

KEEPING GOD'S TEMPLE CLEAN

Back to the Garden

Teaching Health from a Biblical Perspective

July/August 2006

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Rev. George H. Malkmus

& Hallelujah Acres

She Went from Healing "The World's Way" to Healing "The Hallelujah Way"

Cheryl Loizeaux looks forward to a future of healing others—as a Health Minister.

Woman to Woman

What it means to be a woman incorporating the Hallelujah Diet & Lifestyle

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Preparing for the Changing Season

While we still have many hot days of summer to come, before we know it there will be a subtle shortening of days, a slight chill in the night air and a faint change in the color of the sunlight. And if all these barely conscious changes aren't enough to get us thinking that the season is about to change, in many parts of the country kids will be going back to school in just a few short weeks. And what better reminder of fall is there than that?

And what better time to take stock of our health? The change of season is the perfect time to change our habits, change our directions, change our attitudes, if necessary. Out with the old! And if Michael Donaldson, Ph.D. has his way, (and he usually does) we'll start by cleansing our bodies—from the inside out! In this issue, he explains why it's essential to "get the crud" out by detoxing our systems. Find out what all that nasty build-up is doing to you and how much lighter and vibrant you'll feel once you've flushed it all away!

Rhonda Malkmus shares her expertise on a subject near and dear to her heart—being a woman. She speaks candidly about how to face the challenge of living healthy and keeping a happy, healthy, God-centered home. She talks about how women need each other for support, and how the Hallelujah Acres Women's Retreat can change the lives of women seeking fulfillment on all levels—mind, body and spirit.

In this month's Featured Testimony, we meet Cheryl Loizeaux, a homeschool mom, who at 43 didn't think she'd make it to 50. That was six years ago. Now a year from her milestone, she's optimistic about the future, with plans to share her gift of healing as a Health Minister.

Sometimes, in order to move forward, we have to look back. That reflection reminds us of the basics, our very foundation. In this issue, Rev. George Malkmus takes us on a journey of renewal by reminding us of God's direction in Genesis 1:29, and how we can follow His instruction today to attain optimum health.

And since we mentioned the kids getting ready to fill up their backpacks with school supplies, the next question is always, "What's for lunch?" Julie Wandling, author of *Hallelujah Kids* has some terrific ideas on how to keep your kids healthy as they head off to school. Of course, she includes some yummy meal and snack ideas that will fit nicely in with the books.

If you still haven't ordered your copy of Rev. Malkmus' new book *The Hallelujah Diet*, and the accompanying Workbook, we've put together a terrific money-saving package that will put *The Hallelujah Diet & Lifestyle* at your fingertips. We've even got a special offer for church and social groups that want to order in volume. See the ad on pages 30-31.

Don't forget our new feature, *News from the Acres* and all the powerful and moving testimonies! We hope you'll be inspired to strengthen your commitment to good health.

As always, be blessed! Be healthy!

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

NEWS FROM THE ACRES

Issue #39

News & Happenings from Hallelujah Acres International Headquarters

July/August 2006

HALLELUJAH ACRES ON TV

Hot on the heels of Hallelujah Acres' debut on the Food Network's Faithfully Fit special, came news reporters knocking at our door. On January 24th, local Cleveland Headline News 33 reporter Alex Caban taped footage and interviewed Linda Hill, Hallelujah Acres Public Relations Specialist as part of a segment on faith-based diets. The following month, on February 16, WSOC-TV investigative reporter Mark Becker presented a similar-styled short piece about Hallelujah Acres.

HALLELUJAH ACRES CLINIC FIGHTS LIFE-THREATENING DISEASES

Hallelujah Acres Chief Operations Officer, Wayne Martin visited the Hallelujah Acres Clinic in Tijuana, Mexico recently, and had this to say about his visit. "We thoroughly enjoyed our visit to the clinic. We found the clinic to be clean, friendly and full of the

Holy Spirit. It is not your typical hospital; it is more like a fine hotel. The rooms have a single and double bed. The client can sleep in the single hospital bed or they can sleep with their spouse in the double bed. The floor to ceiling windows allow for the sun to shine and for one to enjoy the views. Although just across the border, the clinic will pick up clients and patients in the US at the San Diego airport and transport them directly to the clinic. If one feels homesick you can actually see the United States from the Clinic. I know if I needed to take someone to the clinic or go myself I would go without hesitation. It is a place of living and healing." Patients are treated for cancer and other life-threatening diseases using The Hallelujah Diet and alternative medicine, while being supervised by a highly-trained medical staff. For more information call 1.800.842.4163 or go online at www.hacres.com/programs/clinic.asp.

PRESENTING: **GET HEALTHY! NOW**

Last issue we reported the start of a new program to bring The Hallelujah Acres

message of health to organizations such as The Lions Clubs, Rotary Clubs, and Kiwanis Clubs. We're happy to report the program, entitled, *Get Healthy! Now*, is off to a healthy start.

If you would like the presentation offered to your organization, whether it's a service club, a PTA, a church group or any group, call the Hallelujah Acres Get Healthy! Now Manager, Rebecca Strong at 866.406.1025 Ext. 761, or email: rstrong@hacres.com

THE HALLELUJAH DIET CLIMBS THE CHARTS

In April, *The Hallelujah Diet*, reached #2 on the CBA Christian Retailing List. Congratulations to Rev. Malkmus, Peter and Stow Shockey for this awesome accomplishment.

INTRODUCING A NEW HEALTHY SNACK: SURVIVAL MIX

Hallelujah Acres is always looking for new, wholesome food products to offer people who want to follow the Hallelujah Diet & Lifestyle. Our Survival Bars, Vanilla Nut and Maple Nut Goodee Bars offer a tasty way to treat yourself. What else can we offer, we asked? Trail mix is a popular "healthy" snack. But we found so few brands met the standards we set.

That's why we developed our own! This delectable blend of dehydrated enzyme-rich seasonal fruits and soaked nuts is a wholesome, natural treat whether you're off hiking on the trail or wading through a pile of paperwork. Each package contains seasonal blend of: apples, bananas, mangos, peaches, pears, organic raisins, almonds, pecans and walnuts. The fruit is dehydrated at less than 107°, and nuts are soaked to release and preserve the beneficial live enzymes. This tasty vegan snack is trans fat and gluten free, with no salt, sugar, preservatives, chemicals, artificial flavors, fillers, fats or coloring added.



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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.

She Went from Healing “The World’s Way” to Healing “The Hallelujah Way”

Cheryl Loizeaux Called to Heal Others

Cheryl Loizeaux is home-school mom, who, six years ago, didn't know if she would make it to her 50th birthday. Now, just one year away from that milestone, she is looking forward to a bright, energetic and healthy future—a future that includes her original calling in life: the healing of others.

Cheryl abandoned her nursing career when she could no longer reconcile the practice of conventional medicine. But now, she's found a way to fulfill her gift for tending to the sick that is also in keeping with her deeply held beliefs. This past March, she attended Health Minister training, yet a new path on the journey to health.

With great candor and passion, Cheryl reveals the events and inner struggles that brought her to The Hallelujah Diet, and the transformation that has inspired her to reach out to others, spreading the message of good health.

“I want to become a Health Minister to help spread the word to my community that, ‘You Don’t Have To Be Sick!’ After the healing and restoration that occurred in my own body after adopting The Hallelujah Diet, I have been so zealous to share this message!

My other motive for coming, is the fact that I am so very tired of watching friends, loved ones, and acquaintances

suffer and die needlessly. I just lost my dad after a 10-year battle with leukemia and then a close friend died last month from breast cancer after repeated chemo and radiation treatments. I left nursing years ago, because I could no longer in good conscience practice ‘medicine’ the world’s way.”

“I had never really had a weight problem until 1985 when I got saved and quit smoking. Slowly, I began to gain weight. After each of the last 3 of my 7 children, I gained more weight with each

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*Cheryl Loizeaux approximately 1 month before starting The Hallelujah Diet.
Below: Cheryl last Thanksgiving, 5 months on The Hallelujah Diet.*



PERSONAL STORIES OF HEALING AND INSPIRATION

THE HALLELUJAH DIET BRINGS NEW LIFE!

“I Praise the Lord for what you are doing for God’s people! Your diet brings new life! Most importantly I have confirmed that our bodies are actually temples of the Holy Spirit! This can only be amazingly experienced when the body is properly and well nourished according to the teachings of the Bible in Genesis 1:29. I sit down and feel a lot of happiness within me as I write this letter. Thank you so much for being obedient to God’s voice. I am 55 years old. I have been on The Hallelujah Diet since May 2004. I have since lost 15 kilograms (33 pounds), and am feeling very well. All the numerous disorders in my body have disappeared. I feel much younger and energetic. I no longer suffer with the constipation I have suffered with throughout my life; my skin is like cotton wool; and I am more alert. Praise the Lord! Although I had a serious motor car accident in February, I did not have any pain! It is amazing! Despite the impact on my forehead that left my head swollen like a balloon, I had no pain. All that I thought after the accident was that, if I do not die right away, I will be ok with my BarleyMax and carrot juice!

Immediately I was taken for X-ray and thank God the skull was ok. I had a song in my heart! Somehow, although the flesh looked horrible, the inside of me was still intact. The doctor suggested admission for observation, but in my heart I said ‘ooh no, I want to be home’ as I did not want to miss my carrot juice and BarleyMax, and also, I did not want them to give me medicines. Because of the impact, my people wanted me to take a scan, but there was nothing wrong – only soft tissue injury, which I believed would heal well as I continued my BarleyMax and carrot juice. By the way, I did not bleed! Glory to God! I have

shared the marvelous Hallelujah Diet news with all those I know. The testimonies I have received from those who have adopted the diet are tremendous. Body aches are gone; Eczema disappeared; etc., after adopting The Hallelujah Diet. One of my friends was to be operated upon to remove the uterus. I advised her to go on the Hallelujah Diet, which she did, and when she went to the doctor 3-months later, the doctor told her there was no need for the operation. WOW, she come singing to my house. There are so many folks here in Uganda that are in need.”

