HOME FOR THE HOLIDAYS

Back to the Garden

Teaching Health from a Biblical Perspective

Nov./Dec. 2006
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Rev. George H. Malkmus
& Hallelujah Acres

From Incurable to Healed

Clarissa Trammell's journey to health

Water – The Choice For Long-Term Health

Conquering Giant Despair

Methods to prevent and beat depression, prescribed by a Higher Authority.

Reprogram Your Mind For Healthy Eating

Rev. Malkmus explores how to set yourself up for success, including practical resources.

HALLELUJAH ACRES
Brings you back to the Garden

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We Just Want to Thank You Lord!

My, my, my, what a year it has been at Hallelujah Acres! As once again we approach the Thanksgiving and Christmas Seasons, we'd just like to pause and thank the Lord for all of His many blessings during this past year! For the devoted, awesome staff He has provided to carry on His work here at Hallelujah Acres, for our Health Ministers who work tirelessly to help others, for our many readers and the testimonies of healing both known to us and yet unknown, for the new property across the street to expand Hallelujah Acres, for our ongoing health, for the prayers and support so graciously supplied, for meeting our every need, for helping us to continue to reach the world with the message, "You Don't Have to be Sick," **THANK YOU, LORD!**

We'd especially like to thank you, our readers, for your continued love, prayers, and support as well. You are what Hallelujah Acres is all about; without you, Hallelujah Acres would cease to exist! So with humble and grateful hearts, we thank each and every one of you and covet your prayers as we begin yet another year of service to Him and you.

Lest we forget, we'd like to thank each member of the armed forces for their sacrificial service to our great land! Thank you for putting your lives on hold and on the line to protect all of us! You're our heroes!

As you and your family plan your holiday celebration this year, we hope you will set aside some time to pause and reflect on holidays of yesteryear, remembering the traditions and special people who helped mold your life and made you into the person you are today. How important it is to teach these same principles and values to our children and grandchildren.

We trust that as you gather together with those you love for the holidays that God's very special gift, Jesus Christ, whose birth we celebrate, will be in the center of your heart and all of your activities. Our prayer for each of you is that your holidays will be filled with His love, peace, and joy as you gather with those you love and cherish!

May the coming year, 2007, be a year blessed with abundant health, happiness, and prosperity for each of our Hallelujah Acres families and their loved ones!

Rev. George & Rhonda Malkmus
Founders of Hallelujah Acres

News from the Acres

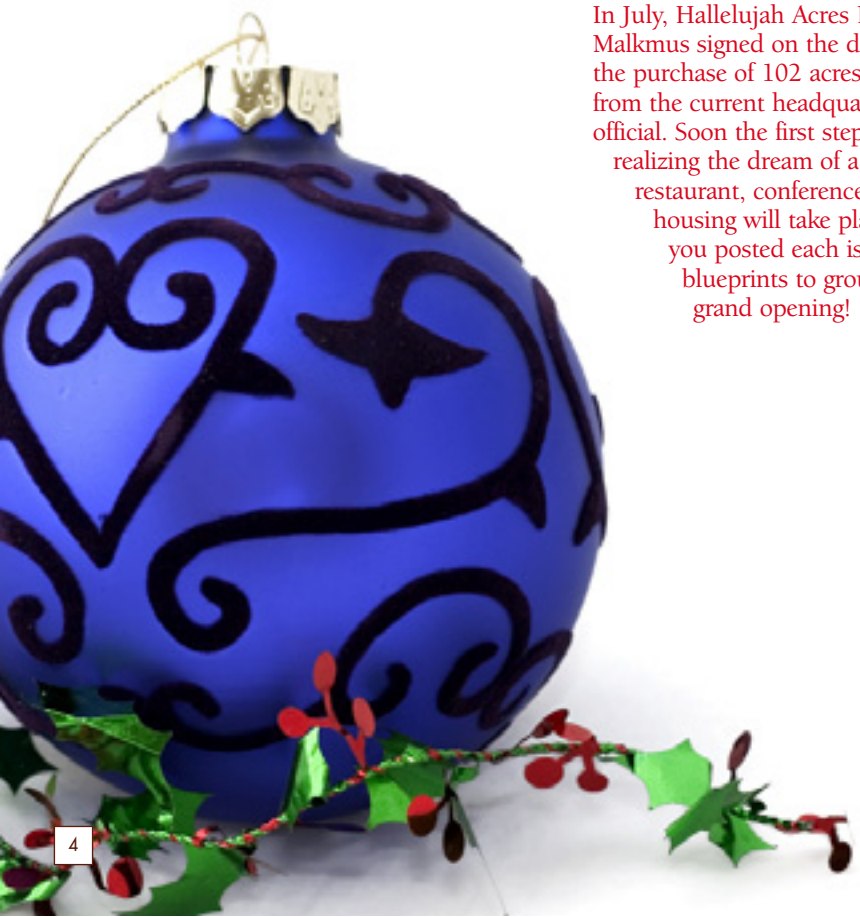
Issue #41 *News & Happenings from Hallelujah Acres International Headquarters* November/December 2006

It's a Woman Thing…

From Thursday, October 12 through Saturday, October 14, 2006, women from all over the country came together for support, worship, education and, "womanship" at the Hallelujah Acres Women's Retreat. The brainchild of Hallelujah Acres Co-founder, Rhonda Malkmus, the sold-out Retreat featured engaging speakers and presenters including, Rev. George Malkmus, Tanya Zavasta, Nancy Campbell, Dr. Beverly Lessane-Council, Bev Cook, Gerene Butterfield, Laura Lee Ryan with Beverley Coad acting as MC. The enthusiastic crowd departed with fond memories and eager anticipation of next year's event.

Rehoboth For You

On Friday, August 11, 2006, Rev. Malkmus appeared on Rehoboth For You, hosted by Alicia Foxworth. The show aired on a local New York City Fox affiliate station, three other cable stations and streamed on the web worldwide.



Healthy Living in the Big City

A new Hallelujah Acres *Get Healthy!* Resource Center has opened in Greenville, SC, and life in the big city just got healthier! Conveniently located at: The Point, I-85 & Woodruff Road Suite 302, the new center offers food prep classes, the *Get Healthy! Stay Balanced* course, VoiceBio©™ health assessment sessions, as well as support group meetings, motivational programs, educational materials, nutritional supplements, and many other resources. Managers Jim and Linda DePue are working hard to serve new and regular clients and they look forward to the official Grand Opening event scheduled for sometime in January or February 2007. See our website for the Grand Opening announcement, and if you live in the area, make sure to stop by for the festivities.

Hallelujah Land: A Work in Progress

In July, Hallelujah Acres President, Paul Malkmus signed on the dotted line and the purchase of 102 acres across the street from the current headquarters became official. Soon the first steps toward realizing the dream of a hotel, restaurant, conference center, and housing will take place. We'll keep you posted each issue from the blueprints to groundbreaking to grand opening!

Breakfast at Hallelujah Acres

Hallelujah Acres, Inc. welcomed the Cleveland County Chamber of Commerce for a breakfast presentation on Thursday, August 03, 2006. In all, 35 attended representing types of businesses from national corporations to small local companies. Public Relations Specialist, Linda Hill, welcomed the group and spoke about the ministry's public relations endeavors. *Get Healthy! Resource Center* Manager, Gerene Butterfield presented a condensed version of the *Get Healthy! Now* program and Hallelujah Acres Chef, Shay Hopper, provided a sumptuous, healthy feast, including waffles, muffins, and fresh fruit among other delectable tidbits. To top off the event, a few lucky winners earned door prizes contributed by Hallelujah Acres and other businesses.

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**At this time, offer is good only for US customers on orders totaling $50 or more. Orders will be shipped UPS ground.*

Above Left: Clarissa and Craig Trammell on their 20th Wedding Anniversary before starting The Hallelujah Diet. Above Right: Clarissa, Brett, Craig and Katie Trammell at Brett's High School Graduation in June 2003. Clarissa went from a size 18 to a size 4.

From Incurable to *Healed*

Clarissa Trammell attended Health Minister Training at Hallelujah Acres' Headquarters in July 2006. Clarissa Trammell knew her fibromyalgia was incurable -- little did she know it could be healed. One day while reflecting on Scripture, Clarissa experienced an enlightening revelation that set her on the journey to health and wellness. Read on and be inspired by Clarissa's powerful testimony.

"I was a very sick woman. I even had to use a wheelchair for long-distance walking. One day in my quiet time with the Lord, I was studying the passage of Scripture where Jesus asked a man if he wanted to be well. The man said that he did, and Jesus healed him. As I studied that passage, the Lord asked me if I wanted to be well. I replied: 'Well, you know Lord, the doctors say my FIBROMYALGIA is INCURABLE!' The Lord's response was, "Rissa!" And I replied: "I know Lord that if You want to heal me, I can be made well; so yes Lord, I want to be healed!"

On that very day, the Lord put me on a path that would intersect with the right people, with the right information – a friend who knew about the healing powers of vegetable juices, and my family physician who told me that juicing was the single most important thing I could do for my health. This friend who told me about juicing then put me in touch with her friend who introduced me to The Hallelujah Diet.

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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

PERSONAL STORIES OF HEALING AND INSPIRATION

HER SON ASTOUNDS THE SCHOOL NURSE

"My oldest son, Corbin (14), starts school this week and had to have a physical and dental examination today to play tennis for his new high school. I am happy to report that he has made it to 14 years old with zero cavities and no fluoride treatments! He has a resting pulse of 52, the same as President Bush. The doctor said: 'That is very low, you must work out a lot.' His blood pressure is 120/60 at 5' 10", and weighs 165 pounds. All his blood work was perfect! The nurse asked him, 'what is your dietary pattern?' To which he replied: 'vegetarian with no dairy.' The nurse asked: 'Oh, where do you get your protein and calcium?' Corbin confidently replied: 'From broccoli, almonds, beans, whole grains and bananas!' I wish you could have been there to see the look on her face! Then I piped in and said, 'He sure is getting it from somewhere to be growing at this rate don't you think?' She looked so curiously at me and said, 'Well, yes, it sure seems so.'

I am sending this testimony not to brag, but just to let people know that kids can eat healthfully on The Hallelujah Diet and grow to be big and strong! In case you are wondering, he has been on The Hallelujah Diet for the last 7 years and vegetarian for 5 years prior to that. He was nursed for the first eighteen months of his life."

Julie Wandling, Health Minister
Akron, Ohio

EYEGLASS PRESCRIPTION REDUCED

"I was delighted to read in this week's Health Tip how your eyesight has improved so much on The Hallelujah Diet that you do not need glasses anymore. For the first time in my life, my eye doctor reduced my eyeglass prescription! I had expected he would have them strengthened once again, but then I realized it was because of The Hallelujah Diet that he did not have to strengthen them. You can be sure that when I go for my next check up there will be another big improvement and I will let my doctor know why. Thank you for your love for the people of God."

Harriet

SHE SHARES THE HEALTH TIP

"Dear Rev. Malkmus, I have forwarded your wonderful Health Tips to many of my friends. Bless you for your wonderful work! I am inspired by this current Health Tip to finally take the final steps to the full implementation of The Hallelujah Diet, after working toward it for 5 years now."

Margie,
Midrand, South Africa

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See what others have to say about their stay at a Hallelujah Acres Lifestyle Center

"Our hearts are rejoicing because of this joyous experience. We thank the Lord for all we've learned and the sweet fellowship at the Hallelujah Acres Lifestyle Center. Thank you!"

"The entire experience was uplifting, and we are leaving with information that will improve our quality of life. We feel like Mark and Meryl are family! Thank you & God bless!" *- Sandy & Ron G.*

"Beautiful, welcoming, relaxing atmosphere. Felt at home from the moment we stepped through the door. We came away with a new lifestyle and new friends."
- Shannon & Spencer W.

From Incurable to *Healed*

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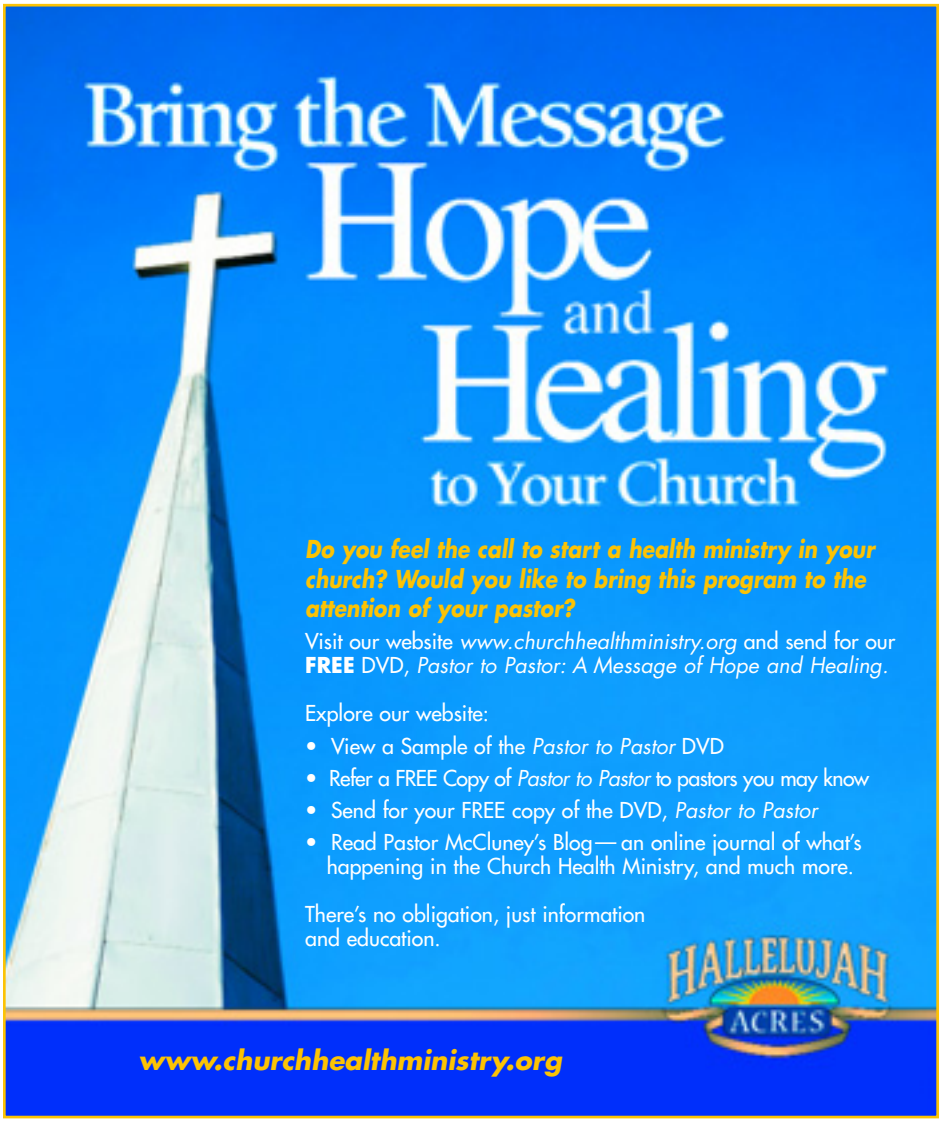
On March 20, 2001, I treated my husband to dinner at Ruth Chris' Steakhouse for our 20th Wedding Anniversary. As they served me that sizzling steak, I looked at it and said: "This is the last steak I will ever eat, for tomorrow I am going on The Hallelujah Diet!" The very next day I began The Hallelujah Diet and have never looked back.

