

Back to the Garden

Teaching Health from a Biblical Perspective

Get Healthy! Stay Balanced The Basics

9 Steps Essential to
Healthy Living

So You Have Cancer- Now What?

Need Relief From
Severe Mood Swings,
Depression, and Stress?

**Joshua Grassle
Offers Hope**



News from the Acres

Issue #44

News & Happenings from Hallelujah Acres International Headquarters

May/June 2007

The Shelby *Get Healthy!* Resource Center Turns Two!

The Hallelujah Acres *Get Healthy!* Resource Center in Shelby is always bustling with activity, but from Thursday, January 11 through Saturday, January 13 a party atmosphere prevailed. Activities included: a cake cutting ceremony with Paul Malkmus, President of Hallelujah Acres; food prep demos and tasty samples with the Graffs; food prep demonstrations, notable speakers, and a special appearance by motivational speaker Tonya Zavasta; powerful testimonies by people who've experienced renewed health after going on the Hallelujah Diet & Lifestyle; free gifts, VoiceBio^{©TM} testing, and foot baths; plus prizes every hour, with a Grand Prize of a \$500 *Get Healthy!* Resource Center Gift Certificate.



Hallelujah Acres Celebrates 15th Anniversary



Excitement was in the air as people packed the Shelby, NC Headquarters of Hallelujah Acres to join in the festivities.

On Monday, February 12, Rev. George Malkmus and his wife, Rhonda, made a special appearance in the Hallelujah Acres Health Food Store and in the Café to greet guests and to sign copies of their books. Many took advantage of the special promotion and received a free copy of either *The Hallelujah Diet* by Rev. Malkmus or *Salad Dressings for Life* by Rhonda Malkmus. Diners who just happened to come in for lunch that day were in for a special treat. Free lunch! And what's a party without a cake? Hallelujah Chef Shay Hopper whipped up a delicious apple cake that topped off a fun-filled afternoon. Here's to the next 15 (and many more!) years of bringing the message of healthy living to local communities and the world.



Ann Nuti

If you've taken the *Get Healthy! Stay Balanced* course and would like to become a Health Minister, you may contact Ann Nuti at 704.481.1700 ext. 780 or via email at: anuti@acres.com

New and Improved Health Minister Training!



Health Minister Training GET CONNECTED

A new and exciting Health Minister Training will begin on Wednesday, June 13 and will be completed on Saturday, June 16 at 1 pm. Learn exciting ways to grow a ministry, how to talk to anyone about their illness and how your lifestyle will change their lives, and the importance of continuing to educate yourself in the field of nutrition and health. It promises to bring new insights, challenges, and rewards. If you have been considering a change in careers or just a part-time opportunity to express and teach your passion of health and wellness, this dynamic conference is for you. Meet other health minded people who are just as excited to start their new seasons in health.

The prerequisites to becoming a Health Minister include being on the Hallelujah Diet & Lifestyle for three months and taking the *Get Healthy! Stay Balanced* class. It is an excellent method to learn the entire lifestyle. You can take this course with a local health minister, at Hallelujah Acres, at one of the Resource Centers, or on-line. This 4-day event will be held in July, September, and November. Make plans now to join the thousands of others who have found an exciting and rewarding way to help others, continue to learn, and answer the Lord's call. For more information logon to our website at www.acres.com or call the Health Minister Department at 866.406.1025.

Hallelujah Acres Health Minister Department Plans for the Future

Under the guidance of new Health Minister Director, Ann Nuti, the Hallelujah Acres Health Minister Department is laying the groundwork for a bright and productive future. The department is always creating additional tools to assist Health Ministers in their teaching and their personal growth. Ann and her staff have redesigned and revised the editorial direction of the Health Minister Newsletter to reflect their goal to educate, inform, and encourage Health Ministers. They are also developing a new training course for Advanced Health Ministry and programs for other groups including homeschoolers, fitness groups, and corporate groups, among others. In addition, regular Health Minister Training sessions will be held more frequently.



Hallelujah Acres Lifestyle Centers

Renew • Rebuild • Revive

The Retreat That Can Change Your Life!

You may suffer from a debilitating illness. Maybe you need to shed a few extra pounds, or, perhaps, you simply want to feel better than just OK. Whether you're new to the lifestyle or you're on The Hallelujah Diet, a stay at one of our Lifestyle Centers is the ideal way for you to immerse yourself in a new way of life...*a healthy, vibrant life.*

Get Away from It All and Change Your Life

What if the souvenir you bring home from your next vacation is a lifetime of good health?

It doesn't matter how old or young you are. We've all acquired bad habits during the course of our lives—eating junk food, not exercising, or drinking soda instead of pure water.

Bad habits can be broken. Simply replace them with good habits. At a Hallelujah Acres Lifestyle Center, you will learn good habits by living them every minute of your stay. That way, healthy habits are not just methods.

They become part of your life, your being—from healthy eating and exercise, to devotions and fellowship. Consider it a vacation that's good for the body and the soul!

Guidance Every Step of the Way

Embrace a wholesome new life! Enjoy five or ten days surrounded by nature as your Health Minister hosts teach you through practical, "hands on" experience.

Renew

- Eat as God intended
- Exercise (walking) in the great outdoors
- Spend personal quiet time in reflection and relaxation
- Renew your spirit

Rebuild

- Learn to prepare delicious, healthy food
- Tips on how to stock your kitchen
- Experience restored well being
- Gain lifelong friendships with like-minded people

Revive

- Learn how to continue the program at home
- Go on special outings (weather permitting)
- Share in fellowship, support, and devotions
- Experience revitalized energy

Choose Your Ideal Location

Each center is located away from city life yet close enough to metropolitan areas to explore local attractions.

Spend less than the price of your average week's vacation. Transform your body, mind, and spirit.

Each center is unique in its geography, style, and additional amenities. The Health Minister hosts follow the Hallelujah Acres Diet & Lifestyle Program as developed by Rev. Malkmus. Whichever location you choose, you're assured of learning nutritional information in keeping with Hallelujah Acres' teachings. Are you ready to get healthy and get away from it all? Call today!



Plant City, FL
Dave & Sherry Orcutt
Hosts



Lake Lure, NC
Tim & Anita Koch
Hosts



Stanton, KY
Mircea & Valentina
Dragomir
Hosts

What if the souvenir you bring home from your next vacation is a lifetime of good health?



Featured Testimony

He Wanted Relief from Severe Mood Swings, Depression, and Stress... He Got It—and a New Career

At one point in his life, Health Minister and Hallelujah Acres Marketing and Creative Services Director Joshua Grassle was a tortured soul, mired in the depths of depression, suffering from mood swings that threatened to ruin every relationship and career ambition he held dear. His quest for help led him to Hallelujah Acres—literally. His story offers hope to everyone at the darkest moments in life.

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So You Have Cancer – Now What?

by R. Ernest Cohn, MD, NMD, DC, FACO and Anthony Meador, PA

Few diagnoses strike such fear in the heart as being told you have cancer. In this article, Medical Doctor R. Ernest Cohn discusses the nutritional causes of disease and the holistic approaches to treating cancer. [page 18](#)

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Get Healthy! Stay Balanced - The Basics

9 Steps Essential to Healthy Living

Get started on a healthy, balanced lifestyle! In this article, you'll find inspiration and information on the essential elements of the *Get Healthy! Stay Balanced* Program, including living foods, cleansing, stress, sunshine, and much more. [page 12](#)



Hallelujah Acres Celebrates 15 Years A look at the past, present, and future

by Rev. George Malkmus

From its humble beginnings in rural Tennessee, Hallelujah Acres has grown worldwide. Now plans are underway to expand, and the ministry is poised to bring the life-saving health message to hundreds of thousands more people. In this tribute, Rev. Malkmus highlights the past, surveys the present, and gives his vision for the future of the ministry. [page 22](#)

Hallelujah Acres Food Pyramid: The Foundation for Health

by Marilyn Polk

Specializing in organized menu planning and easy-to-prepare meals, Marilyn Polk is one of Hallelujah Acres most popular recipe book authors. In this article, the author of *Hallelujah Simple Weekly Meal Plans* shares her insight and some satisfying recipes that fit perfectly in anyone's lifestyle. [page 24](#)

The nutritional and health information in this newsletter is based on the teachings of God's Holy Word – the Bible – as well as personal experiences and research. We do not offer medical advice or prescribe the use of diet as a form of treatment for sickness without the approval of a health professional. Because there is always some risk involved when changing diet and lifestyles, we are not responsible for any adverse effects or consequences that might result. Please do not apply the information in this publication if you are not willing to assume the risk.

