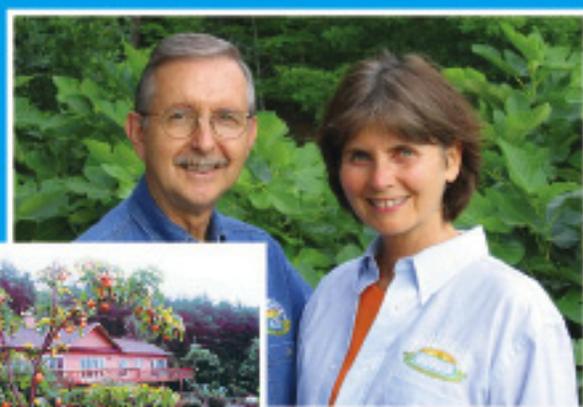
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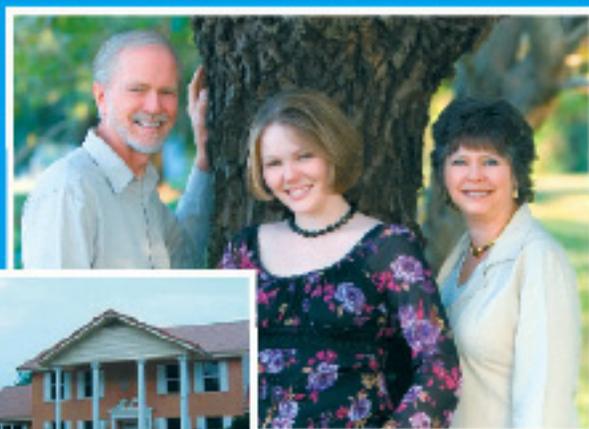
From cancer and other life threatening diseases, to chronic pain and annoying allergies, the human body has been known to demonstrate the amazing ability to heal itself. Start your healthy journey at a Hallelujah Acres Lifestyle Center!



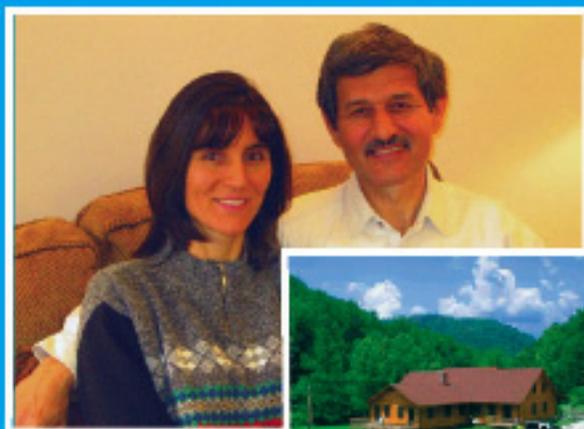
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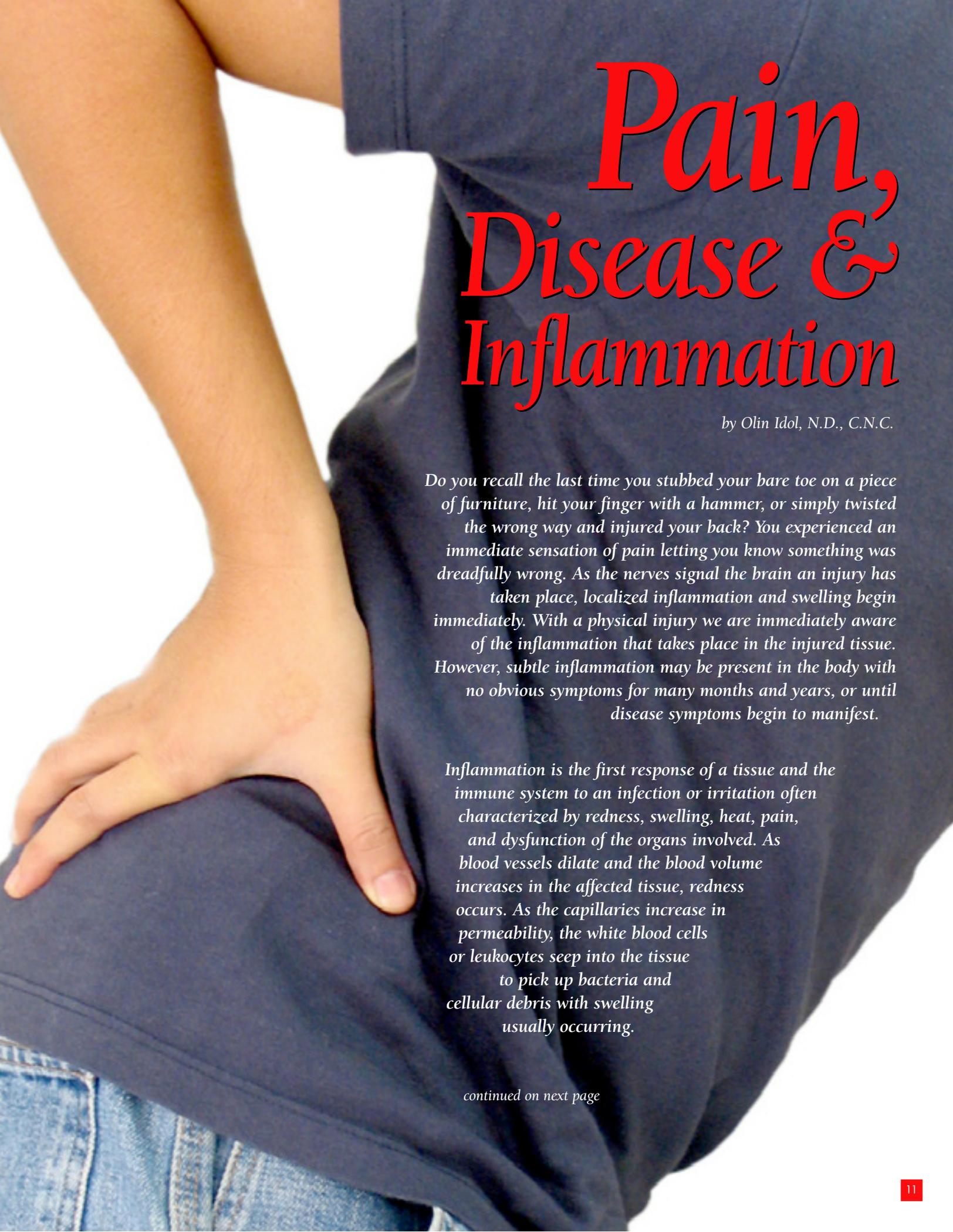
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Make your reservations today!

www.halifestylecenter.com



Pain, Disease & Inflammation

by Olin Idol, N.D., C.N.C.

Do you recall the last time you stubbed your bare toe on a piece of furniture, hit your finger with a hammer, or simply twisted the wrong way and injured your back? You experienced an immediate sensation of pain letting you know something was dreadfully wrong. As the nerves signal the brain an injury has taken place, localized inflammation and swelling begin immediately. With a physical injury we are immediately aware of the inflammation that takes place in the injured tissue. However, subtle inflammation may be present in the body with no obvious symptoms for many months and years, or until disease symptoms begin to manifest.

Inflammation is the first response of a tissue and the immune system to an infection or irritation often characterized by redness, swelling, heat, pain, and dysfunction of the organs involved. As blood vessels dilate and the blood volume increases in the affected tissue, redness occurs. As the capillaries increase in permeability, the white blood cells or leukocytes seep into the tissue to pick up bacteria and cellular debris with swelling usually occurring.

continued on next page

Pain, Disease & Inflammation

continued from previous page

Other body fluids containing fibrinogen and other blood clotting factors tend to collect in the inflamed tissue in an effort to contain the damage and prevent the spread of pathogens to adjacent tissue. Phagocytes, specific white blood cells, become active, engulfing dead cells and other debris for removal from the body and preventing the spread of an infection if one exists.

In the case of a physical injury, the inflammatory response is good in that it notifies us that we need to take special care of this area of the body to prevent further injury and allow for physical healing. Unfortunately, the inflammatory response is often out of proportion to the threat the body is dealing with. The results can be more damaging to the body than the agent or event itself would have been. Many types of allergies as well as autoimmune conditions are a direct result of a prolonged, unchecked inflammatory response to a bacterial influence or a tissue irritation.

Inflammation and Cancer

Most of us are familiar with such inflammatory conditions as; arthritis, Crohn's disease, asthma, and all of the many conditions ending in 'itis' such as; appendicitis, bronchitis, bursitis, colitis, dermatitis, tendonitis, and a whole host of other inflammatory conditions. But many people are unaware that inflammation may be an underlying factor in many cancers.

The Blaylock Wellness Report (vol. 2 No. 2 – Jan/Feb 2005) states, "A recent study found that one central event is most closely associated with cancer development - chronic inflammation. In the study, researchers looked at a large number of cancer patients and found that almost 70% had pre-existing chronic inflammatory diseases for 10 to 17 years before they developed cancer.

"We know that people with chronic inflammatory diseases like lupus and

rheumatoid arthritis, as well as those with inflammatory bowel disease (Crohn's and ulcerative colitis) and certain parasitic diseases, have a substantially higher cancer rate than that of normal people. If we include diabetes (also an inflammatory disease), we see that a great number of people are at risk.

"Chronic inflammation can lead to free-radical generation and lipid peroxidation, and that can lead to cancer."