Within 4-months of making the diet change, my family joined me, without any nagging on my part, because they were already seeing such fantastic results in me. Within a year I had lost almost 50 pounds, and my INCURABLE FIBROMYALGIA WAS GONE!

As the daughter of a Baptist Pastor and Navy Chaplain, I had the privilege of learning about Jesus' love for me and the provision for my salvation from the earliest days of my life. Then, while Dad was serving our country during the Vietnam conflict, I answered the invitation to accept Christ in a little Baptist Church in Shawnee, Oklahoma, at the age of 5. Praise the Lord! To this very day, my life is devoted to giving the Lord glory and serving Him. And that includes praising Him for teaching me to find healing through The Hallelujah Lifestyle, and helping me help others to find His way to health so that they can serve Him better!"

Clarissa's husband Craig also attended Health Minister training. Craig tells us that he attended training in order to "better understand nutritional healing and to support my wife. Since adopting The Hallelujah Diet, MY KNEES NO LONGER HURT when jogging or walking upstairs. Prior to the diet change, I took 800 to 2400 milligrams of Motrin a day for HEADACHES. Since making the diet change, I NO LONGER HAVE ANY NEED FOR MEDICATION. I have also LOST SOME WEIGHT, and the DRY AND ITCHY SKIN ON MY BACK IS NO LONGER A PROBLEM. I NOW FEEL GOOD AND HAVE PLENTY OF ENERGY!" ■

You may contact Health Minister Clarissa Trammell at clarissatrammell@yahoo.com.



Clarissa's Improved Health

Since adopting The Hallelujah Diet, Health Minister Clarissa Trammell has seen many physical problems and conditions either disappear entirely or improve greatly. Here is her account of her continued improved health:

INCURABLE FIBROMYALGIA – GONE!
ALLERGIES – GONE!
BORDER LINE ANEMIA – MUCH IMPROVED!
DANDRUFF – GONE!
ITCHY SKIN – GONE!
BODY ODOR – GONE!
BACK PAIN – GONE!
IRRITABLE BOWEL SYNDROME – ALMOST TOTALLY GONE!
MENSTRUAL PAIN – GONE!
HEMORRHOIDS – GONE!
DEPRESSION – GONE!
INORDINATE FATIGUE – GONE!
MENTAL FOG – GONE!
INSOMNIA – GONE!
MORNING MACK TRUCK FEELING – GONE!
DIFFICULTY WALKING – GONE! (Before the diet change I needed a wheelchair for any long distance walking.)
DIFFICULTIES GETTING ENOUGH BREATH – GONE!
PAIN WHEN I TRIED TO EXERCISE – GONE! (It's now a pleasure to exercise and I now work out in a gym 3 to 4 days a week.)
FREQUENT HEADACHES – GONE!
BALANCE DIFFICULTIES – GONE!
STOMACH PAIN – GONE! (Now only when I eat something I shouldn't.)
PLANTER FASCITIS – GONE!
HIGH CHOLESTEROL AND TRIGLYCERIDES – GONE!
OBESITY – GONE! (I have lost over 45 pounds and gone from a size 18 to a size 4. All of this weight was lost within the first year of adopting The Hallelujah Diet.)
FIBROMYALGIA SYNDROME – GONE! (Officially declared clinically well in Aug. 2004.)

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TUMORS DISSAPEAR OTHERS SHRINK

"Hello, George and Rhonda, We came to Health Minister training in March 2005. What a great time we had! At that time I had been on The Hallelujah Diet for only 3 months. If you remember, I had been DIAGNOSED WITH BONE CANCER, LUNG CANCER, AND BREAST CANCER in December 2004, and when I had last seen my oncologist in December 2004, I was OFFERED NO HOPE OF SURVIVING my cancers. Then Carolyn Moore, a Health Minister with Hallelujah Acres (In Orlando, Florida), showed me The Hallelujah Diet, and I went on it the very next day. I believe God gave me this diet to offer me hope. Don't we have an awesome God! He gives you what you need at the right time. Well, after I had been on The Hallelujah Diet for 6 months, I went back for a cat scan of my lungs, which revealed that the TUMORS ON MY LEFT SIDE WERE GONE, and the ones on my right side had GOTTEN SMALLER. I can still feel the lump in my breast, but it too has GOTTEN SMALLER! Praise the Lord! The lung doctor, after seeing the scan, thought I was on some type of medication, and was so surprised when I told him I was on a diet and believed God was going to heal me through the diet. He just had a big smile. I wish you could have seen the look on his face as he looked at the scans. He asked me several times to write down exactly what I was doing. He wanted to know! I go in November for a full body scan and that should tell me about the cancer that was in my bones. Then I will also make a visit to the breast surgeon. I haven't been back to see her since I was diagnosed, and she is a little upset with me, but maybe she will be happy when she sees nothing on the sonogram. My husband Glenn is doing great also! We really appreciate all that you and your staff have done to tell people about The Hallelujah Diet. It has been a blessing to know that someone cares enough to tell others so they can also become well. I also appreciate that you share God's plan of salvation, because accepting Christ as our Savior is the single most important thing we can do in this life. Thank you both so much and for the sacrifice it takes to do all the work that you do. We appreciate you!"

Health Ministers Glenn & Marsha Taylor,
Winter Park, Florida

WATER
THE CHOICE FOR LONG-TERM HEALTH

Michael Donaldson, PhD

Water, water, every kind, but which one shall I drink? The debate on what kind of water is the best choice for long-term consumption has raged on and on.

Many health reformers, including Paul Bragg and Norman Walker have advocated the use of distilled water for drinking. So, we, too, at Hallelujah Acres have taught people to use distilled water. However, enough evidence has now become available to examine this issue and cause us to change from recommending distilled water.

World-wide the issue of distilled water is important because desalination plants produce about 6 billion gallons of low mineral water every day. Because of this, the World Health Organization has investigated low mineral water and produced a report *"Nutrients in Drinking Water"*[1]. In this article I'm going to lay out the most pertinent evidence and explain which water to drink. More information is available at *www.hacres.com*.

For many years operators of desalination plants have known that low mineral water is acidic and

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Come to a Hallelujah Acres Lifestyle Center

Get Off the Diet Yo-Yo and Get the Help You Need!

Have you tried The Hallelujah Diet, but can't seem to stick to it? Are you on the diet, but only halfway committed? Or do you want to try The Hallelujah Diet, but don't know where to start?

Change Your Habits. Change Your Life.
It doesn't matter how old or young you are. Bad habits can be broken. Simply replace them with good habits. At a Hallelujah Acres Lifestyle Center, you will immerse yourself in the good habits and embrace a wholesome new life. Consider it a vacation that's good for the body and soul!

Guidance Every Step of the Way
Spend five or ten days surrounded by nature, as your Health Minister hosts teach you through practical, "hands on" experience.

Learn
To prepare delicious, healthy food
To eat as God instructed
Tips on how to stock your kitchen
Advice on how to continue the program at home

Enjoy
Exercise in the great outdoors
Personal quiet time in reflection and relaxation
Special outings (weather permitting)
Fellowship, support and devotions

Attain
Renewed spirit
Revitalized energy
Restored well being
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HALLELUJAH ACRES Lifestyle Centers

WATER
THE CHOICE FOR LONG-TERM HEALTH

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aggressive. It is an industry-wide rule that water must be partially remineralized and alkalized before sent down the distribution pipeline because the purified water is too aggressive and will cause severe corrosion of the pipeline. This fact makes it very clear that low mineral water is indeed aggressive in nature.

A one-year experiment with rats using low mineral water found negative effects such as an increase of extracellular body water, increased sodium concentration in the blood, increased urine output, and increased losses of sodium and chloride ions in the urine. There were also hormonal changes including reduced secretions of tri-iodothyronine and aldosterone, and increased secretion of cortisol, and morphological changes in the kidneys. There was evidence of reduced skeletal ossification of rat fetuses of the dams given distilled water during the one-year study as well. Many of these same findings were repeated in human volunteer studies—increased urine production (almost 20%), increased body water volume, increased sodium concentration in the blood, decreased potassium concentration in the blood, and increased elimination of sodium, potassium, chloride, magnesium, and calcium ions from the body.

So, there is some hard data showing that there are extra losses of minerals as a result a drinking low mineral water. In spite of homeostatic controls, minerals really can be removed from the body by distilled water. This is a major finding.

Population studies also indicate that low mineral water is unhealthy. One population study was carried out in the Soviet city of Shevchenko, where the water supply was distilled water that had been partially remineralized but was still low in total dissolved solids (TDS) and calcium. It was reported that the population there had a decreased activity of alkaline phosphatase, lower levels of serum calcium and phosphorus, and enhanced loss of bone mineral. Women, and especially pregnant women, experienced the biggest differences from normal.

Another study from Russia, from the Ust-Ilim region, compared the populations in two cities that were supplied with different water—one with low TDS, low calcium, and low magnesium, and the second one with higher TDS, calcium, and magnesium in the water. Other mineral levels in the water were also determined. The population in the area supplied with the lower mineral water showed higher incidence rates of goiter, hypertension, ischemic heart disease, gastric and duodenal ulcers, chronic gastritis, cholecystitis (inflammation of the gall bladder) and nephritis (inflammation of the kidneys). Children in this area with the low mineral water had slower physical development and more growth abnormalities, newborn mortality rates were higher, and pregnant women had more edema and anemia. Clearly, the low-mineral water was detrimental to this population.

In another study women living in four Siberian cities, which had increasing amounts of calcium and magnesium in their water, were followed for health outcomes. In the two cities with the lowest levels of water minerals there were more cardiovascular problems, higher blood pressure, headaches, dizziness, and osteoporosis compared to the two cities with the highest levels of water minerals.

Now, you may question whether these results from Russia are relevant to Hallelujah vegetarians. I don't think that these problems would be as common in a population that is well-nourished. By far the majority of our minerals come from our foods, not from our water. However, in a recent bone health survey of 57 small-framed women following the Hallelujah Diet only 14 showed good bone density, with 43 in the less than optimal range. Exercise is a very important factor, and some women admitted not getting enough exercise. Sunshine is also vitally important to your bones, but distilled water could play a factor, too. Most dietary factors were very similar in this group of women following the Hallelujah Diet, including drinking distilled water. Low mineral water isn't neutral; it pulls out minerals from the body. Over time this could have an impact. Not everyone will be affected, but people drinking larger amounts of water or getting fewer minerals from their foods will be impacted first.

So, what is the solution? Purification is really not an option to ensure high quality drinking water. Distillation, combined with post-distillation carbon filtration, provides the purest, safest form of water. A distiller consistently performs its job, while filters have variable performance, require changing, and may not trap all contaminants. So we recommend distillation as the best purification method.

Furthermore, calcium carbonate present in water is difficult to ionize in the stomach to make it beneficial. But calcium carbonate can still be absorbed as a whole molecule [2, 3] and a small amount can slowly accumulate in the body, causing arthritic pain, contributing to gall stones, and to plaque in the arteries. Filters do not remove calcium carbonate from the water. Reverse osmosis removes calcium but produces low mineral water similar to distilled water, so it isn't a solution. So, distillation is the only reliable way to remove calcium carbonate from the water.

In looking at optimizing water several parameters were included—pH, total dissolved solids (TDS), oxidation-reduction potential (ORP), and surface tension. Acid-base balance is determined by pH; water below pH 7 is acidic and aggressive. ORP measures the balance between antioxidants (with reducing ability) and oxidants; the higher the ORP, the fewer antioxidants are present. Surface tension measures the structuring

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The Hallelujah Diet

By Reverend George Malkmus

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

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

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

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

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

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

The Hallelujah Diet Explained

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

The 85% Portion

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

Beverages: Freshly extracted vegetable juices, BarleyMax, CarrotJuiceMax, BeetMax, and distilled water
Dairy Alternatives: Fresh almond milk, creamy banana milk, as well as frozen banana, strawberry, or blueberry "fruit creams"
Fruit: All fresh, as well as unsulphured organic dried fruit (Limit fruit to no more than 15% of daily food intake.)
Grains: Soaked oats, raw muesli, dehydrated granola, dehydrated crackers
Beans: Green beans, peas, sprouted garbanzos, sprouted lentils, and sprouted mung
Nuts and Seeds: Raw almonds, sunflower seeds, macadamia nuts, walnuts, raw almond butter or tahini, and raw ground flaxseed (Consume sparingly.)
Oils and Fats: Extra virgin olive oil, Udo's Choice Perfected Oil Blend, flaxseed oil (the oil of choice for people with cancer, except men with prostate cancer, who may be better served meeting the essential fat needs through freshly ground flaxseed), and avocados
Seasonings: Fresh or dehydrated herbs, garlic, sweet onions, parsley, and salt-free seasonings
Soups: Raw soups
Sweets: Fruit smoothies, raw fruit pies with nut/date crusts, date-nut squares, etc.
Vegetables: All raw vegetables

The 15% Portion

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

Beverages: Caffeine-free herb teas and cereal-based coffee-like beverages, along with bottled organic juices
Beans: Lima, adzuki, black, kidney, navy, pinto, red, and white
Dairy: Non-dairy cheese, rice milk, and organic butter (Use sparingly.)
Fruit: Stewed and unsweetened frozen fruits
Grains: Whole-grain cereals, breads, muffins, pasta, brown rice, millet,etc.
Oils: Mayonnaise made from cold-pressed oils
Seasonings: Same as the 85% portion plus unrefined sea salt (Use sparingly.)
Soups: Soups made from scratch without fat, dairy, or table salt
Sweeteners: Raw, unfiltered honey, rice syrup, unsulphured molasses, stevia, carob, pure maple syrup, date sugar (Use very sparingly.)
Vegetables: Steamed or wok-cooked fresh or frozen vegetables, baked white or sweet potatoes, squash, etc. While this list at first appears limiting, there are hundreds, if not thousands, of exciting recipes that meet these criteria. See our selection of recipe books for additional ideas.