*Evace Kabahukya,
Khartoum, Uganda, Africa*

JOINTS NO LONGER HURT

“Dear Rev. Malkmus, I started my journey with The Hallelujah Diet in 1992, and I LOST 55 POUNDS within a year and KEPT IT OFF. I have not figured out how to fit consistent juicing into my schedule, but I have cut out almost all sugar and meat, and to the degree I am faithful to eliminating these foods, TO THE DEGREE MY JOINTS DO NOT HURT.”

*Rosemary,
Richmond, Texas*

THANK YOU FOR THE HEALTH TIP ON VACCINATIONS

“Dear Rev. Malkmus, Thank you so much for starting a Health Tip series on VACCINATIONS. Before our 1st child was born, we read Michael Dye’s book, *Vaccinations-The Deception and Tragedy*. It thoroughly convinced us that we would not vaccinate. This book is one of the most concise, well-researched books I’ve read on the subject. We are missionaries in Bangkok, Thailand, and have received so much criticism for not vaccinating our children, ‘especially when you live in a

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

3rd world country.' We found a doctor who doesn't agree with our decision, but respects it as an informed choice. Our friends were doomsayers. So far, our almost 2-year old is fine – never sick – and hasn't contracted any deadly disease. She is healthier than all her friends, who ALL have had some form of reaction to their vaccinations. Our son, due in 3 months will not be vaccinated either. A special thank you from our family, who would have done automatic vaccinations if it hadn't been for your Health Tips on this subject in the past."

*Erin,
Bangkok, Thailand*

ENTIRE HOUSEHOLD EMBRACE THE HALLELUJAH DIET

"Dr. Malkmus, I read the message about the warnings of consuming animal products and agree whole-heartedly. My entire household went on The Hallelujah Diet five weeks ago today, and we all FEEL GREAT AND LOVE THE DIET."

Katti, South Carolina

THANK YOU FOR BEING OBEDIENT TO GOD

"Dear Dr. Malkmus, Thank you so much for your wonderful Health Tip every week. I can even download "Back to the Garden" issues from your website. We as a family are 95% on the Hallelujah Lifestyle. My eldest son, Francois, who is 16 and never eaten vegetables before in his life, is now eating a raw vegetable salad before his meals. My mom, who is 77 years old, started The Hallelujah Lifestyle, and her sinusitis almost immediately went away. I want to order 2 copies of *God's Way to Ultimate Health* and 3 copies of *Why Christians Get Sick*. Thank you so much for being obedient to God and doing what He wants you to do. Thank you for your website. May God bless you and may the Holy Spirit prepare the hearts of the people to hear what you are saying."

Marietjie, South Africa

BECAUSE OF THE HALLELUJAH DIET – I AM WHOLE

"Greetings in Jesus' precious name! I am having so many wonderful testimonies from people who saw their health improve on The Hallelujah Diet.

Testimonies ranging from CANCER to IRRITABLE BOWEL SYNDROME (IBS), HEPATITIS GONE, and the latest was a child with the DOWN SYNDROME in London. I got in touch with his mother and we started the child on the vegetable juices. The improvement in just one week on juices has been remarkable. I have started my seminars as I feel an

urgency in the spirit to begin to share this information YOU DON'T HAVE TO BE SICK with church leaders and the public. I have titled my seminars in Nigeria, after Rev. Malkmus' book, *God's Way to Ultimate Health*. That book was my second bible when I was suffering with cancer, but now, because of The Hallelujah Diet, I am whole. God bless you. I am proud to be on your team."

*Gloria Davies,
Health Minister & Pastor,
Nigeria, Africa*

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PERSONAL STORIES
OF HEALING
AND INSPIRATION

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RAISED FOUR CHILDREN
WITH NO MEDICAL BILLS

“Dear George & Rhonda, first, I want to thank you for all the good that you bring to a dying world through the ministry of Hallelujah Acres. As a supporter and long-time viewer of the Christian Broadcasting Network, I almost jumped out of my chair on the day you first appeared on the Pat Robertson’s 700 Club back in the mid 1990s. I sat up and took notice of the things that were said that day, as they were so astounding and remarkable to me. They were equally remarkable to many others who saw the broadcast that day because it was mentioned a day later of the flood of calls that CBN had received regarding the ‘good health news’ that was heard that day, and who were desirous of more information. I was one of those who wanted more information. This year I celebrated my Jubilee for having been a nutritionist, and having raised FOUR children to adulthood with medical bills totaling ZERO DOLLARS. During all this time, I have been ‘preaching’ the efficacy of good nutrition to each of my children, their spouses and families. The ‘faithful’ ones have disdained of having their children vaccinated for anything. Since learning from Hallelujah Acres of the inherent dangers of all vaccinations, I too have refused all vaccinations of every description, including ‘flu’ shots. When reading Health Tip #392 I was blessed yet

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She Went from
Healing “The World’s
Way” to Healing “The
Hallelujah Way”

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pregnancy and then suffered gestational diabetes, requiring insulin.

From there on, it was a rapid downward spiral. I was soon 100-plus pounds overweight. I had been eating the SAD my entire life with a special fondness for fried foods, junk food, and chocolate. I suffered with many health problems, including insulin dependent diabetes, irritable bowel syndrome (IBS), chronic constipation, heart palpitations, and angina, (including 2 trips to the Emergency Room via ambulance), little to no energy, constant fatigue, shortness of breath, back, knee, and other joint pain, along with muscle problems.

I first came across Hallelujah Acres on the Internet, and signed up for the weekly Hallelujah Health Tip, and the *Back to the Garden* magazine. As I read each issue, I was astonished at the testimonies of healing and recovery, yet somehow still managed not to obey the Lord’s voice concerning my own health.

Finally, after realizing that I was developing diabetic neuropathy in both my hands and feet, being a nurse, I knew that amputation would probably

follow in a few years. In fact, I began to question whether I would live until my 50th birthday – I was 43 at the time.

Well, I confessed my sin, gluttony, and abuse of my body to the Lord and asked for his forgiveness and help. After adopting The Hallelujah Diet, the change was miraculous and very rapid. One by one my health problems disappeared and my health was restored. Today, I feel better, more alive, and energetic than when I was in my 20’s. I praise God everyday for His blessings, Genesis 1:29, and The Hallelujah Diet.”

Asked if she has recovered from any significant health problems since incorporating The Hallelujah Diet, Cheryl replies, “YES!

Insulin-dependent Diabetes – **GONE!**

High Blood Pressure – **GONE!**

High Cholesterol, High Triglycerides, Obesity (Lost over 100 pounds) – **GONE! – GONE! – GONE!**

Heart Palpitations and Angina – **GONE!**

Diabetic Neuropathy – **GONE!**

Constant Fatigue – **GONE!**

Back Problems – **GONE!**

Chronic Constipation – **GONE!**

Irritable Bowel Syndrome (IBS) – **GONE!**

Seasonal Allergies – **GONE!** ” ■

Health Minister Cheryl Loizeaux can be reached at lowazo@gmail.com

Cheryl at the birth of her granddaughter in September



Woman to Woman

by Rhonda Malkmus

I was born and raised on a farm in Iowa and have many wonderful memories of helping my Mom in the kitchen. One of my favorite memories is when Mom and I would prepare meals for all the men folk who had come to help Daddy put up the hay during summer. I'm sure that I'm not the only woman who learned to prepare foods by watching the way "mama or maybe granny" did it.

Early in life, I fell in love with preparing food for the table, but it was so much more to me than just preparing foods for the family, there was something almost sacred about being in the kitchen with Mom and turning out a delightful dish that would tantalize the taste buds of others. In my Daddy's eyes, anything I ever made (flop or not) was the "best" he'd ever eaten! In fact, it became a joke at our house, "If Daddy could eat it before it ate him, it was a success!"

When I first met George (Dr. Malkmus) my bubble burst because I discovered that almost all of my "learning" about food and how to prepare it had to change. The

vegan diet was so "foreign" to me that I nearly chucked the whole idea of The Hallelujah Diet. (I'm so very glad I didn't!). How in the world does one transition from preparing meat based Standard American Diet (SAD) dishes to preparing mostly raw vegan dishes?

I searched for recipe books that would "fit" George's and now my new diet and lifestyle, and found hardly any! Finally, the Lord wouldn't leave me alone until Recipes for Life...from God's Garden had been written. Later I would write, Salad Dressings for Life...from God's Garden and recently released Hallelujah Holdiays...from God's Garden. Over the

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Past Women's Retreat Testimonies

"Dear George and Rhonda, All I can say is WOW. We drove 24 hours round trip from NYC and it was WORTH IT! We were so blessed this weekend to have met you both and to have participated in the Women's Retreat. I have been on this diet for 2 years and brought my twin so she could see and hear for herself the truth about how people are eating themselves to death. After the weekend, she was so GRATEFUL. Now she's on board."

*Daisy,
New York City*

"The Women's Retreat exceeded my expectations! Joining with hundreds of Christian women to worship and learn about God's way for our lives is truly a joy and a privilege. This is my time of revival. God bless you and thanks to all."

*Marcia,
North Carolina*

"I had a wonderful time. You all could not have been nicer. I feel like I went to Heaven for the last day and a half. The love here has been such a blessing. You are all such a tremendous blessing. Thank you for being examples of our Lord. All your love has made a tremendous impact on me. Thank you and God bless you all."

Chris, Pennsylvania



Woman to Woman

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years I have met others who traveled a similar path of having to learn anew how to prepare nutritious vegan meals and together we have now created a wonderful Hallelujah Acres Culinary Academy to teach others to prepare healthy, tempting and delicious meals. A dream come true for me.

Another dream come true for me was the Women's Retreat, that started when women began asking for a special time together where they could come to Hallelujah Acres to learn more about the diet & lifestyle. When I first approached George with the idea, he thought no women would travel all of the way across the country to attend a women's retreat! However, by 1999 I developed such a burden to help women transition more easily and comfortably into the Hallelujah Lifestyle that Hallelujah Acres hosted its very first Women's Retreat. It was a fantastic success, the biggest event we had ever hosted up to that time! We held consecutive Women's Retreats for the next six years. Then, last year, in response to a number of women who wanted their husbands and children to be able to come and learn this exciting information also, we substituted Family Conferences for the Women's Retreat.