Not only is inflammation a key factor in the development of cancer but it may play a major role in the growth and spread of the disease as well as promote the development of many other disease conditions. In the June 2004 issue of *The Blaylock Wellness Report* we read, "Numerous chronic diseases are associated with inflammation, such as diabetes, cardiovascular diseases, autoimmune diseases (lupus, rheumatoid arthritis and autoimmune thyroid disease), asthma, pulmonary diseases, infections and all of the neurodegenerative diseases (Alzheimer's dementia, Parkinson's disease and Lou Gehrig's disease)."

Fight Inflammation with the Right Foods

Are there certain nutrients or dietary factors that help control this excessive inflammation? Many compounds in our fruits and vegetables such as allicin, carotenoids, antiestrogens, flavonoids, sterolins, vitamins, minerals and hundreds of other elements protect our cells and tissues from free radical damage and the host of other bi-products of metabolic functions while providing optimal nutrition and inhibiting inflammation. I'm confident that the benefits of these many phytonutrients is why *Prescription For Nutritional Healing* recommends a diet composed of 75 percent raw foods and plenty of juices as one means of preventing excessive inflammation. Is it any wonder folks following the Hallelujah Diet see such an impact on many inflammatory conditions?

Omega 3 fatty acids as found in flax seed, flax seed oil, and walnuts provide powerful protection against excessive

inflammation and have been shown by Dr. Johanna Budwig to be an aid against arthritis, heart infarction, cancer, and other diseases.

The Curcumin and Serrapeptase Connection

Along with the increasing knowledge of the role of inflammation in the disease process a greater interest in nutritional supplements to aid the body in preventing excessive inflammation is developing. There are two specific anti-inflammatory nutrients gaining wide-spread recognition recently – Curcumin and Serrapeptase.

Cancer Fighting Curcumin

In his previously cited January, 2005 newsletter, Dr. Russell Blaylock states that "Curcumin is a powerful anti-inflammatory comparable to the strongest drugs - minus their side effects - and has turned out to be one of the most powerful cancer inhibitors found thus far. It uses a number of mechanisms to effectively restore bone marrow cells, build muscle, heal wounds, stimulate detoxification and suppress the COX-2 enzyme."

And again in November, 2005 Dr. Blaylock states that "Researchers at the M.D. Anderson Cancer Center at the University of Texas found that 96% of mice implanted with human breast cancer developed metastasis of the tumors in their lungs - but it didn't happen when they were fed curcumin, the extract flavonoid of the spice turmeric.

"When curcumin was combined with the chemotherapy drug paclitaxel, no metastasis developed. But those on paclitaxel alone had numerous metastatic tumors."

Inflammation Dissolving Serrapeptase

The second anti-inflammatory is actually an enzyme that has been in clinical use over thirty years throughout Europe and Asia. Serrapeptase is a proteolytic enzyme that is manufactured commercially today but was originally found in the silkworm intestine. It was used by the silkworm to dissolve the

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2006

Wake Up & Be Healthy!

Information! Inspiration! Education! Fun!

Come to the Hallelujah Acres

Big Summer Health Conference!

August 10 - 12, 2006

Learn...

- How to live on the Hallelujah Diet
- How to overcome challenges
- Practical tips and techniques to make the lifestyle easy and fulfilling
- How to deal with friends and family who are not on the diet
- How to stay committed
- How to get back on track if you stray from the program
- How to stay on the lifestyle when you're traveling
- How to overcome emotional and spiritual conflicts
- How to prepare healthy, delicious meals your whole family will love

*Plus there'll be great speakers,
music, demonstrations, testimonies,
door prizes, and food!*

All this for just \$99.00 per person.

*The Summer Conference starts at 6 pm on Thursday, August 10!
For more information, a complete schedule of events, and to register, call (800) 915.9355*

Hallelujah Acres Events Calendar

May/June/July, 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.

May 6 • June 3 • July 1 • 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. **May 1-5 • July 10-12 July 31-August 4**

Health Minister 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. **July 12-15**

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!

May 26-27 • June 20-21

July 17-18 • 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!

May 5 • June 2 • June 30 • August 4 • 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.

May 6- Top Raw Men, authors of *How We All Went Raw*

June 3- Kim Wilson, author of *Everyday Wholesome eating...*

In the Raw

July 1 - Marilyn Polk, author of *Hallelujah Simple Weekly Meal Plans*.

Health Minister Reunion

Attention, Health Ministers! Come fellowship with others who spread the message, "You Don't Have to be Sick!" Share your knowledge. Discover new tools and techniques. Gain insight, encouragement and inspiration, as you renew your commitment and kindle your passion. We look forward to seeing our current Health Ministers and all our future Health Ministers join together in the **spring 2007!**

Wake Up & Be Healthy!

Hallelujah Acres Summer Health Conference

August 10 - 12, 2006

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 or 8 sessions. For that schedule, please call us at 1.905.853.7014.

May 2-4 • May 16-18 • June 2-8 • June 20-22 • July 4-6 • July 18-20

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.

May 6 • May 20 • June 3 • June 17 • July 8 July 22

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.

May 31 • June 8 • July 26

NEW Workshop! In the Kitchen with Judy

Visit our website to learn more about this exciting new program. www.hacres.ca/gethealthy

Make Your Cell Phone Safer

by Michael Donaldson, Ph.D.

Cell phones are one of the modern conveniences that more than 100 million of us in the USA have gotten very attached to. There have been occasions when I wished I had one, and a few times I'm very glad that someone else had one. I know that many people rely heavily on these phones and use them extensively. In the midst of their convenience comes the nagging question—are these phones safe? This article will update you on current findings on cell phones as well as tell you about how you can make your cell phone a safer phone.

Are Cell Phones Dangerous?

What exactly is the problem with cell phones?

Cell phones use microwave beams (or fields of radiation) to connect to the nearest cell tower. The cell phone emits the same radiation in all directions.

Can this radiation penetrate into your head? A study showed that it does penetrate an inch or so into an adult's head. This is disturbing enough. However, cell-phone radiation penetrates halfway through a 5-year-old's brain, and almost a third of the way into a 10-year-old's brain⁽¹⁾. Surely this can't be a good thing.

What are the effects of microwave radiation? Heat is one of the obvious ones that you are familiar with, as in microwave ovens. Some standards say

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Make Your Cell Phone Safer

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that as long as no heat is generated, there is no problem. But research studies have quietly shown that way before heat is generated problems arise. However, research is slow since the effects take a long time to be found, kind of like tobacco and lead paint. A series of case-control studies from Dr. Lennart Hardell, MD, PhD, of Sweden which have examined long-term cell phone users have found marked increase in brain and auditory nerve cancer on the cell-phone side of the head. One of their studies found a 3.9-fold (390%) increase in risk of auditory nerve cancer on the same side of the head as the phone was normally used for those who used a cell phone for more than 10 years⁽²⁾. Dr. Hardell's research group found the same amount of risk in a large case-control study of 1,617 brain tumor victims⁽³⁾. The Interphone case-control study in 5 European countries has found an 80% increased risk of a tumor on the same side of the head as reported phone use for those who used cell phones for more than 10 years⁽⁴⁾. So, it is very clear to me that long-term regular cell phone use is a risky habit, with results that will only manifest themselves 10-15 years down the road.

George Carlo, an epidemiologist and pathologist, was hired by the cell phone industry in 1993 to counter the stories of cell phone dangers. After 6 years he found that there was a lot of evidence pointing to the dangers of cell phones. When the Cellular Telecommunications Industry Association didn't want to come to the public with his findings, he brought them straight to the public in his book "Cell Phones: Invisible Hazards in the Wireless Age."⁽⁵⁾

Can you believe all of the studies you hear about? According to biochemist Dr. Jerry Phillips, PhD, who conducted Motorola-sponsored research, when the results didn't favor their products he was asked to rewrite his abstracts, conclusions, and to spin his findings. He didn't comply and published his work anyway⁽⁶⁾. Today, Phillips is outspoken against the "all is safe" public image of cell phones, nor does he trust the studies

Test Subject: Becky

Test Location: Carlsbad, CA

Date Tested: September 9, 2005

Test Equipment Used: FDA-registered MSAS Professional

Credentials of Test Administrator: Certified by Georgia State Naturopathic Medical Association, 10 plus years experience with performing MSAS testing

Becky Mobley	Lymphatic System	Lung	Large Intestine	Nervous System	Circulation	Allergy Response	Cellular Metabolism
Baseline	47	43	48	41	43	41	54
Phone NO Chip	39	41	48	56	42	44	47
Phone with BIOPRO Chip	52	55	49	47	51	55	45

Red=Stressed State Purple=Optimal Range

Test Findings:

- 1. Baseline (No Phone):** When tested **without a cell phone** (baseline state), **3 of 7 (43%)** of this individual's key body areas measured **within the ideal performance zone**.
- 2. Phone Call without BIOPRO EMF Harmonization Chip:** When using a cell phone **without BIOPRO's EMF Harmonization Chip** attached to it, **5 of 7 key body areas (71%)** were in a **weakened or stressed state**.
- 3. Phone Call with BIOPRO EMF Harmonization Chip:** After applying the **BIOPRO's EMF Harmonization Chip** on the phone, **all 7 key body areas (100%)** showed **significant improvement**, with **7 of 7 (100%)** of them now measuring **within the ideal performance zone**.

being paid for by the cell-phone industry. So, my conclusion is that yes, cell phones emit a form of radiation that has negative biological impact. Do they increase the rates of brain cancer? The evidence indicates that long-term use does drastically increase one's risk of brain cancer.