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

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9 Steps to Changing Your Life Today

Many people fear change. Whether by choice or by happenstance, change means leaving a comfort zone, taking a risk, walking out into the unknown. We don't want to fail. We don't want to make fools of ourselves. In some cases, we don't want to succeed. Change means leaving our familiar routines, our safety nets, and taking a leap of faith into a vast realm of uncertainty.

However, for better or worse, change is inevitable. From conception, our bodies make the timeless journey to old age. The changes and challenges in our lives ensure that we grow emotionally and spiritually. It's that way with health, too. We can choose to change our habits and attain a physical and mental wellbeing we never knew possible. On the other hand, the choice could be made for us when a visit to the doctor forces us to alter our lifestyles or face the consequences. The *Get Healthy! Stay Balanced* program was developed as a tool to help people change their lives, and hundreds of thousands worldwide are doing just that.

In this issue, we're making an editorial change, taking that leap of faith and heading in a new direction. With the *Get Healthy! Stay Balanced* program as the foundation, every new *Back to the Garden* will feature short articles that relate to the nine elements of the *Get Healthy! Stay Balanced* course—practical, informative articles that will help you to transition to the Hallelujah Diet & Lifestyle or, if you're already on it, stay committed to it. This issue offers an overview of each section of the program. Fear not! The editorial change is not so dramatic that you won't recognize us. All your favorite sections remain: the Featured Testimony, The Mailbag (now called Testimonies for Life), the Health Minister Spotlight (which will return next issue), the culinary section including mouthwatering recipes, the news section, the catalog, additional informative and practical articles, and much more.

So read on and enjoy. In addition, this month Dr. R. Ernest Cohn and Anthony Meador, PA educates us on a subject that everyone dreads—cancer. You will also see how Rev. Malkmus celebrates Hallelujah Acres 15th Anniversary by reminiscing about the past and sharing plans for the future. Popular recipe book author and Culinary Academy teacher Marilyn Polk explains the Hallelujah Acres Food Pyramid and offers some tasty recipes. And, in the Featured Testimony, Health Minister and Hallelujah Acres Marketing and Creative Services Director, Joshua Grassle, shares the story of his rise from deep depression to a joyful life filled with family and creativity.

So, what would you like to change in your life? Do you want more energy? To lose weight? To be fit and healthy? To overcome an illness or disease? You're mere steps away from a good start. You, simply, have to make one change.

As always, be blessed! Be healthy!

From the Board of Directors,
Rev. George Malkmus, Olin Idol, & Paul Malkmus

TESTIMONIES FOR LIFE

Testimonies are a great encouragement to all those who are searching for a better way to regain and to keep their health.



CANCER SURVIVOR ON HALLELUJAH DIET 8 YEARS

"Dr. Malkmus: One of the joys of the season is remembering special people like you! Thank you for your ministry! I have been on The Hallelujah Diet for 8 years and it is still working great for me! I am a CANCER survivor! So you see that is why I appreciate you and The Hallelujah Diet so much!"

Joyce; Spring, Texas

BIG PRAISE FOR BARLEYMAX

"Dear Rev. Malkmus: You and I have much in common, as we are both Christian cancer survivors. I was a minister's wife for twenty-five years. In addition, we both sought God's word for nutritional advice to regain our health. Before my BREAST CANCER, I was told that I would have poor health in my older years because of OSTEOPOROSIS and the possibility of DIABETES. So I asked God to tell me what to eat. I read His Word, but He also whispered in my spirit the kinds of fruits and vegetables that would help me in my health battle. . . My BREAST CANCER came on shortly thereafter, and now I know that God was getting me prepared to fight a deadly enemy - not so much the cancer, but the chemotherapy, which nearly killed me twice. Had it not been for God's wonderful bounty of goodness packed in those fruits and vegetables, I would not be here today... The reason I'm writing to you is that powdered barley is one of the main ingredients in all my smoothie recipes. And I choose to use only Hallelujah Acres BarleyMax. . . I have tried others, cheaper brands and more expensive brands, but none have the quality of BarleyMax. Not only do the cells in my body know the

difference, but my nose and taste buds also know the difference. Your company shares my philosophy of organic quality and God's Word for our health."

*Associate Professor, Concordia University;
Athens, West Virginia*

FEELS 20 YEARS YOUNGER

"Dear Rev. Malkmus, I just read last week's Health Tip, and it is actually encouraging to know that there are other people who struggle with the diet. I have been on and off The Hallelujah Diet for the past 5 years. I don't have a life threatening illness, but I feel 20-years younger when I am able to stay on the diet. I have never gone back to eating meat as it no longer tempts me, but I am tempted by some sugar products, the worst being ice cream. I can share with you that the times I go off the diet are becoming shorter and shorter because I feel bad physically when I cheat, and that gets me right back on the diet again."

Marcella, via email

NO LONGER IN THE GRIP OF ADDICTIONS

"Dear George: I was also deeply saddened by the many people gripped in the throes of addiction. I hope my testimony will offer hope, because there is a way out! I was addicted to cocaine and alcohol for many years. I went very low, stealing, losing jobs and family, but still could not stop 'using.' I thought everybody else was crazy, because I didn't have a problem. Ha! To cut a long story short, I found A.A., and there I renewed my relationship with God, which was quite easy to do, as He had always been there. It was I who had moved away. Believe me when I tell you this, I really thought my

lot in life was to take drugs, but God knew differently. In February 2005, I was diagnosed with PROSTATE CANCER. I was terrified! My wife told me about Hallelujah Acres, but I was determined to go the way of the flesh and have surgery. Afterwards they couldn't say for sure they had gotten all the cancer. It was at this time I decided to give The Hallelujah Diet a try, and friends, I have received more blessings than I deserve, and life for me today is really abundant. I was also a chain smoker. Then became addicted to 4 MG Nicorette Gum. In April 2005 I went on The Hallelujah Diet, and have had absolutely no cravings for nicotine, Nicorette Gum, or a cigarette since making the diet change - just another HALLELUJAH MIRACLE! This was all due to God and The Hallelujah Diet because I know that giving up the sugar, animal products, and colas also contributed to the decreased urge for nicotine. I have also been clean and sober for 16 years (no longer addicted to or 'using' alcohol and cocaine) - just doing it ONE DAY AT A TIME by the Grace of God."

Simon; Jamaica, West Indies

AMAZING RESULTS IN A FEW MONTHS

'I have been on The Hallelujah Diet for a few months now and have seen amazing things happen! I have lost significant weight and numerous other health problems have disappeared. But I still have one extremely unhealthy habit, and that is smoking. When I started your diet, I quit for two weeks and then went back to it. It would be great if you addressed that in a future Health Tip."

Michelle, via email

SEEKS PRAYER FOR STRENGTH

"Thank you Mr. and Mrs. Malkmus! I have RHEUMATOID ARTHRITIS, and when I follow The Hallelujah Diet, I have so much less pain, but when I start feeling better, I go back to eating bad things again, and my pain comes back. It is a vicious cycle. Please pray for me to be strong and to eat only those foods that are good for me!"

Monique, Canada

SEEKS TO BE A HEALTHY EXAMPLE IN MAURITIUS

"Dear George, I would like to show my appreciation of the work being done by Hallelujah Acres to promote health around the world. May God bless your ministry! I am a Christian from Mauritius and would like to know if you do give online courses on the Hallelujah Diet. Please let me know, as I want to share this GOOD NEWS with others by example and word."