Foods to Avoid

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

Beverages: Alcohol, coffee, tea, cocoa, carbonated beverages and soft drinks, all artificial fruit drinks, including sports drinks, and all commercial juices containing preservatives, refined salt, and sweeteners
Dairy: All milk, cheese, eggs, ice cream, whipped toppings, and non-dairy creamers
Fruit: Canned and sweetened fruits, along with non-organic dried fruits
Grains: Refined, bleached flour products, cold breakfast cereals, and white rice
Meats: Beef, pork, fish, chicken, turkey, hamburgers, hot dogs, bacon, sausage, etc. (All meats are harmful to the body and a contributing cause of most physical problems.)
Nuts & Seeds: All roasted and/or salted seeds and nuts. (Peanuts are not a nut but a legume, and very difficult to digest.)
Oils: All lard, margarine, shortenings, and anything containing hydrogenated oils
Seasonings: Refined table salt, black pepper, and any seasonings containing them
Soups: All canned, packaged, or creamed soups containing dairy products
Sweets: All refined white or brown sugar, sugar syrups, chocolate, candy, gum, cookies, donuts, cakes, pies, or other products containing refined sugars or artificial sweeteners
Vegetables: All canned vegetables with added preservatives, or vegetables fried in oil

Hallelujah Acres Events Calendar
November/December/January, 2006-2007

Shelby, N.C.

900 South Post Road • Shelby, NC • 800.915.9355

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.
Nov. 4 • Dec. 2 • Jan. 6 • Seminar Starts: 10 am

***Get Healthy! Stay Balanced* Class**
In this lively 9-lesson course, you will learn to achieve vibrant health in body, mind, and spirit.
Oct. 2–6 • Nov. 13–15

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 27 for more information.
Wednesday–Saturday: Nov. 15–18

Hallelujah Acres Culinary Academy 2-Day Course Find out just how creative, and delicious raw food meals can be! Take this intensive 2-day course and learn to prepare everything from the basics to mouthwatering gourmet delights!
Nov. 20–21 • Jan. 26–27 • 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!
Nov. 3 • Dec. 1 • Jan. 5 • 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.

Nov. 4 -The Hallelujah Diet for Kids & Athletes
Julie Wandling, author of *Hallelujah Kids, Healthy 4 Him,* and *Thank God for Raw*

Dec. 2 -Thanksgiving Hallelujah Style
Top Raw Men, authors of *How We All Went Raw* will demonstrate how to make a traditional holiday Tom turkey, gravy, and cranberry salad! Plus you'll also learn to create great snack foods including raw roasted almonds and honey nuts. You'll observe at least 18 delicious dishes prepared by these master raw chefs, and take home the recipes to try yourself—all raw and plant-based!

Class Hours: 2–8 pm

Health Minister Reunion!

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

We look forward to seeing our Health Ministers join together from
April 19 – April 21, 2007!

Health Minister Training

Spread the healthy word! This course teaches you how to have total health and how to manage your own local ministry. Call 800.915.9335, or visit our website at *www.hacres.com.*

Wednesday-Saturday • March 14 -17, 2007

Prerequisites and pre-approval required.

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. There are many wonderful recipes prepared in the food prep part of the course. This course is offered each month, please call to set up a schedule.

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.
Nov. 4 (A Mexican Theme) • Nov. 11 (Middle Eastern Delights)
Dec. 2 (Holiday Entertaining) • Dec. 16 (Our Christmas Lunch)
Jan. 6 (Slimming Foods) • Jan. 20 (Let the SUN shine IN)

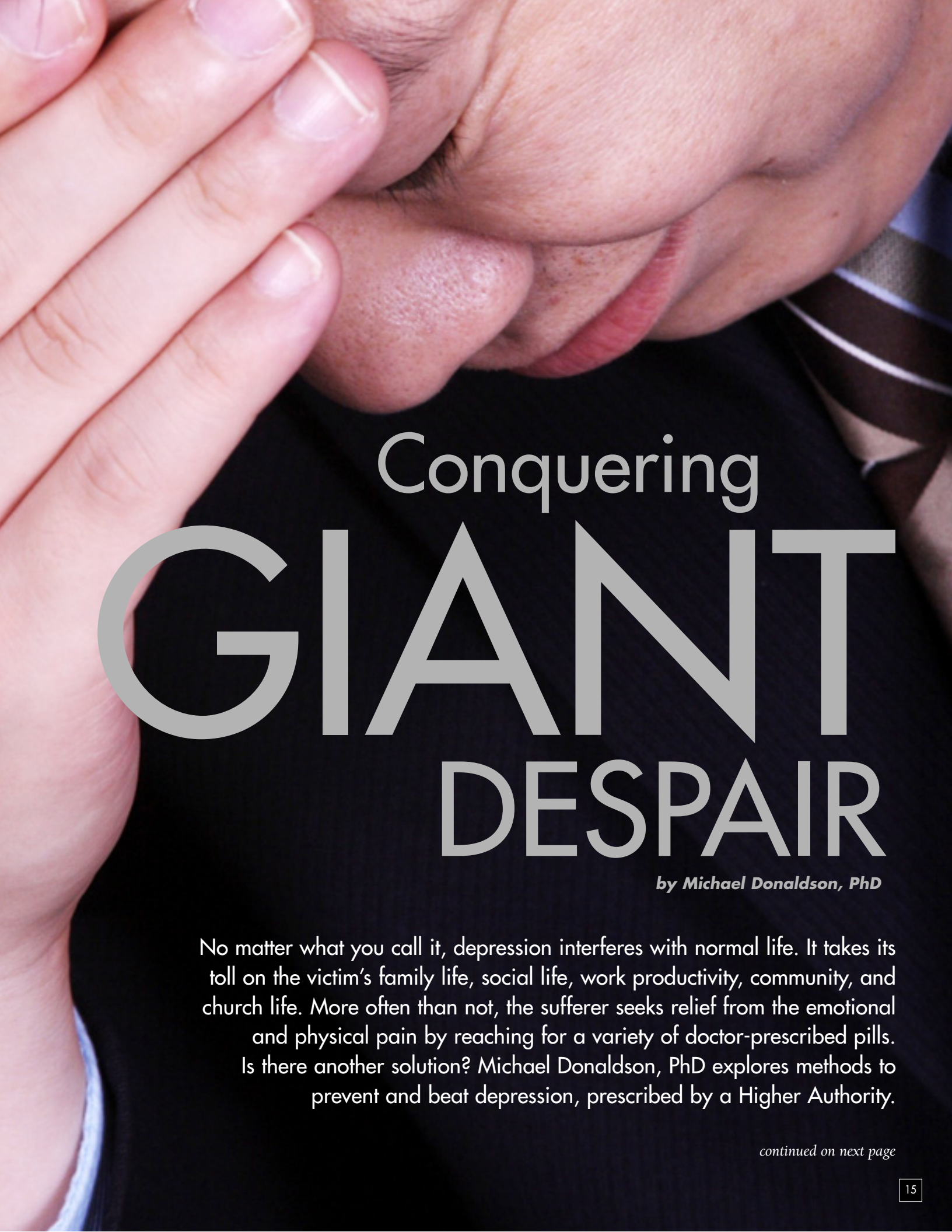
In the Kitchen with Judy Workshop!
This class is offered as a 2 or 4-hour class, Monday through Friday, over the lunch or dinner hours.

You must call to book a space in all the above classes: 905-853-7014
Visit *www.hacres.ca* to learn more about these exciting programs.
www.hacres.ca/gethealthy

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.

**** All classes, seminars and events are subject to change or cancellation. Please call to confirm registration and schedule.**



Conquering GIANT DESPAIR

by Michael Donaldson, PhD

No matter what you call it, depression interferes with normal life. It takes its toll on the victim's family life, social life, work productivity, community, and church life. More often than not, the sufferer seeks relief from the emotional and physical pain by reaching for a variety of doctor-prescribed pills. Is there another solution? Michael Donaldson, PhD explores methods to prevent and beat depression, prescribed by a Higher Authority.

continued on next page

HALLELUJAH HEALTH TIP

Every week, more than 65,000 people receive Rev. Malkmus' *FREE* email Health Tips.

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

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

HALLELUJAH ACRES UNIVERSITY

GET AN EDUCATION IN HEALTH

Our online programs include:
Get Healthy! Stay Balanced Course
Certificate of Natural Health
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Online Classes Now Available!

For more information or to enroll, visit:
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Conquering GIANT DESPAIR

continued from previous page

We know we ought to be happy, cheerful, and hopeful. But maybe you aren't. Perhaps you've already dealt with many spiritual and emotional aspects of your depression, but something is still missing. Out of ignorance and despair, more and more Christians are turning to anti-depressant medications to fill the gap. Maybe you aren't taking anti-depressants, but you probably know two or three people close to you who are. I know several people who have turned to drugs for mental relief. Anti-depressants are much too common. Traces of anti-depressants have been found in sewage effluents and rivers in the UK[1] and in streams in Texas[2]. This means a lot of people are taking these drugs.

I'd like to ask you a question. Do you think that the Living God, who created you, designed you with a requirement for selective serotonin reuptake inhibitors (SSRIs)? Wouldn't you like another way to achieve chemical balance? I believe we have overlooked an important part of God's Key of Promise to beat Giant Despair.

Remembering the Real Essence of Food

In the rush for profit and the easy life we have destroyed our food supply and concept of what food is. We have taken God's concept of food and imitated it, "refined" it, and tried to make it convenient. But we find ourselves paying for our imitation food twice—once at the grocers and again at the doctor's office and pharmacy. Could it be that our modern mental diseases are due to our modern foods?

In the beginning, God created man and told him what his diet was. It was fruits, vegetables, nuts, and seeds. Then the flood changed the landscape drastically, so allowance for survival in these new climates was made. But our basic physiological needs are still the same as they were in the beginning. We haven't changed that much genetically. The basis of our diet must still be the fruits, vegetables, nuts, and seeds. And we still need to work physically. We still need to have cycles of rest. We still need to take time to know deeply the people around us, to really be family. When we ignore God's design for how to live, we malfunction physically, emotionally, and mentally.

Nature's Anti-Depressants

Nutritionally speaking, what do we need most to get us out of depression? I believe it is fresh fruits and vegetables. They are the most important and significant food source of vitamins and minerals that we can eat. This is the basis of a healthy diet that gives the body the building blocks it needs to build health. Low folic acid (excellent sources are leafy greens and legumes) has been linked to depression in several studies[3].

Fruits, Vegetables, and Carrot Juice

Carrot juice, or carrot juice blends, are very important here. Why? First, you can easily get more vegetables into your diet this way. It's possible to get the nutrients from 2 pounds of carrots a day with a couple glasses of juice, but impossible to eat that many carrots. Second, you get more nutrients out of vegetables that are juiced because the vegetable cells are broken open, making the nutrients ready to be assimilated. Even with all of the other supplements on the market, fresh vegetable juice has been and still is a nutritional home run. Most of those supplements are just singles, doubles, or even fly outs. Vegetable juice is a home run. Cooked or pasteurized juice is not nearly as good because of the loss of vitality, as marked by the deactivation of the enzymes in the juice.

Omega 3 Fats

After the fruits and vegetables come the Omega 3 fats. Omega 3 fats modulate the fluidity of cellular membranes, especially in the central nervous system, which has a direct effect on cell signaling and neurotransmitter binding[4] (simple version —chemical balancing). Eicosapentaenoic acid (EPA) is also an inhibitor of proinflammatory cytokines IL-1 ß and TNFa (from Omega 6 fats) which are associated with severity of depression[4].

Post-partum depression had been directly linked to lack of Omega 3 fats[5]. During the last trimester of pregnancy the infant's brain develops rapidly and requires a lot of Omega 3 fats from mom. If mom does not

have a surplus, she will become deficit for her baby, which she pays for after birth in the form of depression. So supplementing with DHA during pregnancy and after birth will not only make her child smarter, but it will make mom happier, too.

Flax seed oil (or Udo's Oil) or ground flax seed will provide a sufficient source of EPA from the precursor a-linoleic acid. This has had major positive effects on depression in many studies. Preformed DHA will also be beneficial in many cases. It is important to also eliminate Omega 6 oils (especially refined sunflower, safflower, corn, soy, and cottonseed oils), because they interfere and compete with Omega 3 fats. Omega 6 oils are the source of the proinflammatory cytokines mentioned above.

Vitamin D

Vitamin D expert Dr. Michael Holick says that sunshine deficiency is also a big problem with depression, seasonal affective disorder, and mental health[6]. Bright light is part of this, but vitamin D is also the major hormone we get from sunshine. Getting sunburned is not good, but anything short of that is great and very healthy. When sunshine isn't available, there is B-Flax-D, which we formulated to provide several of these nutrients together, including the Omega 3 oil, vitamin D, and vitamin B-12.

