Health is a Matter of Choice

Go Organic!

Are you Feeding Your Doctor?

Make a Commitment to Spiritual Health. Achieve Spiritual Balance.
Pastor Donagrant McCluney offers four steps to Spiritual Health.
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 the 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
Lifelong friendships with like-minded people
Health is an Ageless Gift
What do you do when you’re an active, energetic 74-year old and, without warning, you’re consumed with chronic muscle pain and stiffness? The sudden onset of Polymyalgia Rheumatica, thought to be an auto-immune disease, combined with arthritis and osteoporosis nearly stopped this vibrant senior in her tracks—literally. Then, heeding the advice of her son and daughter-in-law, both Health Ministers, she got on the right track—to health.

Are You Feeding Your Doctor?
Michael Donaldson, PhD
We all know that eating junk foods, processed foods, and animal products is fattening. But eating the Standard American Diet is fattening more than your waistline, it’s fattening your doctor’s wallet. In his article, Michael Donaldson, Ph.D., presents the facts and figures on how to attain a healthy “figure” on The Hallelujah Diet.

Make a Commitment to Spiritual Health
Pastor Donagrant McCluney
Often, when people think of health, they think of physical or emotional well being, but complete health can only be achieved when you incorporate one other essential element—spiritual balance. With great insight, Hallelujah Acres Church Health Ministry Coordinator, Pastor Donagrant McCluney, offers four steps to spiritual health.

Health is a Matter of Choice
Rev. George H. Malkmus
You grab a doughnut for breakfast. It’s quick. It’s easy. Besides, it was on sale “Marketing made me do it,” you say. Or maybe you develop high blood pressure. “It runs in my family! Not my doing.” The fact is, we all have choices. In this article, Rev. Malkmus delves into the concept of choice—from the Biblical perspective and as it applies to diet.

Go Organic
No longer hidden in out-of-the-way food co-ops or once-a-week farmer’s markets, today, organic fruits and vegetables are proudly displayed in the brightly-lit produce sections of most supermarket chains. We all know “organic” is equated with “good for you,” but what are the advantages, and can we still reap the benefits of The Hallelujah Diet if we eat commercial produce?

The Best Recipe for Good Health: Commit to God First
Bev Cook
When many people gear up to start a new healthy lifestyle, they latch onto the latest fad diet or join a trendy gym. When Health Minister and Lifestyle Center Co-Host Bev Cook decided it was time to change her diet, she consulted the greatest health expert around—God. In her inspiring article, she tells how she made the commitment and the lessons she learned, and she shares some of her favorite recipes!

Health Minister Spotlight
George & Peggy Nungesser:
The 30-Day Trial That Turned into a Lifetime Commitment

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CELEBRATE Hallelujah Acres’ 15th Anniversary!

What do Hallelujah Acres and Abraham Lincoln have in common? A day of celebration! We all know that February 12 is Abe Lincoln’s birthday. February 12, 2007 also marked the 15th Anniversary of Hallelujah Acres! Let’s see…25th is Silver…50th is Gold. The 15th must be Carrot!

WELCOME TIM AND ANITA KOCH, NEW HOSTS AT THE LAKE LURE LIFESTYLE CENTER

Experienced Health Ministers with a thriving ministry in Florida, Tim and Anita Koch have moved to Lake Lure, NC and now run the popular Lifestyle Center full-time, teaching classes two weeks out of each month. Health Ministers Chet and Bev Cook have taken on new responsibilities within the Hallelujah Acres family—assisting hosts across the country with their current Lifestyle Centers and helping others open new centers. They will be in Lake Lure to teach one class per month in addition to their new duties. So welcome Tim and Anita to North Carolina! And if you’d like to welcome them in person, plan a peaceful and educational stay at the Lake Lure Lifestyle Center. For more information, call (828) 625.4787. For reservations, call (877) 743.2589.

HEED THE CALL… HEALTH MINISTER TRAINING

Many people who commit to the Hallelujah Diet & Lifestyle feel the desire not only to share their testimony, but also to share their experience and guide others on the path to optimum health. If you’ve come to a point on your personal journey where you want to help others achieve the kind of health you know God intended for his people, you might want to consider attending the Health Minister Training class. Held at Hallelujah Acres International Headquarters, the four-day session attracts men and women from across the country and the world. The next Health Minister Training is scheduled for Wednesday, March 14 through Saturday, March 17, 2007, and will consist of instruction on diet and nutrition, how to teach classes, and how to start and run an effective ministry. Candidates for Health Minister Training must be graduates of the Get Healthy! Stay Balanced course, and have been on The Hallelujah Diet for a minimum of three months. For more information, call Dr. Don Nute at (866) 406.1025 ext. 780.

REV. MALKMUS ON THE AIR

For one full hour on Saturday, September 16, radio listeners in San Antonio, Texas, plus other states across the country and other areas of the world, including Australia and Africa, heard the inspiring message of health and nutrition from Rev. Malkmus himself, as he spoke in a live remote interview with Linda Goldfarb, the host of the syndicated show, Just Talking the Talk Ministries.

GREENVILLE, SC GET HEALTHY! RESOURCE CENTER NOW OPEN!

The eagerly anticipated Get Healthy! Resource Center in Greenville, SC is ready to welcome clients. Among the center’s services, Manager, Health Minister Becky Shields will offer raw food prep classes, VoiceBio™ health assessment sessions, and The Get Healthy! Stay Balanced Course. In addition, the new Get Healthy! Resource Center will host support group meetings and offer interested people the materials and information they need to start on a new path to good health. So if you’re in the Greenville area, stop by The Point, I-85 and Woodruff Road, Suite 302, and take advantage of this terrific new center. For information, call (866) 295.7794.

FOUNDER OF UDO’S OIL TO SPEAK ON THE BENEFITS OF ESSENTIAL FATTY ACIDS AND DHA AT Hallelujah Acres

Renowned researcher, educator, lecturer, and developer of Udo’s Choice 3, 6, 9 Oil Blend, Udo Erasmus, PhD will give a talk, entitled “The Benefits of Essential Fatty Acids and DHA” at Hallelujah Acres Headquarters, 900 South Post Road in Shelby, North Carolina at 7 pm, on Thursday, February 1, 2007. A specialist in fats and oils, cholesterol control, essential fatty acids, omega-3, flax, natural therapies for degenerative conditions, nutrient enrichment, detoxification and human health, Mr. Erasmus is a much sought-after speaker. The lecture is FREE. For your convenience, the Hallelujah Acres Café will be open 5 to 7 pm for a pre-lecture dinner. So don’t miss your chance to hear this respected expert speak on a topic that is vital to health. Call for reservations today! (800) 915.9355.

Planning to hear Udo? Make it a healthy weekend!

Stay for Rhonda Malkmus’ culinary class on Friday night and Rev. Malkmus’ How to Eliminate Sickness Seminar on Saturday morning.

SHELBY GET HEALTHY! RESOURCE CENTER CELEBRATES SECOND ANNIVERSARY JANUARY 11 THROUGH JANUARY 13

New Year’s at Hallelujah Acres always means a double celebration. After we welcome the start of a great new year, we commemorate the Shelby Get Healthy! Resource Center anniversary. This year we mark the second successful and exciting year. If you’re in the Shelby area, come help us celebrate! Festivities start on Thursday, January 11 with a cake cutting ceremony. Throughout the three days, you’ll be treated to food prep demonstrations by Gideon and Jackie Graff, VoiceBio sessions, powerful testimonies, and our very special guest speaker on Saturday, Tonya Zavasta, the vivacious woman who inspired attendees at our Women’s Retreat in October. Plus, we’re giving away door prizes, copies of Rev. Malkmus’ bestseller, The Hallelujah Diet, free lunch passes, and a Grand Prize: A Gift Certificate worth $500. For more details, call (704) 487.9572.
You’re already off to a good start: you’re reading this magazine. Like you and millions of others, this is the time of year when we all take stock of our lives. We contemplate the direction we’re going in, and, for many, we vow to make improvements. Usually topping the list is a commitment to lose weight or to start leading a healthier life. This issue will help you make that commitment as the many tools we offer at Hallelujah Acres Headquarters, through our Health Ministers, and online, support and aid you in your commitment to attaining optimum health. Let’s start with Back to the Garden.

With 2 out of every 3 adults fighting the battle of the bulge, clearly America needs to slim down. In his article, “Are You Feeding Your Doctor?,” Michael Donaldson, Ph.D. offers insight into the problem of obesity in our society, reasons to make the commitment to lose weight, once and for all, and how The Hallelujah Diet can be the answer for those who’ve struggled for years, going on one diet after another, looking for that non-existent “magic pill.” Plus, he gives an update on the ongoing Hallelujah Acres Weight Loss Survey.

No matter how physically healthy we are, we aren’t truly in best form unless we are in accord with the One who provides us the guidelines on how to maintain our magnificent self-healing bodies. Hallelujah Acres Church Health Ministry Coordinator, Pastor Donagrant McCluney, offers four important points on what it means to make a Commitment to Spiritual Health.

Think you’re too old to reap any benefit from a healthy life? Suffering from Polymyalgia Rheumatica, Osteoporosis, and Arthritis, Helen Martin made the commitment six years ago. Now at 80, she’s healthier than ever. Read her Featured Testimony, and be inspired knowing that you can achieve optimum health no matter what stage of life you’re in.

We all have the freedom of choice, and, in the end, we either benefit from or suffer the consequences of the decisions we make. In his probing article, Rev. Malkmus explores the concept of choice as it applies to The Bible and especially our food choices. Are you ready to commit to the Hallelujah Diet & Lifestyle choice? Rev. Malkmus wants you to “Take the 21-Day Challenge!” He urges you to make the commitment now. Then, we want to hear how you’re feeling over the next few weeks as you immerse yourself in the lifestyle.

No matter what stage you’re at on your journey to optimum health, Health Minister and Lifestyle Center Co-Host Bev Cook’s article, “The Best Recipe for Good Health: Commit to God First,” is sure to inspire. Plus, she includes some great recipes for inspiration in the kitchen.