Randu, Mauritius

(a 720-square mile island in the Indian Ocean, off the southeast coast of Africa)

RE-COMMITING TO THE HALLELUJAH DIET

"I followed the 21-day diet plan several years ago and went on The Hallelujah Diet. Indeed many of the bad symptoms disappeared. I literally would jump up out of bed at 4:00 a.m. with explosive energy. My vision improved so much that I did not need my glasses any more. I never felt sluggish after eating and never took a nap. My clothes fit nicely and my weight was only 10 lbs. more than when I was in high school 20 years ago! I am sad to say that my wife (a medical technologist) was deeply concerned that I was not eating meat and that I would have a vitamin B deficiency which eventually would cause brain damage and loss of lean muscle mass. She pushed hard and I gave in. Now I have been back on the SAD diet for 7 years and I'm in the worst shape ever. God is strongly convicting me. I have the knowledge. But knowledge is useless without application. I will join thousands of others this week to commit to

21 days on The Hallelujah Diet. My wife may kill me, but if I do not heed the Lord's warning, the food I have been consuming will kill me. I believe that to be true! Thank you and Rhonda for your life's work in promoting God's plan for health!"

Jim, via email

NIGERIAN PASTOR CALLED TO SPREAD THE HEALTH MESSAGE

"Dearly beloved Dr. Malkmus, Showers of blessing to you, your family, and all that are working with you in your God given mandate of restoring people's health, life, and total well being. May God bless you real good and reward you immensely here and in the hereafter. And may God continue to use Hallelujah Acres to shift people's health from a disease model to a wellness model, not only in America, but also in the whole world. Dr. Malkmus, God has chosen you and has directed me and my fellow Nigerians as well as other nations of the world to you for orientation and total wellness. I am a missionary pastor to the destitute of the nations of the world. I have pastored for 15 years, have been a seminary lecturer for 10 years, and am married with 3 children. I am deeply concerned about people's wellness both spiritually and physically. I have been asking God what more after prayer? Now I have got the answer from your book *God's Way to Ultimate Health!* After reading this book, I changed my diet to God's natural way of healing. Dr. Malkmus, I want to know you personally. I also want to be your representative in Nigeria and undergo your training, so that I can help humanity outside America."

Pastor Athem Ekeh; Nigeria, West Africa

BLOOD PRESSURE LOWERED, ASTHMA SYMPTOMS REDUCED

"Hello Rev. Malkmus - A missionary friend of mine that lives in Japan told me about your book *God's Way to Ultimate Health*. It is now three months since I went on The Hallelujah Diet and I wish to testify that I feel so good! My BLOOD PRESSURE has

come down from 140/90 to 120/80. In just three months on The Hallelujah Diet, my ASTHMA has become so much better that I can now jog on the treadmill without having to use my Ventolin inhaler. My other inhaler is Cortisone and I already have cut its use by 50%, and, if it is God's will, will soon be off all asthma medications. I wish to one day become a Health Minister. I am so thankful for you, Rev. Malkmus."

Andre; Pretoria, South Africa

PLANS TO BECOME A HEALTH MINISTER IN BOTSWANA, AFRICA

"Dear George, I have been on The Hallelujah Diet since 11 July 2001, and since you have been sending me your Health Tips, I have kept them on file, often just browsing through them to encourage myself. About a week ago, my husband and I decided that we needed to specialize in a special field where we have a passion, and my passion is to see sick people healed with God's original diet for man (Genesis 1:29). As soon as I have the finances available, I will become a Health Minister, as I do not believe there is a Health Minister in Botswana. With this in mind, I have been putting all of your Health Tips into one document, so that I can have easy access to the various testimonies for the purpose of sharing them with friends and family. Blessings to you for all the work you are doing and I trust that you will always keep your eyes fixed on the Author and Finisher of our faith, Jesus!"

Kathy; Botswana, Africa

UPLIFTING HOLIDAY ISSUE

"Dear Rev. Malkmus, Thanks so much for the tremendous work you and your great staff do and for your FANTASTIC November/ December *Back to the Garden* Holiday Issue! I love the LIVELIER format, as well as the testimonials and the SUPER and well-written articles. Your writings are very powerfully convincing and so very needed."

Karen; Palm Desert, California

If you would like to submit a testimony, please email it to testimonies@hacres.com.
Please put the type of testimony on the subject line.

You may also mail your testimony to: Hallelujah Acres • P.O. Box 2388 • Shelby, NC 28151



HE WANTED RELIEF FROM DEPRESSION, SEVERE MOOD SWINGS AND STRESS. HE GOT IT...AND A NEW [HALLELUJAH!] CAREER!

The night his first wife left him, 21 year-old Joshua Grassle was holed up in his bathroom, crying, unable to breathe, overcome by anxiety and stress, not caring if he lived or died. Suddenly, he heard a crack inside his head, perhaps his brain, he thought, and he collapsed to the floor. God was not ready to take Joshua home. In fact, God had a plan for Joshua, an unforgettable journey that would lead straight to Hallelujah Acres and renewed health, a new career, and a new chapter in life.

This is Joshua's story:

I spent most of my life sick with respiratory problems. I couldn't sleep. I had severe headaches and joint pain. I was tired. My back ached. Those were the physical issues. The majority of my anguish was psychological. I had severe mood swings, and suffered from depression.

I worked in the family business, and my mood swings went from feeling normal one minute, and the next I was dragging my brother over his desk, choking him, with no intent on stopping. Or I would come home, and, though I was married to a fantastic person, if things weren't going my way, I'd blow up, and destroy some of the contents of the house. I never touched her. I just scared her to death.

I had dreams of a music career. I'd spent five years pouring my heart into a band, getting offers from decent record labels, and my mood swings were destroying that, too. It became uncontrollable. Everything in my life was falling apart.

I loved God with all my heart, but why was I suffering so much? Why was I hurting all these people? I wanted God to be as real as

things I could see and touch. A family friend and new Health Minister came through town. We all got together at my parents' house where he played a testimonial video of Rev. Malkmus. It totally changed my perspective and my life. I knew it was the answer to my prayer. Over the next two days the Health Minister shared as much as he could. I bought a *How to Eliminate Sickness* video, a *Why Christians Get Sick* book, a Champion juicer, and got a copy of *Back to the Garden*.

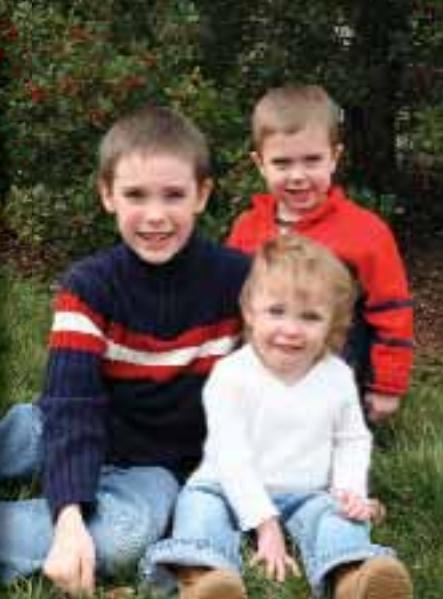
Over the next year, I tried to transition. I was juicing, but still eating junk. I got fat, reaching well over 200 pounds. Then, I asked my dad, 'How do you overcome obstacles?' He said, 'The things that you're up against, are in opposition to God.... what you have to do in every instance, no matter what the temptation is, repeat, 'I choose God.' That was one of the main factors that helped me commit to changing my lifestyle. When I was up against something, I would just repeat, 'I choose God,' over and over until that was all I could think about. God truly blessed me. I

changed my diet and lifestyle completely. In three months, I lost about 70 pounds. My wife and I got back together. I was exercising almost three hours a day. I wasn't tired. I felt great. I never had ups and downs.

My wife and I went to Health Minister Training; back then it was in Tennessee, and I was even more fired up. I wanted to help other people, now that I had been truly helped. I wanted to move to Hallelujah Acres right then, and be a part of it. My wife didn't want to go.

Around this time, I had an opportunity to start a youth center nightclub. I dove into the project with enthusiasm, even relocating closer to the club. I focused all my energy on the job, working day and night, giving my life to it.