These Family Conferences were a great success, too. However, many women lamented not having a Women's Retreat and asked us to "please reconsider our decision." So for 2006, Hallelujah Acres is going to host both a Family Conference and a Women's Retreat.

The Women's Retreat is simply an outreach to help other women take a path less traveled and to find abundant health through a changed diet and lifestyle. It is a time to visit Hallelujah Acres International Headquarters, join together with like-minded women to learn new techniques and ways to prepare foods, taste the recipes, find support, acquire new friends and forge relationships that will last a lifetime!

We would love to have you come and join us at Hallelujah Acres for our 7th

Women's Retreat October 12th, 13th and 14th, 2006 for a time of relaxation, challenge and enlightenment! Our ongoing theme will be, "Restoring God's Temple." You won't be disappointed!

To start off the event, you'll have a chance to meet and hear world-renowned speaker, Dr. George Malkmus, the founder of Hallelujah Acres and author of several books including his bestseller, *The Hallelujah Diet*.

Next our vivacious keynote speaker will be Tonya Zavasta. Tonya is a native of the former Soviet Union. Come and hear her powerful testimony of her difficult life under Communist rule, her eventual escape to freedom, how she discovered beauty "from the inside out." She will make you laugh, cause you to reflect, and then rejoice as you learn all of the secrets of "Your Right to be Beautiful" and "How to Bounce Back When you are a Deflated Balloon." To learn more about Tonya, please feel free to visit her website at www.beautifulonraw.com.

Nancy Campbell, a native of New Zealand, whose dynamic worldwide ministry is called "Above Rubies," will also join us as a keynote speaker. In the fast-paced world we live in, unfortunately, "The High Calling of Motherhood" and "Family Relationships" are often overlooked and put down to the point that the end result is many times catastrophic to our family lives. Nancy Campbell will share with you how vital both of these elements are to every family, especially today. She will encourage, inspire and challenge you to God's high calling in your life and the important role you have to play! To learn more about Nancy, you can visit her website at www.aboverubies.org.

Women's health issues will be headed up by Beverly Lessane-Council, M. D. Beverly received her medical degree from U.N.C in Chapel Hill, and she has also studied at Duke University, Baylor University, M. D. Anderson and other institutes of higher learning. You will be thrilled to learn about how, in her practice, she ministers not only to the body, but also the soul and spirit. Those who hear her speak will be encouraged and inspired to know there are physicians who appreciate and endorse The Hallelujah Diet & Lifestyle.

Olin Idol, N. D., C.N.C., needs little introduction to folks familiar with Hallelujah Acres. He's been Dr. Malkmus'

personal assistant since 1995, and is the “answer man” for everyone at Hallelujah Acres! Olin studies continuously and is one of the most knowledgeable people on the planet when it comes to The Hallelujah Diet & Lifestyle. In his selfless endeavor to help others, he has authored *Pregnancy, Children and The Hallelujah Diet*, which gives parents practical advice to ensure that their children’s nutritional requirements are met.

You’ll be excited and inspired to learn about how to entertain from Gerene Butterfield, manager of the *Get Healthy!* Resource Center at Hallelujah Acres. Gerene has had many years of experience as a home decor and specialty florist, and as a wedding consultant, where she directed all of the weddings on the Catawba Queen and Catawba Belle Riverboats on Lake Norman until January of 2004. So this is a woman who knows how to entertain!

Before Gerene came to The Hallelujah Diet she suffered from incurable Scleroderma, Raymaulds Phenomena, osteoporosis, acid reflux, (and the list goes on) for 17 years, before adopting the Lifestyle cold turkey December 15, 1999. Just three months later she was off all medication! Prior to The Hallelujah Diet, Gerene’s medical care was the best available and yet with hundreds of dollars of medication each month she grew no better and was told there was no cure, and the best they could do for her was treat the symptoms as they arose, but that she would die from Scleroderma.

Those who have met Health Minister, Bev Cook, either by visiting the Hallelujah Lifestyle Center in Lake Lure, NC or at a previous Women’s Retreat, know what a warm, kind hearted lady and excellent speaker she is. All will enjoy the yummy recipes she is planning to prepare with her culinary expertise during her demonstration, which our kitchen staff will be serving as well.

Since exercise is vital, we’ll be inspired and motivated again by Health Minister, Laura Lee Ryan, who is a Certified Fitness Instructor as well as a Certified Reboundologist. Laura Lee’s enthusiasm is unmatched and she certainly knows how to get your muscles moving—including your face muscles, as you’ll be smiling the whole time! She also just

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“Restoring God’s Temple”
Women’s Retreat 2006
October 12th-14th

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plus

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But now, O Lord, thou art our father; we are the clay, and thou our potter; and we all are the work of thy hand.”

Isaiah 64:8



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How We Can Best Nourish Our Physical Body

by Rev. George Malkmus

Before we begin this article, I must lay the foundation. This foundation must be from a higher source than this writer's finite mind, because this writer does not possess all knowledge. Fortunately, I do know the One who knows all things. So as we begin, let's turn to this One who is all-knowing and see what we can learn about the subject:

A Biblical Foundation

AND GOD SAID, BEHOLD, I HAVE GIVEN YOU EVERY HERB BEARING SEED, WHICH IS UPON THE FACE OF ALL THE EARTH, AND EVERY TREE, IN THE WHICH IS THE FRUIT OF A TREE YIELDING SEED; TO YOU IT SHALL BE FOR MEAT (FOOD)!" Genesis 1:29

Notice the first three words: "AND GOD SAID!" Now if you believe the Bible to be the very Word of God, as I do, then we must accept this verse as being the intent of God concerning the subject to follow.

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Hallelujah Acres Events Calendar

July/August/September, 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.

July 1 • Aug. 5 • Sept. 2 • 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. **July 10-12**
July 31-Aug. 4 • Aug. 28-Sept. 1

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 22 for more information.
Wednesday-Saturday: 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!
July 17-18 • Aug. 25-26 • Sept. 22-23
Class Hours: 10 am-6 pm

Hallelujah Acres Culinary Academy 2-Hour Course

Spend a fun 2 hours every month learning a variety of food preparation techniques and recipes! These lively classes are taught by Rhonda Malkmus, and are held the Friday night before the FREE monthly Saturday seminar taught by Rev. Malkmus. In fact, Rev. Malkmus has been known to don an apron, and take on the role of Rhonda's kitchen assistant! So have a healthful weekend, and join us for both!
August 4 • September 1 • October 6 • 7-9 pm

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

These fun food prep classes start shortly after Rev. Malkmus' FREE seminar! These entertaining and practical 6-hour classes are taught by some of Hallelujah Acres' most popular recipe book authors. So join us for both.
July 1 - Marilyn Polk, *Hallelujah Simple Weekly Meal Plans*.
Aug. 5 - Top Raw Men, authors of *How We All Went Raw*
Sept. 2 - The Graff's, popular raw food chefs from Atlanta
Class Hours: 2-8 pm

Hallelujah Acres Culinary Academy - Special Pre-Summer Health Conference Classes

Experience a variety of food preparation techniques and recipes.
Tuesday August 8 • 10 am - 6 pm
Wednesday August 9 • 9 am - 5 pm
(right before the Summer Health Conference)

Wake Up & Be Healthy!

Hallelujah Acres Summer Health Conference

August 10-12, 2006

Hallelujah Acres Culinary Academy - Special Pre-Summer Health Conference Classes

Tuesday August 8 • 10 am - 6 pm
Wednesday August 9 • 9 am - 5 pm

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

Women's Retreat! • October 12-14

Register now! This popular conference fills up fast!



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.
July 4-6 • July 18-20 • Aug. 1-3
Aug. 15-17 • Sept. 5-7 • Sept. 19-21

**We also offer the same course over 5-9 session workshops which are available to accommodate individual schedules, please call 905.853.7014 to arrange a time.*

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. **July 8 • July 22**
Aug. 5 • Aug. 19 • Sept. 2 • Sept 16 • 11 am - 2 pm

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. **July 26 • Aug. 23 • Sept. 27**

NEW Workshop! In the Kitchen with Judy - 4 hour session

Visit www.hacres.ca/gethealthy to learn more about these exciting programs. **During the weeks of: • July 11**
July 25 • Aug. 8 • Aug. 22 • Sept. 5 • Sept. 19

You must call to book a space in all the above classes.

Additional announcements will be made in future issues of *Back to the Garden*, or, 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.

KEEPING THE HOUSE CLEAN

by Michael Donaldson, Ph.D.

When it comes to house cleaning we all have an idea of what needs to be done. Clean, sweep, mop, vacuum, wash, dust, air out, expose to sunshine, etc. We'd avoid using strong chemicals that poison the ones doing the cleaning. We'd open the windows to get the old air out and some fresh air in. We'd get rid of clutter and things that promote mold. Now, what would your house look like if you only did this once a year? Or just once a week? Some of this you might do just once a week, but some areas need daily attention, don't they? It's just common sense. And it's that way with our bodies.

Our bodies need cleaning, too, to get out all of the metabolic waste from our cells as well as to completely remove residues of things we take into our bodies.

Flush It Out!

Let's look at water first. Water is essential to the cleansing processes of the body. The body doesn't function well without enough water. Research has shown mild dehydration decreases alertness, ability to concentrate, and causes fatigue, and headaches^(1, 2). A recent review pulled together many of the effects of mild dehydration⁽³⁾. Kidney stones can be prevented by drinking enough water. Recurrent urinary tract infections are due in large part to lack of drinking enough water. Low hydration is also associated with hypertension, fatal coronary heart disease, stroke, and

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KEEPING THE HOUSE CLEAN

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venous thromboembolism after a stroke. Water intake undoubtedly has an impact on other body systems, but research hasn't demonstrated a clear link in these cases. The body can get really bogged down without water.

Breathe It Out!