There’s much more within these pages to motivate you to get healthy for good, including articles on organic foods, the latest products, classes and events, and powerful testimonies. So turn this page, and turn over a new leaf on a healthy, vibrant, blessed life.

As always, be blessed!
Be healthy!

From the Board of Directors,
Rev. George Malkmus,
Olin Idol, & Paul Malkmus
PERSONAL STORIES OF HEALING AND INSPIRATION

GETS PROACTIVE ABOUT HEALTH, AND IS NOW CANCER-FREE

“I am 43, married, with a little 5-year-old girl. I had my breast removed and went through chemo and radiation in 2001/2002. I didn’t know about Hallelujah Acres then. My doctor is very knowledgeable about medicine, but I have to say clueless about nutrition. I have at times felt very intimidated by him. A doctor I went to for a 2nd opinion actually got very angry when I asked about nutrition helping heal my cancer. I have been diligently following the Hallelujah plan for a year now. It’s wonderful to be proactive and do positive things for yourself, instead of waiting for the doctor to tell you what will happen to you next. I have been clean from cancer, although my doctor said he would never be able to tell me that it’s all gone. Since going on The Hallelujah Diet, my strength and energy levels have returned after the chemotherapy/radiation experience. I now know that you can do something about cancer, and that you don’t have to be a statistic or victim. I am currently encouraging my friend with liver cancer who has adopted The Hallelujah Diet, and who, in just one month, has seen positive changes. Of course, her doctor will not even consider that it is the diet making the difference.”

Lisa

I FEEL BETTER THAN I DID 30 YEARS AGO

“Dear Pastor George, I was diagnosed with Breast Cancer in 1998, and without knowledge had radiation, which I really regret. But almost immediately, I heard about The Hallelujah Acres Diet and started juicing a lot, eating salads and fruit and grains, eliminating animal products and sweets, and was COMPLETELY HEALED BY GOD because He led me to the best diet in this world. Glory to God, and many thanks to you and your wife Rhonda! In the year 2000, my husband Robert and I came to Hallelujah Acres and became Health Ministers. Along with The Hallelujah Diet, I also started a good program of exercise – walking 4 miles in one hour almost every day, along with jumping on my rebounder (mini-trampoline). After six-years on The Hallelujah Diet, I feel better than I did 30-years ago! Since starting the diet, I haven’t been sick or had the flu, am never tired, look younger, and nobody believes that I am 64-years old. Since starting the diet I have taken no pills at all, not even an aspirin, except for my vitamin B-12. I have a business in Peru, South America, where I go every 3-months, and I tell everybody about The Hallelujah Diet. This whole experience has been a blessing from God. God bless you always!”

Health Minister Rosita Shaw, Gig Harbor, Washington

NASCAR DRIVER TOLD HE WAS GOING TO DIE

“Hi George, Hope you are well! We are doing great! November will be 7 years since my cancer diagnosis. We have a happy, healthy and beautiful family that keeps growing!”

Jerrod Sessler, Washington NASCAR Driver & Health Minister

Jerrod was featured in Back To The Garden, Issue #26, Winter 2003. In that issue, Jerrod shared how he had seen his Stage 4, Melanoma cancer go into remission on The Hallelujah Diet in 1999. In this most recent communication, Jerrod writes to let me know that he is still alive and well on The Hallelujah Diet. The picture he enclosed was of himself, his wife Nikki, and their three Hallelujah children. When Jerrod was diagnosed in 1999 with Melanoma cancer and given but 6-months to live, they had no children and no hope of ever having children because his doctors had told Jerrod he was going to die. Isn’t God GOOD!

Rev. George Malkmus

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Good Health is an Ageless Gift

Helen Martin is the mother of Health Minister and Hallelujah Acres Chief Operations Officer, Wayne Martin. After a lifetime on the Standard American Diet, suffering from chronic pain and debilitating ailments, she switched to The Hallelujah Diet. Now, at age 80, she finds her senior years are the healthiest, most vibrant years of her life. In this, her moving testimony, you will find that great health can be yours at any age.

“At Prayer is powerful, so powerful. I’m an 80 year-young woman, whom God has healed because of my obedience to Him.”

At 74 years of age, I was hit, just like that, with Polymyalgia Rheumatica. Polymyalgia Rheumatica is an inflammatory disease that causes muscle soreness and stiffness, mainly in the neck, shoulders, upper arms, hips, and thighs. It can come on gradually, or literally overnight, and it almost always strikes people over 50. The cause is unknown.

Prior to this new diagnosis, I had suffered with arthritis and osteoporosis and was in constant pain, suffering stiffness from my head to my toes. I could neither turn my head nor lift my arms, could hardly use my hands, and my legs were stiff. It took me an hour and a half to get moving in the morning. My cholesterol was also up to 380. Despite all this, I still felt I was healthy because I was walking 18 miles a week, swimming 25 laps a day and attending regular exercise classes.

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I thought I was eating right with a little bit of chicken, a little bit of fish, some cottage cheese, yogurt, and all the other stuff on the Standard American Diet. I was in prayer for God to heal me or give me direction.

My son and daughter-in-law, Wayne and Deborah Martin, both Hallelujah Acres Health Ministers, said they were coming to visit, and told me not to prepare any food. I was planning to make a meal of lasagna for them with brownies for dessert. Instead, they brought with them all kinds of fresh fruits, vegetables, homemade whole wheat bread, and carrots for juicing, plus a juicing machine. They taught me how to eat God’s way. We prayed and shared all weekend.

I’m of Norwegian decent. Tradition is, first we have coffee, and then we talk. Six years ago, after that visit by my son and daughter-in-law, I went off coffee, cold turkey. At the very same time, I did something else cold turkey—I went on the Hallelujah Diet—and I have not looked back.

“I have been eating God’s way for six years and praising the Lord every day.”

I’ve eliminated sugar, salt, white flour, dairy, caffeine, and anything that comes from something that had a mother!

Today, at 80 years young, I am medication free, and I no longer suffer from Polymyalgia Rheumatica, arthritis, or osteoporosis. I can now, because of The Hallelujah Diet, jump out of bed pain free and full of energy. My bone density has increased 17%. My cholesterol is below 180—a 200-point drop! I live in Naples, Florida, so I enjoy God’s great creation everyday as I walk three miles, swim my 25 laps in the pool, and exercise almost daily. When it comes to driving the little old ladies to various church sponsored events, I’m the one you’ll often see behind the steering wheel of the church van.

I’ve yielded to God’s way of eating; don’t want to be where I was. If you always do what you have always done, you’ll always get what you always had. I’ve learned that it doesn’t matter how old or young you are. It’s never too late or too soon to commit to the good health God wants for us. Praise the Lord!
Are You FEEDING Your Doctor?

by Michael Donaldson, PhD

How about your health? Is your poor health supporting your local doctor? Is your current diet feeding you and your doctor? Is your current exercise routine keeping you in shape, fit, and able to do all the things you want to do? Or are you too tired and too overwhelmed to deal with all that life is throwing at you? If so, you can choose to be healthy this year. It’s your choice, you know.

But maybe you think you are OK, a pretty healthy person overall. Nothing is really wrong. May I ask you a couple of questions? Are you just a little bit overweight? Do you think it will affect your longevity and your quality of life?

A Weighty Issue

If you are in the USA and between the ages of 45 to 75, you have a 75% chance of being overweight. Why the cut-off at age 75? There are fewer people over the age of 75 who are overweight. Common sense seems to indicate that this is because fewer people who are overweight live beyond their 75th birthday. Sobering thought, isn’t it. Yes, being overweight is directly linked to a shorter life. Recently, more than half a million Americans ages 50 to 71 were followed up to 10 years in a study correlating body-mass index (BMI) and risk of death. Your BMI is your weight in kilograms divided by the square of your height in meters. Being overweight (BMI 25 to 30 kg/m2) was

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Are You FEEDING Your Doctor?

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associated with a 20 to 40 percent increased risk of death. Subjects who were obese in the study (BMI > 30 kg/m²) had a 2 to 3 fold increased risk of death⁴¹. A 12-year study of more than a million Korean men and women ages 30 to 95 also showed that the risk of death from cardiovascular disease or cancer was greater for overweight and obese subjects⁴². So yes, being just a little bit overweight is linked to a shorter life. As it says in Ecclesiastes 7:17, program your mind and re-educate yourself on what good food is. Don’t worry. Your taste buds will come right along and enjoy the new food you try. Will it work? Individual results vary of course, but we’ve had many people get healthy and lose weight at the same time. Many people weren’t even trying to lose weight. Which reminds me…

The Hallelujah Diet Weight Loss Survey

We are gathering information from people who have lost weight following The Hallelujah Diet. Anyone who’s on The Hallelujah Diet and has lost 30 pounds or more and kept it off for at least one year is eligible to participate in the survey. Please help us out. By participating, you can be an encouragement to others, too. To take the survey, go to https://commerce.hacres.com/surveys/weightlosssurvey.asp

How The Hallelujah Diet Helps you Lose Weight

The Hallelujah Diet works because it feeds the body the nutrients it desperately needs without excess calories. Lots of nutrients, just enough calories. The raw foods also give you energy and vitality that aren’t found in cooked foods. They help increase your own vitality⁴³. You can eat freely of the fresh vegetable juice, raw fruits, and vegetables. So go ahead and begin The Hallelujah Diet.

Why Lose Weight?

You have many reasons to become lean.

- First, your loved ones want you around longer. There are many reasons right there.
- Second, you will spend more time living a quality life rather than going to the doctor or staying in the hospital.
- The heavier you are, the more sickness you will experience, and being sick is a slow, expensive way to go—
  - Diabetes (amputations)
  - Heart disease (chest surgery, lack of energy, memory loss)
- Strokes (paralysis)
- GERD (burning throat)⁴⁴
- Sleep apnea (machine-assisted sleeping)
- Depression (no hope)
- Chronic fatigue (no energy)
- Fibromyalgia (muscle pain all over), and many more diseases are all related to excess weight⁴⁵.
- Third, the Lord Jesus wants you to be healthy so that you can fellowship with Him with a clear mind, and jointly minister with Him to accomplish His will here on earth. This includes investing time in other people, so if you’re sick you have less time to do that.