I wasn't going home to eat, but there was a fast food restaurant across the street where I began to eat. I started to feel really sick again. I was back into mood swings. I got frustrated and lost sight of what brought me the success in the first place. I almost didn't



Meet the Grassle family from left to right, Joshua, Jennifer, Parker, Maya and Simon.

believe it was God that had helped me. My wife left again. Divorce was inevitable. I prayed, and felt I had to go and be a part of Hallelujah Acres. Now I was able to go and do it. At the same time, I didn't want to be alone. I wanted to be married. Again, I turned to prayer. I asked the Lord, 'Can't I just be with someone who would be supportive in this and in other areas?' Within a few days, I met Jennifer in a photography class. She was already a vegetarian, and we hit it off like we'd known each other forever. Within a couple months we were talking about getting married. We got engaged, but I still wanted to go to Hallelujah Acres. So I packed up my jeep and trailer and headed to Tennessee.

On the way there, I called and found out they weren't in Tennessee anymore. They'd just moved to North Carolina. I took on the job of helping the Shipping and Receiving Department get up and running. Soon Jennifer moved to North Carolina and took a job at Hallelujah Acres, too. After about a year, we returned to Illinois to get married.

After much prayer, we moved back to Hallelujah Acres, and I worked on Marketing, Creative Services & Special Projects. Just before we moved, Jennifer found out she was pregnant, and my

Joshua Grassle's Journey to Health

At-A-Glance

Joshua suffered from:
Severe mood swings
Headaches
Backaches
Joint pain
Sinus problems
Insomnia
Respiratory problems
Weight issues

Joshua has gained:
Great health
A positive outlook
Compassion and love
for humanity through
the love of Jesus Christ

continued on next page

Featured Testimony

continued from previous page

perspective was changing again. I never really knew my grandparents, and I wanted my kids to know theirs. I was torn. After our first son, Parker, was born, our first Hallelujah baby, we moved back to Illinois, where I continued doing projects for Hallelujah Acres.

With the help of my brother, we put a team together, and we started producing *The Hallelujah Food Show* videos, *An Introduction to Hallelujah Acres* video, *The Miraculous Self-Healing Body* video, among other projects. At the same time, my son was getting older, and I wanted snacks for him. Using our dehydrator, Jennifer and I tried to come up with snack foods for kids. That's how we developed the Maple Nut Royale Bar. So in the midst of producing videos, we headed to Hallelujah Acres, and presented our idea for a snack food company. Everyone was excited and supportive. With the great help of my father, we created Genesis Living Foods. God doesn't give you more than you can bear, so I know He must have thought we had strength beyond our human capacity, because soon one more enormous project was placed on our plate—creating the program that would eventually become the *Get Healthy! Stay Balanced* course.

We met at Hallelujah Acres for a brainstorm session to name this new, innovative and life-changing program. In six months we produced about 20 videos, all the workbooks for instructors and students, and all the marketing materials. It was tremendous! We taped all the testimonies, and because of his schedule, we had only one day with Rev. Malkmus to shoot all the videos in which he appeared, and this was only a few weeks after he'd had his stroke. We shot footage for about 12 hours straight. To his credit, he looked terrific and worked with incredible energy that day.

At this point, we were working day and night on this project, but we, ourselves, were not staying balanced. This is how the 'Stay Balanced' part of the name came about. We realized how easy it is to get off track, even when you're the ones developing the course.

For the next three years, I worked part-time on the snack company, ran a Health Ministry, conducted health workshops and tried to get a recording studio going. Our

second son, Simon, was born. But, it was clear that the studio was not going to work out. I wasn't surprised. Jennifer and I sold the studio and everything we owned and moved to Seattle.

Once in Seattle, I just wanted to be with my kids. Jennifer got a job managing a Sears portrait studio, and I was thrilled to be Mr. Mom. We were happily ensconced in this arrangement for about two weeks, when we received a call from my father. He needed a replacement for the plant manager at the snack company. So I asked my wife, 'Do you want to put your energy into managing someone else's company or do

My mission is to help set people free—from illness, disease, depression, pain, and suffering, and to help them achieve and maintain clarity and focus on what matters most. Hallelujah Acres has changed so much over the years. There have been so many discoveries and improvements. Their focus continues to be on God, and God is perfect. As long as Hallelujah Acres maintains their unwavering focus on God, they'll achieve their mission, which is also my mission—to educate people about God's original plan for healing and health and to support them in adopting a healthier and more balanced lifestyle.

"As long as Hallelujah Acres maintains their unwavering focus on God, they'll achieve their mission, which is also my mission."

Hallelujah Acres' mission is to educate people about God's original plan for healing and health, and to support them in adopting a healthier and more balanced lifestyle.

you want to manage your own?" She answered, her own. I intended to stay home with the kids. Halfway back to Illinois, Jennifer announced she was pregnant again. Soon the snack company would have a new plant manager, only it was going to be me.

Things were going well with the snack company, but something was missing in my life. I prayed and fasted. I told Jennifer what I heard, and we both felt it was right. We were heading back to Hallelujah Acres. I questioned why I was returning, but as soon as I arrived, it started to become clear.

It is my hope and prayer that people will never forget that God is always the answer, no matter what the question, no matter what the roadblock, and no matter how hard it seems...Choose God. Choose God until He is something you can see and touch. Choose God until you know God is real. Choose God until you know you have made the only choice worth making." ●

Joshua Grassle is the Marketing and Creative Services Director at Hallelujah Acres. You may contact him at jgrassle@hacres.com.

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Take A Life Changing Course.

GET HEALTHY! STAY BALANCED

THE BASICS



Healthy Living is a Matter of Balance

Every function of our lives is a matter of balance and choice. The miraculous self-healing body, when functioning at its prime, is a masterpiece of balance. Make an unwise choice, and, like the one tipped domino that sends all the others toppling, the body begins its decline into disease.

The Hallelujah Acres *Get Healthy! Stay Balanced* Program was designed to help people achieve better balance—physically, emotionally, and spiritually. Take a moment to think about your life, your habits, and your choices. Do you see some room for improvement?

Discover the
9 steps essential
to healthy living.

Start putting
them into proper
balance in your
life and see what
amazing results
can occur.

1 Living Foods

Foods that Nourish

Our bodies are alive—every pore, every cell, every follicle, regenerating, renewing, restoring. So how do you keep this miraculous living machine in top working order? With living foods and fresh vegetable juices.

Enjoy sweet oranges, apples, mangos, and grapes. Eat fresh peppers, carrots, kale, tomatoes, yams and squash. Get healthy fats from almonds and walnuts, avocados and coconuts. These are only a few examples of foods that provide high-quality nutrients that help revitalize weakened organs and create new, healthy cells.

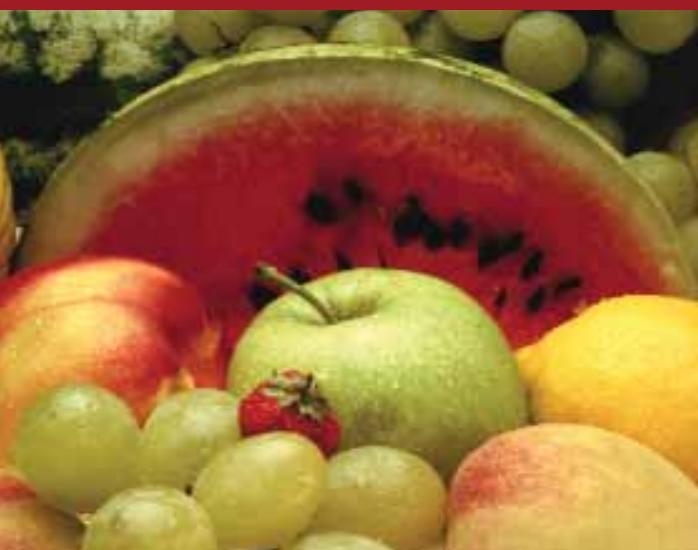
When you drink fresh vegetable juice (minus the vegetable fiber) and BarleyMax, even more nutrition goes directly to the cellular level. Overall, a diet rich in living foods offers much needed vitamins, minerals, amino acids and enzymes to help heal and to maintain optimum health. Living foods promote life.

Even the medical community is beginning to agree that the food we eat affects our health. Over the years, various studies have indicated that vegetables such as broccoli, cabbage, cauliflower and carrots, and fruits such as blueberries and raspberries contain cancer-fighting and preventing properties.

Living Healthy is a Matter of Choice

It seems health issues such as cancer, heart disease, diabetes, and others are becoming more commonplace every day. Could it be that prevailing eating habits have something to do with the decline of health in America?