Along with pure water we need fresh air. A deep breath of fresh air is what we often need. But fresh clean air is hard to come by without trying. It isn't automatic anymore. As George Malkmus points out in *The Hallelujah Diet*, indoor air quality has become a major problem, and we spend more than 90% of our time indoors. If our air isn't clean then it puts an extra burden on our lungs, increasing the load it needs to get rid of. Letting some fresh air into your house or office will improve your air quality considerably. Sleep with your window partially open. This can make a big difference, since you breathe that bedroom air while your body is rejuvenating in the night. Take up a hobby that gets you outside. Spend some time in God's marvelous creation. It can be a breath of fresh air spiritually as well.

Move It Out!

The way to really get the lungs working is by doing vigorous exercise. Exercise has an enormous number of benefits. If there were a drug that could do all of this it would be the all-time best seller! It improves the cardiovascular system, cleans out the lymph system, strengthens the muscular system, activates the skeletal system to grow strong, frees and clears the mind, and pumps the toxins right out of our bodies. God built movement into us. We are designed to move and be active, not sedentary.

The skin is able to cleanse itself when you allow it to perspire and get the sweat to flow and carry out the molecular grit and grime right out of the skin. As tissue oxygen levels rise the body's cells get the extra energy to clean house, making the internal

environment unsuitable for disease processes. As all of the capillaries open up there is good blood circulation to all of the tissues and organs of the body.

One important system requires our movement for cleansing—the lymph system. Interstitial fluid (called lymph once inside the lymph vessels and nodes) is the clear, watery solution that bathes our cells and tissues. Clear plasma flows out from the blood around the cells and then is collected back into lymphatic capillaries, gathers in nodes, flows through lymphatic vessels and merges back into the blood stream. But the lymph system has no pump. Our body movements (skeletal muscles and diaphragm) are what cause the lymph to circulate. So, sitting around all day on the job doesn't do much for keeping the lymph circulating to the lymph nodes where it can be cleaned. Lots of T cells and B cells of the immune system are in the nodes waiting to purify the lymph, but it can only clean the lymph that gets there. This is where exercise comes into play. Vigorous exercise really moves the lymph around, and cleans up all the tissues of the body, not just the circulating blood. So, exercise plays a vital role in keeping our bodies clean and pure on the inside. We all need to find ways to fit exercise into our schedules and, as George Malkmus puts it, “choose the alternative to the sedentary lifestyle ⁽⁴⁾.”

So, as we get cleaned up and stay fit on the inside we will feel better, we will assimilate our food better, we will handle mental and emotional stress better, and we will have the reserves to meet physically challenging situations. Fresh, clean, alive, vibrant, glowing. Makes me want to hop on my bicycle right now. See you later! ■



*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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How We Can Best Nourish Our Physical Body

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Now notice the next five words:

“BEHOLD, I (GOD) HAVE GIVEN YOU . . .” My friends, this is not the writer of this article speaking, but the very God Who had just created that very first man and woman (Adam and Eve). And what did this Creator God have to say? “EVERY HERB (VEGETABLE) BEARING SEED . . . AND EVERY TREE IN THE WHICH IS THE FRUIT OF A TREE YIELDING SEED; TO YOU IT SHALL BE FOR MEAT (FOOD).” Now who would know better how to properly nourish the physical body than the Creator of that physical body!

I believe that most people reading this, would agree with me that we have come a long, long way, AWAY FROM THE WAY God told us we should nourish our physical bodies. There were no Twinkies, donuts, or cinnamon buns, pies, cakes or other sugar desserts, gum or candy in the Garden! There was no Pepsi Cola, Coke, Sun Drop, or any other soda pop! There were no milk shakes or hot coffee, tea or chocolate. There was no beer, wine or alcoholic drink in the diet God gave mankind. There was no smoking of tobacco, or other drugs – doctor prescribed, over the counter or recreational. Nor were there any vaccinations.

There was no meat in God's original diet! In fact, it was not until some 1,700 years after God gave mankind the Genesis 1:29 diet, a pure, raw, vegan diet, that man first consumed the flesh of an animal.

And that was apparently only for survival purposes because the flood had destroyed all plant life. There were no French fries, or any other fried foods. There was no sausage, or biscuits and

gravy. In fact, there was not even any cooked food in that Genesis 1:29 diet, because fire had not yet been discovered. Nor were there any preservatives, dyes or coloring agents, MSG, Sodium Nitrates or Nitrites, etc.

There was no white bleached flour or the breads, pastas and cakes made from it.

There were no bacon and eggs or sausage and pancakes. There was no such thing as breakfast cereals, or granola bars. Oh, I could go on and on here, but if you will stop and think about it for a moment, there is very, very little that is being consumed today as food that was in the diet God told His human creation they were to nourish their physical bodies with.

In the beginning, all that was available were the natural, raw, living, plant foods (fruits, vegetables, seeds and nuts) God had placed in that garden. And interestingly, every animal creation of God, other than man, since creation some 6,000 years ago to this very day, has consumed its food in its natural, raw, living form, as served up by nature. Why, even the carnivorous animals in the wild, to this very day, consume their flesh in its raw form.

What we are experiencing today, reminds me of a cartoon I saw many years ago titled: “WE’VE COME A LONG WAY BABY,” which depicted a scantily clad, intoxicated woman, with a cigarette hanging out of the corner of her mouth, and a bottle of booze in her hand. And I am afraid that what we are consuming today for food is taking us down a very dangerous path also, as we already see unprecedented sickness and physical breakdown, beginning ever earlier in life.

Do You Really Believe God Designed You To Eat What You Do?

The bible clearly tells us in Genesis 1:29 that He didn't! God didn't design his human creation to get sick either! Sickness was never a part of God's plan as III John 1:2 makes so abundantly clear: “BELOVED, I WISH ABOVE ALL THINGS THAT THOU MAYEST PROSPER AND BE IN HEALTH, EVEN

AS THY SOUL PROSPERETH!” If we believe the Bible to be the Word of God, then we must accept these verses as truth! So then, WHY do we get sick if that is not God's wish for His human creation? The Bible gives us some clues in the following verses:

“SO THE CURSE CAUSELESS SHALL NOT COME.” (Proverbs 26:2) Here the Bible informs us that the CURSE of sickness will not come without a CAUSE! And what is that cause?

“BE NOT DECEIVED; GOD IS NOT MOCKED: FOR WHATSOEVER A MAN SOWETH, THAT SHALL HE ALSO REAP!” (Galatians 6:7) Here God is telling us in no uncertain terms that what we sow is what we will reap! Have you ever considered that what you are eating (sowing) may be what is producing the physical problems you are experiencing (reaping)? That is certainly what this editor has found to be true! In fact, I have found through research and personal experience that we can actually turn on and turn off physical problems based simply on what we eat or don't eat.

This simple truth of sowing and reaping is why the Christian Community is just as sick as the non-Christian community, suffering from the same physical problems, to the same percentages, in spite of prayer. Both Communities are eating the SAME FOODS! And what does God have to say about all this: “MY PEOPLE ARE DESTROYED FOR LACK OF KNOWLEDGE.” (Hosea 4:6) When it comes to the nourishment of our physical bodies, God's people are walking in the same darkness as the world community; both camps are walking in gross ignorance as to how to properly nourish their physical bodies! If we were knowledgeable, we would never place into our bodies what we are placing into them today!

For a few moments, let's compare what we are eating today with what God designed for us to be nourished with, and told us we were to eat in Genesis 1:29.

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How We Can Best Nourish Our Physical Body

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The Standard American Diet (SAD)

This is the diet I was raised on, and spent the first 42-years of my life consuming. This is the diet being consumed by some 90 percent of the populations of the world today, as even third world countries try to emulate us. And what has been the result of consuming this SAD diet? Almost every person consuming this SAD diet dies, not of old age as God designed, but rather from a heart attack, stroke, cancer, or complications from another disease, after suffering for a lifetime from: pimples, colds, fevers, headaches, stomach problems, constipation, tooth decay, body odor, dandruff, flu, arthritis, high blood pressure, heart problems, high cholesterol, being overweight, fatigue, needing eyeglasses to see properly, and this list could go on and on and on. WHY? Let's analyze the SAD for a few moments, and as we do, we will find the CAUSE of most of the physical problems being experienced today. The body needs fats, proteins, sugars, sodium and other minerals, along with enzymes to be properly nourished. Sadly, the SAD is HIGH in the WRONG KINDS of fat, protein, sugar, minerals, etc., while being too LOW in the GOOD KINDS, along with being almost totally devoid of enzymes. These are the nutrients our bodies were designed by God to be nourished with.

God established natural laws to govern His human creation, and when we violate that natural law God gave us in Genesis 1:29, we suffer the consequences! Let me illustrate:

ENZYMES – Ever since creation to this present day, animals in the wild (carnivorous or vegetarian) have eaten their food in its natural raw state as served up by nature. Our body is a living organism, comprised of living cells, and was designed by God to be nourished

with living (raw) food. Only living food contains the enzymes that properly nourish our living cells. The SAD is almost a 100% dead (cooked) food diet, and thus is almost totally devoid of enzymes. Do the wild animals of today know something that most humans are not aware of?

FAT – The SAD is loaded with animal fat that clogs our arteries, causing the heart to pump harder to push the blood through the crud. This elevates blood pressure and ultimately leads to almost 50% of all deaths, due to heart attacks and strokes. TRANS FATS and HYDROGENATED OILS are also devastating to the body. Our bodies need fat, but the fat our bodies need was designed by God to come from the raw fruits, vegetables, seeds and nuts God placed in that Garden.

PROTEIN – God designed our bodies to receive its protein directly from the raw plants God told mankind he was to eat, as found in the Garden. Animals, which eat raw plants, concentrate in their flesh the protein that is found in these raw plants. When humans eat the flesh of animals, they are putting into their bodies protein that has been stored in a highly concentrated form within that animal's flesh. Then it is cooked. This concentrated, cooked protein raises havoc within the body – causing acid stomach problems, gout, osteoporosis, cancer and more.