New Year... New Start

So, make 2007 the beginning of your healthy life. Your doctor will be thrilled to see you get healthy, even though you will stop feeding him. And if you have already experienced weight loss on The Hallelujah Diet, please check out our survey. Be a blessing and an encouragement to others.

References


Hallelujah! A Way to Take the Weight Off

So, you need to lose those few extra pounds in order to be healthy. But how? It isn’t as easy as it used to be, is it? You need a plan. And you need some accountability to stick to it. Many plans will work to lose weight if you stick to them, but few plans will make you healthy while simultaneously losing weight. The best plan I know of is the Hallelujah Diet & Lifestyle. It isn’t a fad diet. It is a new way of eating and thinking about food. You do have to re-

Be not over much wicked, neither be thou foolish: why shouldest thou die before thy time?

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.

Take the Weight Loss Survey! Go to https://commerce.hacres.com/surveys/weightlosssurvey.asp
**PERSONAL STORIES OF HEALING AND INSPIRATION**

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**SHE WAS OFFERED NO HOPE**

“Dear Rev. Malkmus, in the year 2000, I was diagnosed with Diabetes Type II. I had also reached an unmanageable weight, my cholesterol and triglyceride levels were off the chart, and I felt perpetually tired and discouraged. I was put on the typical regime of medications and noticed that the Diabetes meds would fluctuate in effectiveness. I was offered no hope of healing, as the doctor said, ‘all you can do is manage the disease.’ By 2004 at the age of 54, my weight had increased to the highest ever in my life. I understood I was on the slippery slope toward heart and kidney disease. I began to pray to God for help and He answered when I met Health Ministers Tim and Anita Koch at my Congregation (church) in Boca Raton, FL. I explained my food and caffeine addictions, my sense of helplessness regarding my diabetes and cholesterol, and my general disgust with the demise of my health. I was also repentant regarding my bad attitude toward dietary discipline through nutrition. We talked about Hallelujah Acres and Tim and Anita invited me to do a ‘residential stay’ in their home for 6 days. I began The Hallelujah Diet on December 26, 2004. I had brought my glucometer with me, and when I arrived at their home, my sugar was at 346! (Normal range is 80-110) For a Diabetic, even 120 would be a good reading, but I was on medication and my sugar had been going haywire for at least 2 months prior to my stay with Tim and Anita. My first 2 days on The Hallelujah Diet were filled with detoxification symptoms, as my body began to free itself of the garbage I had subjected it to for the previous 54 years. By the third day of the program, I made the choice to go off of all my

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medications, trusting that my body would heal itself. Each day thereafter, my body did improve! By the end of the first week on The Hallelujah Diet, my sugar level was down to 120 without any medication! For the first 3 months I drank 4 carrot juices, plus 4 BarleyMax juices each day, along with one Fiber Cleanse drink per day. Within just 7 months of beginning the Hallelujah Acres lifestyle, I was able to WALK IN GOOD HEALTH! My energy level and stamina have dramatically increased! I have been free of all medications since the third day, and my sugar level continues to be normal. Weight loss continues, and I am now 50 pounds lighter! I continue to participate in periodic Class Dinners at Tim and Anita’s home, experiment with new food recipes, and seek their wisdom as questions arise. Tim and Anita have been like angels to me in this process and I am ever thankful for their training, faith, and kindness. Thank God for His grace and thank you all for this great work!”

Deborah, Florida

FIBROMYALGIA SIMPLY WENT AWAY

“Dear George, I adopted The Hallelujah Diet 5 years ago. At that time, I weighed 190 pounds, at 5’3”. I now weigh 125 pounds, for a weight loss of 65 pounds since starting The Hallelujah Diet. It feels great to be wearing size 6 clothing and to be giving away all my large size clothes! The Fibromyalgia that plagued me for 15 years simply went away after I went on the diet, and I was able to go off all my medications. It is also great to no longer have to take pills to get to sleep at night. I became a Health Minister in August 2004, and now conduct support group meetings for people on The Hallelujah Diet here in Edmonton.”

Health Minister Laurie Dunford, Edmonton, Alberta, Canada

FINALLY, A DIET HE CAN STICK TO

“Dear George, I have been on The Hallelujah Lifestyle for 2-years now, and have lost a total of 87 pounds! But as I often tell people who are amazed at the weight loss, ‘Weight Loss’ is just a side benefit of the Hallelujah Acres program. I have a list of 28 things that have happened in my body since starting The Hallelujah Diet, and weight loss is just ONE of the 28 things I know about. Twenty-eight GOOD things have happened to my body! There are so many things that I could talk about, but the real pleaser for me is this - I have finally found a diet I can stick to! I have done Weight Watchers, Herbalife, NutraSystems, Atkins, and a few more. I would do them for 90 - 120 days. Then, when I got to their maintenance programs, I would start to fudge a bit, and the weight would come right back. On The Hallelujah Diet, I never vary more than 3 pounds. The neat thing is that when I see a few pounds come on I just add a bit more salad and cut back on the bread, pasta, potato, or rice a bit, and those extra pounds come right back off. EASY! And I never feel deprived! Hallelujah! I could write so much more, but I just wanted to tell you that The Hallelujah Lifestyle WORKS! Praise the Lord! Oh, by the way, my wife Regina has lost 35 pounds and loves the program too!”

Dick Lewis
Health Minister and Pastor, North Myrtle Beach, South Carolina

NO MORE STOMACHACHES

“Dear Rev. and Mrs. Malkmus, I had been diagnosed with GALLSTONES, and told that the only way to get rid of them was surgically. I had a wonderful friend who shared The Hallelujah Diet with me. When she shared this heavenly Hallelujah Lifestyle with me, I knew it was what I had been looking for in a diet all my adult life. Our kitchen is now set up to fully live The Hallelujah Lifestyle. And as for my gallstones, I used to feel pressure from them under my right rib cage. Since converting to The Hallelujah Diet a few months ago, I NO LONGER FEEL THAT PRESSURE! Another note, I used to have STOMACHACHES after every meal I ate, but since I have been on The Hallelujah Diet, I NO LONGER GET STOMACHACHES! I have also LOST SOME WEIGHT, which is a huge bonus! I read the Hallelujah Health Tips each week, and am so encouraged and blessed to be living The Hallelujah Lifestyle. Thank you for sharing the message of our Lord and using Him as your guide. You are doing a wonderful service! We are truly blessed to have you giving us a new lease on life through your ministry. God Bless, and keep up the great work you are doing!”

Bob, Colorado

INSPRITION IS DEEPLY APPRECIATED

“Hi George, On October the first, at your First-Saturday-of-the-Month, “How to Eliminate Sickness” seminar, I got to experience in person the enthusiastic passion that has been pouring out of this

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Hallelujah Acres Events Calendar
Jan. • Feb. • March • 2007

Hallelujah Acres
15 YEAR ANNIVERSARY!
Feb. 15, 2007 • Come by and help us celebrate!

How to Eliminate Sickness Seminar - FREE
3-5 hour seminar presented by Rev. George Malkmus
Jan. 6 • Feb. 3 • March 3 • Seminar Starts: 10 am

FREE Lecture: Udo Erasmus, Ph.D.,
founder of Udo’s Oil, to speak on
The Benefits of Essential Fatty Acids and DHA
Thursday, Feb. 1 • 7 pm
For your convenience, the Hallelujah Acres Café
will be open 5–7 pm for a pre-lecture dinner.
Dinner—$5, Lecture—FREE / Call (800) 915-9335 for reservations.

Hallelujah Acres Culinary Academy
2-Hour Course These lively classes are taught by
Rhonda Malkmus and are held the Friday night before the
FREE monthly Saturday seminar taught by Rev. Malkmus. So
have a healthful weekend, and join us for both! Different
recipes and topics every month!
Jan. 5 • Feb. 2 • March 2 • 7–9 pm
Fee—$25 / Call (800) 915-9335 for reservations.

Hallelujah Acres Culinary Academy 2-Day Course
Find out just how creative and delicious raw food meals can be! Jan. 26–27 • Feb. 23–24 • March 19–20 • 10 am – 6 pm
Fee—$300 / Call (800) 915-9335 for reservations.

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 half-day classes start shortly
after Rev. Malkmus’ FREE seminar and are taught by Hallelujah Acres most popular recipe book authors.
Jan. 6 • Weight Loss - Julie Wandling
Feb. 3 • Weight Loss - Julie Wandling
Mar. 3 • Easter Dinner Hallelujah Style - Top Raw Men
Fee—$109 / Call (800) 915-9335 for reservations.

Get Healthy! Stay Balanced Class A 9-lesson course to achieve vibrant health, includes creative food prep.
Mar. 12–14

Additional announcements will be made in future issues of
Back to the Garden, or, for the latest news, check our website:
www.hacres.com

Get Healthy! Resource Centers
Shelby, NC location:
2nd Anniversary Celebration
Jan. 11, 12 & 13, 2007

Greenville, SC location: GRAND OPENING!
Jan. 18, 19 & 20, 2007
Come help us celebrate our events. Meet raw food expert, one-of-
a-kind dynamic speaker and humorist Tonya Zavasta. Also enjoy our
healthy food and hear life-changing testimonies, plus door
prizes, and more! For more information call (704) 487.9572,
for Shelby, and (864) 751.6400 for Greenville.

Newmarket, Ontario, Canada location:
Moving to a New Location!
Jan. 26, 2007
16635 Yonge Street • Unit 24 (at Murlock Drive & Yonge Street)
For more information call (905) 853.7014.

Health Minister Training
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

Wed.– Sat. • March 14 –17, 2007
Prerequisites and pre-approval required.

Grasp the Opportunities
“Revitalize your spirit and learn valuable
techniques to grow your ministry.”
Health Minister Reunion!
Thurs.–Sat. • April 19 – 21, 2007

Get Healthy! Stay Balanced
Class
A 9-lesson course to achieve vibrant health, includes creative food prep.
Mar. 12–14

Culinary Academy Prepare and sample healthy raw
soups, salads, appetizers, main courses, and desserts.
Buffet lunch included. Call for dates.
January 20 Let the SUN shine IN
February 17 Food for the HEART
March 24 Soups & Sandwiches
April 28 SPRING Fling Foods

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.