Today, the average American eats three hamburgers a week. Across the country, that's about 40 billion a year. More than 46 million people eat their meals at fast food restaurants every day. That's a lot of damaging fat, calories and sodium — a lot of dead food. As the old saying goes, "You are what you eat." Choose to be healthy.



2 Cleansing Getting Rid of Toxic Waste

Deep down, within the colon, a dark, dirty and dismal picture emerges—a world of toxic waste buildup, gnawing parasites, intestinal pollution. The grime of mucus, undigested fatty foods, and chemicals from eating processed foods, simply breathing dirty air, and drinking impure water takes its toll, resulting in such ailments as irritable bowel syndrome, constipation, gas, diverticulitis, and colon cancer. Without proper elimination, the waste and toxins poison the blood, lymphatic system, nervous system, and brain. They clog the heart, vascular system, lungs, and sinuses.

The process of elimination isn't limited to the colon. Your lungs, skin, kidneys, and other organs also remove harmful toxins from the body.

Many of the following symptoms may be relieved by incorporating a cleansing routine: fatigue, flatulence, gas or bloating, excess weight, poor digestion, bad breath, frequent colds, recurring headaches, irritability, mood swings, food allergies, rashes or other skin problems, hemorrhoids, and Candida infection among other disorders.

3 Air Deep Cleansing Breaths

We can live without certain foods, drinks, and snacks, and even live without eating altogether for a few days, but we couldn't live but a few minutes deprived of air. Inhaling clean, fresh air in deep breaths brings oxygen to our brains. We become more alert, think more sharply, and even become more optimistic. Deep breathing is also known to reduce stress and encourage relaxation. One might claim deep breathing is nature's anti-depressant.

But the world is a hectic place. The stress of daily life may cause our breathing to become shallow and hurried. We may even live in an environment where second hand smoke and air pollution are the norm. That's why it's especially important to fill your lungs with life-giving clean, pure air.

Take a breather. Try this exercise:

Sit relaxed in your house or outside where the air is clear. Inhale deeply and slowly through your nose into your abdomen. Exhale through your mouth, keeping your jaw and face relaxed.

continued on next page

4 Sunshine

Essential Vitamin from Above

Get your daily dose of Vitamin D—free.

All you have to do is go outside and let the sun kiss your face, arms, and legs, depending on the weather and time of year, of course. Sunlight helps metabolize Vitamin D in the exact amounts needed by the body. Calcium depends on Vitamin D for absorption, so spending time outdoors aids in building and strengthening your bones. The sun also balances hormone levels, helps lower blood pressure and blood sugar, increases cardiac output and stress tolerance, strengthens our immune systems, and draws toxins out of the skin.

In a bad mood? Take a walk outside. It's nearly impossible to stay grumpy or sad with the glorious sun shining down.



5 Exercise Get Moving!

Aside from looking lean, toned, and vibrant, exercise improves the performance of all the cells in your body, the lymph system, bones, organs, muscles, including your heart—in short, every part of your magnificent, self-healing body functions at its best when you participate in a regular exercise routine.

Before you start any exercise regimen, make sure to consult your health professional. He or she will advise you on the best course of action depending on your level of fitness, age, and health.

Stretch it Out—Ligaments and tendons become tight without use. So, increase your flexibility with stretching exercises.

Pump it Up—Do weight bearing exercises, such as light weight lifting, to strengthen bones. This is especially important for women in the fight against osteoporosis.

Get to the Heart of the Matter—Jogging or vigorous walking, low-impact aerobics, swimming, cycling. Cardio workouts strengthen the most important muscle in your body—your heart. These activities also increase your endurance and lung capacity.

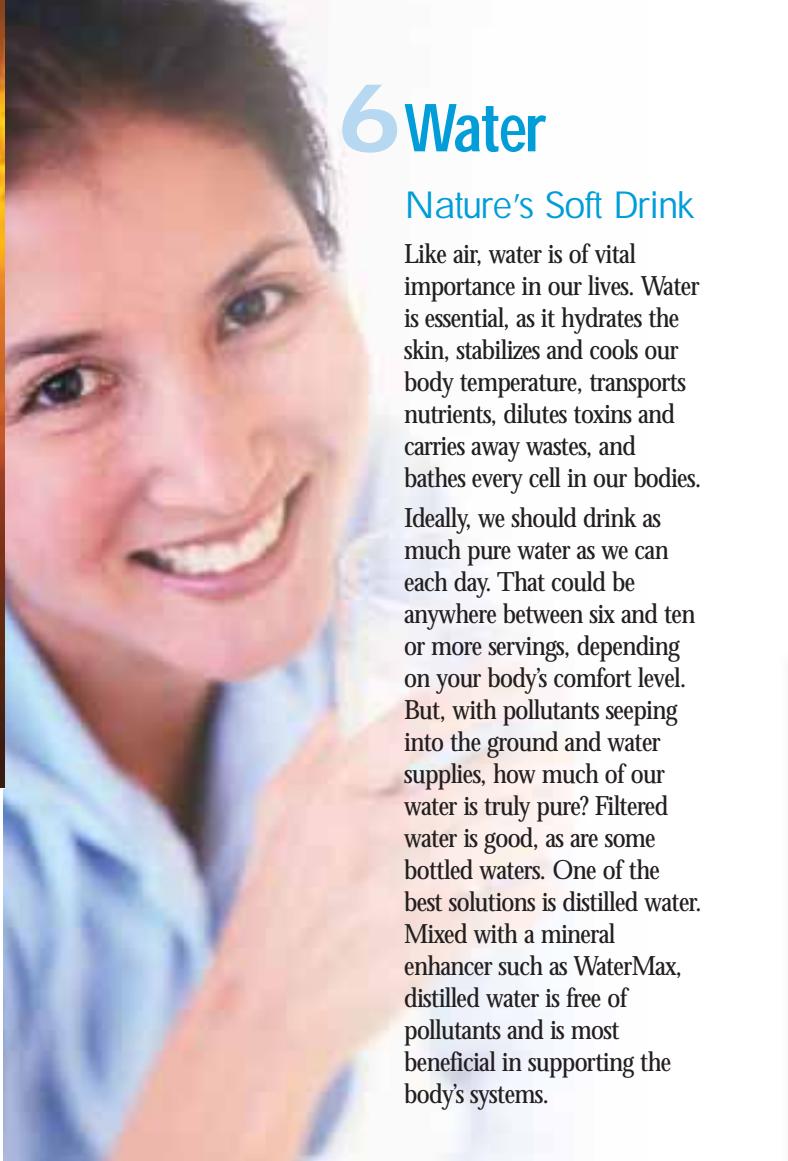


6 Water

Nature's Soft Drink

Like air, water is of vital importance in our lives. Water is essential, as it hydrates the skin, stabilizes and cools our body temperature, transports nutrients, dilutes toxins and carries away wastes, and bathes every cell in our bodies.

Ideally, we should drink as much pure water as we can each day. That could be anywhere between six and ten or more servings, depending on your body's comfort level. But, with pollutants seeping into the ground and water supplies, how much of our water is truly pure? Filtered water is good, as are some bottled waters. One of the best solutions is distilled water. Mixed with a mineral enhancer such as WaterMax, distilled water is free of pollutants and is most beneficial in supporting the body's systems.



7 Stress & Rest

Pressures of Everyday Life

Many articles have been written and studies conducted that show stress is detrimental to health and well being. Some symptoms and conditions related to stress are: headaches, upset stomach, elevated blood pressure, chest pain, and sleep problems. Out of control stress can play a part in heart problems, diabetes, skin conditions, asthma, and arthritis, in addition to depression and anxiety.

Not all stress is bad. If you're walking to your car in a dark parking garage, stress tells you to be aware of your surroundings or to find a security guard to escort you. An actor or musician's nerves ensure a sharp performance. An athlete's edginess keeps him or her from taking the event for granted. A bride's jitters may be eager anticipation of her new life.

It's how you deal with the harmful stress that determines its ultimate effect. Deep breathing helps relax and calm. Slow, gentle stretching relieves stress, as does a hearty laugh. Handing your problems over to The Lord can lift your spirit and unburden your heart.