Protect Yourself

There are many blockers and devices being marketed to make your cell phone safe. I have not investigated all of them, but we at Hallelujah Acres Foundation have found one product that shows hard evidence of actually protecting the cell phone user: BioPro Technology, based in San Diego, CA, has produced a cell phone chip that works.

Briefly, here is the evidence that it works. Biological stress levels can be measured in the body by a variety of means. One way is monitoring the energy level in acupuncture points. An electronic device can measure galvanic skin response, or the conduction of a very minute electrical current, through the skin and underlying connective tissues. Reinhold Voll found in the 1950s that the current flow is much higher through the acupuncture meridians than in the surrounding tissue. Under conditions of electromagnetic stress (holding a blow dryer, standing near your running VitaMix, etc)

levels of current at the acupuncture points changes. BioMeridian has developed a Meridian Stress Analyzer to measure these energy levels. So basically this machine checks stress levels in the body.

Tests by an independent practitioner using this machine (registered with the FDA as a Class 2 approved device) has shown that an active cell phone causes the energy level in the tested seven points to become unbalanced immediately (some higher and some lower than optimum levels). It probably gets worse with the length of a cell phone call, but the effects are immediately observed. When the BioPro cell phone chip is applied to the back of the cell phone and the phone is reactivated, then the energy in the tested meridian points are much closer to optimum. For some of the tested people, their energy levels are closer to optimum than when they were not using the cell phone at all. The cell phone could then actually be beneficial in balancing energy flow in the body rather than harmful. Amazing technology.

How does it work? The BioPro cell phone chip uses subtle energy waves to entrain the microwave radiation, causing a slight change in the wave pattern in such a way that it is no longer harmful to the body. I don't know the details, but I have witnessed the results first hand.

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Reaching the Church with the Health Message

by Rev. George H. Malkmus

One of the most frustrating things I experienced during my almost 20-years of ministry as a pastor, was dealing with the constant physical problems of the people in the various churches God had given me oversight. People would get sick, they would ask for prayer, and I would pray earnestly and fervently for the Lord to remove their sickness.

Often, I would share their prayer request with others in the congregation, so that in addition to my prayer, hundreds of others in the church were praying for them, as well. Yet, in spite of all this prayer, time after time, I saw some of those for whom we prayed, continue to be sick and often times get sicker.

When Prayers Do Not Bring Healing, What Can A Pastor Do?

Prior to entering the ministry, I had been raised by my mother who was a registered nurse. Mom had programmed me from my earliest remembrance, that when you get sick, you go to the medical doctor, and you do what the doctor says. So now when prayer had not brought about healing, I would encourage sick church members to go to the doctor and my prayer to the Lord would be to give the doctor wisdom to know what drug to give that sick person.

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.”

III John 1:2

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Become a Health Minister

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

Come to the next Health Minister Training.
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!
Learn how to build your own
local health ministry.

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 & Lifestyle for a minimum of three (3) months.*

GET INFORMED! GET ENCOURAGED! GET HEALTHY!

Hallelujah Diet & Lifestyle Support Group Meetings

Meeting every month for a lifetime of health!

Join your fellow Hallelujah Diet & Lifestyle 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.



May	Hallelujah! I'm Healthy
June	On the Road Again
July	Don't Sweat It!

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



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 Minister • Go to www.hacres.com to find the one nearest you.

Online at Hallelujah Acres University • 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 Minister Training.
For your convenience, we offer this schedule to coincide with the Health Minister Training that immediately follows.**

One Couple's Transformation to a Vibrant Life They Never Imagined



Health Ministers Donna & Bobby Bishop

Aside from ongoing sinus problems, constipation and PMS, Donna Bishop considered herself fairly healthy.

She exercised regularly, but still couldn't lose the excess weight she carried around. She had a fulltime job at a local church and ate the kinds of food most Americans enjoyed. Her biggest health concern was her husband Bobby.

An avid runner since 1992, one would think Bobby Bishop was the picture of health. Then, in 1999 a routine physical revealed blood in his stool. He was anemic, suffered from diarrhea, high cholesterol, high triglycerides and stiffness in his joints. He endured three prostate infections, skin rashes, dandruff, acid reflux, fatigue, body odor and most days his right eye was watery and blurred by late evening. Medication to treat his iron deficiency didn't work,

and the Bishops prayed for wisdom. They started out in the right direction, giving up the red meat and pizza, the chips and cookies, the eggs, biscuits and gravy. But still over the next three years, Bobby's health had not improved. Bobby says, "On March 4, 2003, I heard about Hallelujah Acres on a radio station and the same day, one of Donna's coworkers told her about the diet." They searched the Internet, and discovered Rev. Malkmus would be speaking at a nearby health food store in just two days. The couple went home invigorated and on Friday, March 7, 2003, they started the Hallelujah Diet & Lifestyle 100%.

Bobby continues, "We removed the temptation—Standard American Diet food—from our pantry, freezer, and refrigerator and began our journey to health. Within just a few days, I started seeing results and feeling better. After

83 days on the diet, Donna and I both had blood work, and the results came back astonishing."

His cholesterol had been 212, now was 158. His triglycerides were as high as 425, now were 96. He had lost 20 pounds, so he went out and bought new clothes, then in two months, lost another 10 pounds for a total of 30 pounds lost in just three months.

Thrilled, Bobby says, "I still continue to run and my goal for my 50th birthday was to run five miles. On the eve of my 50th birthday, I ran 8 miles and that was a blessing. Praise the Lord!"

Donna reports, "My constipation and sinus problems have disappeared. I did wear contacts, which I am not wearing now. My vision has improved to where...I use my glasses occasionally. PMS has disappeared...I have lost 30 pounds, five dress sizes, sleep very well at night, have lots of energy and I feel terrific!"

Neither Bobby nor Donna have taken over-the-counter or prescription medication since starting the diet in March of 2003, and say they do not live in fear of cancer or heart disease. Because of their example, other family members have started the diet and report losing weight and quitting their medications, as well.

Soon, the Bishops felt the call to share what they had experienced. "When we have seen the changes in our health just from removing foods that were nutritionally deficient, dead, and toxic from our diet and adding good nutritious live foods, we had to share this with others. We wanted them to know that they could take control of their health and restore their body to vibrancy."

After Health Minister Training in June 2003, the couple began holding Support Group Meetings in Statesville,

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Reaching the Church with the Health Message

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But all too often the doctor's drugs couldn't bring about healing and the person died! Now, here is something really strange. Prior to becoming a pastor, I had spent four years preparing for the ministry, yet when it came to dealing with the many sicknesses being experienced by members of the congregations I pastored, I found I had not been adequately prepared.

At graduation, I remember thinking I had learned all that was necessary to be a good pastor to the people over whom God would place me as shepherd. Yet after God led me to my first church, and with each of the three other churches I pastored,

I became increasingly frustrated when dealing with the physical problems experienced by the people.

Sadly, it was only after that sick person had died, that I found I had been adequately prepared for what lay ahead – the funeral! Four years of preparation to become a pastor had not prepared me with the knowledge necessary to help a sick person while they were still alive, yet it had prepared me to conduct the funeral after they had died. Is there not something wrong with this picture? How is a pastor supposed to handle and account for this?

Did not God say in John 14:13: "And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son" And again in James 5:14-15 "Is

any sick among you? Let him call for the elders of the church; and let them pray over him, anointing him with oil, in the name of the Lord: And the prayer of faith shall save the sick, and the Lord will raise him up" And there are other similar verses.

Certainly I am not the only pastor that has ever had a problem reconciling these verses in the Bible, with the continuing sickness and sometimes death of those for whom we have prayed. Have you ever attempted to justify this in your own mind? You might have come to this conclusion: "Well, it must have been the Lord's will!"

But III John 1:2 would seem to blow that conclusion out of the water, for in that verse God tells us His will: "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." These appearing contradictions bothered me for many years, but in answer to prayer, one day God revealed the answer. And what was that answer?

Natural Laws!

When God created this universe, and when He created the physical bodies we each possess, He established NATURAL LAWS to govern everything He had created. For instance, there is a natural law called GRAVITY! Violate that law by placing yourself too close to the edge of a high place and you will suffer the consequences of that violation – Christian or not!

By the same token, when God created the physical body, He created NATURAL LAWS that would govern the health and well being of that physical body. He reveals that NATURAL LAW in Genesis 1:29, "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 FOOD."

When we study the anatomy and physiology of the physical body, it becomes abundantly clear that God gave

us a physical body designed to be nourished with living plants He had created on the third day of creation (See Genesis 1:11-12). Then repeatedly throughout the Scriptures we are warned: "Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap." (Galatians 6:7) He also tells us that the curse of sickness will not come without a CAUSE! "... the curse causeless shall not come." (Proverbs 26:2)

After 30-years of research, and personal experience, I have learned that the curse of sickness is almost always the result of putting into our body things God never intended to enter it. That is why the church, and the Christians found within, are just as sick as the non-Christians found outside of the church. Each suffer the same physical problems and to the same percentages, because both are eating the same toxic and non-foods of this world, rather than the foods God designed our physical bodies to be nourished with.