Health Lifestyle Workshop
Spend a week with Judy learning how to plan menus, shop for the
right foods, food preparation made easy, and the Get Healthy! Stay
Balanced program. This workshop will be offered four times a year,
first one will be the week of March 26-30, 2007.

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

** All classes, seminars and events are subject to change or cancellation. Please call to confirm registration and schedule.
Make a Commitment to Spiritual Health

by Pastor Donagrant McCluney
Church Health Ministry Coordinator

“A commitment to spiritual health involves the submission of one’s self to the revealed Will of God in the Word of God by the Spirit of God.”

This statement alone sums up the main point and perspective of this treatise, but it is loaded with principles that call for our attention.

Number One: Spiritual health is an assessment that only God and the individual believer can know and maintain. The ideal goal is that the believer becomes so much like Christ that people who watch the believer’s life will glorify God for the good works they see. (Romans 8:28, 29; St. Matthew 5:14-16) Since all of humanity is guilty before God for sin, to some degree or another, God’s grace meets us where we are and brings us to where we

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need to be. (Romans 3:10-18, 23; Ephesians 2:8-10; II Corinthians 5:17) Jesus Christ is the only one who can save us from the sin that separates us from the Presence of God, so Jesus Christ is the only one who has the right to assess and critique our spiritual well being. (St. Matthew 1:21; St. John 3:16-18; Acts 4:12; Romans 8:33, 34)

II Corinthians 6:14-18) Holiness is God’s non-negotiable, uncompromising standard of living, and the only way to please God is to commit to the Holiness of God. (Leviticus 11:45; I Thessalonians 4:7)

Number Four: This commitment is a daily choice that requires a deliberate change. Spiritual health is not a trophy we win for being righteous; it is a constant state of being and becoming in the Presence of God. Because God is progressive, our submission to God’s Will must be progressive. To whom much is given, much is required, and the more we know, the more and better we become in HIM.

I conclude this piece with a testimony and prayer of the Apostle Paul who seemed to understand the rigors and rewards of committing to spiritual health and well being. He said,

Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus. (Philippians 3:13, 14) … and I pray God your whole spirit, soul, and body be preserved blameless unto the coming of our Lord Jesus Christ. (I Thessalonians 5:23b) Amen!

Pastor Donagrant McCluney is the Church Health Ministry Coordinator at Hallelujah Acres. If you’re interested in setting up a Health Ministry in your church, contact him at 877-969-9467 or dmccluney@hacres.com.
Health is a Matter of Choice

by Rev. George Malkmus

Many in the Christian community believe that God governs everything that happens in their lives, including whether they get sick or remain healthy! Some even believe that their health, and even the time of their death, is totally out of their control and totally in God’s hands! I reject that kind of thinking, because my Bible tells me that God wants us to “BE IN HEALTH!”

“Beloved, I wish above all things that thou mayest prosper and BE IN HEALTH, even as thy soul prospereth.” (III John 1:2)

If the Bible tells us God wishes “ABOVE ALL THINGS THAT WE PROSPER AND BE IN HEALTH,” how can we say when sickness comes our way it is “GOD’S WILL?” I have been a Christian for nearly 50-years and have often come in contact with people who accepted sickness as God’s will for their lives.

I BELIEVE, IN MOST INSTANCES, HEALTH IS A MATTER OF CHOICE! In the book of Deuteronomy, God tells the Israelites that they have a CHOICE to make concerning their future:

“And it shall come to pass, when all these things come upon thee, the blessing and the curse...and shalt return unto the Lord thy God, and shalt obey his voice...that then the Lord thy God will turn thy captivity and have compassion upon thee...and bring thee into the land which thy fathers possessed...and He will do thee good.” (Deuteronomy 30:1-5)

“...But if thine heart turn away, so that thou wilt not hear, but shalt be drawn away, and worship other Gods, and serve them; I denounce unto you this day, that ye shall surely perish, and that ye shall not prolong your days upon the land...” (Deuteronomy 30:17-18)

After God gave His people the above choices in Deuteronomy 30:19, He offers the Israelites an opportunity to choose from the two—a CHOICE that would affect their destiny:

“I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore CHOOSE LIFE, THAT BOTH THOU AND THY SEED MAY LIVE.”

WE, TOO, HAVE CHOICES

I believe that just as God gave the Israelites an opportunity to choose their future, we, in this 21st Century, have choices that will affect our future—whether we “LIVE IN HEALTH,” or whether we live in sickness. In this...
Health is a Matter of Choice

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article, “I HAVE SET BEFORE YOU LIFE AND DEATH, BLESSING AND CURSING” and pray that you will “CHOOSE LIFE, THAT BOTH THOU AND THY SEED MAY LIVE.”

Whether we “LIVE IN HEALTH” or in sickness is almost totally in our own hands and under our direct control! In my seminars, I often say, “the next time you get sick, don’t go running to the doctor and ask him to fix it, or even to God and ask Him to fix it – but rather run for the bathroom, turn on the light, look yourself full in the mirror, and ask yourself this question – “What did I do to create this physical problem?” Sadly, that is usually the last place we want to look or have been taught to look.

My dear friends, we live in a society that is always trying to blame sickness on someone or something else. Some people even blame God for their sickness. When I was told I had colon cancer 30-plus years ago, the doctors told me I had inherited it because my mother had colon cancer before me. Have you not noticed that more and more of the physical problems being experienced these days are blamed on bad genes? In other words, our sickness is not our fault! Or we are told that it was a germ, or a virus, or some bad bacteria that chose to attack us and that we are just the innocent and unfortunate victims. Again, we are led to believe that the sickness is not our fault.

I don’t believe that we are the innocent victims, nor will I accept that rationale! Rather, I believe that life is a series of choices in almost everything that happens in our lives, including our health. God says in Galatians 6:7: “BE NOT DECEIVED; GOD IS NOT MOCKED: FOR WHATSOEVER A MAN SOWETH, THAT SHALL HE ALSO REAP.”

Whether we experience sickness, or health, depends on this irrefutable law of sowing and reaping! If we want health, we can almost always experience it if we will sow the seeds that produce health! The problem is that too many people who say they want health don’t sow the seeds that produce health. They sow seeds that produce sickness with almost every mouthful of food, or beverage, they put into their bodies.

**GOD CREATES MAN**

“I will praise thee; for I am fearfully and wonderfully MADE: marvelous are thy works; and that my soul knoweth right well,” we read in Psalm 139:14. I believe man is a direct creation of God and not a product of evolution! My Bible even tells me how God created man: “And the Lord God FORMED MAN of the dust of the ground and breathed into his nostrils the breath of life: and man became a living soul. . .” (Genesis 2:7)

**GOD GIVES MAN A DIET**

My Bible goes on to say after God created man, He placed that first human creation in a garden called Eden, and gave His first human creation a diet: “AND GOD SAID, behold, I have given you every herb (VEGETABLE) bearing seed, which is upon the face of all the earth and every tree in the which is the FRUIT of a tree yielding seed: to you it shall be for meat (FOOD)” (Genesis 1:29)

**SATAN QUESTIONS GOD’S DIETARY TEACHING**

“Now the serpent was more subtle than any beast of the field which the Lord God had made. And he said unto the woman, YEA HATH GOD SAID, YE SHALL NOT EAT OF EVERY TREE OF THE GARDEN?” (Genesis 3:1)

As a result of that temptation, Eve chose to reject God’s instructions as to what she should or should not eat. Eve then offered that same forbidden fruit to her husband Adam, and he chose to eat of it also. As a result of the choices they each made, they both suffered horrible consequences.

**TODAY, SATAN IS STILL AT WORK**

Satan’s first and primary goal is to keep a person from choosing God’s Son, Jesus Christ, whom God sent to this earth to die and shed His precious blood for man’s sin. If Satan fails to prevent someone from coming to Christ, his next objective is to destroy the physical body of that believer, or at least cause it to malfunction, to prevent that person from effectively serving the Lord and fulfilling the mission God has given to perform in his or her lifetime.

In Romans 12:1-2, we find God literally begging Christians: “I beseech you therefore, brethren by the mercies of God, THAT YE PRESENT YOUR BODIES A LIVING SACRIFICE, HOLY, ACCEPTABLE UNTO GOD, WHICH IS YOUR REASONABLE SERVICE. AND BE NOT CONFORMED TO THIS WORLD…”

In I Corinthians 6:19-20, God again challenges believers with these words: “What? Know ye not that your body is the temple of the Holy Ghost, which is in you, which ye have of God and YE ARE NOT YOUR OWN? FOR YE ARE BOUGHT WITH A PRICE: THEREFORE GLORIFY GOD IN YOUR BODY, AND IN YOUR SPIRIT WHICH ARE GOD’S.”

**CONCLUSION**

God created those first two humans – Adam and Eve. They chose to disobey God in their food choices, and their choices caused them to be separated from God, and Scriptures tell us that this separation of man from God was passed on to all people. Then God provides man a means of reconciliation by sending His only Son, who makes full payment for man’s sin through the shedding of His own blood. As a result of Jesus’ sacrifice on the cross, reconciliation is offered to all mankind. If a person chooses to accept Christ, despite the best efforts of Satan to prevent that happening, Satan’s next objective is to prevent that believer from having a body physically fit for the Master’s use.

The Standard American Diet (SAD) is not God’s diet! You will find the SAD is comprised almost completely of items that are not found in God’s Genesis 1:29 diet. The SAD is a major contributing factor for almost every physical problem (other than accidents) man experiences during his or her entire lifetime. When a... continued on page 20
Back in the sixties and seventies, the organic movement prompted visions of community food co-ops, farmer’s markets, and small independent family farms. Now, over 30 years later, much of that scenario remains; however, the movement has picked up steam.

Today, it’s not unusual to walk into the produce section of a supermarket chain, or even Wal-Mart, and find a variety of USDA Certified Organic fruits, vegetables, field greens, and other types of lettuce. Wander to the packaged goods aisle, canned foods aisle, and even the frozen food section, and you’ll discover a feast of products bearing the Organic Seal.