8 Emotions Life's Highs and Lows

From the moment we're born, our lives are a tangle of emotions—happy and sad. A baby smiles at his mother. A young girl beams at winning the Spelling Bee. A boy sulks after not making the Little League team. A mother cries at her daughter's wedding.

Then there are the emotions that seem to come from nowhere. Suddenly, a bad mood comes on. Depression sets in. Anger boils up at the slightest offense. A problem continues to haunt. Or, perhaps your mood plummets one minute and in the next, it soars. Not all emotional problems stem from psychological issues. Food and diet may play a role. Our brains, like every other organ in our bodies, need proper nutrition to function in top form. Studies have found that fatigue and depression in some people are promoted by a long-time, high sugar diet, creating cycles of mood swings. Ideally, you want to consume slow-releasing carbohydrates that maintain normal levels of glucose in the blood, helping to improve memory, learning capacity, and moods.

9 Biblical Foundation In the Beginning...

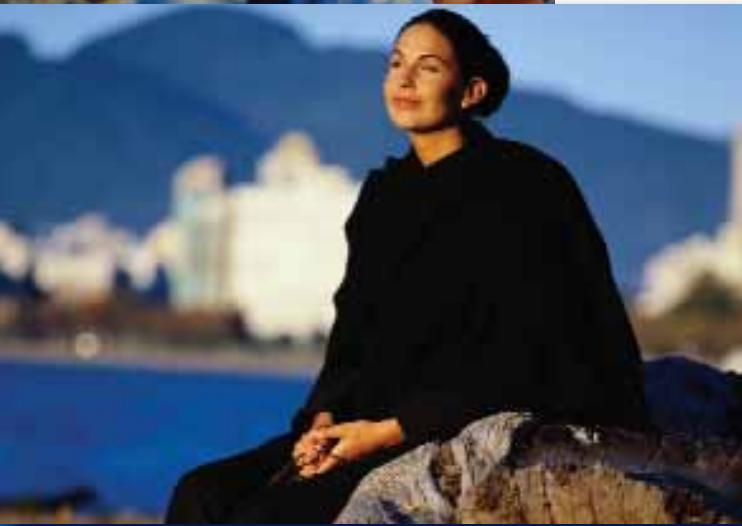
Imagine living in a beautiful, fragrant garden. Everything you'd ever need or want is provided for you. There is no pollution, sickness, disease or even death. You're surrounded by the glory of nature. You bask in the warmth of God's love, and sustain yourself on a diet brought forth from the fertile earth. God's diet. The diet He created to fuel His most amazing creation—man.

Our world, however, is fraught with illness, contaminated water and air, sedentary lifestyles, and over-extended schedules that lead us to choose foods that further damage the miraculous temple that is our body. The only thing left of that idyllic garden scene is God's love. Through His benevolence, He gives us the freedom of choice. Physical health is natural, normal, and our rightful inheritance—as long as we walk through this life according to God's Natural Laws of Health.

Enjoying good health, for the most part, is a matter of choice. In the July/August 2006 issue of *Back to the Garden*, Rev. Malkmus quoted, “Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap.” (Galatians 6:7) Here God is telling us in no uncertain terms that what we sow is what we will reap! Have you ever considered that what you are eating (sowing) may be what is producing the physical problems you are experiencing (reaping)? ...I have found through research and personal experience that we can actually turn on and turn off physical problems based simply on what we eat or don't eat.”

Hallelujah Acres offers the tools that can guide you on your journey to optimum health. It all starts with a choice, and that choice is yours. ☽

To find out how to take the course, see our ad on page 16.

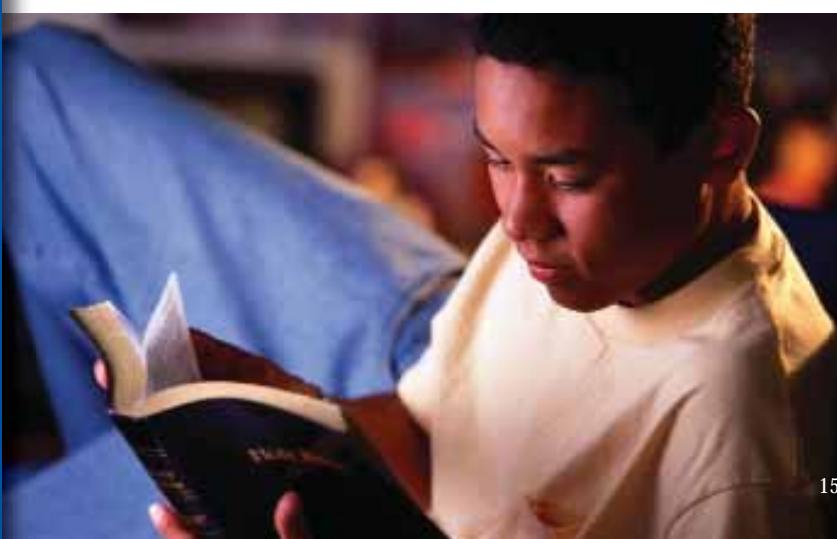


Rejuvenating Sleep

It's commonly understood that we need seven to eight hours of sleep each night, but in a world that's increasingly on a 24/7 schedule, many Americans are simply not rested. Studies show that lack of adequate, quality sleep, or sleeping at odd hours increases the risk of many major illnesses and conditions, such as cancer, heart disease, diabetes, and obesity. In addition, lack of sleep can reduce immune cell activity, making us susceptible to colds, infections and other communicable diseases, not to mention causing us to struggle through the day disoriented, uncoordinated, unproductive and grouchy.

A lot goes on in your body while you sleep. It gets rid of waste products, circulates minerals, vitamins and hormones, and produces most of the infection-fighting substances that help you recover from illness and injury, and it produces natural human growth hormone that maintains and repairs muscles.

If you did not have a good night's sleep, and you find yourself dragging through the day, don't reach for a double espresso. At work, find a quiet place to close your eyes for 10 minutes or take a "car break." Sit in your car, set your cell phone alarm, and drift away for a few minutes. At home, take a short nap. Just a few minutes of rest will rejuvenate you and better equip you to tackle your projects for the day.





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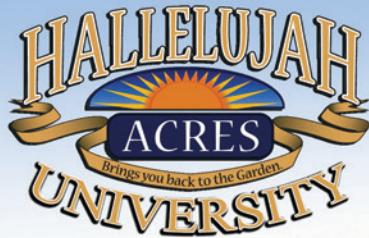
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So You Have Cancer- NOW WHAT?

by

R. Ernest Cohn, MD, NMD, DC, FACP
and Anthony Meador, PA

In the almost 30 years our clinic has been treating patients with holistic approaches, besides HIV/AIDS, nothing has been so difficult for patients to accept than the diagnosis of cancer.

While modern medicine has done much to improve the techniques of treating the disease, many experts question the overall outcome since statistics show that among the most common forms of cancer, which are lung and colon, the numbers of people being diagnosed continues to rise and the rate of death from many cancers is unchanged. Almost 40 years ago, the Federal Government came up with a food pyramid that was supposed to guide Americans in the types of foods we were to eat to remain healthy. It took leading scientists, researchers, and physicians, who observed continued rises in diabetes, heart disease, cancer and other degenerative diseases, many years to convince the government to recently change the pyramid to reduce the consumption of many of the things that cause these diseases.

Unfortunately, the pyramid continues to promote foods that are believed to be high in fats, like meat and milk, along with processed grains and starches that are

believed to contribute to these diseases. Most Americans would be surprised to know just what these foods contain, and many people would not want to know even if told.