SUGAR – Our bodies need sugar and were meant to run on sugar! But the sugar God designed our physical bodies to receive was to come naturally from the raw fruits and vegetables found in the Garden. The sugar being consumed today comes from the concentration of the sugars found in the plants. We would have to eat some 25 feet of sugar cane to obtain just one tablespoon (3 teaspoons) of refined sugar, if I remember the figure right. The average person on the SAD consumes some 172 pounds of sugar each year, over 50 teaspoons each day. Sugar, knocks out our immune system, and thus seriously hampers the very defense system God gave us to protect us from germs, viruses and bacteria.

MINERALS – Our bodies need sodium, chloride, and the other minerals as found in the raw plants God placed in the Garden! But today we consume inordinate amounts of commercially processed sodium and chloride as found in highly refined table salt and in mineral supplementation. In the processing, these minerals are subjected to extremely high temperatures while other minerals are extracted. This toxic refined salt, along with the calcium carbonate and other concentrated forms of earth minerals as found in mineral supplements, lead to high blood pressure, kidney stones, gallstones, and hardening of the arteries. Only living raw plants, as found in the Garden, contain minerals in the form God designed our bodies to properly receive.

FIBER – Our bodies were designed by God to move food through a very lengthy digestive track by means FIBER. The SAD contains practically NO FIBER! There is no fiber in anything of animal origin! There is no fiber in refined white flour or sugar, or most processed foods. Foods devoid of fiber cause all kinds of physical problems within our beautiful God created, physical bodies.

Friends, today we are attempting to nourish our bodies with the very foods that are creating almost every physical problem we experience. What is the solution? Getting back to eating the foods God designed our bodies to be nourished with, and that He in His infinite wisdom, placed in that original Garden of Eden! ■

Hallelujah Acres
is trying to bring
God's people
(and anyone else who
will listen)
BACK TO THE
GARDEN!



Rev. George Malkmus is the founder of Hallelujah Acres and the author of The Hallelujah Diet, 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.

An Unlikely Couple Finds a Common Bond—Through The Hallelujah Diet and God

Tim Koch is a rarity in South Florida—he’s an authentic native. His career in the construction industry was thriving back in the mid eighties when one Saturday in December, the recently divorced single dad brought his then three-year-old daughter to church.

Born in Brooklyn, NY, Anita spent most of her childhood on Long Island, the daughter of two loving Jewish parents. On that Saturday in December, the also divorced single mom who had recently relocated to Florida entered the same church with her 3-year-old son. Though their lives had taken them on wildly divergent paths, their fateful meeting was about to change the course of their lives forever. In November of 1987, these “soul mates” married. For many, marriage alone is a journey of discovery and growth. For Tim and Anita, their shared path was clearly marked in the direction of faith and health.

Tim says, “My background is German-American. I was raised on lots of milk, cheese, beef and pork. As a child, I was sick very often with ear and throat infections. All of my life... I would experience an annual flu that would debilitate me for at least five days.”

Anita, on the other hand, was always interested in maintaining a healthy lifestyle. An avid dancer, she had been a certified Dance/Movement Therapist, had created and owned Sunflower Café, one of the first natural foods restaurants on Long Island, and also taught vegetarian cooking and health and nutrition seminars. “For the most part, I followed what I had come to believe was a healthy lifestyle, actually a “hodge-podge” of all the whole food dietary approaches I had studied, embraced and taught over the years—principally, a

macrobiotic diet.”

Though they found happiness with each other, Tim still struggled with his health and faith. “Despite being raised as a Christian and becoming a believer as a young boy, my life before The Hallelujah Diet was characterized by a series of bouts with alcohol addiction, caffeine addiction and depression. I was confused about my relationship with the Lord, and felt depressed and hopeless.”

Anita stayed committed to her goals, but soon found herself facing similar lifestyle challenges. She says,

“Throughout our marriage, although Tim loved all the whole foods I prepared, and despite my exasperated protests, he still enjoyed eating plenty of meat and dairy, and often consumed more than one pot of coffee daily. I prayed regularly for a breakthrough that would cause him to eliminate all those addictions. For a time though, instead of Tim changing his dietary habits, I became lax with mine.”

To Anita’s dismay, her health began to decline. “I started to suffer bouts of migraine headache and nausea that would cause me to have to go to bed for

two or three days, feeling absolutely miserable, almost every month. My hormones went totally out-of-whack, and I was having an unexpectedly difficult time with menopause. Having paid so much attention to health and nutrition for most of my adult life, I was caught by surprise by the severity of

symptoms I was experiencing—hot flashes and drenching night sweats, mood swings and frequent headaches, edema in my legs (horrendous for a dancer!) and constipation. To counteract these symptoms, I added more and more soy foods...and more herbal supplements to my diet. The symptoms only got worse.”

Then, Anita, who had taught and counseled many people on healthy eating and living, learned the most

important health lesson of her life from a stranger. While working on a marketing project for a local whole foods store, a man told her about how his brain cancer was cured after he went on The Hallelujah Diet. One click of her mouse that evening brought her to The Hallelujah Acres website and she and



Tim & Anita Koch

One click of her mouse that evening brought her to The Hallelujah Acres website and she and Tim detoured off the road to ruin back onto the road to good health.

An Unlikely Couple Finds a Common Bond— Through The Hallelujah Diet and God

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Tim detoured off the road to ruin back onto the road to good health.

Anita says, “For over 30 years I had been studying and teaching about health and nutrition, so adding this approach to my repertoire seemed a good idea. I certainly did not anticipate the life-changing results it would precipitate.”

Though enthusiastic and motivated, Tim was a bit more cautious. “I read Rhonda’s story [in *Recipes For Life*] and was moved in a way I can only describe as spiritual. Her challenge to try it for ninety days rang in my ears and I was motivated to begin right away....I had taken Rhonda’s challenge as a way to either prove or disprove what they claimed the diet and lifestyle could do. After the first thirty days, I was so impressed with the results, I knew I would never quit! The changes I have experienced in my life are

nothing short of miraculous! My physical health has never been better. I’ve lost fifty pounds and weigh what I did when I graduated high school. After ninety days of following the diet and lifestyle my cravings for alcohol and caffeine completely ceased and have never returned.”

In July 2003, the couple attended Health Minister Training, and upon returning home, they hit the ground running, teaching *Get Healthy! Stay Balanced* classes, seminars to various organizations, holding monthly potluck dinners and today, occasionally opening their home to students who want to immerse themselves in to the lifestyle for 5 days straight.

While Tim still holds a job as a supervisor for a construction company, in addition to teaching *Get Healthy! Stay Balanced* classes and massage therapy for a local college, Anita’s time is now completely dedicated to their Wholly Alive! health ministry. In the future, they hope to work together in the ministry full time, and to help families coping with mental illness.

Both Tim and Anita remark that they are

blessed by the people God brings them through their ministry. Anita says, “How thrilling it has been to witness the positive and often dramatic changes The Hallelujah Lifestyle has made in their lives as well.” As for Anita, her health is back on track. “I have lost about 20 pounds, my digestive and menopausal symptoms are virtually gone, and I have the kind of energy that allows me to Jazzercise five times a week in addition to teaching several *Get Healthy! Stay Balanced* classes weekly! Amen and Hallelujah!”

But Tim has discovered a benefit from the lifestyle he didn’t expect. “The most important benefit of all is the tremendous growth in my relationship with the Lord. For the first time in my life, I know what it is to be loved by Him, and to experience His power and grace. Hallelujah!”

A chance meeting in a church over twenty years ago has led to a lifetime of fulfillment. Anita puts it just right, “We truly love this lifestyle, and are so thankful to have each other for support and encouragement.” ■

Tim and Anita Koch live in Boynton Beach, FL and can be reached at whollyalive@bellsouth.net

Share Insight! Share Knowledge! Share the Spirit! Become a Health Minister

Once you follow *The Hallelujah Diet & Lifestyle* and experience renewed health, you may feel the call to share your newfound knowledge with others who are in need.

Come to the next Health Minister Training*

July 12-15, 2006 • Nov. 15-18, 2006

At Hallelujah Acres • 900 South Post Road • Shelby, NC

Receive in-depth training on how to best spread the message *You Don’t Have to be Sick!*

Learn how to build your own prosperous health ministry

For more information, visit

www.hacres.com/programs/hmprogram_hmtraining.asp

or call 1.866.406.1025 (U.S.A.)

or 1.866.478.2224 (Canada)

*Health Minister Training Pre-requisites: Complete the *Get Healthy! Stay Balanced* course, live *The Hallelujah Diet & Lifestyle* for a minimum of 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.



July	Don't Sweat It!
Aug.	Back to School-The Hallelujah Way
Sept.	Harvest Time

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



Back to School

the Hallelujah Way

by Julie Wandling

Having homeschooled my boys for 8 years, I will be the first to admit it is a bit more difficult to keep the kids on the Hallelujah Diet when they are away from home much of the day. Not to mention peer pressure and questions from friends. My guys, Corbin and Ryan, started away-from-home school in the fall of 2005 and they love it! We now have experience with the Hallelujah Diet in both worlds.

Nutrition Education While They Get an Education...

Education is KEY to their success no matter where they go to school. The kids need to understand, to the best of their abilities, what they are to eat, what not to eat and WHY! Go through all of the Hallelujah Acres materials with the kids and share with them as you learn new things.

continued on next page

Back to School the Hallelujah Way

continued from previous page

It's Cool to Be a Vegetarian

They also need to be armed and ready with cool answers to questions such as:

Q: Why do you always pack vegetables?

A: "Because I like them and this dip is great. Wanna try some?"

Q: What's that?

A: "Hummus, vegetables and clementines. Want a clementine? They're really sweet!"

Next thing you know, your kids will be begging to bring the whole box to share at their lunch table. Yes, this actually happened, and Ryan was the hit of the school that day!

I'm not sure if you will think this is good or not, but the high school girls think Corbin is cool (and cute) because he is a vegetarian. This worries me a bit!

Serving Fresh Juice and BarleyMax

Mom's, if you want the kids to start their day off with vegetable juice, you are going to have to get up and make it for them, unless you have a good juicer like the Champion or GreenStar, which allows you to store juice overnight in the fridge. I do not send juices to school, as they spoil in the lockers. My kids drink their juices before, and sometimes, after school. I let them whisk their BarleyMax into their carrot juice with that little battery-operated-whisk thingy*—kids like gadgets—or I let them take the BarleyMax capsules.