Those Pesky Pesticides
At Hallelujah Acres, we encourage you to use organic produce for many reasons. Organic crops are grown without genetic modification. Farmers use no pesticides, synthetic fertilizers, or waste materials, such as sewage sludge. In a study conducted in 2006, scientists measured the levels of organophosphorus pesticide exposure in 23 school children on their normal diet. During the 15-day testing period, parents substituted foods the kids would regularly eat, such as fresh fruits, vegetables, juices, pastas, cereals, etc. with organic versions of the same items. Testers discovered an immediate and dramatic drop in pesticide exposure when the children switched to an organic diet.

The Dirt on Nutrients
While it stands to reason that fruits and vegetables grown organically are more nutritious, few studies have been conducted to definitely support that claim. Many say organic produce tastes better, but taste is subjective. Only you can determine if, say, an organic banana or carrot tastes better than their commercially produced counterparts. However, as organic produce enters the mainstream, more and more people—from gourmet chefs to average consumers—are switching to or adding organic foods to the menu.

Organic I.D.
You’ve got two peppers. They’re both red. They both look ripe and healthy. They smell like, well…peppers. Which one is organic? No tricky riddle here. If you want to buy organic, the products are easy to identify. Simply read the product label. Organic produce has a five-digit number on it that begins with the number nine. Commercial produce has a four-digit number. Also, be aware of how products are advertised. “Natural” does not necessarily mean “organic.”

The Economics of Eating Organic
Also consider that all of these benefits come with a higher price tag. Since organic farms are usually smaller and more labor and management intensive, the cost of farming is higher than it would be on a large, government-subsidized commercial farm. That higher production cost is passed down to the consumer.

Adapting Commercial Produce to The Hallelujah Diet
Switching to organic produce is a great way to fuel our bodies with the best possible foods from God’s beautiful earth. However, we realize it’s not an option for everyone. There are ways to make commercially produced fruits and vegetables adaptable to The Hallelujah Diet.

Olin Idol, N.D., C.N.C., Vice President of Health at Hallelujah Acres says, “When organic produce is not readily available or affordable, when available, buying from local farmers at local farm co-ops is our next best option, and then the local supermarket. Simply wash thoroughly with tap water to remove any surface contaminants and peel fruits and veggies that are coated in wax.” He emphasizes that “organic” simply ensures that no chemicals were used in the growing and processing of the food.

Stay True to the Original Purpose
So, if you’d like, give organic a go! Start by adding a few vegetables or fruits, or switch over completely. Commercial or organic, the most important thing is sticking to the diet God intended for his people, so that they may live their lives here on earth in health and in service to Him.
Take the 21-Day Challenge!

As we start the New Year, 2007, Dr. Malkmus challenges you to try The Hallelujah Diet for 21 days. Rev. Malkmus says, “Believe it or not, 21-days has been enough to dramatically improve the health of thousands who have tried it in the past and written to give glowing testimony of dozens of different physical problems simply disappearing in just a matter of days. One 63-year old woman reported gout gone in 2-days; dermatitis disappearing within 1-week; acid reflux also gone in 1-week; and a weight loss of 6.5 pounds in that same week.”

You will find The Hallelujah Diet spelled out in detail on pages 24 & 25. For questions or encouragement call Hallelujah Acres at (704) 481.1700.

Rev. George Malkmus is the founder of Hallelujah Acres and the author of The Hallelujah Diet, among many other books. A respected and popular speaker, he has guided tens-of-thousands back from serious illness, including himself, through The Hallelujah Diet, based on the teachings in Genesis 1:29.

I AM SO GLAD GOD LED US TO HALLELUJAH ACRES

“George, I thank God for you and for the great work you are doing! I came across Hallelujah Acres coincidentally while researching vegetarian nutrition. I had originally planned on going on a 30-day vegetarian fast with my wife, for the purpose of cleansing our bodies. After just briefly researching The Hallelujah Diet and Lifestyle, I decided that this would be the best route for us to go for a 30-day cleanse. At that time, I was not convinced to change permanently to a vegan diet. However, over the next 30-days, I read nearly every article on your vast website www.hacres.com and came to the conclusion that God’s people truly are perishing for LACK OF KNOWLEDGE! I am sure that your books and volumes of information on your website represent only a fraction of your 30-years of research on diet and nutrition.

I am very grateful that you have made this knowledge so freely available. As a brother in Christ, I am glad to have this information to improve my life and health for the glory of God. As a chiropractor, I am very grateful to have such a great resource as Hallelujah Acres, to which I can confidently refer my patients. During those first 30-days on The Hallelujah Lifestyle, my wife and I experienced such amazing results, that we decided to continue to embrace the Diet & Lifestyle. Now, after 3-months on The Hallelujah Diet, I have LOST 27 POUNDS, and my wife has LOST 30 POUNDS. I ALSO FEEL BETTER, AM MORE VITALIZED, MORE ENERGETIC, AND MORE ENTHUSIASTIC ABOUT LIFE than I have been in many years! I originally had wanted to only do a 30-day fast because I was feeling run down and fatigued every day; which interfered with my personal relationships, my work, and my relationship with God. I am so glad that God led us to Hallelujah Acres, and that we did not return to our old ways after we began to feel better. Additionally, my wife and I have found that going the Hallelujah Way is SAVING US BOTH TIME AND MONEY, and we are both very excited about the continued results we will be experiencing!”

Dr. Brent Hunter

HALLELUJAH ACRES HEALED ME OF LIFE THREATENING ILLNESSES

“My father died from complications from medicines taken for arthritis. My mother-in-law died from lung cancer. As a nurse, I have seen too many people suffer needlessly. The Hallelujah Diet has personally healed me of some life threatening illnesses. My passion is to help teach others how to get well God’s Way. For far too long, the medical community has been telling us too many lies. We must get this truth out! People are looking and searching, and Hallelujah Acres has the answers!”

When asked to share her personal experience regarding The Hallelujah Diet, Tammy wrote the following: “By December 1998, I had come to the place in my life where I was ‘sick and tired of being sick and tired,’ and I had...”
I love to eat food, yet I hate being sick or in pain. For the longest time, I did not have the knowledge on how to bring the two together: eating and not feeling bad. The search to resolve this dilemma launched my health journey many years ago. I started reading and initially thought that taking handfuls of supplements would be the answer, but that didn’t deliver. I also tried changing to low-fat, non-fat, low-carb while eating “natural” processed foods and cutting fat off of meat (and eating baked chicken, etc.), but that didn’t give me the health I was searching for either. There had to be an answer.

Enter God…and along with God, wisdom. I started studying the Word, never fathoming He would address my diet. Long story short, as I became acquainted with God, I started becoming more aware of the natural environment: trees, flowers, animals, sky, and mountains, and saw that He was the Designer of the natural things all around me. I saw that as long as man didn’t tamper with something He made, the life force that He put in it remained. When I applied this knowledge to food, it was a real awakening. Eventually I saw that the life force in the food we eat was called live enzymes!

Over time, I lost 45 unneeded pounds, and my commitment to God became stronger. I committed my whole self to Him, including how I treated my physical body. As I studied Romans 12:1-2, often quoted by Dr. Malkmus, I wanted to become a living sacrifice for God. I read in a Christian book entitled Patriarchs and Prophets, “We should seek to make the offering as nearly perfect as possible. Those who love Him with all their heart, will desire to give Him the best service of their life and they will be constantly seeking to bring every power of their being into harmony with the laws that will promote their ability to do His will.” Now my feet were anchored in the walk with Him, and food loomed up as a big factor in obtaining the goal of being my best for Him.

With my eye set on the goal, I started seriously thinking about food, studying it, and considering what we ate as a nation. A massive tragedy was taking place right before my eyes. Americans, generally speaking, weren’t eating enzymatically alive foods that God originally created. Being set apart as a Christian, I had to step aside from the norm and start eating God’s way and inviting others to eat this way too. The conviction to teach was compelling – eat as much raw food as possible – at least 85% of our daily intake. When people came to our home classes, they listened intently and asked, “Why raw?” Now, through research and study, I had the answers…
**Best Ever Almond Nut Paté**

2 cups almonds, soaked  
1 cup sunflower seeds, soaked  
3 stalks celery, finely chopped  
1 red bell pepper, finely chopped  
1/2 finely chopped red onion  
1/2 cup fresh parsley, finely chopped  
2 Tbsp fresh lemon juice  
1/2 tsp Celtic Sea Salt  
1/4 tsp cayenne OR  
1 – 2 tsp curry powder  

Process the almonds, sunflower seeds, and carrots through a Champion juicer using the solid plate or in a food processor fitted with the “S” blade. Transfer to a mixing bowl and add the celery, bell pepper, red onion, parsley, lemon juice, salt, and cayenne or curry powder (if using). Mix well. Serve with vegetable slices or spread on raw crackers.

The organic, raw foods have their full complement of charged (biochemical factors) food enzymes in them. These enzymes help carry out all the processes in the body: digestion, nerve impulses, detoxification, tissue repair/healing, and even thinking. These are mainly carried out by metabolic enzymes the body has, but the body does not have an inexhaustible supply of them. When adding food enzymes through live foods, we replenish our bodies’ bank accounts. We need to get as many of these food enzymes into the system as possible to assist the body in its various functions. Without them, we eventually start to suffer, have pain and illness – the very things I want to avoid. Cooking destroys the food enzymes and hinders one from enjoying ultimate health, so I approach cooking very cautiously. With raw, we can get surplus nutrients for health and rejuvenation; not to mention the live food is delicious, especially once the taste buds have been rebuilt and converted.

Both my husband and I became very convinced of the value of raw, organic foods and the great service they do to the body. So in 1997, we began operating an organic produce co-op as an extension of our ministry in Houston, Texas. Every other week, we would have case upon case of fresh raw organic produce plus pallets of organic carrots delivered to the fellowship hall at our church. People would come from miles around to buy organic produce at a reasonable price. It was so fulfilling knowing we were sharing foods filled with live enzymes. At our home, we continued to teach people how to prepare these delicious foods raw and share the rationale behind why we needed them. It was a wonderful time in our lives.