If we look back just a century, we would see that heart disease, cancer, and diabetes did not even rank in the top ten causes of death in the U.S. The most common causes included infections and injuries. I guess we could say we have done such a good job protecting ourselves from injuries and treating infections that they are no longer the greatest causes of death, but that would be to ignore the true facts. The fact is that the most common causes of death today have now all been primarily related to nutrition. Of course 100 years ago, we did not annually use 1.2 billion pounds of fertilizers, pesticides, and chemicals to grow our foods. We worked longer and harder each day, which avoided the need to do extra exercise. Our water was naturally clean, and chloride, fluoride, and other chemicals were not added to "protect us." So you see the major differences between then and now is what WE have done to ourselves. So if these things are contributing to the rise in disease, it should seem logical that restoring health would then mean returning to a more natural way of life. The most common foods we eat today are those that are highly processed to make them taste better, smell better, and feel softer. These include breads, cereals, pastas, sodas, and so

many more processed foods. All of these stress the body because they cause our pancreas, adrenals, heart, liver, and kidneys to work much harder to process the high levels of carbohydrates and chemicals in each of these foods. White bread has so little food value once processed, it is necessary to make it "enriched with vitamins and minerals" just so it can be sold as a food product. Everyone knows that soft drinks provide more sugar by volume than almost all other foods and that there is no food value to them (unless they artificially add vitamin C or some other minerals). When we eat these so called "foods", we cause the organs of our body to process them, and, in doing so, deplete the essential enzymes (substances that help to digest), vitamins, and minerals that are intended to keep us healthy. This is most true in the liver where these enzymes, when depleted, cannot effectively remove the body's waste products that are found primarily in our foods (but also in the air, water, and environment). But how do these waste products get into our blood for the liver to process? The answer is that the foods we eat come into our stomach from our mouth and are expected to be digested. Then, because we overeat, we get indigestion, heartburn, or "acid reflux." So to calm these symptoms, we take medicines to shut off the production of acid in our stomachs. By doing this, the food sits in the stomach longer, and, even though it is not digested properly, it then moves into our small intestines where our gall bladder and pancreas are expected to add the needed digestive juices and/or enzymes. That is if we have not had our gall bladder removed because of the prior pain we had (in women, frequently associated with birth control pills and in men, with other medicines). We also may be lacking in enzymes from the diabetes we developed (involving our pancreas) from years of excess consumption of sugars. So then to make foods easier to digest, we are told to cook our foods well so they are softer and to help kill bad bacteria that may have come in contact with it. But when fruits and vegetables are cooked to about 107 degrees, the enzymes in the foods begin to be destroyed and at 122 degrees the remainder are completely destroyed. When we eat these foods that have no enzymes left in them, our stomach has little or no acid to help process them efficiently and some of the food eventually passes undigested into our colon.

Our colon has a few simple functions. It is there to receive the materials that were not digested or absorbed by the small intestines

and to absorb any remaining electrolytes and the excess water before passing the undigested waste out of the body. In healthy individuals, the colon has an appearance of a shiny pink semi-smooth tube the thickness of a large carrot. The problem is that because of the constant intake of damaging foods and chemicals, most of our insides are not what they should be and do not act as they should act. If our digestive systems functioned optimally, the foods passing into the colon would have already been broken down to fine particles with most of the nutrients having been removed in the small intestines. Some colons, however, are distended and covered with mucus where the lining is altered in its appearance. This is because, along with the undigested food particles, there are chemicals that were added to the food to "preserve" them or keep them pest free. These chemicals make contact with the colon and react with the sensitive lining of the blood vessel rich walls and can damage the fine lining of the colon. Damage, like any form of irritation, can cause the tissues to react in different ways. In the colon it can begin as mucus build up on the lining, then increase as redness and irritation, and, yes, even cause cell changes that we call cancer.

For just a moment think about when the colon gets distended and covered in layers of this toxic mucus. As a result, the transit time of

the fecal matter is often affected. If the colon is exposed to an irritant, it may evacuate the bowel fast through diarrhea. If heavy mucus is present and/or the colon is distended, the feces may accumulate, leading to constipation. Now the colon must work longer and harder to eliminate the fecal matter while the toxins are being reabsorbed into the body, compounding the physical problems. Nutritional minded practitioners remind us that if we eat three meals a day we should have 2-3 bowel movements per day! So if you eat 3 meals and have only 1 bowel movement you might want to ask yourself – where are the other two? If you have less than one bowel movement per day (or just 3 per week as some people do) think about how this food is just sitting in your body, in your hot, bacteria laden, moist colon for hours or even days just decaying! This can be compared to placing a piece of meat on the counter in your kitchen for 6-8 hours (or two days). It begins to breakdown, rot and smell in just that short time – imagine in a day or two. Then imagine all that food that is backing up inside and then decaying while releasing poisons, pesticides, preservatives, and other chemicals in your colon. Your bowel then absorbs all of these substances into your blood. In normal healthy people with proper bowel function, the liver and kidneys are expected to process these toxins and do so efficiently. But if the liver is deficient in enzymes, anti-oxidants, and other

nutrients needed to do this the constipated bowel allows us the process of beginning to get sick. If we add to this the medicines taken for our body aches and pains, indigestion, high cholesterol, and other problems, the liver cannot process them. Then what happens is the blood, laden with these poisons, circulates throughout the body over and over, and poisons other tissues of our body causing cancer or other diseases.

So you have cancer – NOW WHAT CAN YOU DO?

First, realize that treating cancer yourself or in clinics like ours is a multifaceted approach. Learn about your options. Look at the survival rates with standard, alternative, or no treatment before you accept any form of care. Review the side effects and the quality of life issues with each form of therapy. Read all you can and find someone you trust who you can discuss all of this with before making your final decision. Then, no matter what path you take, begin a program to restore your health with the addition of pure water (not from the tap), organic or pesticide free food, increased fiber and lower fats, while eliminating foods that contain the highest levels of pesticides, chemicals, and preservatives including meats and non-organic grains. This includes milk

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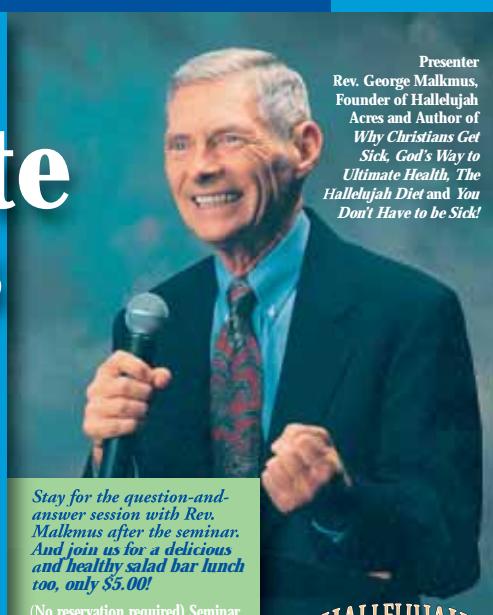
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continued from previous page

and milk products, not just because cows milk is really for cows to drink, but also because the grain fed to them was raised on chemicals and then fed to the cows. The cows store the chemicals in their muscles and fat and then we eat the meat and/or drink the chemical contaminated milk. Of greatest importance is to eliminate chemicals that contain growth hormones or added estrogens as they cause existing areas of cancer to grow in our bodies. Since all but organic milk is allowed to contain bovine growth hormones (BGH) and estrogens, it is wise to avoid this.

Next, begin a program to restore optimal bowel function with timely and efficient eliminations. For some, the addition of a pure herbal bowel cleanser (such as Fiber Cleanse), taken daily at first and continued until movement occurs more regular, is adequate. Others may find they need the services of a professional colon hydrotherapist or have enemas done at home. In any event, it is imperative that the toxins are eliminated timely and efficiently.

Include foods that keep your blood more alkaline, like it is intended to be. This means beginning with wonder foods like organic carrots or greens. Both are rich in beta-carotene that naturally converts to Vitamin A. High levels of Vitamin A have been shown to improve liver function, stimulate T-cells (cancer fighting cells), and combat "free radicals" that are attributed to causing many cancers. Begin juicing with 70% carrot and 30% other alkaline juices like beet greens, barley, celery, or other greens. You can add other alkaline foods like organic apples, grapes, peaches, tomatoes, spinach, turnips, and more. Oranges, grapefruits, and pineapples, even though called acid juices, are really alkaline once in the stomach. Avoid consuming or using alcohol, tobacco, drugs, salt, fried foods, overcooked foods, meats, eggs, and most nuts (except almonds) and cranberries, prunes and squash as these change the blood to be more acidic. These acid foods change the pH of your blood and contribute to the survival of bacteria, viruses, and fungus where alkaline juices (carrot and greens) keep your blood healthy.