Hydrate...Hydrate...Hydrate...

Every morning starts with a glass of purified water. Each kid packs a quart-size water bottle that they keep in their lockers, and sip during the day, and have at lunchtime. They are not to drink from the fountains unless absolutely necessary. Fountains only provide tap water germ soup. Lack of water during the day can lead to dehydration, which leads to lack

of concentration or worse. If they are athletes, staying after school for practices, pack an extra water bottle. They will find a quick route to the restrooms on their own, where they should touch as little as possible and wash their hands. Germs run rampant in schools.

To-Go Tools of the Trade

Packing lunches for kids (and yourself, when necessary, is easy when you have everything you need on hand.

Buy several of these items for quick and easy lunch packing:

Vinyl lunch bags (*do not use hard coolers*)

Medium (3 c.) plastic bowls with lids

Small (1 c.) plastic bowls with lids

Smaller (1/4 c.) bowls with lids

Zipper baggies

Quart-size water bottles

**Ed. Note: "that little battery-operated-whisk thingy," the gadget Julie refers to, is actually a Hallelujah Acres Hand Mixer. You can find this item #403 in the catalog section of this magazine on page 33. Julie's recipe books are also available through the catalog or online. ■*

Julie Wandling is a Health Minister, a popular speaker, and author of *Thank God for Raw, Healthy 4 Him* and *Hallelujah Kids*. You may contact Julie at her Healthy 4 Him ministry in Akron, Ohio.

Email: healthy4him@neo.rr.com.
Website: www.healthy4him.com/index.html



LUNCH RECIPES

NUT BUTTER AND JELLY SANDWICH

Here's a tasty and healthy alternative to the traditional PBJ (Peanut Butter and Jelly) sandwich:

Organic raw almond butter, cashew butter, pumpkin seed butter or tahini

Sugarless organic jelly or jam

Whole grain or sprouted whole grain bread

Spread the nut butter on the bread, top with jam, and they're good to go! Make a couple sandwiches and pack them into zipper baggies. What can be simpler than that? Baby carrots and apples go great with this.

SALAD WITH PESTO AND BREAD STICKS

Salad:

- 2-1/2 c. shredded romaine lettuce
- 1/2 c. favorite fine chopped veggies

Pack in a 3 c. plastic bowl.

Pesto: *Thank God for Raw* page 87

- 1 c. fresh basil leaves
- 1/2 c. fresh parsley
- 1/4 c. rice Parmesan cheese
- 1/4 c. olive oil
- 1/4 c. water
- 1/4 c. pine nuts
- 1 clove garlic
- 1/2 tsp. sea salt
- 1/4 tsp. pepper or papaya seeds

Blend pesto in blender or food processor until creamy. Chill several hours, stirring often for flavors to blend. Put pesto into a 1/4 c. plastic bowl. In a zipper baggie, pack several organic, whole-grain, hard bread sticks for dipping.

CHIPS, SALSA AND BEANS FRESH SALSA

Thank God for Raw page 115

- 3 large tomatoes, chopped fine
- 2 green onions, chopped fine
- 1/2 each: red, yellow, orange bell peppers, chopped fine
- 1 T. cumin
- 1 tsp. raw honey
- handful cilantro
- sea salt to taste
- juice of 1 lime

Stir in a can of vegetarian refried beans, or a can of pinto beans or freshly made ones.

Pour salsa in the 3 c. plastic bowl. In a zipper baggie, pack a few handfuls of organic tortilla chips for dipping. The kids might want to sit by themselves the day they pack this lunch, as everyone will want some! I usually include peeled oranges in baggies with this lunch. I peel them because the kids only have 20-30 minutes to eat and I don't want them inhaling their food.

SNACKS

Both boys keep snacks in their locker for munching on the way to classes or scheduled snack times. Trail mix is the best, easiest option we have found.

Raw Organic Trail Mix

Pecans, Walnuts, Sunflower seeds, Pumpkin seeds, Oat floured date pieces, Raisins, Cashews, Almonds

Mix and pour into small snack size zipper baggies—one for each day of the week.

Whole bananas not packed into anything. Packing them away will make them rot quickly. Corbin brings them to have after school, before sports practices.

You will find loads of great recipes for kids to take with them wherever they go, and to eat at home in my recipe books especially *Hallelujah Kids!*

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

Join us and discover...

- Why your diet can make you sick.
- How you can restore your health.
- Tens of thousands have done it.
- You can too!
- 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!

(No reservation required)

Seminar also available on DVD, VHS, and CD

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

Woman to Woman

continued from page 11

completed a new exercise video and will be demonstrating many new moves and techniques!

Throughout the event we will all be blessed with wonderful Christian music under the leadership of Veronica Hiley who is a member of Sardis Baptist Church in Indian Trail where she is a soloist and member of the Praise Team. Also, The Girls Choir from Solid Rock Baptist Church, where George and I are members, will also sing and are sure to be an inspiration to all gathered.

Those who have attended a past Women's Retreat at Hallelujah Acres have grown to love and respect Beverley Coad, and will be delighted to know that she is returning to M.C. our event. Beverley is a Health Minister along with her husband, Graeme,

in the Jacksonville, Florida area. She has also been Deputy U. S. Coordinator of Lydia Fellowship International and is a public speaker.

The Lord is calling on women everywhere to carry out many wondrous deeds. If you feel the call to fulfill a healthy goal that's been in your heart, please come join other women who will educate you, support you and nurture you as you bring yourself and your family to optimum health. I so look forward to seeing you!

Blessings,
Rhonda Malkmus



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.

Enthusiasm for the Women's Retreat 2006 is growing!

Keynote Speaker Tonya Zavasta reports receiving many positive responses such as these:

Tonya, I only live about an hour away from Shelby, NC. I live in Charlotte, NC. I will plan to attend the women's retreat in October at Hallelujah Acres. I will be looking forward to meeting you. I have been a big fan of George Malkmus for years. I got over my Rheumatoid Arthritis the same way he got over his colon cancer but I got over my arthritis before I found out about Hallelujah Acres, so I knew he was right.

Sharon Wynne

I saw you are scheduled to come to Hallelujah Acres Women's Conference in October. I don't know that I had anything to do with that at all, but I did suggest on health ministers chat line that they ought to look into having you as a speaker. I'm getting together with other health ministers for a possible carpool down there to hear you.

Linda Miller



PERSONAL STORIES OF HEALING AND INSPIRATION

continued from page 8

again by the testimonies about those who 'With long life will I satisfy you,' and also the Word of Truth regarding autism, its cause and true source. It has reinforced the efficacy of the good nutrition that has been in practice in my own family. Those of my siblings who had the same information at the same time have paid a heavy price for turning their backs on the intelligent lifestyle of eating, which we know today as The Hallelujah way of eating, revealed to us in God's Holy Word in Genesis 1:29. To all who would go the 'doctor-recommended' route of vaccinations I would admonish, 'FROM SUCH TURN AWAY!' For your faithfulness, may the Lord continue His great blessings upon you, George and Rhonda, and all who labor with you in the field of your ministry for Him."

*Richard, Manchester Center,
Vermont*

ACHING JOINTS GONE

"I have been receiving your Health Tip for over 3 years now, and have adapted some of your ideas into my lifestyle. For several years now we have done a little carrot juice with some BarleyMax. But my husband has recently been diagnosed with peripheral neuropathy, so we decided to go fully on the Hallelujah way of eating! In just 2 weeks of being fully on the diet, my husband has LOST SOME WEIGHT, while I have LOST 7 POUNDS; my INDIGESTION IS ALMOST GONE, AS ARE MY ACHING JOINTS. Thanking you for your weekly Health Tips and words of encouragement."

*Trevor & Lois,
Bundaberg, Queensland, Australia*

Hallelujah Acres presents the...

Culinary Academy

Where the art of food prep is made easy!



August 4 • September 1 • October 6

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!

July 1 • August 5 • September 2

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.

July 17-18 • August 25-26
September 22-23

2 Day Course

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

July 8 • July 22 • August 5
August 19 • Sept. 2 • Sept. 16

Culinary Academy-Canada

PLUS

In the Kitchen with Judy, 1-day intensive, see Events Calendar for dates and times.

For all Culinary Academy Dates and details please see our Events Calendar on page 14.



Hallelujah Acres Culinary Academy • 834 South Post Road • Shelby, NC • 866.295.0230 • www.hacres.com

Savings to the Max!

Save **10%** on your order of BarleyMax! **FREE** Survival Bar too!



Hurry!
This offer ends August 31, 2006!

BarleyMax is packed with a blend of nature's most nutritionally dense foods, and helps build new, strong, healthy cells, and is an essential part of The Hallelujah Diet & Lifestyle.

To take advantage of this special offer, Call 800.915.9355. Order now, save 10%. And get a tasty Survival Bar FREE with this special offer.*

Offer ends August 31, 2006 !

*Free Survival Bar applies to the 10% off BarleyMax offer only, and is not good on any other BarleyMax purchase.

#440	4.2-oz powder	\$21.95	\$19.75
#441	8.5-oz powder	\$31.95	\$31.45
#442	240-ct vegetarian capsules	\$29.95	\$26.95
#453	BarleyMax AF (Alfalfa Free) 8.5 oz powder	\$31.95	\$31.45

Snack Healthy! Yes, you can give into your urge to snack—if you choose the right snack! All our snacks are living foods (with live enzymes), vegan, trans fat and gluten free, with no salt, sugar, preservatives, chemicals, artificial flavors, fillers, fats or coloring added. These tasty, gourmet-quality snacks are perfect for when you're on the go and don't have time for a meal, or simply as a delicious treat.