Vitamin B-12

Vitamin B-12 is necessary for replication of cells, for homocysteine metabolism (along with folate and vitamin B-6), and for production of the myelin sheath surrounding nerves. Low vitamin B-12 and low folate are both associated with depression[7]. The safest and best way to get B-12 is by using a sublingual tablet, or by using B-Flax-D.

Exercise

Exercise, though mentioned last, is not least in your array of natural helps to beat depression. Regular exercise makes you feel better mentally. Many studies have confirmed this scientifically and many people personally know this is true. A recent report from the Cooper Institute found that a 12-week exercise program (supervised and home-based) helped participants who hadn't gotten better using antidepressant medications to improve significantly[8]. The key point here is that all of the nutritional support is good by itself, but it will work even better when you get moving at the same time. Exercise and an excellent diet are the two most important steps to beating depression.

This article is not an all-inclusive discussion of overcoming depression with nutrition. I've covered the foundation, the basis for anything else you might add to help you out of the pit of despair. If you do these things consistently (exercise, sunshine, the vegetable juice, the raw fruits and vegetables, the Omega 3 oil, the B-12) you will find you don't need so many other supplements to feel good.

Focus on God

You may still have to deal with emotional and spiritual issues that contribute to your mood. Following this plan won't make you more spiritual, but if your body is a prison for your mind, this plan could enable you to find freedom at last. With your freedom and gratitude, you have a reason to really worship and praise God and focus on Him, not yourself. You will experience the Key of Promise that is in Scripture, "I am come that they might have life, and that they might have it more abundantly." And "Ye shall know the truth, and the truth shall make you free… if the Son therefore makes you free, ye shall be free indeed." ■

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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Hope is on the Horizon Just Across the Border

HALLELUJAH ACRES CLINIC

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.*

Phil & Elsie Edwards: Their Road to Good Health

Phil & Elsie Edwards

The journey to optimum health is often fraught with distracting detours. Thankfully for Phil Edwards, the twists, turns, and struggles led, ultimately, to a lifelong commitment to The Hallelujah Diet & Lifestyle. He first heard of the diet in 1995 when he worked in database development and maintenance, and occasionally as an on-air substitute at Blue Ridge Broadcasting Corporation in Black Mountain, NC. His wife Edna, who passed away in 2003, was the General Manager. With a demanding work schedule, the couple often ate their meals out.

Phil says, "I had several health issues at the time, but the most serious was my obesity. I weighed 332 lbs, had hemorrhoids, serious sinus drainage, acid reflux. I wasn't even really looking for help with the obesity, but I was very, very uncomfortable."

While attending a workshop in Branson, Missouri, the sponsor's office manager told him about a seminar she'd attended, where she'd learned about a great way to lose weight. She offered him an audiotape of that event—*Why Christians Get Sick* by Rev. George Malkmus.

Phil shares, "My trip home to Black Mountain NC was a 2-day drive, and I listened to the tape four times before I arrived home. The first time through, I was most impressed with the strong Biblical foundation of his presentation." Phil was convinced he should start immediately, and Edna agreed to take part as well. Within the first month, all of Phil's ailments disappeared, and within the first year he had lost 110 pounds.

Then life threw him a curve. "I did well for a little more than two years, when certain challenges began to present themselves, which I used as an excuse to start compromising the diet." In December of 1997, the couple learned that Edna suffered from a form of dementia, so they sold their house and traveled, visiting family members throughout the country. In 2000, life thrust another challenge upon Phil.

"I learned I had a sarcoma on my right thigh." Though he opted for surgery to remove the malignancy of the connective tissue, he states, "In my heart, I knew better, but the doctors had scared the daylights out of me, and by that time, I had had very little contact with Hallelujah Acres. Yes, I had made

> "Elsie has been very instrumental in helping me rebound from the bottom. Of course, my Heavenly Father deserves the real credit. …"

the most stupid decision of my life when I went off The Hallelujah Diet & Lifestyle. While I have had a great recovery from the surgery and radiation, and I have been cancer free for more than 5 years now, I am convinced that had I stuck with what I had been doing with The Hallelujah Diet, this magnificent, miraculous, self-healing body that God had given me would have healed itself without those invasive procedures."

Elsie and Phil married 2-1/2 years ago. Phil wanted to get back on The Hallelujah Diet but, Elsie, though suffering from osteoporosis, procrastinated until a testimony touched her heart. She says, "I read a testimony in the *Back To The Garden* of a woman who had reversed her osteoporosis and told of the role animal products played in acidity of the body causing our bodies to leach calcium out of bones and teeth to balance acid of animal products. That was when I decided I needed to do The Hallelujah Diet & Lifestyle."

Previously, Elsie had tried a program of walking, exercise, natural progesterone cream, and bone builder supplements recommended by a Florida health food store where she and Phil were living at the time, but after a year, she saw no improvement. "Then in November of 2004, I started on The Hallelujah Diet & Lifestyle, eliminating the animal products. [I began taking] Balanced Woman—a natural progesterone cream—walking, exercising more and not taking calcium supplements, and my T-score in November of 2005 for bone density in my spine improved from -3.9—low end of osteoporosis—to -2.6. -2.5 is low end of osteopenia."

Having sung with many quartets and choirs, music is a passion and a joy for Phil. Prior to going on The Hallelujah Diet, his sinus condition was so debilitating, it prevented him from singing. Elsie reports, "NOW he can sing again and does."

Elsie experienced other benefits, as well. "I have lost 40 pounds and am very near my goal. Much to my surprise I have not had plaque buildup on my teeth. My teeth used to have to be cleaned every 4 months, previous to going on The Hallelujah Diet & Lifestyle. I have lots of energy for a 72 year old and feel half my age."

Phil adds, "Elsie has been very instrumental in helping me rebound from the bottom. Of course, my Heavenly Father deserves the real credit. …We both became serious about [The Hallelujah Diet], and remain so to this day, and now I know I'll be "on it" for the rest of my life. I have lost 60 pounds since Nov 2004, some of which I had regained while absent from the program. …My blood pressure, which had become moderately high after the surgery, is now normal, and my rebuilding immune system is moving all systems closer and closer to normal and healthy in all respects."

Having sung with many quartets and choirs, music is a passion and a joy for Phil. Prior to going on The Hallelujah Diet, his sinus condition was so debilitating, it prevented him from singing. Elsie reports, "NOW he can sing again and does."

When the couple moved to North Carolina in 2005, they attended Health Minister Training. Phil had already taken the training years before, but re-attended with Elsie.

Today, they teach the *Get Healthy! Stay Balanced* class for a local business, whose employees are reaping the rewards of the program. Elsie shares one student's story, *"One diabetic lady…went to her doctor and was told that if she continues doing what she is doing she should be off all medications by the end of the year."*

Encouraged by their students and motivated by the message they have to share, Elsie says, "We have just felt more and more that people really do not want to be sick and that we have the answer for most of them." ■

Phil & Elsie Edwards can be reached at *pineneedle154@yahoo.com*

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.

HALLELUJAH ACRES

Nov.	A Time to Give Thanks
Dec.	The Gift of Health & the Gift of Life
Jan.	Lose the Weight for Good!
Feb.	Oh, My Aching Heart

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

WATER
THE CHOICE FOR LONG-TERM HEALTH

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of the water. A collaboration of scientists has found evidence that water doesn't always exist in its rigid tetrahedral structure, but exists in chains and rings as well[4,5]. Increasing the proportion of water which is in chain or ring structures lowers its surface tension, making it more easily absorbed and assimilated.

Table 1 shows a comparison between the properties of a few different kinds of water and distilled water with different products added to it, including WaterMax. As mentioned, distilled water is slightly acidic, has a high ORP value and a low TDS value. The Evian water is not acidic, but still has a high ORP value. As mentioned above, minerals found in ground water are not in optimal forms for use by the body. ConcenTrace, a product sold to remineralize water, does improve the TDS value, but the water is still acidic and has a high ORP value. Willard Water, a product sold to alter water's structure, does elevate the pH and lower the ORP value, but the TDS value is still low. WaterMax meets the desired criteria of high pH, low ORP, and high TDS.

Furthermore, as shown in **Figure 1**, WaterMax lowers the surface tension better than Willard Water, indicating that it does a more complete job at making water "wetter". ConcenTrace and Willard Water have minimal impact on the structure of distilled water. Using double strength of the WaterMax will further structure the water.

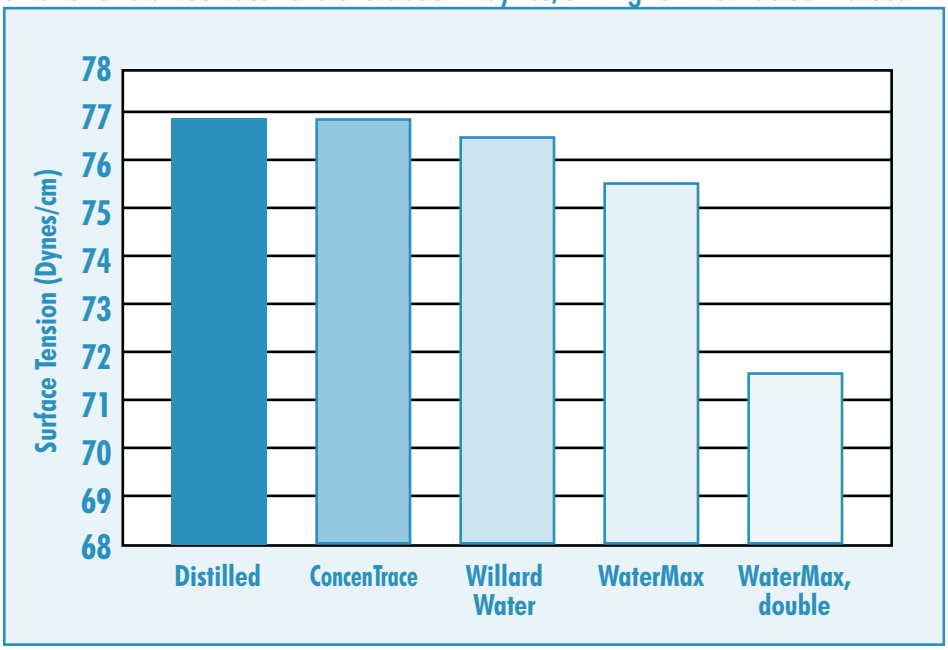
To recap, despite many health reformers' recommendations, distilled water has been found to be aggressive and able to remove minerals from the body. The solution to this is to add WaterMax to your distilled water. WaterMax alkalizes the water, provides minerals in amounts and forms which benefit the body, and improves the hydrating ability of your drinking water. It's a good choice for long-term health. ■

Table 1. Comparison of Water Properties.

Water	pH*	ORP, mV**	TDS, ppm***
Distilled Water	6.11	162.67	0.90
Evian (French Alps mineral water)	7.66	150.27	373.33
ConcenTrace Trace Mineral Drops	6.40	153.17	191.33
Willard Water, Formula XXX	9.45	33.63	97.13
WaterMax	8.19	67.17	202.00
WaterMax, double strength	8.74	57.20	209.00

** Highest number is best.* *** Lowest number is best.* **** Highest number is best.*

Figure 1. Surface Tension of Water Products. Systematic equipment error shows all surface tensions about 4 dynes/cm higher than actual value.



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 TO ***REPROGRAM YOUR MIND*** FOR HEALTHY EATING

By Rev. George H. Malkmus

"AND BE NOT CONFORMED TO THIS WORLD: BUT BE YE TRANSFORMED BY THE RENEWING OF YOUR MIND, THAT YE MAY PROVE WHAT IS THAT GOOD, AND ACCEPTABLE, AND PERFECT WILL OF GOD." *Romans 12:2*

For most of us, what we eat has been dictated by what we were programmed to eat as children, what others eat, the advertisements we have been exposed to, and by our very own taste buds. If we were to be really honest, most of us have never given much thought to what we have been eating for the majority of our lives. So let me ask you a question: "Would you ever knowingly put a low grade fuel or contaminated fuel into the gas tank of your automobile?" I am sure most would answer an emphatic: "no way!"

Why would we give such a resolute answer to that question? Because most people are aware that putting inferior fuel into their car could cause the engine to ping and knock, potentially harming the engine, and that putting contaminated fuel into the tank could cause it to stop running altogether.

It is so sad that most people know more about proper fuel for their cars than they know about proper fuel for their very own beautiful, God-made body. That certainly was my experience up until I was 42! So I am not here to criticize, condemn, or to judge, because I have already been down that road and that

continued on next page

HOW TO ***REPROGRAM YOUR MIND*** FOR HEALTHY EATING

continued from previous page

road led me to numerous and sometimes serious physical problems.

However, after suffering these physical problems, and after my cancer diagnosis, I learned that there was a better way to fuel (nourish) my body. I learned there was a way to eat that, rather than causing my body to ping and knock with sickness, would allow my body to run properly. Based on this new knowledge, I changed the fuel I was putting into my body and almost immediately started to get well. In fact, within one year of changing my diet, every single physical problem had disappeared, including the cancer, and I started experiencing incredible health. That was over 30 years ago. I am now in my 70's with a lean and muscular, well-exercised, full of energy, healthy body, that would be the envy of many half my age.

Let's try and understand this! Sitting on top of each of our heads is a brain. Our brain is very similar to a computer. Both gather and retain information. A computer retains everything that has ever been programmed into it, whether that information was correct or incorrect. The same is true of our brain – it is a reservoir of everything we have been taught, thought, or experienced during our entire lifetimes. Most of the information stored in our brain is good information, but for most of us, we have also picked up some bad programming along the way, especially in the area of nutrition and how to properly nourish our physical bodies.

If we are going to change our eating habits, the diet change must be based on NEW PROGRAMMING or we will fail in our efforts to change! In the Bible, in Genesis 1:29, we find the TRUTH concerning what God designed to nourish our physical bodies. So any successful and permanent change in our eating habits must be based on this TRUTH and can only take place by the REPROGRAMMING of our brain with this TRUTH. Fortunately, the Bible tells us how to accomplish this in Romans 12:2: "And be not conformed to this world: but be ye transformed by the RENEWING of your mind."