Now we have the opportunity to co-host the Hallelujah Acres Lifestyle Center in Lake Lure, NC that we founded in 2003. People continue to come and learn about, not only the magnificent value of raw organic food, but also the other components of a healthy lifestyle. They stay with us for one or two weeks and get excited and motivated like we are.

I can honestly say that God has indeed given us wisdom so that we can still eat plenty of food, only now without the sickness and pain that goes along with the American diet. I have also delightfully found that the longer I’m eating His way, the more natural it has become. Now I believe it is just the Godly way of life.
Baby Spinach Salad with Pear & Pecans

2 firm pears, peeled, cored, and sliced
8 green onions, finely chopped
2 tsp Celtic Sea Salt
6 Tbsp olive oil
Juice of 2 lemons (approx. 6 Tbsp)
2 Tbsp raw honey or maple syrup
2 lbs baby spinach leaves
2 cups chopped parsley & cilantro leaves
2/3 cup chopped pecans

Marinate pear and green onions with sea salt, olive oil, lemon juice, and honey or maple syrup for 5 – 10 minutes. Add baby spinach, herbs and pecans, tossing gently. Serve immediately.

Better Butter

1/2 cup pine nuts
2 Tbsp olive oil
1/4 cup water
1 tsp Udo’s Oil (if available)
1 Tbsp lemon juice
1/2 tsp Celtic Sea Salt
1/2 cup coconut oil

Blend nuts, lemon juice, water, olive oil, Udo’s Oil, and salt until smooth. Add more water if needed. Add 1/2 cup coconut oil and blend again. Chill in refrigerator or freezer.

Kale and Hearty

5 cups kale, finely shredded
1/2 cup thinly sliced onions
1/2 cup chopped red pepper
1 cup grated sweet potato
1 1/2 tsp grated ginger root
1/2 cup lemon juice
2 Tbsp extra virgin olive oil
1/2 tsp Celtic Sea Salt
1 cup dehydrated mushrooms (opt)
Handful of almonds or pumpkin seeds

In a large serving bowl, combine the kale, onions, red pepper, sweet potato, garlic, ginger, lemon juice, oil, salt, and dehydrated mushrooms. Toss. Let the salad sit at room temperature for 1 – 2 hours. Toss again just before serving and top with either the nuts or the seeds.
George & Peggy Nungesser

The 30-Day Trial that Turned into a Lifetime Commitment

The proud parents of three boys, George, Charles, and Richard, and one girl, Coralanne, George and Peggy Nungesser were living the American dream. George was a captain with a major airline. They lived in beautiful, sunny Arizona. Peggy, a dedicated wife and mother, prepared meals of freshly baked bread, a serving of meat, a starch, such as potatoes or rice, and a salad made of iceberg lettuce. Their diet included lots of dairy products as well, heavy on the milk, cheese, and ice cream. And they were healthy, too…as healthy as every other family on the Standard American Diet. George says, “We had the usual colds, cavities, aches, and pains. Our kids had tubes in their ears due to numerous ear infections. But isn’t this ‘normal?’”

Even when Charles, at the tender age of one, developed severe food allergies, the Nungessers accepted it as the norm. George tells Charles’ story, “…some food just touched his lip. His lip started to swell. Within 20 minutes Peggy had him in the emergency room and his tiny body had swollen twice its normal size. He had anaphylactic shock and almost died…. We tried the normal medical route without help…. He had allergy and cortisone shots. He developed a moon face from the cortisone. We went to doctors seeking help, but this life-threatening food allergy situation persisted.”

Peggy adds, “Our daughter, Coralanne, had severe eczema as a child. She remembers crying herself to sleep at night due to the burning behind the bends of her knees. We tried doctor’s creams and lotions without success.” Peggy, herself, suffered from heart palpitations due to a prolapsed heart valve. George continues, “Yes, we thought we were a normal family, because every family has health concerns to some degree, or so we thought.”

Though George and Peggy didn’t consider their own health issues major, they were most interested in preventing disease. So in June 1996, they made a trip to California to hear Rev. George Malkmus speak. Soon afterwards, they decided to try The Hallelujah Diet for just 30 days. The 30 days expanded to 90, which then lengthened to one year, and has now grown to over 10 years. Daughter Coralanne was thrilled with their diet change and embraced the lifestyle wholeheartedly. After switching to The Hallelujah Diet, Coralanne’s eczema disappeared, and she made it through puberty avoiding the condition dreaded by every teenage girl—pimples! Peggy’s heart palpitations were also a thing of the past. The boys, however, were another story. George remarks, “Our three sons wanted nothing to do with [the diet]. They wanted the Standard American Diet food.”

About a year after George and Peggy made the diet change, Charles asked to try the barley powder they were taking. Due to his food allergies, he had to adjust the amount to a level he could tolerate, but gradually increased it to three tablespoons a day. “After three months, Charles made an amazing discovery. He could now eat food—lettuce, bananas, etc.—without his lips tingling, his throat swelling, or his skin breaking out in hives. His life threatening food allergies were gone!…Peggy would now prepare meals for her family without fear that her prepared food would send our son to the emergency room,” George says.

With Coralanne and Charles on the diet, it wasn’t long before sibling rivalry came into play. Eldest son, George took up the challenge to “go raw,” along with Charles and a friend. Within one month of eating all raw, Charles’ asthma simply went away. He no longer needed his inhaler. He’s been asthma-free for seven years. But young adults cannot live by lettuce alone. The challenge led this lively, creative group straight to the kitchen, where they developed tasty raw, meatless dishes such as Tacos, Spanish Rice, Philly Cheese Steak, and Peanut Butter Chocolate Pie, among others. Their endeavors resulted in the
It sure was crowded in the backyard, but month. One monthly potluck had 113 folks.

between 40-60 people in attendance per gala, as George relates, “We have popular event started by Charles six years ago. The potluck dinners can turn into quite
total commitment to the Hallelujah Diet & Lifestyle. But their enthusiasm wouldn’t be kept “just in the family” for long.

George says, “We were so overwhelmed with our son’s newfound health that we wanted to spread the good news… ‘You do not have to be sick’.” Peggy became a Hallelujah Acres Health Minister. A few years later, George obtained his Health Minister certification as well. Together, they started In the Beginning Health Ministry, LLC, based out of Mesa, Arizona. Peggy teaches six Get Healthy! Stay Balanced Classes a year, and has witnessed many inspiring health transformations. She reports, “Student testimonies range from overcoming bile duct liver cancer, reducing insulin dependence by 2/3rds, and losing over 100 lbs.”

In addition, the Nungessers continue to host monthly raw food potluck dinners, a popular event started by Charles six years ago. The potluck dinners can turn into quite the gala, as George relates, “We have between 40-60 people in attendance per month. One monthly potluck had 113 folks. It sure was crowded in the backyard, but everyone had a good time and enjoyed the raw food and the speaker.”

Now retired, George credits The Hallelujah Diet for giving him plenty of energy and stamina during his years as a pilot. Of the diet he says, “It definitely helps us now in our many business endeavors and travel, in retirement life.” Peggy adds, “I think we are busier now in our retirement years, and we have the energy to do it.”

Indeed, retirement is not a time to take it easy for the Nungessers. You’ll often see them appearing at Hallelujah Acres Conferences and Events and teaching classes at the Culinary Academy in Shelby, NC. Determined, caring, and committed, George and Peggy Nungesser look to the future with hope and optimism.

When asked about committing to health, George responds, “Commitment comes in many sizes or flavors. An excellent way to help us with our commitments to God, family, and our personal wellbeing is to take the Hallelujah Acres, Get Healthy! Stay Balanced course. This course helps us with basic and fundamental commitments in our lives.”

Now this fundamental commitment is leading them onto a new, exciting, and rewarding path. Peggy shares, “We have personally seen people’s lives changed in dramatic ways in the Get Healthy! Stay Balanced classes. We would like to help others in a Lifestyle Center operation someday.”

When that day comes, you can be sure it will reflect the Nungesser’s compassionate hearts, unshakeable faith, and rock solid commitment.

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**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.

<table>
<thead>
<tr>
<th>Jan.</th>
<th>Lose the Weight for Good!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb.</td>
<td>Oh, My Aching Heart</td>
</tr>
<tr>
<td>March</td>
<td>Commit Now</td>
</tr>
<tr>
<td>April</td>
<td>Renewing the Body</td>
</tr>
</tbody>
</table>

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

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**The Nungesser Family Portrait**

Peggy — Teaches the Get Healthy! Stay Balanced class; popular Culinary Academy food prep instructor.

Charles — Co-author of How We All Went Raw; demonstrates food preparation at The Hallelujah Acres Culinary Academy, and has made two TV show appearances. He is also a video editor and TV show cameraman.

Coralanne — Co-author of How We All Went Raw; recent graduate, Summa Cum Laude from Arizona State University with a degree in Elementary Education. She works with her brothers at the Culinary Academy and has made a TV food show appearance.

George (Father) — Retired Captain from Southwest Airlines, presenter of How to Start a Business in a Box (available also on DVD).

George (Son, not pictured) — Co-author of How We All Went Raw, First Officer for Southwest Airlines. He was the First Officer on his father’s retirement flight. Both George and his wife Kimbra are Health Ministers and have a 16-month old son, Andrew.

Richard (not pictured) — Founder of Bread of Life Homeless Ministry with wife Brooke. Also Pastor of the International Church in Poznan, Poland. They have an 11-month old daughter, Adelyne.

George and Peggy Nungesser can be reached at georgelovespeggy@cs.com
Hallelujah Acres presents the...

Culinary Academy
Where the art of food prep is made easy!

2-Hour Intensive
Jan. 5 • Feb. 2 • March 2
These lively classes are taught by Rhonda Malkmus, and are held Friday night before the FREE monthly Saturday seminar taught by Rev. Malkmus.
Different recipes and topics every month.
So have a healthful weekend and join us!