Enter Hallelujah Acres

In 1992, Hallelujah Acres was established to reach the church with the Health Message God so clearly has given us in the Bible. In the early days, the Christian community rejected the Biblical Health Message we were proclaiming, primarily because Christians had adopted and become addicted to the world's foods. But in spite of that rejection, we continued on, sharing our Biblical Health Message with all who would listen.

Slowly, pastor after pastor and Christian after Christian, adopted what we called The Hallelujah Diet, based on the Bible verse found in Genesis 1:29. As they adopted this Biblical diet, most saw their physical problems simply disappear along with their excess weight. It was almost miraculous! And guess what? Those people who made the diet change and saw their physical problems go away after adopting God's eating plan couldn't keep their mouths shut, and word of "The Hallelujah Diet" started to spread in churches around the world. Some were critical of the diet, but critical or not, people were hearing the words

“Hallelujah Diet.”

Today, we estimate that there are over 2 million followers of The Hallelujah Diet around the world. Hallelujah Acres has trained over 6,000 Health Ministers who are now located in every state in The United States as well as 40 foreign countries. Over 700 hundred of these Health Ministers are pastors. We have a 48-page, full-color, bi-monthly publication “Back to the Garden” read by some half-million people each issue, while our weekly electronic “Hallelujah Health Tip” goes out to some 60,000 subscribers each week.

But the most thrilling result of it all is that tens of thousands of Christians from around the world have written to tell us that they have seen over 170 different physical problems simply disappear after adopting The Hallelujah Diet. One gentleman, after only six months on The Hallelujah Diet, reported a 60-pound weight loss, along with the disappearance of 28 different physical problems.

Please pray for us here at Hallelujah Acres as we continue our efforts to take this Biblical Health Message to the Church! If the entire Christian community would adopt the Health Message we teach, we could practically eliminate the prayer requests for sickness in our churches. Interestingly, God’s original Genesis 1:29 diet will not only bring healing to the Christian community, but also to the non-Christian Community. For you see, these NATURAL LAWS apply to all of God’s creations!

Sadly, we find the animals in the wild to be far wiser than we humans. If you have ever noticed, when it comes to how these wild animals nourish their physical bodies, whether they be plant eaters or flesh eaters, these animals always eat their food in its natural, raw, living form, as served up by nature. How long will it take we humans, and especially Christians, to not only learn from them, but to also get back to eating the living plant foods as God designed us to be nourished with and instructed us in Genesis 1:29?

“I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live:!” (Deuteronomy 30:19) ■



Rev. George Malkmus is the founder of Hallelujah Acres and the author of Why Christians Get Sick, among many other books. A respected and popular speaker, he has guided millions back from serious illness,

including himself, through The Hallelujah Diet, based on the teachings in Genesis 1:29.

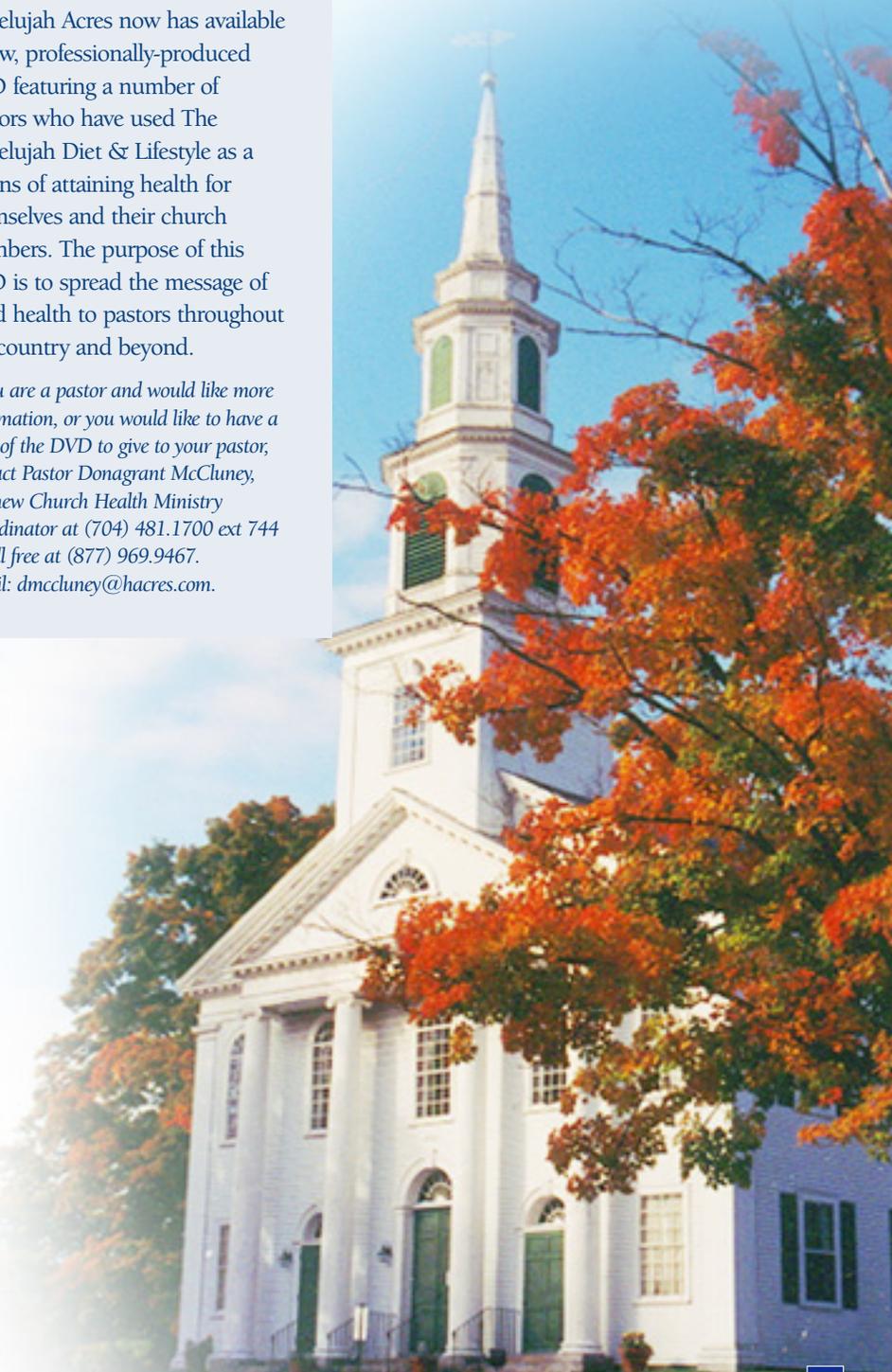
Speaking Pastor to Pastor

Hallelujah Acres now has available a new, professionally-produced DVD featuring a number of pastors who have used The Hallelujah Diet & Lifestyle as a means of attaining health for themselves and their church members. The purpose of this DVD is to spread the message of good health to pastors throughout the country and beyond.

If you are a pastor and would like more information, or you would like to have a copy of the DVD to give to your pastor, contact Pastor Donagrant McCluney, our new Church Health Ministry Coordinator at (704) 481.1700 ext 744 or toll free at (877) 969.9467. Email: dmccluney@hacres.com.

“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world . . .”

Romans 12:1-2



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.



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BIOPRO Cell Chip

For more information see page 31.



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Natural Living • Acheive
Optimal Health



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Make Your Cell Phone Safer

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Some people may use a hands-free headset to keep the phone away from their head. However, unless using air-tube technology, the headset is actually working as an antennae to concentrate local EMF waves to your head, increasing your EMF dose by 2-3 times compared to using your cell phone by itself.

Do other products work? Maybe. However, any device that blocks the radiation of your phone is going to make it less effective at communicating, or perhaps cause the phone to increase its power output to overcome the blockage. Over 30 different technologies were screened by BioPro Technology in the process of making their cell phone chip. Only their chosen product, now called the BioPro cell phone chip, worked and produced results that could be measured. This same chip also provides protection from the damaging effects of radiation caused by cordless phones, TV's, computers, and other devices that emit harmful radiation. To ensure proper placement of the chip on all devices, the manufacturer includes easy-to-follow directions.