The only way I have been able to successfully "be not conformed to this world," and to "RENEW" my mind in the area of diet and health has been through the reprogramming of my "MIND," (brain). When I first made this diet change back in 1976, I did it at the recommendation of Evangelist Lestor Roloff, but almost immediately after making the diet change, I started studying the subject – and thus the process of "RENEWING" (reprogramming) my "MIND" (brain) began.

As time went by, because of all the NEW information that I was feeding into my brain, I was no longer eating differently just because Brother Roloff encouraged me to do so, but because my brain now KNEW, because of my research and REPROGRAMMING, that it was the best and correct way to eat, and in my best interest. So if we are going to develop good eating habits and sustain those good eating habits over the long haul, we must "RENEW" (reprogram) our "MIND" (brain)! By doing this, we are able to take control of our bodies with our minds - rather than allowing our flesh (bodies) to continue to dictate our food choices.

To ensure success, we MUST spend time EVERY DAY, exposing our "MIND" to information that is in keeping with the diet change we desire to make. I do not believe there has been a day in the past 30 plus years that I have not read or listened to something in the area of nutrition. Based on all of this exposure to new information, along with personal experience and the input from tens of thousands of others who have applied what we teach at Hallelujah Acres, I would encourage you to consider, if you haven't already, some of the following resources Hallelujah Acres has developed. Some of the best of them are FREE!

Resources Hallelujah Acres has developed. Some of the best of them are FREE!

1. HALLELUJAH ACRES WEBSITE *contains well over 200 hours of nutritional information taught from a Biblical perspective. It is available any place in the world, 24 hours a day at www.hacres.com. All the information on our website is FREE. It contains, in the "Health Tip Archives" alone, almost 500 previous Health Tips, plus there are hundreds if not thousands of testimonies, The Hallelujah Diet in detail, and so much more.*

2. THE HALLELUJAH ACRES HEALTH TIP *is a weekly electronic publication written by me, and currently received by some 65,000 people worldwide. Each week we share a new recipe, testimonies, and updates on the most recent happenings at Hallelujah Acres along with where I will be speaking - in addition to an exciting Health Tip. Subscribe for FREE by going to www.hacres.com. Enter your email address in the box on the right and click "GO" to subscribe. You can also read the most recent issue online.*

3. BACK TO THE GARDEN *is our full-color, 48-page, bi-monthly magazine. Each issue is read by over a half-million people, and the subscription is mailed FREE in the United States or Canada (and for postage only, to anyone in the world). Each issue features numerous testimonies from those who experienced improved health by adopting The Hallelujah Diet. Also, you will be kept up to date on what is happening at Hallelujah Acres, find feature articles on important subjects, recipes, and much more. You can subscribe to this free publication at www.hacres.com/publications/bttg.asp.*

4. HEALTH MINISTERS *Hallelujah Acres now has trained over 6,000 Health Ministers. These trained Health Ministers are located in every state in the United States as well as 41 foreign countries (currently). Many of them are available to assist you on your journey into health at no charge. To locate a Health Minister near you, call (704) 481.1700 or (800) 915.9355 or send email to hminfo@hacres.com.*

5. GOD'S WAY TO ULTIMATE HEALTH *is a common sense guide of almost 300 pages that teaches how to eliminate sickness through nutrition. It is written in easy-to-understand language, and provides the nuts and bolts of The Hallelujah Diet program. In addition, the book contains over 300 testimonies. Reading a chapter of this book each day will inspire, motivate, and encourage you. Over a quarter-million copies are in print, and many report it was this book that helped them successfully convert to a healthier diet and lifestyle. For more information or to purchase, call 1 (800) 915.9355 or go to https://commerce.hacres.com, and type 202 in the search field.*

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Home for the Holidays

by Rhonda Malkmus

"Grace be unto you, and peace, from God our Father, and from the Lord Jesus Christ. I thank my God upon every remembrance of you…"

Philippians 1:2-3

As fall leaves begin to adorn the trees with their breathtaking colors, then tumble down and crunch beneath our feet, our hearts often lead us to thoughts of being with those we love during the Thanksgiving and Christmas season. Going "home for the holidays" has always been a meaningful part of my life. A time set apart from the usual worries and hustle and bustle of life to spend with family, to reunite, to love and to cherish those that mean the most to us. It is with this thought in mind that I invite you to come along with me, as we go *"home for the holidays."*

Growing up in Iowa on our family farm that my Grandpa forged from nothing, and living in the house he built during the depression, instilled in me a deep sense of family. It seems "the farm" was where most of the family loved to congregate and I have many wonderful memories of fantastic meals with those who molded my life. What a privilege it has always been to learn from my parents and grandparents. My grandparents and father are gone home to be with the Lord now, but oh the precious memories. I encourage each of you to take the time to make such memories with those you love; you'll never regret it!

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Home for the Holidays

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What Memories are Made Of

Now, let me invite you to join me down memory lane as I share some favorite family memories. Since money didn't always flow like milk and honey (or grow on trees) at our house, we often made our own decorations and gifts. It was instilled in us that it is always more blessed to give than receive so that meant a lot of time and thought went into the gifts we made. I remember giving my grandmothers a dishtowel embroidered with my young handprint (in recent years, one was given back to me after my Granny passed away). I was so proud to give my grandmothers something I'd made and, of course, Granny thought it was a perfect gift that always hung in her kitchen and now it graces mine.

Thanksgiving Traditions

Thanksgiving was a special time at the farm. The crops were in the barns, and the family gathered together to give thanks for the bountiful harvest and wonderful year along with the many blessings God had given. It was with great anticipation that we planned and prepared the cuisine to be served when the family members near and far would gather at the "old home place" to share the bounties of the garden, a home cooked Thanksgiving meal, and revel in one another's company. Those by-gone days seem like yesterday, and even today, when preparing a special meal for our family, much of what I do is wrapped in the traditions of yesteryear.

Christmas on the Farm

At Christmas time, our trees were sometimes taken from the grove behind the house. They weren't always perfect, but it didn't matter. They were beautiful in our sight and by the time they were decorated with red and green paper chains, paper decorations, salt dough ornaments we'd made and painted, some beautiful glass ornaments we weren't allowed to touch, and the "icicles" we carefully placed on each branch, they were awesome. Then came the wrapping of the gifts, placing them carefully under the tree, and placing our stockings where Santa couldn't miss them, along with our Christmas lists. However, preparing for Christmas was never complete until we set up the Nativity Set that always prompted hearing the story of Jesus and His love as we took out each piece and placed it in its proper place.

During the Christmas season, a beautiful life-size Christmas Nativity is displayed in my hometown. The Prisoners of World War II, who were interned at a prison camp near there, built it in appreciation for their treatment in Iowa. Our family always found time to tour and remember not only the "reason for the season" but also to reflect on the beautiful gift left behind by one-time enemies of our great nation.

One of my treasured childhood memories is helping my Grandma Fraser wrap gifts for each of her 43 grandchildren. I'd spend the night with Grandma and we'd carefully wrap and tag all of the gifts but mine. We'd bake cookies and sing Christmas carols as she would share some of her favorite Christmas stories, including stories of when she was growing up.

Christmas Eve found us in church, participating in the youth choir, singing those great old Christmas carols about the birth of our Saviour, as the scene was being played out before us. After church, anticipation of Christmas morning ran high. Sleep was often difficult to come by and often escaped us children until the wee morning hours.

On Christmas morning we opened our gifts only after Daddy prepared a special breakfast. Soon we were hurried off to Grandpa and Grandma's house where the entire family gathered. After a wonderful traditional holiday meal, all of the grandchildren would gather around our grandparents to sing Christmas carols together and then hear the old, old story of the birth of the promised Messiah, Jesus, the Christ child before any gifts were opened.

In January 1956, when my brother, Terry and I were 12 and 11, our sister, Cindy, joined our family, and that changed our Holiday focus. It was no longer about Terry and me, but what could we do for our baby sister, and spoil her we did! A couple of years later my brother, Tom joined the family which brought another element of joy to the holidays. His enthusiasm was and is contagious!

Leaving Home

1963 was an eventful year at the Brandow household! Terry, my cousin Roger (who came to live with us at age 15 after tragically losing both his parents), and I graduated from high school in May. Terry joined the Navy, Roger went to Business School and I moved to Chicago where I worked at the University of Illinois, at Navy Pier.

Moving to the Chicago area gave "going home for the Holidays" a whole new meaning. It was filled with anticipation, especially after the shock and joy of discovering that on November 18, 1963, a set of twin sisters, Julie and Jolene, joined our family! I spent every spare minute and dollar making gifts and shopping for my parents, grandparents, brothers and sisters that year and had so many gifts by the time it was time to go "home for the holidays" that I could barely carry all of it onto the train! I'll never forget the squeals of joy as Terry, home from the Navy, Roger, home from school, and I reunited. It is one of my favorite memories.

No holiday would have been complete without the special foods that mother created. I'd always marvel at what she accomplished. One of my cherished memories is of Mom making gifts or gift

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SPICED CIDER

Serves 8 - 10

2 or 3	three-inch cinnamon sticks
1	Tablespoon allspice berries
1	Tablespoon whole cloves
4	teaspoons coarsely grated orange zest*
1	sweet apple, cored and sliced into rings
1	gallon organic apple cider
5	lemon slices

Place cinnamon sticks, allspice berries and whole cloves into a 6 inch square cheese cloth, bring corners up and tie securely with a string. Combine remaining ingredients and spice bag in a large saucepan or slow cooker and simmer over low heat for at least 2 hours to allow flavors to mingle. Remove spice bag, oranges, lemons and apples before serving.
Option: May replace 4 teaspoons coarsely grated zest with one washed, organic thinly sliced orange placed in cider.

* RHONDA'S KITCHEN TIPS: Zest is the colored part of the citrus fruit (oranges, lemons, limes, grapefruit, etc.) Use the fine side of a grater or a zesting tool that can be found in kitchen stores.

ALMOND BUTTER CAROB CRUNCHIES

Yield: Approximately 21 Crunchies of 1 Tablespoon each

3/4	cup almond butter
1/2	cup carob powder
2 – 3	Medjool dates, pitted, soaked 2 hours, and drained
1	Tablespoon distilled water
1/2	cup rolled oats or toasted wheat germ
1	cup almonds or pecans, chopped
1/2	cup unsweetened coconut

Reserve 2 Tablespoons coconut. Combine remaining ingredients. Shape mixture into bite-size balls. Roll in reserved coconut. Store in plastic container with wax paper between layers in the refrigerator.

CREAM OF TOMATO SOUP

Jackie Graff, R.N., B.S.N, Raw Foods Chef
Serves 4 – 6

1	cup pine nuts, soaked in distilled water for one hour, discard water
1	teaspoon cayenne pepper (optional)
2	teaspoons Celtic Sea Salt®
1	cup sun-dried tomatoes, soaked in 2 cups distilled water for one hour
5	cups fresh tomatoes

Distilled water for desired consistency

Place pine nuts, sun-dried tomatoes with soak water, sea salt, and cayenne pepper in Vita-Mix or blender and blend until creamy. Add fresh tomatoes to the blender and blend until soup is creamy. If soup is too thick, slowly add distilled water until desired consistency is reached. Soup may be placed in dehydrator at 105 degrees for 15 – 30 minutes to warm.

LIVING FRUIT BREAD

Yield 36, 2-inch squares

1	cup dates, chopped
1	cup figs, chopped
1	cup pecans or walnuts, chopped
2	cups ripe bananas, mashed
4	cups raw almond butter

Combine all ingredients and knead well. Roll dough to 1/4 inch and score into 2-inch squares. Place on solid Teflex sheet and dehydrate at 105 degrees for four hours. Remove from solid sheet, turn over, and place on mesh sheet and dry for an additional four hours or until bread reaches desired texture.

Home for the Holidays

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baskets for my grandparents, aunts, uncles, and cousins. Often they included Mom's awesome cookies, homemade jellies, banana bread, or some other mouth-watering creation. The delighted looks on the faces of the recipients are memories I'll always treasure!

Creating New Memories Everyday

After my car-train collision in 1981 left me with arthritis in every joint in my body, I was unable to do many of the holiday preparations I'd so enjoyed. It was a second collision that changed all that—running head on into George Malkmus! That collision brought about many wonderful changes in my life! Applying the principles George teaches, my health was totally restored and in 1992 we began our life together and started on a journey to reach the world with the message "You Don't Have to be Sick." What a journey it's been and continues to this day!

The Family Holiday Tradition Lives On

An added bonus of finding and being married to my hero, George, are our four wonderful children and their spouses, sixteen grandchildren, and five great grandchildren. They light up my life and have given many more wonderful memories for both George and me to cherish! Holidays often find us gathered together rejoicing in the times we are able to leave the hectic lives we live and share with one another! It is a time to reflect and rejoice at the blessings God has given us, a time to renew and make more new and treasured memories.

Great Gift Ideas

Gift Ideas From the Heart

Follow in Rhonda's family tradition and make your own gifts this year. From *Hallelujah Holiday Recipes from God's Garden.*

Holiday Fruit Basket

Find a beautiful gift basket, and then fill it with organic fruit and perhaps some unshelled nuts. Add one or two of your favorite recipes using those ingredients, such as a raw fruit pie or smoothie recipe.

Holiday Herbal Tea Basket

Make a basket of organic, caffeine-free herbal teas along with a pretty teapot and a mug or two. Include some of your favorite holiday snacks as an extra treat!

These and many more precious memories are the inspiration behind my newest book *Hallelujah Holiday Recipes from God's Garden.* Its 265-pages are filled with recipes that fit the Hallelujah Acres Diet criteria, each starred according to the Five-Star System. Aside from the delicious dishes, my favorite feature is the unique chapter dividers—exclusive childhood family photos of George and me. You won't find those anywhere else—except in my personal photo album! You can read more about my book on page 37.