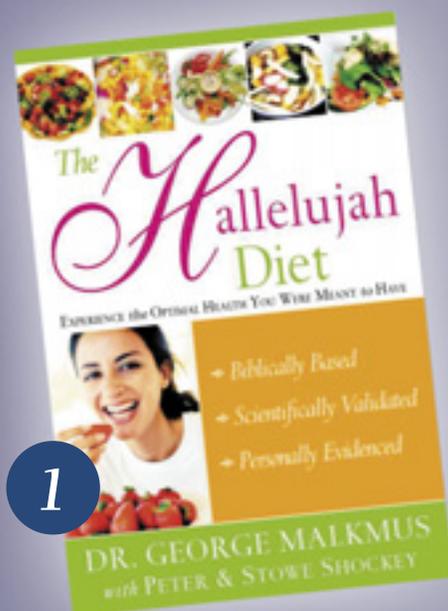
Indulge your taste buds! Our **Goodee Bars** come in two delicious flavors: Vanilla Nut and Maple Nut. Cold processed, not cooked.

Survival Bar—Rev. Malkmus' favorite meal when he's on the road! Bars contain Hallelujah Acres' living food products, BarleyMax, CarrotJuiceMax and BeetMax. Cold processed, not cooked.

NEW! Survival Mix—This delectable blend of dehydrated enzyme-rich seasonal fruits and soaked nuts is a wholesome, natural treat whether you're off hiking in the woods or working hard at your desk.

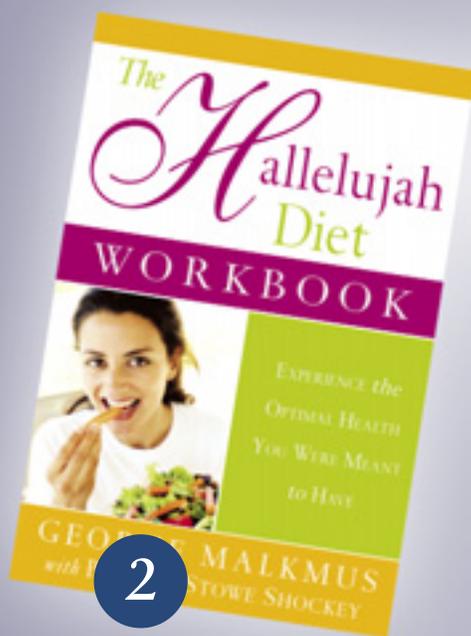
See page 42 in our catalog for details.



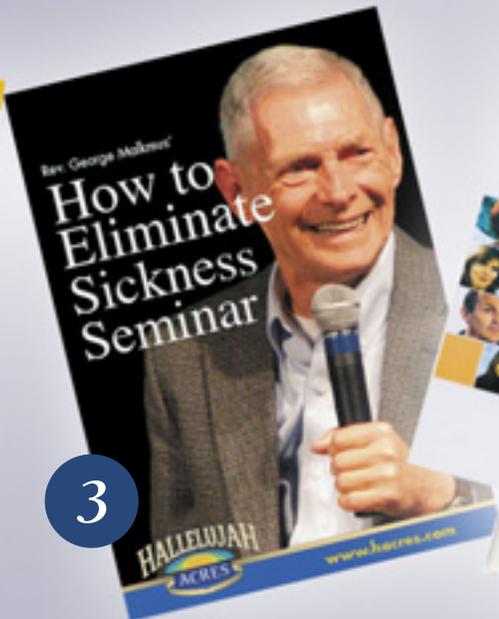


Put The Hallelujah Diet & Lifestyle at Your Fingertips!

Inspiration, education and motivation in one convenient package for *one low price!*



2



3



4



5

This innovative package includes:

1 Rev. Malkmus' latest book: *The Hallelujah Diet*

Rev. Malkmus draws on ten years of experience and research to give readers a complete, in depth picture of the diet & the lifestyle—from its Biblical foundation and the importance of juicing and eating living and organic foods to how to make choices, set goals and chart your course for success. Includes: inspiring testimonies by people who have been cured of various diseases, including Cancer, Diabetes and Depression, among others. Plus, recipes, worksheets, journals, recommended reading, and much more. **Retail value \$14.95**

**2 *The Hallelujah Diet Workbook*
The perfect companion to *The Hallelujah Diet!***

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**, which helps you delve into the text of the book, and **The Journal**, an interactive element that gives you the opportunity to state your goals, chart your course, and keep track of your health and dietary progress. **Retail value \$8.95**

**3 *New Release 2006!*
*The How to Eliminate Sickness Seminar***

This enlightening seminar is the inspiration for *The Hallelujah Diet!* The first Saturday of each month, Rev. Malkmus brings his message to hundreds who attend the FREE *How to Eliminate Sickness Seminar* in Shelby, NC. This package includes your very own copy of the seminar to view whenever you want a dose of motivation. **Retail value \$24.95**

4 *Healing for Life Testimony Video Series*

This five-DVD set includes powerful testimonies from people who've found renewed health after living *The Hallelujah Diet and Lifestyle*. Titles include, *Arthritis & Osteoporosis*; *Cancer*; *Diabetes*; *Weight Issues*; and *Fibromyalgia & Lupus*. All five DVDs are included in this offer, a **retail value of \$49.75!**

5 *Biblical Foundation-Audio CD*

In this captivating presentation recorded at the November 19, 2004 Health Minister Training at the Hallelujah Acres Headquarters in Shelby, NC, Rev. Malkmus discusses the very roots of the Hallelujah Diet—Genesis 1:29—the diet as prescribed by God. This CD has never before been offered at retail. Get it now with this special package. **Retail value \$9.95.**

This entire package, a \$108 value! Save \$50 Now!

**#215B
The Complete Hallelujah Diet Package \$59.95**

Attention: Church Groups, Bible Study Groups, Sunday School Groups, and others!
There are savings in numbers!
Make Good Health a Group Effort! Bring this message of good health to your organization, and you can **save up to 40%**. *The Hallelujah Diet* and *The Hallelujah Diet Workbook* are a terrific introduction to the Hallelujah Lifestyle and the perfect way to prepare for the *Get Healthy! Stay Balanced* course. Plus you can save big when you order for a group.
Call for volume discounts at 800.915.9355.

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



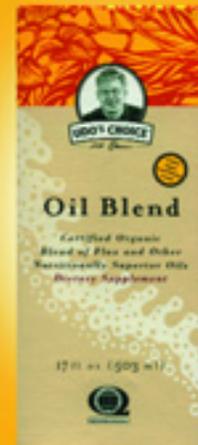
#450

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,



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.

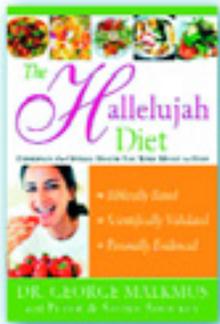
DHA is also becoming more recognized as a vital nutrient for adults as well. While there is limited conversion to DHA of the Omega 3's (ALA) found in flaxseed and walnuts, scientific evidence points to the benefits of supplementing with DHA. After months of research, we are pleased to make available 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

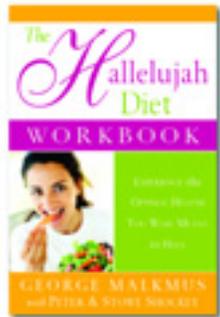


Nutritional Essentials Natural Choice Product's Nutritional Essentials is a great tasting, vanilla flavor, whole food supplement that provides a stable variety of essential nutrients. This includes highly concentrated antioxidant vitamins and pro-oxidant nutrients including tocotrienols, which have been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

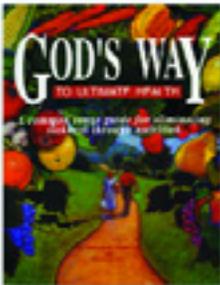
#421 10 oz container \$29.95



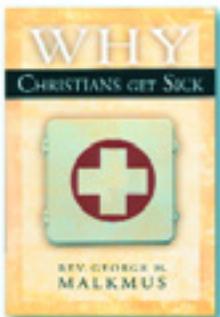
The Hallelujah Diet by Rev. **George Malkmus** Whether you've been on the diet for a while, or you're just starting out, this new book by Rev. Malkmus is sure to guide, encourage and inform you on your journey to optimal health. In *The Hallelujah Diet*, Rev. Malkmus draws on thirty years of experience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



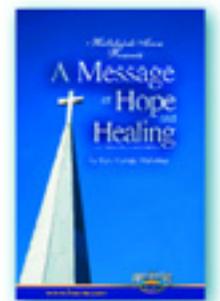
NEW! The Hallelujah Diet Workbook The Workbook, a companion book to be used in conjunction with *The Hallelujah Diet*, will help you to thoroughly absorb the information you need to achieve optimum health. Each of the twelve-week programs focuses on a particular theme, and is divided into two distinct, 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



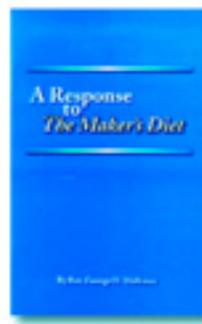
God's Way to Ultimate Health by Rev. **George Malkmus** with **Michael Dye** is the ultimate nutritional guidebook, and has everything you need to know about how to return to God's original plan for nourishing the human body. Read what the Bible says about diet and how modern science supports this Biblical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



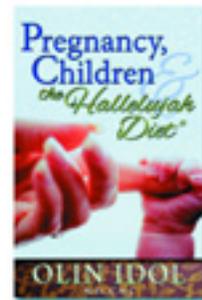
Why Christians Get Sick by Rev. **George Malkmus** is the most important book Christians can read, after the Bible. It delves into the questions of why we get sick, and provides the Biblical answers. With more than 150 Bible verses, this book clearly shows how we can avoid sickness and disease and experience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



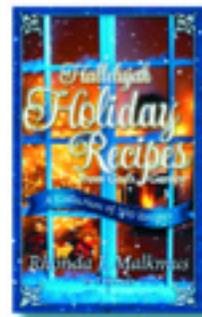
Hallelujah Acres Presents **A Message of Hope and Healing A Christian Health Primer** (formally our **Your Don't Have to be Sick**) by Rev. **George Malkmus** is an inexpensive booklet that summarizes *The Hallelujah Diet & Lifestyle* while answering Biblical health questions that Rev. Malkmus has received 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 (original cover) \$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.