We are pleased to make the BioPro cell phone chip available to you. We are concerned about your health and only offer products that we are certain will be beneficial. Protect yourself and make your cell phone a health phone. ■



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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One Couple's Transformation to a Vibrant Life They Never Imagined

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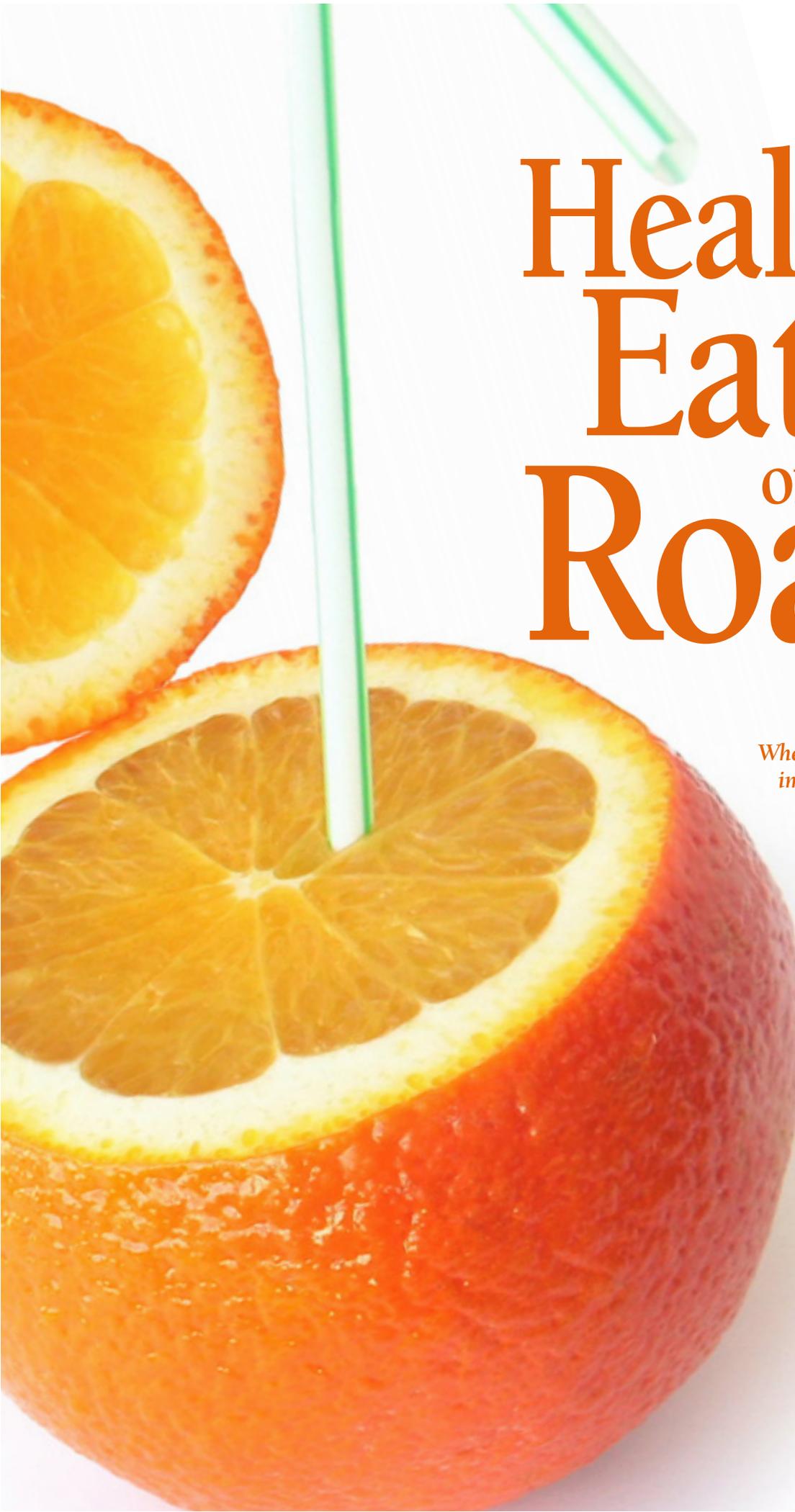
NC, and attending the Support Group in Mooresville, at the time, led by Gerene Butterfield. A year later, when Gerene accepted the position to head up the *Get Healthy!* Resource Center at Hallelujah Acres Headquarters, the Bishops took over the Mooresville group, as well. In September 2005, Donna Bishop began working fulltime for their ministry. Bobby still has a fulltime job, but devotes his free hours to the ministry. Together, they continue to lead both Support Groups, teach the *Get Healthy! Stay Balanced* course, and have introduced an innovative seminar to their ministry, called Lettuce Serve. The Bishops write, "This is a four-course Hallelujah Dinner and Seminar showing how to set up a kitchen... This has had great response and we usually have a waiting list."

Last November Rev. Malkmus attended one of their seminars and the response was tremendous. In the future, the Bishops hope to teach "Why Christians Get Sick" in area churches.

Bobby and Donna are grateful for the positive changes in their lives. Donna says, "We want to thank Rev. and Mrs. Malkmus for pioneering this diet and lifestyle, staying faithful and being examples. If they had not made the changes and shared this information, where would we be today?" She also thanks the people in their Support Groups for their faithfulness, dedication and encouragement, and she adds, "We believe that The Hallelujah Diet is the healthiest diet in the world, because we have both experienced it in our lives."

Bobby adds, "I want to thank the Lord for what He has done in my life. There are three events that have changed my life for the better: knowing the Lord Jesus Christ in a personal relationship, marrying Donna, and the Hallelujah Diet & Lifestyle. Three years ago, I never knew that I could enjoy a vibrant life like I have it today." ■

The Bishops live in Statesville, NC, and can be reached at Wholesomeliving@bellsouth.net or (704) 873.8486.



Healthy Eating on the Road

by Rhonda Malkmus

When getting ready to travel, it is important to plan ahead! George and I always take a cooler filled with carrots and fresh fruit, as well as a variety of nuts and seeds and Survival Bars.

Here's the checklist we use.

- Freshly extracted carrot/vegetable juice for up to 3 days in sealed containers of 8 ounces each
- Juicer, if possible
- Fresh Carrots
- CarrotJuiceMax if not able to take juicer
- BarleyMax and a battery powered mixer or shaker container to mix it in, or our handy capsules
- Hallelujah Acres Survival Bars
- Fresh vegetable sticks

continued on next page

Healthy Eating on the Road

continued from previous page

- A variety of nuts and seeds for snacking
- Dehydrated fruits
- Granola
- Other healthy snacks like raw flax crackers
- Flax seeds and small coffee mill to grind them
- Organic salad dressings
- Gallon or two of distilled water to refill drinking bottles
- Electric DC plug in refrigerator or ice chest

Following is a sample of ways to handle meals on the road: Over the years, we've found that keeping it as simple as possible works best.

Breakfast:

Adults:

- BarleyMax dissolved in the mouth or in a few ounces of distilled water. Do not eat cooked food, or foods containing fiber at this time as these hinder the cleansing process while the body eliminates accumulated toxins.

Children: Children have different needs for their growing bodies than adults.

- BarleyMax dissolved in the mouth or in a few ounces of distilled water. One-half hour later:
- A portion of a Hallelujah Acres Survival Bar (amount depends on age and size)
- Fresh or dehydrated fruit
- Granola or nuts and seeds can be enjoyed.

Mid-Morning:

- An eight ounce glass of fresh carrot/vegetable juice or CarrotJuiceMax/BarleyMax or
- Fresh juicy fruit followed 1/2 hour later by
- Fiber Cleanse, B/Flax/D, or freshly ground flax seeds in at least 8 ounces of liquid to help maintain optimal bowel function.

Lunch/Dinner:

Before lunch, another serving of BarleyMax taken as at breakfast. Thirty minutes later select one of the following:

- A raw Hallelujah Acres Survival Bar
- Vegetable salad or
- Raw fresh fruit.

Note: No cooked food is consumed at lunch so it's easy to pack lunch needs in our cooler. If traveling without a cooler, stop and try to find organic fruit at a health food store or supermarket.

Another option is to find a salad bar that offers spinach or other greens besides head lettuce and a variety of fresh veggies and top with your own favorite dressing.

Mid-Afternoon:

- Eight-ounce glass of carrot/vegetable juice.
- If fresh juice is not available, a serving of BarleyMax or CarrotJuiceMax
- Carrot or celery sticks are second best.

Dinner/Supper:

- A Hallelujah Acres Survival Bar can be used for dinner if there is no other option. (We've used them on more than one occasion!)
- If not able to take a cooler, take your favorite salad dressing and look for the best steak house you can find. Often they have a salad bar with dark leafy greens and at least some fresh veggies. Carry in your own dressing to top off your salad. In many restaurants the chef will be willing to prepare a vegan entrée if it is requested, and always ask that they use very little salt and no MSG. Although not ideal, this is an acceptable option when on the road.
- Another less than ideal option would be a veggie sub sandwich on whole grain bread or a veggie sandwich from a health food store. Veggie subs or sandwiches along with some organic chips from your local health food store make a filling (although not perfect) meal.
- When traveling to visit relatives, (ours now know our dietary desires) make sure they are aware that you are on a special diet. Offer to

help with food prep or to bring a dish all can eat and enjoy, usually a large salad, and homemade dressing. After all, aren't those family times about sharing our hearts and lives with those we love. Food shouldn't have to be the main focal point!

- For those just transitioning to the Hallelujah Diet, some other items might include:
 - Organic salsa
 - Organic bean dip
 - Organic corn chips
 - Rice cakes

Most of all make your trip an adventure for the entire family. Get their input and ideas on things they would like to take along to eat. Don't be afraid to experiment and find what works best for your family. Over time, you will develop family favorites to include in your trip preparations. You are making memories for a lifetime! ■



Rhonda Malkmus is co-founder of Hallelujah Acres. She is a popular Culinary Academy instructor and the

author of several best-selling recipe books, including Hallelujah Holiday Recipes...From God's Garden and Recipes for Life...From God's Garden. The wearer of many hats, (a bright orange one, in particular!) you'll also find her at the helm of The Women's Retreat scheduled for October at Hallelujah Acres Headquarters in Shelby, NC.