In the meantime, enjoy the recipes on page 25 and start your own special Holiday traditions! Have a Happy Thanksgiving and a Blessed Christmas. ■

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6. RECIPES FOR LIFE FROM GOD'S GARDEN, *by Rhonda Malkmus, gives you over 400 recipes that fit The Hallelujah Diet. In addition to the recipes, the book contains an entire chapter on children and what to feed them, along with recipes and menu planning. It tells how to set up a Hallelujah Kitchen, how to do your grocery shopping, and so much more. Over a quarter-million copies are in print. For more information or to purchase call 1 (800) 915.9355 or go to https://commerce.hacres.com, and type 203 in the search field.*

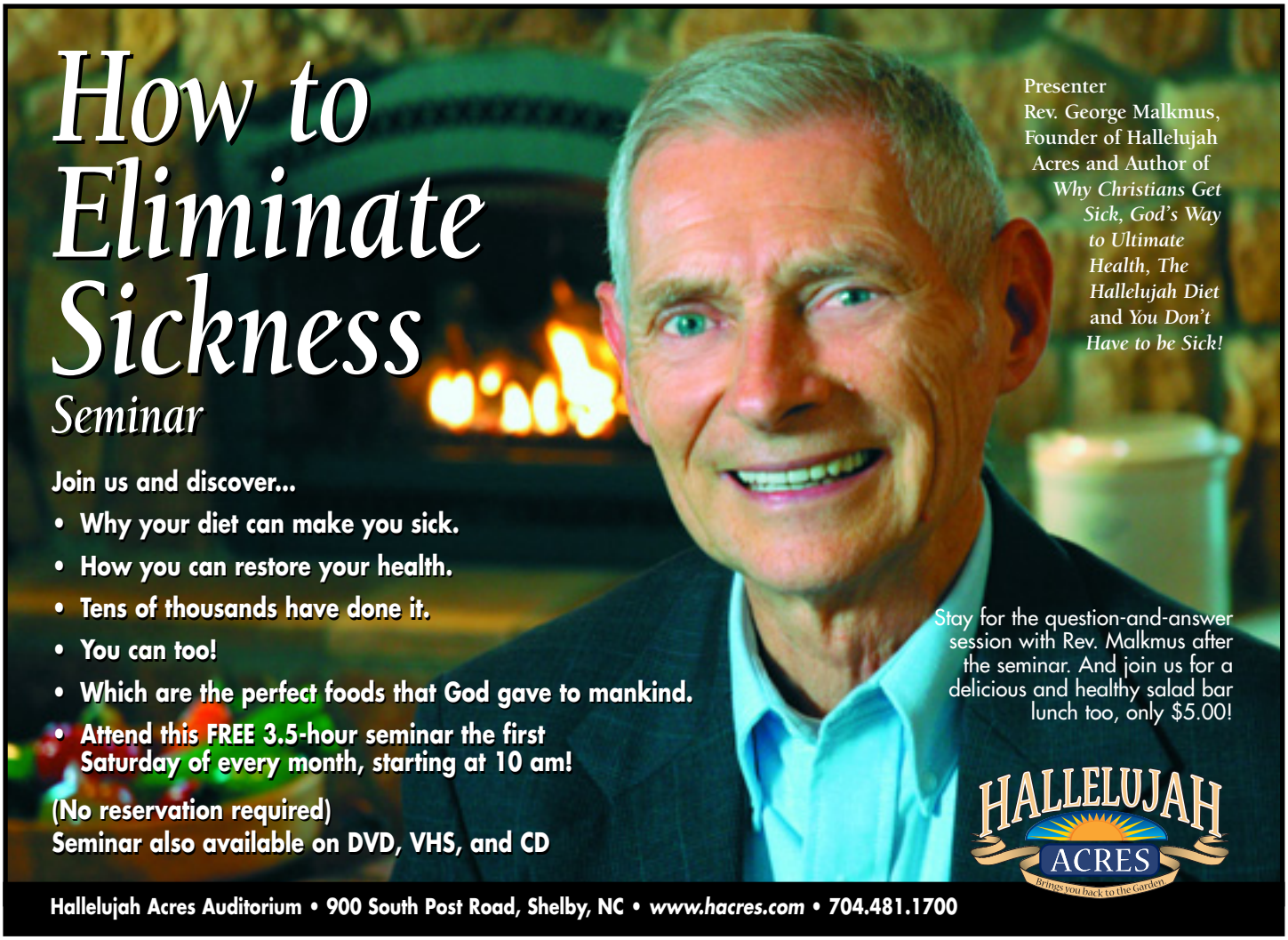
7. HOW TO ELIMINATE SICKNESS *is a professionally produced, closed-captioned DVD or VHS of my monthly seminar. This 2 1/2-hour seminar contains the newest information I have found through research and study. It is the same seminar that I have shared over 1,000 times around the world, and covers the basics of why we get sick and how to nourish our bodies in order to restore our health. This seminar also comes in audiotape and CD format. For more information or to purchase call 1 (800) 915.9355 or go to https://commerce.hacres.com, and type 266 in the search field*

8. THE HALLELUJAH DIET *is my newest book, released in March 2006. In this book I draw on over 30-years of experience and research to give readers a complete, in-depth picture of the diet and 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. For more information or to purchase call 1 (800) 915.9355 or go to https://commerce.hacres.com, and type 215 in the search field.*

9. HALLELUJAH ACRES LIFESTYLE CENTERS *are now located in North Carolina, Tennessee, Kentucky, and Florida. During a 5 or 10-day stay at a Lifestyle Center, guests live the life through hands-on, practical experience - preparing food, eating as God instructed, exercising, sharing thoughts and laughter with others, and spending quiet time in reflection and relaxation. I know of no better way to get a jump-start into The Hallelujah Diet than to spend a week or two at one of these Lifestyle Centers. For more information go to www.halifestylecenters.com.*

10. HALLELUJAH ACRES UNIVERSITY *is an online school available to anyone, anywhere in the world, with Internet access. Currently, there are three course offerings. For more information go to www.hacresu.com.*

So, if you want to be successful in adopting The Hallelujah Diet, let me encourage you to take advantage of as many of the above resources as possible. And please be assured that Rhonda and I, along with our entire staff of over 60 people, are here to assist and encourage you in any way that we can. Our goal is that some day, in some way, all the peoples of the world might know that "YOU DON'T HAVE TO BE SICK!" You are one of those people we want to reach and help! ■



Tame Aggressive WATER

For dozens of years noted health experts advised the use of distilled water as a key component of a healthy diet. Given the research and evidence available, Hallelujah Acres has also encouraged drinking plenty of distilled water.

New Findings Shed Light on Water

The nature of science is never to stop questioning. For the most part, this works to our benefit. New research is conducted, new ideas surface, new evidence comes to light, and as is often the case, the old way of thinking is proven to be, at the very least, ineffective or at worst, harmful.

In the case of distilled water, we fall somewhere in between in the research findings. Recent studies show, that while drinking low mineral water will not wreak major damage on the body immediately, over time, it can strip the body of vital minerals such as calcium, potassium and magnesium among others.

WaterMax! Max Out on Distilled Water Safely!

Willard Water was a terrific temporary solution to re-mineralize distilled water. Now, The Hallelujah Acres Foundation has developed a new, more effective water additive—WaterMax.

After conducting extensive tests, Michael Donaldson, Ph.D., concluded that, "WaterMax alkalizes the water, provides minerals in amounts and forms which benefit the body, and improves the hydrating ability of your drinking water."

How WaterMax Powers up Your Water

- WaterMax raises the ph to a nice alkaline level of 8 or higher
- WaterMax improves the oxidation-reduction potential (ORP). ORP measures the balance between antioxidants (with reducing ability) and oxidants. The higher the ORP the fewer antioxidants are present. WaterMax reduces the ORP from approximately 162 for distilled water down to approximately 67 - a significant improvement in the ORP.
- WaterMax significantly improves the mineral content (measured by total dissolved solids - TDS. Distilled water has approximately 0.90 ppm, with Willard's water we have approximately 97 ppm and with WaterMax we have approximately 202 ppm

Table 1. Comparison of Water Properties.

Water	pH*	ORP**	TDS***
Distilled Water	6.11	162.67	0.90
Evian (French Alps mineral water)	7.66	150.27	373.33
ConcenTrace Trace Mineral Drops	6.40	153.17	191.33
Willard Water, Formula XXX	9.45	33.63	97.13
WaterMax	8.19	67.17	202.00
WaterMax, double strength	8.74	57.20	209.00

***Highest number is best. **Lowest number is best. ***Highest number is best.**

#332 WaterMax See Page 43 for pricing information.

HALLELUJAH ACRES

U.S.: www.hacres.com • Canada: www.hacres.ca

Buy a KitchenAid Food Processor

and get *Hallelujah Holiday Recipes From God's Garden* FREE!

FREE!
Over 300 Recipes!
Celebrate with Rhonda Malkmus' *Holiday Recipe Book*

You'll be whipping up delicious meals, snacks, and treats in no time! This powerful and versatile food processor features 700 watts of power and a 12-cup capacity. Includes a 4-cup mini-bowl, a mini-blade, a dough blade, a tall feed tube, and two-piece food pusher, plus an accessory case. Dishwasher safe.

SNOW BALL COOKIES

Yield: Approximately 25 Snow Balls

2	cups almonds, pecans or walnuts, soaked overnight and drained
1-1/2	cups dried fruit (pineapple, apple, apricots, mango, etc.)
1 - 2	cups shredded unsweetened coconut
3 - 4	Medjool dates, soaked 2 hours and drained

Place "S" blade in food processor and turn the machine on. Alternate adding the nuts, dried fruit, and dates, and process until well mixed. In a separate bowl, place dried coconut and coat the balls before placing them on a platter.

Special offer for the Holidays...

Even those not on the diet will enjoy this festive fare. Along with the KitchenAid Food Processor receive for FREE *Holiday Recipes from God's Garden*, includes "Helpful Kitchen Tips," a handy "Guide to Planning a Holiday Party," and a section on creative gifts you can make. Softcover, spiral-bound with 271 full color pages including family album photographs of Rhonda and George. Measures 8.5" x 5.5"

#KIT992 Food Processor Holiday Special **$199.95**

FREE GROUND SHIPPING
On all retail items from the date you received your catalog through December 20, 2006.

Great Gifts for Happy, Healthy Holidays!

Hallelujah Acres Recommends Starter Kits

Silver Starter Kit

You save almost 15% off the regular retail price with this kit, and you get healthy at the same time! *No substitutions, please.*

#KITSILVER
5-Piece Silver Starter Kit $94.95
See page 34 for details

Gold Starter Kit

Get more than $50 in savings, compared to buying each item separately at the regular retail price. Save money and get Gold! *No substitutions, please.*

#KITGOLD
7-Piece Gold Starter Kit $349.95
See page 34 for details

Premium Gifts

Mr. Peely Carrot Peeler

Peel large carrots and cucumbers quick and easy. Comes with a wall-mount unit. Or you may purchase the optional counter stand.

#610 Mr. Peely $240.00*
#610S Mr. Peely Optional Counter Stand $120.95

Green Star Juicer

Crushes fruits and vegetables to expel drier pulp, which keeps the nutrients in the juice. Also makes wheat grass juice, baby foods, nut butters, bean curd, fruit smoothies and much more. Various attachments available for further versatility!

#549 Green Star Juicer $514.95*

Vita-Mix Turbo Blend 4500

A blender and food processor! Great for blending salads to preparing delicious raw soups.

#4500 Vita-Mix Turbo Blend $389.95*

Needak Rebounder

High-quality mini-trampoline offers one of the best low-impact aerobic workouts possible. 40-inch durable metal frame and six spring-loaded legs. Easy to store. Use indoors or out.

#601 Needak Rebounder (soft bounce) $219.95*

* *(price includes shipping)*

Books by Rev. Malkmus

The Hallelujah Diet

by Rev. George Malkmus with Peter & Stowe Shockey

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**

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**

Gifts Under $100

Fresh Sprouter

Grow your own sprouts, small seeds, and grains right in your own kitchen. Indoor use only.

#606 Fresh Sprouter **$99.95**

(price includes shipping)

Tribest Personal Blender

Versatile, portable, and delivers powerful ice-crushing, smoothie-making, seed-grinding, sauce-blending functions wherever you plug it in! Comes with four single-serving Blend-N-Serve cups.

#584 Tribest Personal Blender **$89.95**

(price includes shipping)

Gifts Under $50

BIOPRO Cell Chip

Make your cell phone a safe phone! Adhere to your phone, computer, TV or other electronic devices, and emissions are safely harmonized so as to negate the harmful effects of EMFs.

#850 BIOPRO Cell Chip **$27.95 each**

BIOPRO Headset

Hands-Free Does Not Mean Harm-Free You might think if the phone is not pressed against your ear, you're safe from EMFs. Not so! Traditional headsets contain metal conductors and use electrical currents for transmission that have been shown to possibly attract EMFs directly to your head. The BIOPRO Hands-Free Headset features a hollow "Air" Tube and earpiece that transmits sound from a speaker, using no metal conductors. Combined with the BIOPRO Cell Chip you can cover yourself two ways when using your cell phone.

#850H BIOPRO HEADSET **$34.95**

See page 46 for more information.

Healing for Life Testimony Series

See and hear compelling testimonies from everyday people who have successfully dealt with a variety of illnesses and experienced renewed health while following The Hallelujah Diet. Includes: Arthritis & Osteoporosis, Cancer, Diabetes, Weight Issues, Fibromyalgia & Lupus

#293 5-DVD Video Set (Retail Value $49.75) ***SAVE $20*** **$29.95**

Gifts Under $25

Spirooli

Turns zucchini, beets, potatoes, fruits and other vegetables into "spaghetti!"

#516 Spirooli **$19.95**

Salad Spinner

Makes easy work of getting water out of your lettuce and leafy vegetables after you wash them.

#583 Salad Spinner **$24.95**

Hallelujah Acres Apron

Food prep with style! Adjustable one size fits all. Forest Green. Easy to care for polyester/cotton blend.

#790 Apron **$19.95**

How to Eliminate Sickness Seminar DVD

Rev. Malkmus presents the Biblical foundation of the Hallelujah Diet, the diet basics and more. Taped at his popular monthly Saturday Seminar given at Hallelujah Acres Headquarters in Shelby, NC.