Special Courses
These fun food prep classes start shortly after Rev. Malkmus’ FREE seminar!
Jan. 6 • Feb. 3
Julie Wandling - Weight Loss
March 3
Top Raw Men - Easter Dinner Hallelujah Style

2 Day Course
Jan. 26-27 • Feb. 23-24
March 19-20
Join the Graffs in this intensive 2-day course and learn to prepare everything from the basics to mouthwatering gourmet delights!

Culinary Academy – Canada
These fun food prep classes are held one Saturday a month.

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

For all Culinary Academy dates and details please see our Events Calendar on page 14.
very LITTLE ENERGY. Some days it seemed EVERY BONE IN MY BODY ACHED. I experienced pain in my feet almost daily. Some days I could hardly walk due to severe pain from HEEL SPURS and ARTHRITIS. I also had two GANGLION CYSTS on my left knee. I would often take Ibuprofen, 800 mgs at a time, to help with the pain. I continued to gain weight, reaching a high of 285 pounds. I blamed the weight gain on my HYPOTHYROIDISM, which had been diagnosed in 1991. I often had severe SINUS HEADACHES, with occasional MIGRAINES so severe they made me vomit. I also had terrible PMS symptoms, and HYPERTENSION, along with, as I already mentioned, VERY LITTLE ENERGY. My energy was so low, I had to take a nap every day just to make it through the day. About a week before Christmas 1998, I prayed and asked God to help me and show me what to do to improve my health. Within just a few days we were given a juicer, along with a copy of Dr. Russ’ book ‘God’s Way to Ultimate Health.’ Well, to make a long story short, we adopted The Hallelujah Diet, and here we are eight years later. Since making the diet change, I have LOST 90 POUNDS, I have INCREDIBLE ENERGY, and seldom take a nap. I NO LONGER HAVE HEEL SPURS or GANGLION CYSTS or PAIN IN MY FEET or KNEE, and my PMS SYMPTOMS ARE TOTALLY GONE. MY CHRONIC SINUS PROBLEMS ARE NOW HISTORY, and I was able to QUIT TAKING MY THYROID MEDICATION. MY BLOOD PRESSURE IS NOW NORMAL, I NO LONGER HAVE CONSTIPATION, AND MY MENSTRUATION IS NOW REGULAR AND NORMAL.”

Tammy
Lawton, Oklahoma

PHYSICAL PROBLEMS LEFT MY BODY

“I have been health conscious for 27-years and have ebbed and flowed in my discipline and application of a healthy diet. Then about four years ago, I adopted The Hallelujah Diet and have been trying to share this Health Message with family and friends, and believe attending Health Ministry training will help me to be more effective in sharing the message. My personal testimony is that at the age of 16, my family of eight lived in a farm community and my father kept an organic garden and raised some animals for food. As a teen, I read the book ‘Sugar Blues,’ and became wise to the profit motives of food manufacturers. Through high school and college, I was a vegetarian and sugar free. Then I married a Christian fellow on the Standard American Diet (SAD). Through Russ’ influence I became a Christian, but I also adopted the erroneous belief that prayer would eradicate the dangers of the SAD. I also became very weary of trying to be so disciplined when my husband did not support me, and so I went back to eating the SAD. When I did, all kinds of physical problems began to manifest: CHRONIC FATIGUE, ACHING JOINTS, ACNE, HEADACHES, DEPRESSION, VOLATILE EMOTIONS, STAGE 3 CANDIDA, IMMUNE DYSFUNCTION, as well as LIVER, KIDNEY and ADRENAL DYSFUNCTION, DIGESTIVE PROBLEMS, SEVERE FOOD ALLERGIES, SKIN RASHES, CHEMICAL SENSITIVITY, WEIGHT LOSS, DRY BRITTLE HAIR, DRY CRACKED SKIN and LIVER SPOTS. As these symptoms began to manifest, I knew I had been a fool to go back to the SAD, and so I made a covenant with God that I would never eat sugar again if He would get me out of the severe pain I was experiencing and that doctors could not diagnose. But by the end of 2001, I was at the end of my rope and still eating meat and a mostly cooked food diet. It was at this low point in my life that I discovered The Hallelujah Diet. The Hallelujah message confirmed all I had learned during my long journey and when I finally cut out all animal products and started eating more raw fruits and vegetables and adding carrot and barley juice to my diet, I was finally on the road to full recovery. After adopting The Hallelujah Diet four years ago, ALL OF THE ABOVE LISTED PHYSICAL PROBLEMS SIMPLY LEFT MY BODY!”

Anita,
Kannapolis, North Carolina

DISCOVERED A BETTER WAY OF DEALING WITH PHYSICAL PROBLEMS—DISCOVERED THE HALLELUJAH WAY!

“Having had two partial COLECTOMIES, two ANGIOPLASTIES with stints, and being DIABETIC, I discovered a better way than the world’s way of dealing with physical problems when I found Hallelujah Acres. It all started on June 4, 2005 when we attend a seminar at Hallelujah Acres. After attending the seminar, I immediately adopted The Hallelujah Diet. Prior to making the diet change I was overweight by 80-90 pounds and knew that all sorts of medical problems were eminent if I didn’t do something about my physical condition. Having Type II DIABETES, I also knew that the potential for eye, heart, and kidney disease problems awaited me. Within one week of adopting The Hallelujah Diet, my BLOOD SUGAR READINGS DROPPED FROM 300 TO 160! After two weeks, sugar readings were down to 130, and then they dropped to normal and have remained in the normal range for the past five months. After being on the diet for four weeks, I was scheduled for my annual check up, I was able to stop my cholesterol medications, and after my stress test, was able to stop taking Lipitor and aspirin. During the past 10 years I have had two COLON CANCER surgeries and two ANGIOPLASTY surgeries. If only I had known about The Hallelujah Diet sooner, I have no doubt that I would have been able to avoid all of these physical problems and surgeries. God is so GOOD! HALLELUJAH!”

Health Minister Doug Smith,
Demerest, Georgia
Super Charge Your Water

**WaterMax** We all know drinking plenty of clean water is an essential part of a healthy lifestyle, but how do you get the necessary minerals lacking in distilled water? With **WaterMax**—a new, effective, and economical water additive that re-mineralizes drinking water, you can be sure your water lacks nothing!

- Alkalizes water
- Provides minerals in the amounts and forms that benefit the body
- Improves the hydrating ability of your drinking water
- Transforms water into a free-radical quenching antioxidant drink

**Costs Just Pennies per Gallon** Get more minerals for the money! At just 62 cents per gallon of treated water, WaterMax is very cost effective. One 16 oz. bottle gives you approximately 6,000 8 oz. glasses, or 48 gallons of enhanced water. Now that’s quite a bargain!

**Table 1. Comparison of Water Properties.**

<table>
<thead>
<tr>
<th>Water</th>
<th>pH*</th>
<th>ORP, mV**</th>
<th>TDS, ppm***</th>
</tr>
</thead>
<tbody>
<tr>
<td>Distilled Water</td>
<td>6.11</td>
<td>162.67</td>
<td>0.90</td>
</tr>
<tr>
<td>Evian (French Alps mineral water)</td>
<td>7.66</td>
<td>150.27</td>
<td>373.33</td>
</tr>
<tr>
<td>Concentrations Trace Mineral Drops</td>
<td>6.40</td>
<td>153.17</td>
<td>191.33</td>
</tr>
<tr>
<td>Willard Water, Formula XXX</td>
<td>9.45</td>
<td>33.63</td>
<td>97.13</td>
</tr>
<tr>
<td>WaterMax</td>
<td>8.19</td>
<td>67.17</td>
<td>202.00</td>
</tr>
<tr>
<td>WaterMax, double strength</td>
<td>8.74</td>
<td>57.20</td>
<td>209.00</td>
</tr>
</tbody>
</table>

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

We’ve taken some of the most savory dishes featured on the popular Hallelujah Food Show videos and compiled them in one terrific recipe book.

You’ll enjoy mouthwatering favorites from these select shows:
- **Let’s Get Started**
- **Feeding Our Children**
- **Choices, Variety, and Convenience**
- **Basics for Great Recipes**
- **A Day on The Hallelujah Diet**
- **Holidays and Special Occasions**
- **Eating in the Outdoors**
- **The Hallelujah Diet at Work and on the Road**

Prepare these delicious meals for your special “audience” and you’ll be the star of your Hallelujah kitchen!

**Food Show Recipe Book Now Available**

#330  **The Food Show Recipe Book**  $14.95
Fiber Cleanse
Contains 28 herbs in a psyllium and flaxseed base to help you cleanse the colon, restore optimal bowel function, and ensure timely elimination of toxins from the body - a must for achieving optimal health. Use Fiber Cleanse during the first 2-3 months on The Hallelujah Diet. Not recommended for pregnant or lactating women, or for long-term use. Available in powder and vegetarian capsules.

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

Latest Product Information:

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

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

Welcome the new “Max!”
Introducing WaterMax—a more effective water additive that costs less! See pages 31 and 43 for details.

## 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 8.3-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 form, 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. Betain, the unique antioxidant pigment in beets, protects the body from free radical damage. 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

**Ensure an Adequate Level of B12 in Your Body**

**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

**Promotes GOOD Colon Health!**

**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
**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/hide 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

**Flora Flax Oil**
Omega-3 and omega-6 essential fatty acids (EFA’s) 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. (Please note: we are unable to ship these glass bottles outside the 48 contiguous United States.)

#427 17-oz bottle  $23.95

**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  $23.95

**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

**BIOPRO Probiotic Product**
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 radiators (EMRs) on several of your appliances and tech devices.

#850 BIO PRO (6 chips or more)  $23.00 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.

#850 BIO PRO HEADSET  $34.95

For more information see page 46

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**Survival Mix**
This delectable blend of dehydrated enzyme-rich seasonal fruits and soaked/dehydrated 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)  $34.95
#438 1.5 oz. bag  $3.50
#438 6-Bag box (1.5 oz. each)  $19.95

**Maple Nut Royale Bar**
Made with 100% pure maple syrup and nuts. Certified vegan, gluten-free, with NO trans-fats, added fillers, salt, sugar, chemicals, preservatives, artificial flavorings, or color. Please specify quantity when ordering.