GRANOLA

From *Recipes for Life...from God's Garden*

- 4 c. rolled oats
- 1 c. slivered almonds (or chopped with S blade in food processor)
- 1 c. sunflower seeds, ground to finer texture
- 1 c. pumpkin seeds, ground to finer texture
- 1 teaspoon cinnamon
- 1/4 c. shredded unsweetened coconut
- 1/2 c. wheat germ or other whole grain bran
- 1 teaspoon ground vanilla bean or 1 teaspoon pure vanilla extract
- 1 c. sweetener (raw unfiltered honey, pure maple syrup, Agave Nectar)

Place all dry ingredients in a large bowl and mix well. In a separate bowl combine the wet ingredients and mix well. Pour over dry ingredients and mix well to coat all nuts and seeds.

To dehydrate: Place mixture on solid dehydrator sheets and dehydrate at 105 degrees until thoroughly dry.

To bake: Spread mixture on a non-stick cookie sheet. Bake 20 minutes in preheated oven set at the lowest temperature. Stir mixture and continue to bake another 20 minutes. Stir mixture periodically to prevent burning.

Option: After granola has cooked, add organic raisins or other organic, unsulphured dehydrated fruit cut into bite-sized pieces.

HEARTY FLAX CRACKERS

- 1 c. millet, ground
- 1 c. almonds, ground
- 1/2 c. flaxseeds, ground
- 1/4 c. pecans, chopped
- 1/4 c. sunflower seeds, chopped
- 2 apples, peeled and diced
- 1/2 c. organic raisins
- 1 teaspoon raw unfiltered honey or other sweetener

Grind millet, almonds and flaxseeds and cover with distilled water, soak overnight. Add remaining ingredients and pour onto solid dehydrator sheets and dehydrate at 105 degrees until thoroughly dry.

FAST FOOD — HALLELUJAH STYLE

Whether you travel frequently for business or you're embarking on the annual family vacation, staying committed to your healthy lifestyle can be a challenge—but not impossible!

Dining Out Eating out with friends and family is a great treat. Many a business deal has been agreed upon over lunch or dinner in a restaurant. Meals away from home are a part of life. It's up to you to make them a part of a healthy life.

Here are a few ideas to help you make the choices that will keep you on the right track.

Study the menu. Some restaurants offer vegetarian dishes, or feature a salad bar. If not, surely there will be a house salad, vegetable and potato or rice side dishes. Tell your waiter you're a vegetarian, and on a special diet. Order a large salad, with oil and vinegar, or lemon juice on the side, and ask if the chef will put together a plate of steamed vegetables for you. If available, order plain brown rice or a baked potato without toppings.

Mangia Italiano! If you're at an Italian restaurant or pizza place, order a salad and pasta with marinara sauce. Many pizza restaurants offer a variety of combinations. Ask if they will make a pie with just tomato sauce and vegetables. Ideally, you would want whole wheat pasta and pizza crust, but if these options are not available, have what is offered at that time, and continue on the diet, as usual, immediately afterwards.

Chain, Chain, Chain... Though not the most nutritious, even chain restaurants, such as Ruby Tuesdays and TGI Fridays, and fast food places, such as Wendy's, offer salad bars or pre-made salads and baked potatoes.

Life in the Big City. If you're traveling to a major metropolitan area, your options are numerous. Vegetarian, vegan and even raw food restaurants are popular and thriving. A simple search on the internet, via a site such as www.citysearch.com, will bring you many viable, healthy and tasty alternatives.

Be Open Minded Be creative and open to all possibilities! At the same time, be in control of the choices you make. All the resources are out there. Recognize them and see how they can fit into your healthy life on the road.

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 & Lifestyle 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

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- Why your diet can make you sick.
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- Which are the perfect foods that God gave to mankind.
- Attend this FREE 3.5-hour seminar the first Saturday of every month, starting at 10 am!

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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!*

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

Pain, Disease & Inflammation

continued from page 12

cocoon so the moth could escape. (*Pain Relief, Inflammation Relief, and Clear Arteries! The 2nd Gift from the Silkworms is Serrapeptase™* by Robert Redfern).

Redfern states that “Serrapeptase digests non-living tissue, blood clots, cysts, and arterial plaque and inflammation in all forms. The uses are wide ranging and cover just about every condition that is affected by inflammation and/or non-living tissue.”

The testimonies associated with this enzyme have been remarkable where pain from inflammation is a factor. Many people have reported being free of pain within two to three days of beginning aggressive use of this enzyme in supplemental form. My son, Johnathan, was the first person I asked to test serrapeptase. Following is his testimony.

“About a year ago, I injured my right shoulder during some strength training exercises. After talking to several friends and family members, and doing a little research, it appeared that I had torn my rotator cuff. I had very limited range of motion in my shoulder and a constant, dull pain. I started taking some proteolytic enzymes to help with the inflammation and pain, and quit my weight training. After a couple of months I had regained most of my range of motion, and the pain had begun to subside. I was still unable to do any heavy lifting, without my shoulder hurting. At this time, I just assumed that my shoulder would never return to its previous condition, and decided to start working out again, with lighter weights.

After another month or so, my right shoulder was still bothering me at times, and my left shoulder began to bother me as well. This time, I was introduced to Serrapeptase, and began taking 3-4 capsules in the

morning and at night, and still continued working out. I could notice a substantial difference in the pain within a couple of weeks. I continued working out and taking the Serrapeptase for another 6-8 weeks. By this time all the pain was gone in both shoulders, and I had regained all of my range of motion. To this day, both of my shoulders are pain free, and I have been able to resume my workouts at full capacity.”

Health MinisterSM Jon Idol,
johnathan_idol@earthlink.net

Hallelujah Acres has been so impressed with the ability of these two nutrients to normalize the inflammation response and to support the innate-healing ability of the body that we chose to make them available to those desiring to give them a try. Please see page 32 for more information on Serrapeptase and Curcumin. ■



Olin Idol, N.D., C.N.C. is Vice President of Health at Hallelujah Acres and author of the book, *Pregnancy, Children & the Hallelujah Diet*.

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Hallelujah Acres presents the...

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Where the art of food prep is made easy!



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2-Hour Intensive

These lively classes are taught by Rhonda Malkmus, and are held Friday night before the FREE monthly Saturday seminar taught by Rev. Malkmus. So have a healthful weekend and join us!

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Special Courses

These fun food prep classes start shortly after Rev. Malkmus' FREE seminar! These practical classes are taught by some of Hallelujah Acres' most popular recipe book authors. So join us for both.

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2 Day Course

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

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Culinary Academy-Canada

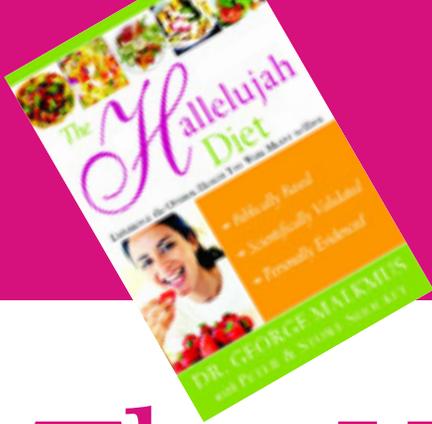
PLUS

In the Kitchen with Judy, 1-day intensive

Please see Events Calendar (p.14) for details!



New! The Perfect Companion to
The Hallelujah Diet!



The Hallelujah Diet Workbook

Featured Products

It's like having your own personal support group!

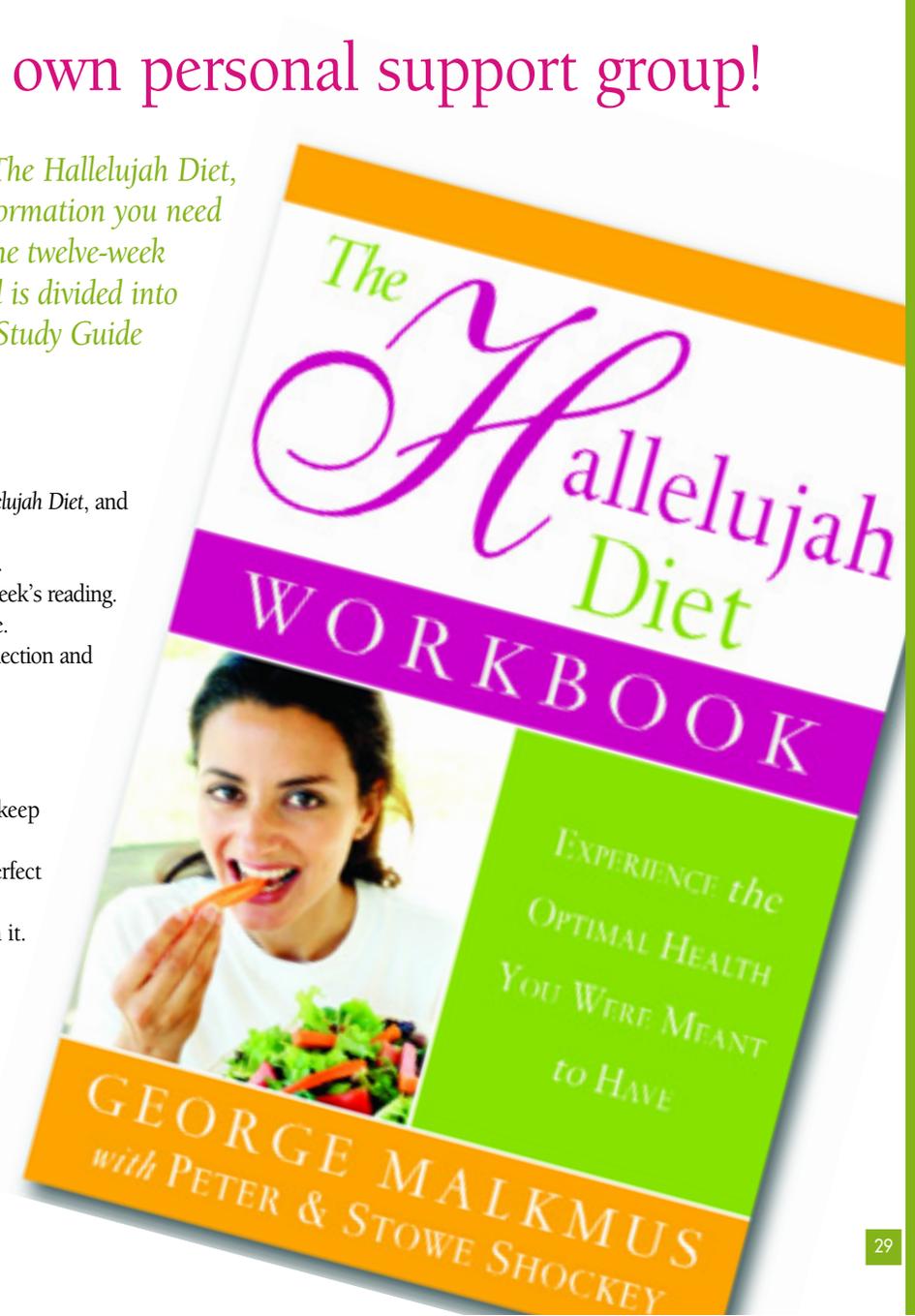
This Workbook, used in conjunction with The Hallelujah Diet, will help you to, thoroughly, absorb the information you need to achieve optimum health. Each week of the twelve-week program focuses on a particular theme, and is divided into two distinct, yet complimentary parts: The Study Guide and The Journal.