#266DVD

How to Eliminate Sickness DVD **$24.95**

Stocking Stuffers

Juicing with Rev. Malkmus

#269DVD Juicing DVD **$12.95**
#269VHS Juicing VHS **$12.95**

Hand Mixer

#403 Hand Mixer **$5.95**

Shaker Cup

#404 Shaker Cup **$2.95**

Survival Mix

#439 5 oz. Bag **$5.95**
#438 1.5 oz. Bag **$3.50**
#438 6-Bag Box (1.5 oz. each) **$20.45**

Living Food Survival Bar

#444-L 1 Bar **$2.95**
#444-L3BAR 3-Bar Sampler **$8.65**

Maple Nut Royale Bar

#444 1 Bar **$1.65**
#444-5BAR 5-Bar Pack **$7.95**

Vanilla Nut Goodee Bar

#444-V 1 Bar **$1.65**
#444-V 5BAR 5-Bar Pack **$7.95**

FREE GROUND SHIPPING

On all retail items from the date you received your catalog through December 20, 2006.

Hallelujah Diet Essentials

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, because of nutrient increases in the soil, BarleyMax has more 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.

#441 8.5-oz powder ***(two-month supply at 2 servings a day)*** **$37.95**
#440 4.2-oz powder $23.95
#442 240-ct vegetarian capsules $32.95
#453 AF (Alfalfa Free) 8.5 oz powder $37.95

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

Welcome the new "Max!"

Introducing **WaterMax**—a more effective water additive that costs less! ***See page 43 for details***

FREE GROUND SHIPPING
On all retail items from the date you received your catalog through December 20, 2006.

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

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

Eliminate Toxins from Your Body

Promotes GOOD Colon Health!

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

Ensure an Adequate Level of B12 in Your Body

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

B-Flax-D®

This multi-nutrient powder contains stabilized ground flaxseed, a valuable source of soluble and insoluble fiber as well as 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**

Light Grey Celtic Sea Salt

Celtic sea salt is free of any processing, dried only by the hot summer sun and wind, and harvested by salt farmers who gather it from the marshes in France. 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 Coarse **$6.95**
#430 1-lb bag
Fine Ground for Salt Shakers **$12.95**

Eden Sea Salt Sea

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**

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. (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

Omega-3 and omega-6 essential fatty acids (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 EFAs. 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**

BIOPRO Cell Chip

Make your cell phone a safe phone! Adhere to your phone, computer, TV or other electronic devices, and emissions are safely harmonized so as to negate the harmful effects of EMFs.

#850 BIOPRO Cell Chip **$27.95 each**

BIOPRO for the Whole House

When you buy 6 or more BIOPRO chips you receive a discount. This is an economical way to safely harmonize and negate the harmful effects of EMFs and electromagnetic radiation (EMRs) on several of your appliances and tech devices.

#850 BIOPRO (6 chips or more) **$25.00 each**

BIOPRO Headset Hands-Free Does Not Mean Harm-Free

You might think if the phone is not pressed against your ear, you're safe from EMFs. Not so! Traditional headsets contain metal conductors and use electrical currents for transmission that have been shown to possibly attract EMFs directly to your head. The BIOPRO Hands-Free Headset features a hollow "Air" Tube and earpiece that transmits sound from a speaker, using no metal conductors. Combined with the BIOPRO Cell Chip you can cover yourself two ways when using your cell phone.

#850H BIOPRO HEADSET **$34.95**

For more information see page 46

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	$5.95
#439	6-Bag box (5 oz. each)	$35.45
#438	1.5 oz. bag	$3.50
#438	6-Bag box (1.5 oz. each)	$20.45

Living Food Survival Bar

This bar is one of the most amazing organic, kosher, vegan, and enzymatically alive super foods ever offered in a ready-to-eat bar. Gluten-free with no trans fatty acids. All ingredients are organic: almond butter; date paste; agave nectar; brown rice protein; raisins; flax, soy, and quinoa sprout powders; sesame seeds; and BarleyMax, CarrotJuiceMax, and BeetMax. Provides alkalinizing protein that helps reduce acid in the body. Excellent for those concerned with low carbs—has just 11% of the RDA. Contains 11.5 grams of Omega-3, -6 and -9 essential fatty acids (the "good" fats). Phyto-nutrients and organic vegan super foods help to support the body's overall health and resistance to disease. At 300 calories, it can be used in place of a meal.

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

Maple Nut Royale Bar

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

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

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

Get Started on The Hallelujah Diet

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 1 off the regular retail price with this kit,*** and you get healthy at the same time! *No substitutions, please.*

#KITSILVER 5-Piece Silver Starter Kit $94.95

FREE GROUND SHIPPING

On all retail items from the date you received your catalog through December 20, 2006.

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 $ 0 in savings, compared to buying each item separately at the regular retail price.*** Save money and get Gold! *No substitutions, please.*

#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! *No substitutions, please.*

#KITPLATIN 9-Piece Platinum Starter Kit $584.95

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 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

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 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

Hallelujah Acres 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

Hallelujah Acres 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

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

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

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

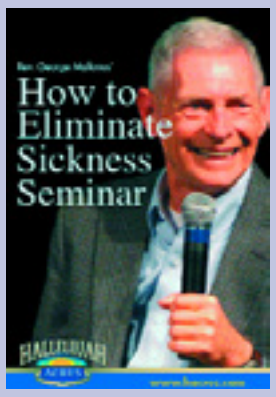
Improve BRAIN Power!

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

Books, Videos, and Audios by
REV. GEORGE MALKMUS

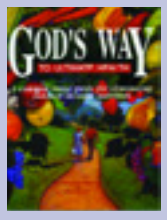


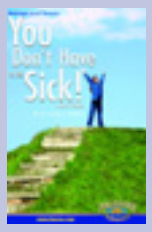
New Release 2006!

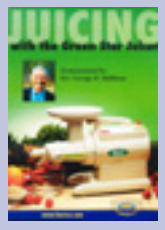
How to Eliminate Sickness Seminar

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
#266VHS	Video (1)	$24.95







The Hallelujah Diet

by Rev. George Malkmus with Peter & Stowe Shockey

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

The Hallelujah Diet Workbook

by Rev. George Malkmus with Peter & Stowe Shockey

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
#201K	Korean version	$8.95

You Don't Have to be Sick
A Health Primer *by Rev. George Malkmus*

Is an inexpensive booklet that summarizes The Hallelujah Diet & Lifestyle while answering Biblical health questions that Rev. Malkmus has received over the years. Personal testimonies and several famous studies on diet and nutrition are included as well. Also available in Spanish.

#381	Paperback, 49 pages	$3.95
#206S	Spanish version (original cover)	$3.95

A Message of Hope and Healing
A Christian Health Primer

by Rev. George Malkmus (formally *You Don't Have to be Sick*, this book is geared for the Church Health Ministry)

#206 Paperback, 49 pages $3.95

A Response to The Maker's Diet

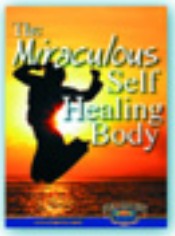
by Rev. George Malkmus Backed by Biblical truths and scientific studies, Rev. Malkmus reveals its inaccuracies, and passionately refutes each of Rubin's 12 "myths," which include advocating the consumption of meat. Rev. Malkmus also exposes Rubin's contradictory accounts about which diet actually cured 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

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
#269VHS	Video – 75 minutes	$12.95



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	$17.95
#219VHS	Video	$17.95

Examining The Hallelujah Diet

by Nathan Tracy, ND

Dr. Tracy 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

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

FREE GROUND SHIPPING

On all retail items from the date you received your catalog through December 20, 2006.

Recipe Books by

RHONDA MALKMUS

Eating to Live, rather than Living to Eat.

Hallelujah Holiday Recipes

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 Spiral-bound, 272 pages $19.95

Recipes for Life… From God's Garden

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

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

Recipe Books by Health Minister JULIE WANDLING

Healthy 4 Him

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

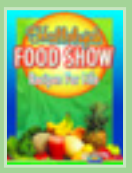
Julie Wandling has done it again, and this time for your kids! As a follow up to her successful Thank God for Raw and Healthy 4 Him recipe books, Hallelujah Kids provides a wealth of recipes for all occasions that will please even the pickiest of eaters.

#376 Paperback, 164 pages $19.95

Thank God for Raw

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



Food Show Recipe Book

This terrific recipe book features some of the most savory dishes featured on The Hallelujah Food Show videos. Prepare these delicious meals for your special "audience" and you'll be the star of your Hallelujah kitchen!

#330 Paperback, 60 pages $14.95

Other Helpful Recipe Books

Hallelujah! 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 Spiral-bound, 66 pages $8.95

How We All Went Raw

by Charles Nungesser, Coralanne 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

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

Books by Dr. Norman W. Walker

The Natural Way to Vibrant Health
#335 Paperback, 125 pages $7.95

Pure & Simple Natural Weight Control
#338 Paperback, 129 pages $7.95

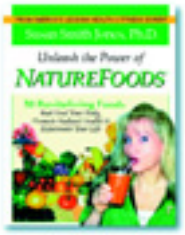
Become Younger
#312 Paperback, 132 pages $7.95

Vegetarian Guide to Diet & Salads
#336 Paperback, 132 pages $7.95

Fresh Vegetable and Fruit Juices
#311 Paperback, 115 pages $7.95

Water Can Undermine Your Health
#340 Paperback, 120 pages $7.95

Colon Health: The Key to a Vibrant Life
#337 Paperback, 118 pages $7.95



Unleash the Power of NatureFoods™

by Susan Smith Jones, PhD

Dr. Smith 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

Includes easy-to-prepare recipes
#301 Paperback, 176 pages $15.95

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

The China Project

by T. Colin Campbell, PhD

Is the most comprehensive study ever done on the relationship between diet and disease, contains groundbreaking scientific information that can directly impact your health.
#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 disease and exposes much of the misinformation about food and health and how eating the right way can save your life.
#377 Hardcover, 288 pages $24.95

FREE GROUND SHIPPING
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Pregnancy, Children, & 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

Just for Kids!

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

The Fruit Bowl and Vegetable Soup

by Dianne Warren, Susan Smith Jones, and Amy Sorvaag Lindman

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

Hallelujah Acres Recommends Videos by Lorraine Day

Internationally acclaimed orthopedic trauma surgeon, renowned speaker, and best selling author, Lorraine Day, M.D. lived the proverb, "Physician, heal thyself," when she developed and overcame cancer by rebuilding her immune system and allowing her body to heal itself. She has appeared on such well-known television shows as *60 Minutes, Nightline, CNN Crossfire, The Oprah Winfrey Show, Larry King Live,* and *The 700 Club,* among many others.

Cancer Doesn't Scare Me Anymore
#803 VHS **#803DVD** DVD **2 hrs. 9 min.** $21.95

You Can't Improve on God
#804 VHS **#804DVD** DVD **92 min.** $21.95

Diseases Don't Just Happen
#805 VHS **#805DVD** DVD **98 min.** $21.95

Drugs Never Cure Disease
#807 VHS **#807DVD** DVD **2 hrs. 18 min.** $21.95

Sorting Through the Maze of Alternative Medicine
#808 VHS **#808DVD** DVD **2 hrs. 19 min.** $21.95

Food Show Video Series & New Recipe Book

Price Cut!

Titles listed below. Available in DVD and VHS formats. Titles also available individually.

#230DVD DVD – 8 Video set **Save $20** ~~$134.55~~ **$114.55**
#230 VHS – 8 Video set **Save $20** ~~$134.55~~ **$114.55**
Each Set Includes *Food Show Recipe Book*

Video 1 Let's Get Started (35 minutes)
#221DVD DVD **#221** VHS Video **$14.95**
Video 2 Choices, Variety, and Convenience (34 minutes)
#223DVD DVD **#223** VHS Video **$14.95**
Video 3 Basics for Great Recipes (25 minutes)
#224DVD DVD **#224** VHS Video **$14.95**
Video 4 The Hallelujah Diet at Work & On the Road (21 minutes)
#225DVD DVD **#225** VHS Video **$14.95**
Video 5 Feeding Our Children (25 minutes)
#226DVD DVD **#226** VHS Video **$14.95**
Video 6 A Day on The Hallelujah Diet (34 minutes)
#227DVD DVD **#227** VHS Video **$14.95**
Video 7 Holidays and Special Occasions (53 minutes)
#228DVD DVD **#227** VHS Video **$14.95**
Video 8 Eating in the Outdoors (45 minutes)
#229DVD DVD **#227** VHS Video **$14.95**

Food Show Recipe Book

Prepare these delicious meals for your special "audience" and you'll be the star of your Hallelujah kitchen! This terrific recipe book features some of the most savory dishes featured on The Hallelujah Food Show videos. Includes favorites from these select shows: *Let's Get Started; Feeding Our Children; Choices, Variety and Convenience; Basics for Great Recipes; The Hallelujah Diet at Work and on the Road; A Day on The Hallelujah Diet; Holidays* and *Special Occasions; Eating in the Outdoors*

#330 Paperback, 60 pages **$14.95**

Testimony Video Series

Healing for Life

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 (Retail value $49.75) ***SAVE $20*** **$29.75**