#444 1 Bar $1.65
20-Bar Box  $27.95
80-Bar Case  $92.00

**Vanilla Nut Goodee Bar**
Contains 100% kosher maple syrup; raw almonds, pecans, and macadamia nuts; organic pure vanilla, agave nectar, cinnamon, and nutmeg. Yummy. Please specify quantity when ordering.

#444V 1 Bar $1.65
20-Bar Box  $27.95
80-Bar Case  $92.00

**The Hallelujah Acres Snack Sampler Pack**
Now you can try each of our snack treats with our sampler pack! Sampler includes Living Good Bar, Maple Nut Royale Bar, Vanilla Nut Goodee Bar, and Survival Mix (1.5 oz. Size only)

#KIT993 HA Snack Sampler Pack  $9.69

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**1.800.915.9355 • www.hacres.com**
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 (optional capsules or alfalfa free), Fiber Cleanse, Flora Flax Oil, the book *The Hallelujah Diet* by Rev. George Malkmus, and Hallelujah Acres B12-B6-Folic Acid supplement. **You save almost 15% off the regular retail price with this kit. No substitutions, please.**

- #KITSILVER  Silver Starter Kit $94.95
- #KITSILVER-C  Silver Starter Kit - Capsules $94.95
- #KITSILVER-AF  Silver Starter Kit AF $94.95

Gold Starter Kit
The Gold Starter Kit includes everything in the Silver Starter Kit with options available for BarleyMax products (capsules or alfalfa free), plus a Champion juicer and the *Recipes for Life...from God's Garden* recipe book by Rhonda Malkmus. And get more than 5% in savings, compared to buying each item separately at the regular retail price. **Save money and get Gold! No substitutions, please.**

- #KITGOLD  Gold Starter Kit - Almond Juicer $349.95
- #KITGOLD-C  Gold Starter Kit - Almond Juicer with Caps $349.95
- #KITGOLD-AF  Gold Starter Kit - Almond Juicer with AF $349.95
- #KITGOLDB  Gold Starter Kit - Black Juicer $349.95
- #KITGOLDB-C  Gold Starter Kit - Black Juicer with Caps $349.95
- #KITGOLDB-AF  Gold Starter Kit - Black Juicer with AF $349.95
- #KITGOLDW  Gold Starter Kit - White Juicer $349.95
- #KITGOLDW-C  Gold Starter Kit - White Juicer with Caps $349.95
- #KITGOLDW-AF  Gold Starter Kit - White Juicer with AF $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 10% versus buying this kit's items individually.** It has all the components of the Silver Starter Kit with options available for BarleyMax products (capsules or alfalfa free), 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  Platinum Starter Kit $384.95
- #KITPLATIN-C  Platinum Starter Kit - Caps $384.95
- #KITPLATIN-AF  Platinum Starter Kit - AF $384.95

FREE GROUND SHIPPING
On all ‘Auto-Ship’ orders over $50.00. Please call Customer Service, 1(800) 915.9355, for details. US - 48 States Only

*Attention Retail Customers*

SILVER

PLATINUM

FREE GROUND SHIPPING
On all ‘Auto-Ship’ orders over $50.00. Please call Customer Service, 1(800) 915.9355, for details. US - 48 States Only

*Attention Retail Customers*
**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 GluSODin, 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

**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

**Microhydren**

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 blood tissues, thereby countering 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

**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

**Light Grey Celtic Sea Salt**

Celtic sea salt is free of any processing, dined 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

**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, 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

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.

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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.

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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 complementary 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.

#213W Paperback $8.95

God’s Way to Ultimate Health
by Rev. George Malkmus with Michael Dyke 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 comprehensive book of The Hallelujah Diet contains 282 pages of vital information and real-life testimonies—a book that many people say saved their lives.

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A Message of Hope and Healing
by Rev. George Malkmus (formally You Don’t Have to be Sick, this book is geared for the Church Health Ministry)
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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.
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A Health Primer
by Rev. George Malkmus
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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.
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Recipe Books by

RHONDA MALKMUS

Eating to Live, rather than Living to Eat.

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.
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Holiday 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.
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Recipe Books by

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.
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RHONDA MALKMUS

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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.
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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

Thanks for the Tasteful Treats
by Health Minister Rhonda Malkmus
is a delightful book filled with great-tasting 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.
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• Bring more joy into your life
Includes easy-to-prepare recipes
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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 a must reading before you vaccinate.
#207 Paperback, 128 pages $8.95

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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.
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#363 Paperback, 372 pages $14.95

Natural Progesterone Presentation by Dr. John R. Lee
Learn about natural progesterone and its benefits in helping to balance hormones the natural way.

#806 Audio Cassette, 2 hrs. $9.95
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#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. Mallimus. Stabilizing bar for better balancing and full goodies pack are also available.

#601 Rebounder (soft bounce) $199.95
#604 Stabilizing Bar $59.95
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#549 White $495.95

**Champion Juicer**
This is a masticating juicer, which breaks up the cells and fibers of food, forcing its nutritional value into the juice. In addition to juicing fruits and vegetables, you can make banana ice cream, baby food, nut butters, and more. Available in Almond, 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.

#310AH (Almond) #310WH (White) #310BH (Black) $249.95
#511 Commercial Model (White Only) $289.95

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**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

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**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
Wall Mount

Mr. Peely Optional Counter Stand
#610S Mr. Peely Counter Stand $130.00

Mr. Peely Peeler Combo
Mr. Peely and counter stand.
#KIT994 Mr. Peely Peeler Combo $360.00

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**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.

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*Attention Retail Customers*
What really pure water is.

Distillers, purifiers, & educational material

Waterwise 9000
Steam Distiller

#5900 White $379.95
#5901 Carbon Filter $5.95
#5901 Box of 6 Filters $29.95

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 $279.95
#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

WaterMax
Super Charge Your Water
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

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 $249.95
#5401 Carbon Filter $5.95
#5401 Box of 6 Filters $29.95

1.800.915.9355 • www.hacres.com
**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 $194.95
- #589 Fruit Roll (1-sheet) $9.95

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**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 $179.95

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**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 $369.95

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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.

- #384 Personal Blender $79.95

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**Food Dehydration**

Hallelujah Acres recommends Food Preparation Essentials
Evert-Fresh Green Bags®
Keep your carrots crunchy, romaine lettuce crisp, sweet bananas yellow... even fresh cut flowers petal! 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.

#523LG 10-Pack Large
(21.1" H x 9.1" W x 6.6" D) $6.95
#523MD 10-Pack Medium
(17.1" H x 7.1" W x 4.1" D) $3.95
#523SM 10-Pack Small
(13.1" H x 5.9" W x 3.9" D) $2.95

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

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 $89.95

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 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

Hallelujah Acres Umbrella

#791 Umbrella $10.95

Hallelujah Acres Tote Bag
Our tote bag is handy and durable. Made of 600-denier denier, 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

Four Weeks of Fresh!  — April 2009 —
It’s that mysterious urge to munch. A craving for something to crunch. Just a little something to tide you over between your BarleyMax and lunch. The midnight summons from the fridge audible only to you. Call it what you will, in reality it’s a snack. Is it possible to give in to your urge to snack, and still stay committed to your healthy lifestyle?

**Snack Healthy with Living Foods**

Hallelujah Acres offers snacks that satisfy the taste buds while maintaining your healthy lifestyle. All snack products are living foods (with live enzymes), vegan, trans fat and gluten free, with no salt, sugar, preservatives, chemicals, artificial flavors, fillers, fats or coloring added. These tasty, gourmet-quality snacks are perfect for when you want a delicious treat, or you’re on the go and don’t have time for a meal.

**The next time you’re looking for a treat, try any of these.**

**Goodee Eats!**

Indulge your taste buds! The perfect snack for when you’re on the go and yearn for a sweet treat! Goodee Bars come in two delicious flavors: Vanilla Nut and Maple Nut. Cold processed, not cooked, enzymatically-live food, no trans fats, good for you and delicious to boot!

**Survival of the Healthiest!**

Survival Bar—Rev. Malkmus’ favorite meal when he’s on the road! Bars contain Hallelujah Acres’ living food products, BarleyMax®, CarrotJuiceMax® and BeetMax. Cold processed, not cooked, enzymatically-live food, no trans fats and gluten free.

**Survival Mix**—This delectable blend of dehydrated enzyme-rich seasonal fruits such as apples, bananas, mangos, peaches, pears, organic raisins, with soaked nuts including, almonds, pecans and walnuts, is a wholesome, natural treat whether you’re off hiking in the woods or working hard at your desk.

The fruit is dehydrated at 107°, and nuts are soaked to release and preserve the beneficial live enzymes. This tasty vegan snack is trans fat and gluten free, with no salt, sugar, preservatives, chemicals, artificial flavors, fillers, fats, or coloring added.

**The Hallelujah Acres Snack Sampler Pack**

Now you can try each of our snack treats with our sampler pack! Sampler includes Living Good Survival Bar, Maple Nut Royale Bar, Vanilla Nut Goodee Bar, and Survival Mix (1.5 oz. Size only)

For more info see page 33.
Customer Order Form

Name _____________________________
Address (mailing) ________________________________________________________________
Address (physical) ________________________________________________________________
City ___________________________ State _______ Zip __________
Phone (__________) __________________________
Email __________________________________________

☐ If you are not on our mailing list, and would like a free subscription to Back to the Garden, please check this box.
☐ Free Weekly Emailed Hallelujah Health Tip

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Marginal Costs: + $3.00

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24 Hour Fax: (704) 481-0345

Order Online:  
www.hacres.com

International Orders: US Currency only, and please inquire about extra shipping costs

Thank You and may God bless.

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Send this person future issues of Back to the Garden

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

You Don’t Have to be Sick!

How to Eliminate Sickness Seminar

Join us and discover...

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

(No reservation required)
Seminar also available on DVD, VHS, and CD

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

Presenter
Rev. George Malkmus, Founder of Hallelujah Acres and Author of Why Christians Get Sick, God’s Way to Ultimate Health, The Hallelujah Diet and You Don’t Have to be Sick!