The Study Guide helps you delve into the text of *The Hallelujah Diet*, and extract the greatest benefit from the information. Includes:
Reading Assignments: Prepare you for the week's program.
Fact-Finder Questions: Find the important points in the week's reading.
Points to Ponder: Think about the implications for your life.
Prayer & Reflection: Time to turn to God for guidance, reflection and to give thanks.

The Journal is an interactive element that gives you the opportunity to state your goals, chart your course, and keep track of your health and dietary progress. Includes:
Choices & Goals: Identify and write your obstacles to perfect health; the consequences if you don't address those problems; your health goals and reasons for sticking with it.
Journal Entries: Keep track of your daily dietary habits.
Your Own Hallelujah Success Story: At the end of the program, you'll look back, and write your own dramatic results.

#215W

\$8.95



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. Now even better, packed with power featuring increased protein, Vitamins A and E, Folate, Zinc, Manganese and Potassium! The result is a denser powder, so you can use less per serving—only 1 level teaspoon—to get the full nutritional value! And you get value for your money, too. The new size is just 29¢ per serving when you buy the 8.5 oz. bottle. Because the powder is denser, there's less air. Less air means we can use a smaller canister. So don't let the smaller size fool you. You're still getting superior nutrition. Available in 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

Golden 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



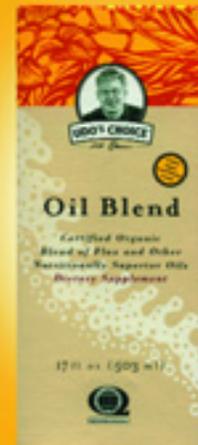
#450

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



New! BIOPRO Cell Chip *Make your Cell Phone a Safe Phone!* Now BIOPRO Technology offers a way to safeguard you from detrimental EMFs—with the revolutionary BIOPRO Cell Chip. Simply adhere it to your cell phone, and emissions are safely harmonized, so as to negate the harmful effects of the EMFs. BIOPRO Cell Chips are: powered by BIOPRO's proprietary Energy Resonance Technology (ERT™), convenient

and affordable, durable and made to last the lifetime of your phone, flexible and features a strong adhesive for easy use maintenance free. And best of all, BIOPRO Cell Chip will not interfere with the normal functioning of your phone. Worried about all your other electronic devices? This same chip also provides protection from the damaging effects of radiation caused by cordless phones, TV's, computers, and other devices that emit harmful radiation. A chart showing proper placement of the chip on all devices is included with your order.

#850 BIOPRO Cell Chip \$27.95



#431

Other Helpful Supplements and Hallelujah Acres Books

Other Helpful Supplements



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



NEW! Serrapeptase From the pain and swelling of a sports injury to clogged arteries, let this enzyme "dispose" of scar tissue, cysts, plaque and inflammation! Used for over 25 years in Europe and Asia, serrapeptase, was originally discovered in the intestines of silkworms. Today, it's commercially produced through a fermentation process to assure its quality and consistency. Positive results have been reported in cases of varicose veins and other circulatory problems, arterial plaque, DVT and blood clots, post operative healing, lesions and cysts, lung diseases, and much more.
#454 Serrapeptase \$24.95



NEW! Curcumin A powerful anti-oxidant and anti-inflammatory agent, curcumin is the active ingredient in the spice turmeric. In addition, studies suggest curcumin has anti-bacterial, anti-viral, and anti-tumor properties and may be used to fight infections, kidney stones and stomach and intestinal gas.
#457 Curcumin \$39.95



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



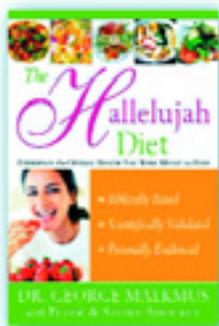
DHA DHA is an essential fat that is necessary for optimal development of the brain and the retina of the eye and, therefore, is of utmost importance for the fetus during pregnancy and the first year of life. DHA is available to breast-fed infants through mother's breast milk, but unfortunately, the amount 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 veg. capsules, 100 mg. each \$23.95



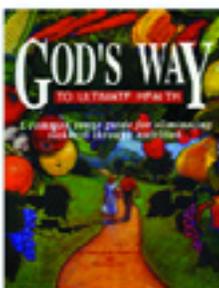
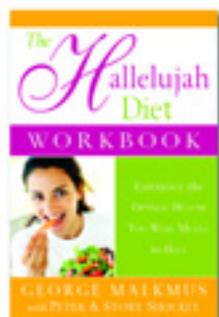
Nutritional Essentials Natural Choice Product's Nutritional Essentials is a great tasting, vanilla flavor, whole food supplement that provides a stable variety of essential nutrients. This includes highly concentrated antioxidant vitamins and pro-oxidant nutrients including tocotrienols, which have been 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

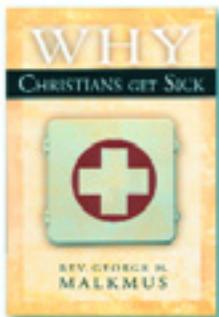


The Hallelujah Diet by Rev. **George Malkmus** Whether you've been on the diet for a while, or you're just starting out, this new book by Rev. Malkmus is sure to guide, encourage and inform you on your journey to optimal health. In *The Hallelujah Diet*, Rev. Malkmus draws on thirty years of experience and research to give readers a complete, in depth picture of the diet and the lifestyle.
#215 Paperback, 378 pages \$14.95

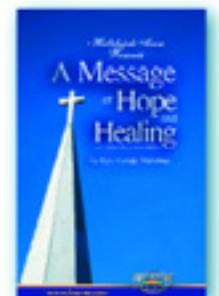
NEW! The Hallelujah Diet Workbook The Workbook, a companion book to be used in conjunction with *The Hallelujah Diet*, will help you to thoroughly absorb the information you need to achieve optimum health. Each of the twelve-week programs focuses on a particular theme, and is divided into two distinct, yet complimentary parts: **The Study Guide** and **The Journal**. The Study Guide helps you delve into the text of *The Hallelujah Diet*, and extract the greatest benefit from the information. The Journal is an interactive element that gives you the opportunity to state your goals, chart your course, and keep track of your health and dietary progress.
#215W Paperback \$8.95



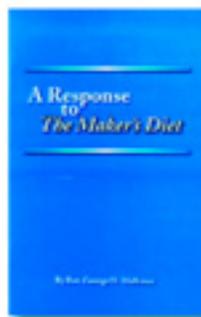
God's Way to Ultimate Health by Rev. **George Malkmus** with **Michael Dye** is the ultimate nutritional guidebook, and has everything you need to know about how to return to God's original plan for nourishing the human body. Read what the Bible says about diet and how modern science supports this Biblical 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



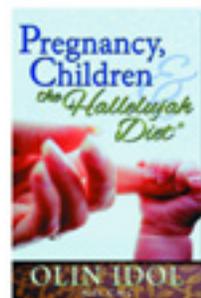
Why Christians Get Sick by Rev. **George Malkmus** is the most important book Christians can read, after the Bible. It delves into the questions of why we get sick, and provides the Biblical answers. With more than 150 Bible verses, this book clearly shows how we can avoid sickness and disease and experience 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)



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



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



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



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



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 Minister

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.

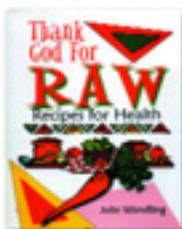
#212 Paperback, 200 pages \$17.95



Hallelujah Kids by Health

Minister 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.