Or order individually:
#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**

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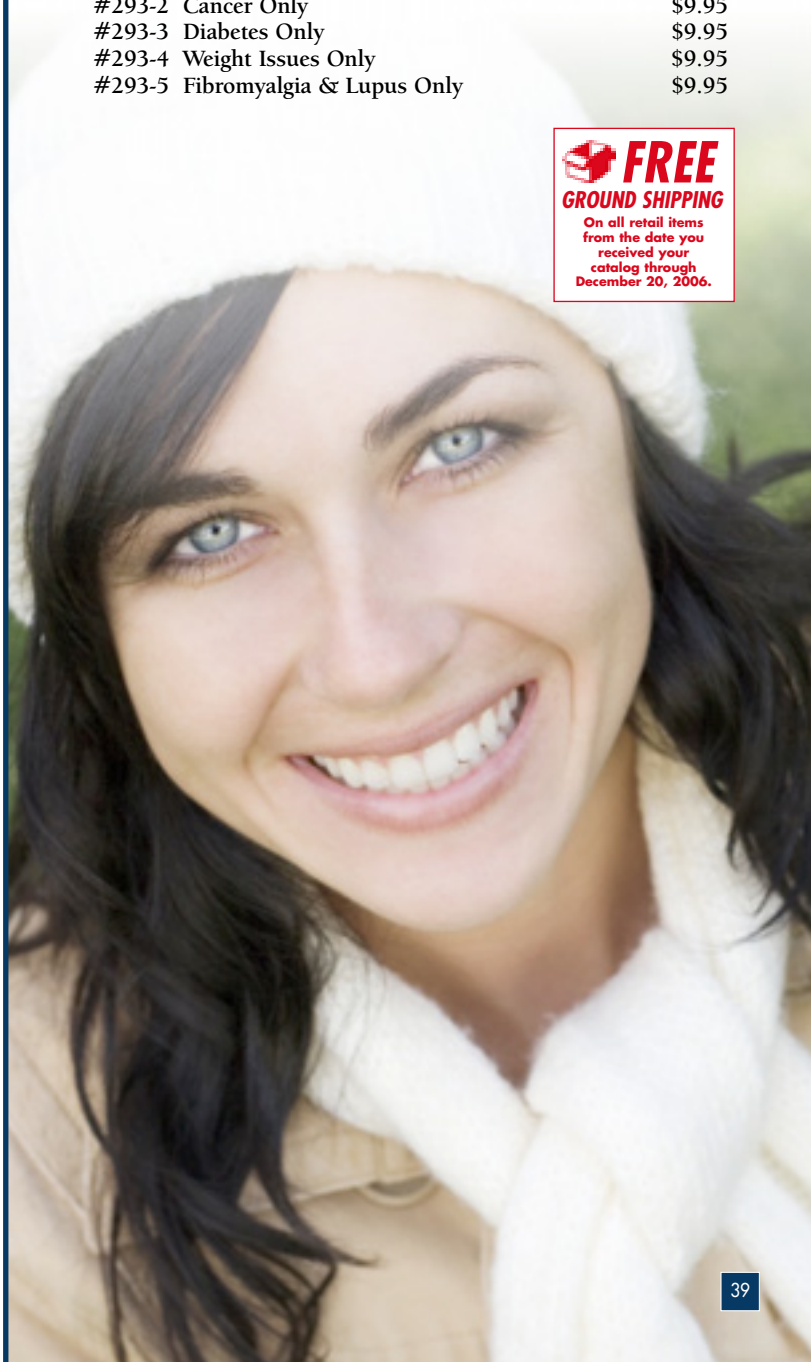


Hallelujah Acres Recommends...

BOOKS

Diet for a New America *by John Robbins*	#303	Paperback, 448 pages	$14.95
Don't Drink Your Milk *by Frank A. Oski, MD*	#308	Paperback, 115 pages	$7.95
Drink Your Troubles Away *by John Lust*	#318	Paperback, 224 pages	$4.95
Eat to Live *by Joel Fuhrman, MD*	#276PB	Paperback, 224 pages	$14.95
Enzyme Nutrition *by Dr. Edward Howell*	#350	Paperback, 175 pages	$8.95
Excitotoxins – The Taste That Kills *by Dr. Russell Blaylock*	#366	Paperback, 320 pages	$17.95
Fats That Heal, Fats That Kill *by Udo Erasmus*	#348	Paperback, 456 pages	$22.95
Food & Behavior *by Barbara Reed Stitt*	#368	Paperback, 220 pages	$9.95
Food Additives: A Shopper's Guide to What's Safe & What's Not *by Christine Hoza Farlow, DC*	#323	Paperback, 80 pages	$3.95
How to Grow More Vegetables *by John Jeavons*	#305	Paperback, 175 pages	$16.95
Mad Cowboy *by Howard Lyman*	#369PB	Paperback, 224 pages	$11.95
Square Foot Gardening *by Mel Bartholomew*	#306	Paperback, 347 pages	$16.95
The Choice is Clear *by Dr. Allen Banik*	#310	Paperback, 48 pages	$2.95
Uninformed Consent *by Hal Huggins and Thomas Levy*	#210	Paperback, 278 pages	$14.95

VIDEOS, AUDIOS & DVDS

Diet for a New America *by John Robbins*	#802	VHS Video, 60 min.	$19.95
The Truth Behind Meat and Dairy *by Howard Lyman*	#274	VHS or DVD, 65 min.	$19.95
The Greatest Diet on Earth *by Dr. Joel Fuhrman*	#275	DVD, 90 min.	$21.95
Choose a Terrific Day *by Ed Foreman*	#268	VHS or DVD	$39.95
Vaccines - The Risks, Benefits, Choices *by Dr. Sherri J. Tenpenny*	#809	Vaccines DVD	$24.95

Just for Women

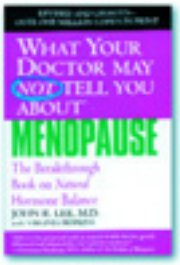
Balanced Woman

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

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, pre-menopause, endometriosis, fibrocystic breasts, PMS, and other problems that can be helped by natural progesterone.

#363 Paperback, 372 pages $14.95

Natural Progesterone

Presentation by Dr. John Lee

Learn about natural progesterone and its benefits in helping to balance hormones the natural way.

#806 Audio Cassette, 2 hrs. $9.95

Move & Strengthen Your Body & Spirit

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.

#222 80-minute VHS tape **$21.95**

Make Me Ready Stretch & Selah DVD

This second and newest release in the Make Me Ready series will lead you through a comprehensive stretching routine suitable for all fitness levels. Health Minister Laura Lee Ryan, a certified AFAA instructor, will lead you through a 60 minute program designed to increase muscle length while encouraging joint flexibility and range of motion. Opportunity is given for 'selah' or rest in the presence of the Lord to enjoy a unique ministry as the Holy Spirit leads worship and intercession from Psalm 139:13-14. A stretch band is included for optional resistance training.

#811DVD 99-minute DVD **$24.95**

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**

Needak Rebounder

Use this high-quality mini-trampoline for one of the best low-impact aerobic workouts ever devised. 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**
(price includes shipping)

#604 Stabilizing Bar **$59.95**

#603 9-piece Rebounding Goodies Pack
This package contains the Rebounding: Olympic Training *book, Air-O-Bics video, set of 2 lb. hand weights, set of 4 lb. hand weights, daily-dozen exercise poster, perfect-ten exercise poster, and Townsend newsletter on the subject of rebounding.*
(please specify VHS or DVD) **$69.95**

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Juicing

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Green Star Juicer

The Green Star Juicer crushes fruits and vegetables rather than cutting them, and expels a drier pulp, which keeps 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
(price includes shipping)

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, White and Black. 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
(price includes shipping)

#511 Commercial Model (White Only) $309.95
(price includes shipping)

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

** CitriStar™ is a trademark for Tribest, not Hallelujah Acres Inc.*

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
(price includes shipping)

Mr. Peely Optional Counter Stand

#610S Mr. Peely Counter Stand $120.00

Learn More About Juice Combinations

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

Drink Your Troubles Away

by John Lust Lists fruit, vegetable, and herbal juice formulas with their medicinal value in over 70 remedies.

#318 Paperback, 224 pages $4.95

What really pure water is.

Distillers, purifiers, & educational material

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**
(price includes shipping)
#5901 Carbon Filter **$5.95**
#5901 Box of 6 Filters **$29.95**

NEW!

WaterMax

Max Out on Distilled Water-Safely!

Here's how you can power up your water! After extensive research and testing, The Hallelujah Acres Foundation has developed WaterMax, a new more effective water additive. WaterMax alkalizes the water, provides minerals in amounts and forms that benefit the body, and it improves the hydrating ability of your water. So drink up!

#332 16 oz. **29.95**

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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. Makes one gallon of pure water in 4 hours.

#500US8 White **$299.95**
(price includes shipping)
#499 Carbon Filter **$5.95**
#499 Box of 6 Filters **$29.95**

WaterWise KleenWise

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

#502 40-oz **$13.95**

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**

The Choice is Clear

by Dr. Allen Banik is a booklet that explains how water functions in the body, the effects of pollutants in drinking water, their contribution to disease, what really pure water is, and how to obtain it.

#310 Paperback, 48 pages **$2.95**

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**
(price includes shipping)
#5401 Carbon Filter **$5.95**
#5401 Box of 6 Filters **$29.95**

Hallelujah Acres recommends

Food Preparation Essentials

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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.

#584 Personal Blender **$89.95**
(price includes shipping)

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!

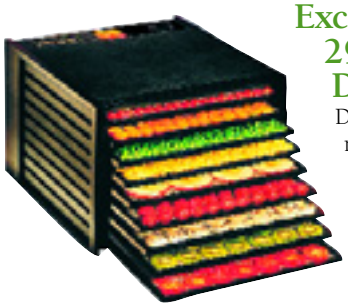
#609 KitchenAid 12-Cup Food Processor **$199.95**
(price includes shipping)

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**
(price includes shipping)

Food Dehydration



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 **$214.95**
(price includes shipping)

#589 Fruit Roll (1-sheet) **$9.95**

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

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

Fresh Sprouter

You can grow your own sprouts, small seeds, and grains 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
(price includes shipping)

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

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

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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

Show Your True Colors

"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	**Adult Small**	**$13.95**
#909AM	**Adult Medium**	**$13.95**
#909AL	**Adult Large**	**$13.95**
#909AXL	**Adult X-Large**	**$13.95**
#909CS	**Child Small**	**$13.95**
#909CM	**Child Medium**	**$13.95**
#909CL	**Child Large**	**$13.95**

Hallelujah Acres Umbrella

#791 Umbrella $10.95

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/White.

#200W Forest Green/White $14.95

Hallelujah Acres Baseball Cap

Have fun in the sun and make a fashion statement, too! This 100% brushed-cotton, hunter green baseball cap sports a beautifully embroidered Hallelujah Acres logo above the leather-covered brim. With its adjustable back, one size fits most.

 # 914 Baseball Cap $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

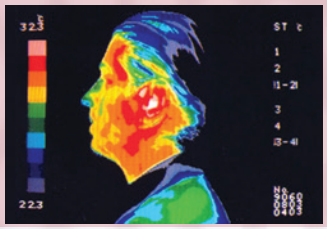
Is Technology Making You Sick?

You can't see them, but they're all around us–EMFs–Electromagnetic Frequencies. And they are out to do us no good.

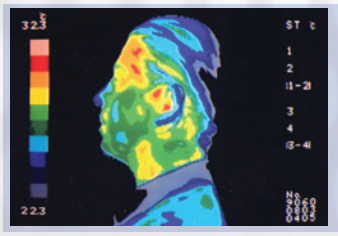
Is Your Brain Getting Fried?

Take a Look Inside Your Head

Research studies from around the world illustrate that cell phones carry the potential for radiation exposure, leading to many possible health hazards. One such hazard is that microwave radiation emitted by a cell-phone has the potential to heat up human tissue in the area of the head that comes in contact with the phone, including the ear canal and the brain. This heating effect can cause headaches, memory loss, fatigue, tissue swelling, tingling, and other severe potential long-term damages. Scientific studies support these claims, and also suggest a possible link between mobile phone emissions and cancer.



Hothead
After 15 minutes of cell phone use, the orange, red and pink areas show significant dangerous heat.



Coolhead
After 15 minutes of using a cell phone with the BIOPRO Cell Chip applied to it, the green and blue colors show cool tissue. The head's temperature remains normal, providing you with protection.

Testing conducted by CLINICAL THERMOGRAPHY ASSOCIATES Diplomate American Board of Clinical Thermology, Diplomate International Academy of Clinical Thermology, Testing Protocol Followed: IACT (International Academy of Clinical Thermology)

Make Your Cell Phone A Safe Phone

Like most electronic devices, cell phones emit harmful electromagnetic frequencies or EMFs. But, now BIOPRO Technology offers an effective 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.

And best of all, BIOPRO Cell Chip will not interfere with the normal functioning of your phone.

Hands-Free Does Not Mean Harm-Free

You might think that if the phone is not pressed against your ear, you're safe from EMFs. However, traditional headsets contain metal conductors and use electrical currents for transmission that have been shown to possibly attract EMFs directly to your head. The BIOPRO Hands-Free headset features a hollow "Air" tube and earpiece that transmits sound from a speaker, using no metal conductors. Combined with the BIOPRO Cell Chip you can cover yourself two ways when using your cell phone.

BIOPRO for the Whole House

When you buy 6 or more BIOPRO chips you receive a discount. This is an economical way to safely harmonize and negate the harmful effects of EMFs and electromagnetic radiation (EMRs) on several of your appliances and tech devices.

You might not be surprised that these harmful waves are emitted from your cell phone, microwave and computer, but did you know you're also being exposed from such everyday appliance as your refrigerator, car, vacuum cleaner, alarm clock, even your hair dryer?

This revolutionary chip can be applied to cell phones, cordless phones, desktop and laptop computers, PDAs, game stations, TVs, electric fans, and any other appliances, wireless or wired tech gadgets that emit EMFs or EMRs.

Chip Chat

The word is spreading about BIOPRO Chips. Here's what folks are saying:

"After feeling the benefits of the BIOPRO Cell Chips, (no more hot ear etc.) I had both my body and the products tested by my naturopath who is a kinesiology expert. The most amazing and exciting part though was the doctor's reaction. He said, 'This is the first device I've ever tested that has actually worked!' ...and then he bought two units for himself and his wife right on the spot." – J.B., Boise, ID

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- Convenient and affordable
- Durable and made to last the lifetime of your phone or appliance
- Flexible and features a strong adhesive for easy use

Hallelujah Acres® is selective about the products offered in the Hallelujah Acres Health Store, in Back to the Garden® and the online store. The BIOPRO products featured have passed the scrutiny of the Directors. So get the edge on EMFs, and order today.
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