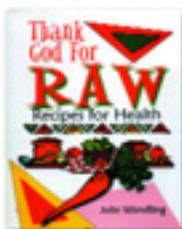
#212 Paperback, 200 pages \$17.95



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.

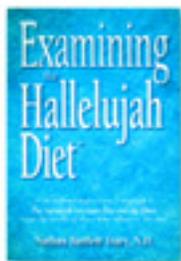
#376 Paperback, 164 pages \$19.95



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.

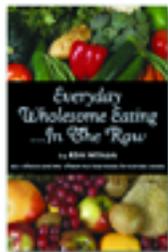
#211 Paperback, 167 pages \$17.95



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

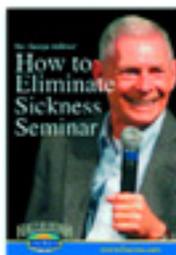


Juicing With Rev. Malkmus

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



New Release 2006! How to Eliminate Sickness Seminar

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!

#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 – 8 Video set **Save \$20** ~~\$119.95~~ **\$99.95**
#230 VHS – 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

#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

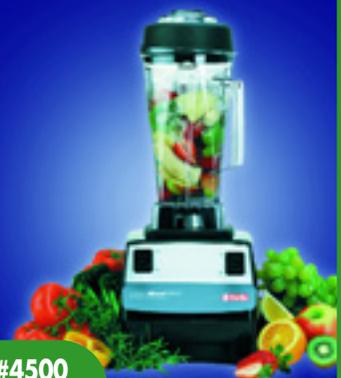
Toss & Chop Veggie Cutter Chopped salads are all the rage! Now you can create these healthy, easy-to-chew salads in a matter of minutes—right in the bowl. The elegant Toss & Chop Veggie Cutter is an innovative, hand-operated cutlery device that helps you prepare food faster and neater, with minimal clean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

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 a wall-mount unit so you can store it 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

Make Me Ready Stretch & Selah DVD Praise God with your whole being as you exercise to contemporary Praise and Worship music! Working out is no longer drudgery when you consider it a way to honor God by keeping the body He gave you fit and healthy. Guided by the Holy Spirit, certified AFAA Aerobics, Pilates and Rebounding instructor Laura Lee Ryan created her invigorating choreography for a workout that is sure to raise your heartbeat and your spirit! She includes stretch time and periods of contemplative rest. Suitable for all levels of fitness.

#811DVD 99-minute DVD \$24.95



#607



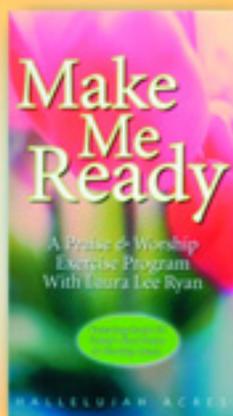
#601 & #604



#603



#811DVD



#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, Flora Flax Oil, the book *The Hallelujah Diet* by Rev. George Malkmus, and Hallelujah Acres® B12-B6-Folic Acid supplement. You **save almost 15% off the regular retail price** with this kit, and you get healthy at the same time!

#KITSILVER 5-Piece Silver Starter Kit \$94.95



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 \$349.95



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 *How to Eliminate Sickness DVD*. Upgrade to Platinum today!

#KITPLATIN 9-Piece Platinum Starter Kit \$559.95



NEW! Survival Mix & Snack Bars—Pure Organic Super Food! —

NEW! Survival Mix This delectable blend of dehydrated enzyme-rich seasonal fruits and soaked nuts is a wholesome, natural treat whether you're off hiking in the woods or working hard at your desk.

- #439** 5 oz. bag \$5.75
- #439-S** 6-Bag box (5 oz. each) \$33.95
- #438** 1.5 oz. bag \$2.65
- #438-S** 6-Bag box (1.5 oz. each) \$15.35

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 alkalizing 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

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** \$7.95
- #444-BOX** 20-Bar Box \$27.95

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

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

Rev. George Malkmus





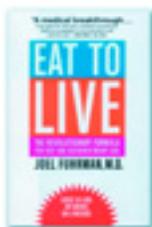
Raw Eating by Arshavir Hovannessian was one of the most influential forces in moving Rev. Malkmus to a raw food diet. This book is filled with great information that is useful to anyone considering changing to a raw food diet, although Hallelujah Acres does not agree with the evolution hypotheses discussed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



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



Chelsea's Healthy Secrets by Health Minister Sherry Schiavi Fun and informative, this book teaches children about healthy cell secrets in a very simple and creative way. Children seem to love, and more importantly grasp, the healthy cell concept. Beautifully written by Sherry Schiavi, a Hallelujah Acres Health Minister and co-founder, Nutritional Counselor and Director of Living Waters Medical Center, along with her husband, Frank Schiavi, Jr. M.D., 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



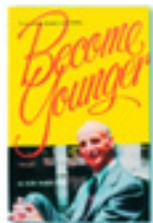
The China Study by T. Colin Campbell, PhD, examines the source behind all of the confusion about nutrition and reveals the truth behind the powerful special interest groups, government entities, and scientists that have taken us down a deadly path. It also details the connection between nutrition and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



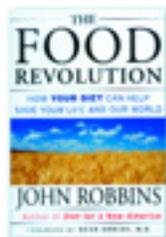
Pure & Simple Natural Weight Control by Dr. Norman W. Walker provides a weight loss strategy based on the body's need for vital, life-giving enzymes that are found only in nature's foods.
#338 Paperback, 129 pages \$7.95



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



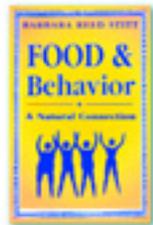
Vegetarian Guide to Diet & Salads by Dr. Norman W. Walker The fundamental purpose of eating is to replenish the cells and tissues in the body with the nutrients they need. This book serves as a nutritional guide that covers the effects of different foods and the benefits of food combining for a balanced 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 Braylock shows the relationship between food and brain health, specifically as it relates to excitotoxins, substances added to foods and beverages that literally stimulate neurons to death, thus causing varying degrees of brain damage. Get this well-researched, data-filled, yet easy-to-read book and protect your brain from the assaults that can come from the foods you eat.
#366 Paperback, 320 pages \$17.95



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



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



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



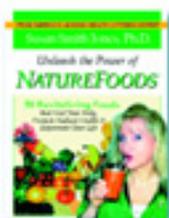
The Fruit Bowl and Vegetable Soup by **Dianne Warren, Susan Smith Jones, and Amy Sorvaag Lindman** are two picture books in one. This fun and educational children's book will help them learn the connection between what they eat and how they feel, look, and perform. Whether they are toddlers, pre-school,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



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



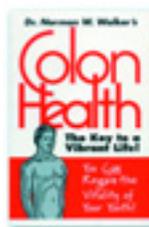
Water Can Undermine Your Health by **Dr. Norman W. Walker** shows you how to protect yourself from the deadly bacteria, viruses, chemicals, parasites, and other toxic substances that are present in our public water supplies.
#340 Paperback, 120 pages \$7.95



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

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

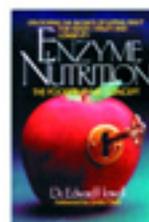
And much more! Includes easy-to-prepare recipes
#301 Paperback, 176 pages \$15.95



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



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



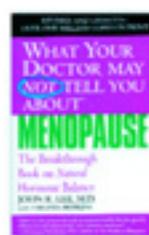
Enzyme Nutrition by **Dr. Edward Howell** explains why our eating habits place severe strains on the body's ability to absorb the nutrients in food, thereby resulting in poor nutrition and diseases. Understand the implications of too few enzymes being absorbed; the resultant effects on the immune and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



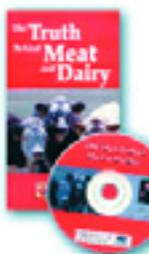
Food Additives: A Shopper's Guide to What's Safe & What's Not by **Christine Hoza Farlow, DC**, will help you make informed choices about the foods you buy, listing more than 600 of the most common food additives, and a code indicating safety and the advisability of use for each additive. Its small size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



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



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



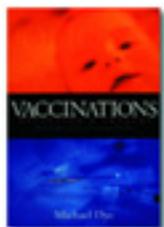
The Truth Behind Meat and Dairy **Howard Lyman** built his small organic family farm into a large corporate chemical farm. By the world's standards, this fourth-generation Montana farmer was a huge success. Following a near-fatal bout with cancer, however, Lyman became a vegan and vowed to dedicate his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



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



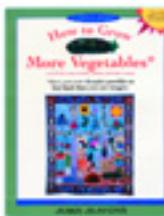
You Can't Improve on God This video from **Lorraine Day, MD**, explains the exact procedures she used to heal herself of her breast cancer. It provides detailed information on diet, lifestyle, prayer, attitude, and much more. Excellent.
#804 VHS or DVD, 92 minutes \$21.95



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



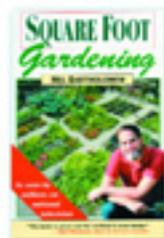
Drugs Never Cure Disease In this powerful video, **Lorraine Day, MD**, reveals the astonishing fact that germs don't cause disease, even though conventional medicine, with its massive use of "therapeutic" drugs, is based on that incorrect premise. Learn why the entire foundation of conventional medicine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



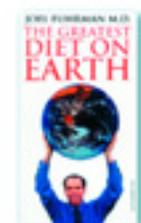
Sorting Through the Maze of Alternative Medicine Let **Lorraine Day, MD**, lead you through the maze of alternative medicine with this video. Step-by-step, she shows you how to evaluate over sixty therapies, including detoxification, herbal, adjunctive, biological, pharmacological, energy, hormonal and 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 hand weights; 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 DVD, 90 minutes \$21.95



Choose 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



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





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We ask for your prayers as we continue our mission, and hope that you, too, will join us in spreading the joyful truth that

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2006

***Come to the Hallelujah Acres
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- How to live on the Hallelujah Diet
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***Special Pre-Summer Health Conference Culinary Academy Classes
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