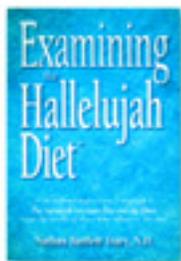
#376 Paperback, 164 pages \$19.95



Thank God for Raw by Health

Minister 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.

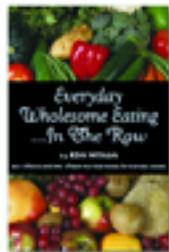
#211 Paperback, 167 pages \$17.95



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 Minister

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 Minister Marilyn Polk is a handy month-long meal planner that will help everyone on The Hallelujah Diet & Lifestyle— 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

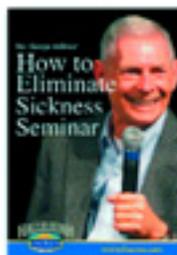


Juicing With Rev. Malkmus

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 2005

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 Minister 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 & Lifestyle. 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 **\$29.95**
- #293-1** Arthritis & Osteoporosis Only **\$9.95**
- #293-2** Cancer Only **\$9.95**
- #293-3** Diabetes Only **\$9.95**
- #293-4** Weight Issues Only **\$9.95**
- #293-5** Fibromyalgia & Lupus Only **\$9.95**

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 & Lifestyle. 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 \$389.95

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

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



#583

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 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

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



#606

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 slcr) \$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 Vegetable Peeler (not pictured) \$6.95
#534T Rada Tomato slicer (not pictured) \$4.95

NEW! Mr. Peely Carrot Peeler Peel large carrots and cucumbers like a pro! This new kitchen convenience is perfect for anyone on the Hallelujah Diet. It comes with wall-mount unit so you can stow out of the way. Or if you prefer to keep it on hand at all times, you may purchase the optional counter stand.

#610 Mr. Peely \$240.00

Mr. Peely Optional Counter Stand
#610S Mr. Peely Counter Stand \$120.00



#534

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 Minister 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



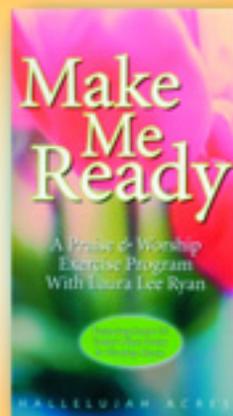
#607



#601 & #604



#603



#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

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!

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



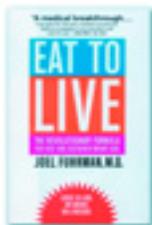
Raw Eating by Arshavir Hovannessian was one of the most influential forces in moving Rev. Malkmus to a raw food diet. This book is filled with great information that is useful to anyone considering changing to a raw food diet, although Hallelujah Acres does not agree with the evolution hypotheses discussed 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 MinisterSM 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



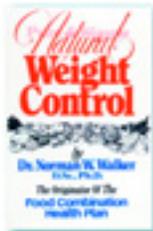
The China Project by T. Colin Campbell, PhD, is the most comprehensive study ever done on the relationship between diet and disease. Conducted over a ten-year period, this study contains groundbreaking scientific information that can directly impact your health, including information about cancer, heart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



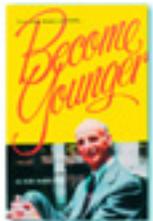
The China Study by T. Colin Campbell, PhD, examines the source behind all of the confusion about nutrition and reveals the truth behind the powerful special interest groups, government entities, and scientists that have taken us down a deadly path. It also details the connection between nutrition and 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



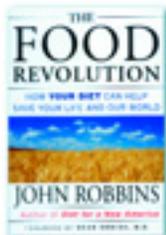
Pure & Simple Natural Weight Control by Dr. Norman W. Walker provides a weight loss strategy based on the body's need for vital, life-giving enzymes that are found only in nature's foods.
#338 Paperback, 129 pages \$7.95



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



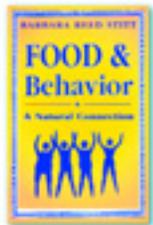
Vegetarian Guide to Diet & Salads by Dr. Norman W. Walker The fundamental purpose of eating is to replenish the cells and tissues in the body with the nutrients they need. This book serves as a nutritional guide that covers the effects of different foods and the benefits of food combining for a balanced 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



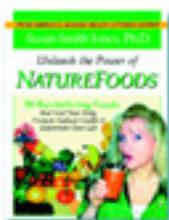
The Fruit Bowl and Vegetable Soup by **Dianne Warren, Susan Smith Jones, and Amy Sorvaag Lindman** are two picture books in one. This fun and educational children's book will help them learn the connection between what they eat and how they feel, look, and perform. Whether they are toddlers, preschool, 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



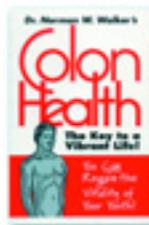
Water Can Undermine Your Health by **Dr. Norman W. Walker** shows you how to protect yourself from the deadly bacteria, viruses, chemicals, parasites, and other toxic substances that are present in our public water supplies.
#340 Paperback, 120 pages \$7.95



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

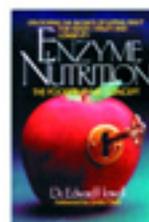
And much more! Includes easy-to-prepare recipes
#301 Paperback, 176 pages \$15.95



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



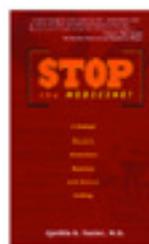
Fats That Heal, Fats That Kill by **Udo Erasmus** teaches how eating the right fats and oils improves energy level, athletic performance, fat loss, cardiovascular health, immune function, longevity, and more.
#348 Paperback, 456 pages \$22.95



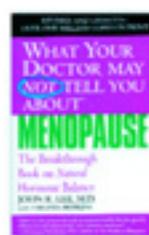
Enzyme Nutrition by **Dr. Edward Howell** explains why our eating habits place severe strains on the body's ability to absorb the nutrients in food, thereby resulting in poor nutrition and diseases. Understand the implications of too few enzymes being absorbed; the resultant effects on the immune and 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



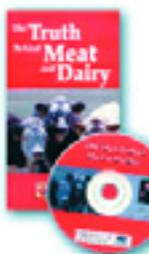
Food Additives: A Shopper's Guide to What's Safe & What's Not by **Christine Hoza Farlow, DC**, will help you make informed choices about the foods you buy, listing more than 600 of the most common food additives, and a code indicating safety and the advisability of use for each additive. Its small size 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



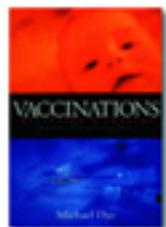
The Truth Behind Meat and Dairy **Howard Lyman** built his small organic family farm into a large corporate chemical farm. By the world's standards, this fourth-generation Montana farmer was a huge success. Following a near-fatal bout with cancer, however, Lyman became a vegan and vowed to dedicate his 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



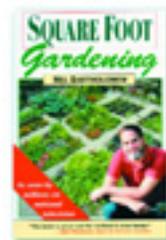
Drugs Never Cure Disease In this powerful video, **Lorraine Day, MD**, reveals the astonishing fact that germs don't cause disease, even though conventional medicine, with its massive use of "therapeutic" drugs, is based on that incorrect premise. Learn why the entire foundation of conventional medicine is based on error.
#807 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.
#805 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



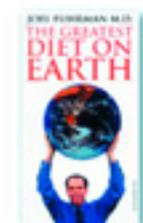
Sorting Through the Maze of Alternative Medicine Let **Lorraine Day, MD**, lead you through the maze of alternative medicine with this video. Step-by-step, she shows you how to evaluate over sixty therapies, including detoxification, herbal, adjunctive, biological, pharmacological, energy, hormonal and 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



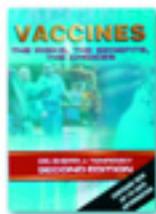
The Greatest Diet on Earth **Dr. Joel Fuhrman**, author of *Eat to Live*, explains the principles of the High Nutrient Diet, and addresses issues such as why so many people are overweight and unable to lose weight; why malnutrition is a root cause of obesity; how nutrition can be the most important tool 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



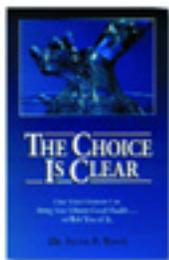
Choosing a Terrific Day Get inspired and have a terrific day! **Ed Foreman**, self-made millionaire and former U.S. Congressman, has lived this message of health, wealth and happiness, shared it with business leaders from around the world, and helped them to get more meaningful living out of life, reduce 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

SEIZURES ARE TOTALLY GONE

“Dear George, Well not only am I losing weight, coming from 330, now down to 270 pounds, for a weight loss of 60 pounds, but I am healed from lupus and a seizure disorder... Today, I am shouting from the mountaintop I am healed! I am totally off all my meds! My doctors are amazed - at a loss for words. The lupus, according to my last set of labs was undetectable, The seizures are totally gone... My doctor's tapered me off all my meds in October 2003, and I have been doing great!”

Tahalia

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!



Don't be Bugged!

**Bug-Me-Not
Herbal
Repellent**

**Smack! Swat!
Stomp!** Three things you won't do this summer when you use Bug-Me-Not Herbal Repellent. So get outdoors and enjoy your family picnic, softball game, hike in the woods! Fleas, flies, mosquitoes, ticks and gnats will look for other people who want to scratch, slap, and whack!

#715 \$6.95
4 oz. bottle