The decision to have surgery or not is one only you can make. If you choose to have surgery to remove the mass – build your immune system first. There is some evidence that when a large mass is removed after first stimulating your immune system the body does better since the

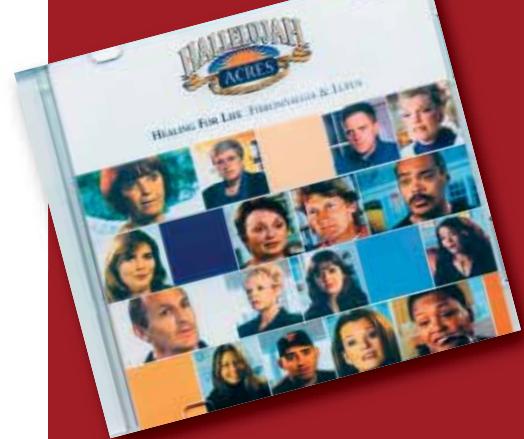
body's immune system can concentrate on the remaining cancer. Then begin a vigorous program of continued immune system stimulation. Radiation and chemotherapy is also an individual decision but it has been said that using total body radiation is like "putting a blow torch on a wart." It kills both cancer and healthy cells leaving the overall immune system weak. Alternative and holistic physicians can provide immune stimulation with natural substance via I.V. administration. The use of high dosages of Vitamin C, Vitamin A and E, Selenium, Milk Thistle, Zinc, Minerals, Glutathione, and other natural substance have helped many who choose alternative approaches to do well. There are many herbs and foods that, when added to a well-balanced program of stress reduction, immune stimulation, and toxin reduction that can assist you in your healing. Finally, remember that there really is no cure for cancer that someone else can give you. Because cancer exists in all of us, we must give our bodies a chance to heal. The body is highly intelligent and if you help the body to stimulate its own immune system it will be most effective in healing itself. That goes the same no matter if you have cancer, irritable bowel disease, autoimmune dysfunction, or other conditions.

DOCTOR'S DON'T CURE YOU, YOUR BODY DOES.

So no matter what method of therapies you choose, remember that the final decision is YOURS but you must provide your body what it needs and remove what it doesn't. So find a doctor who agrees with your decisions and don't give up. ☺



R. Ernest Cohn MD, NMD, DC and Anthony Meador, PA jointly see patients seeking holistic approaches to healthcare at the Holistic Medical Clinic of the Carolinas in Wilkesboro, NC. The practice is nutrition based and does I.V. immune stimulation, nutritional and herbal medicine, colonic irrigation, and many other holistic approaches. For information contact Holisticmedclinic.com or call (336) 667-6464.



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Just pay \$2.95 shipping

Healing for Life

Cancer Testimonies DVD

Inspiring and compelling. See and hear people from all walks of life share how they successfully dealt with this dreaded disease and experienced renewed health and hope following the Hallelujah Diet & Lifestyle. Plus, medical experts offer scientific facts to support Scripture on matters of health.

Call Customer Service at **800.915.9355** to order.
Simply cover our shipping cost of just \$2.95. A small price for a wealth of knowledge.

* Offer good from May 1, 2007 through June 30, 2007

OFFER ONLY AVAILABLE IN THE USA



United States

FREE How to Eliminate Sickness Seminar

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

**Saturdays: May 5, 2007 at 10 am
June 2, 2007 at 10 am • July 7, 2007 at 10 am**



An Evening with Rhonda Malkmus

Spend a fun 2 hours every month learning a variety of food preparation techniques and recipes!

These lively classes are held the Friday night before the FREE monthly Saturday seminar taught by Rev. Malkmus. In fact, Rev. Malkmus has been known to don an apron and take on the role of Rhonda's kitchen assistant! So have a healthful weekend, and join us for both!

Friday: May 4, 2007

Friday: June 1, 2007

Friday: July 6, 2007

Class Hours: 7-9 pm/Fee: \$25

Special Half-Day Author's Class These fun food prep classes start shortly after Rev. Malkmus' FREE seminar! These entertaining and practical half-day, 4-hour classes are taught by some of Hallelujah Acres' most popular recipe book authors. So join us for both.

Saturday: May 5, 2007 with Kim Wilson

Author of *Everyday Wholesome Eating...In The Raw*

Saturday: June 2, 2007 with The Graffs

Atlanta's renowned raw food chefs

Saturday: July 7, 2007 with Marilyn Polk

Author of *Hallelujah Simple Weekly Meal Plans*
Class Hours: 2-6 pm/Fee: \$109

The Graffs: Level I Food Preparation Class

Let Atlanta's Raw Food Chefs, Jackie and Gideon Graff, show you how creative and delicious raw food meals can be! Take this intensive 2-day course and learn to prepare everything from the basics to mouthwatering gourmet delights!

Thursday – Friday: June 21 – 22, 2007

Thursday – Friday: July 26 – 27, 2007

Tuesday – Wednesday: August 21 – 22, 2007

Fee: \$300

Announcing a New Class!

Level II Class with The Graffs!

Go beyond the basics with the ever-entertaining and practical Graffs. This class features new recipes and more advanced techniques in raw food prep, all taught with great humor and enthusiasm by Jackie and Gideon Graff.

Monday – Tuesday: October 29 – 30, 2007

Class Hours: 10 am-6 pm/Fee: \$300

For reservations for any of the above Culinary Academy classes please call 800.915.9355

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

Unless otherwise noted, these programs are held at The Hallelujah Acres International Headquarters in Shelby, NC. Schedules are subject to change.

Living It! Big Summer Conference

Summer is just around the corner. That means our big summer conference will be here before you know it! So mark your calendars now and plan to join us for a great lineup of inspiring speakers, educational demonstrations, uplifting music, praise, and worship. Thurs. – Sat., Aug. 23 – 25, 2007

Restoring God's Temple

The Hallelujah Acres Women's Retreat

Gain powerful insight, be moved and...restore God's Temple! Speakers will include Dr. T. Colin Campbell and Eleanor Isaacson. Thurs. – Sat., Aug. 25-27
Register early for \$99 before Sept. 30
For more information or to register call 800.915.9355/Fee: \$149



Health Minister Training GET CONNECTED

Health Minister Training Spread the healthy word! This course inspires those who want to teach others how to have total health. You will also learn everything you need to build your own local ministry. Prerequisites and pre-approval required.

Wednesday – Friday: June 13 – 15, 2007

Wednesday – Friday: July 18 – 20, 2007

Wednesday – Friday: Sept. 19 – 21, 2007

Wednesday – Friday: Nov. 14 – 16, 2007

Advanced Health Minister Training

Learn innovative ways to promote your ministry. Learn how to reach more people. Gain valuable insights on health and nutrition.

Monday – Wednesday: October 22 – 24, 2007



Get Healthy! Stay Balanced Class In this lively 9-lesson course, you will learn to achieve vibrant health in body, mind, and spirit.

Monday – Friday: June 4 – 8, 2007

Monday – Friday: July 9 – 13, 2007

Monday – Friday: Sept. 10 – 14, 2007

Monday – Friday: Nov. 5 – 9, 2007

Get Healthy! RESOURCE CENTER

Greenville Location

Level I Culinary class with The Graffs

Friday – Saturday, June 8 – 9, 2007

Class Hours: 10 am-6 pm/Fee: \$300

Shelby & Greenville Locations

Healthy Food Preparation Classes

Monday, May 14, 2007 - Dinner for a Queen

Celebrating Mother's Day

Monday, June 11, 2007 - Feast for a King

Celebrating Father's Day

Class Hours: 7-9 pm/Fee: \$20 per person

For reservations for any of the above

Resource Center classes please call

704.487.9572 for Shelby

or 864.751.6400 for Greenville

EVENTS CALENDAR

May•June•July, 2007



Canada



FREE How to Eliminate Sickness Seminar

Earl Haig High School
100 Princess Avenue • Toronto
Saturday: May 19, 2007 at 1:30 pm
For more information call 905.853.7014



Get Healthy! Stay Balanced Class

In this lively 9-lesson course, you will learn to achieve vibrant health in body, mind, and spirit. There are many wonderful recipes presented in the food prep part of the course. This course is offered each month; please call to set up a schedule.

Vegetarian Food Preparation Classes

An intensive one-day gourmet food class.

Once a month Saturday: 11 am-2pm

May 26, 2007 – Mediterranean Foods

June 16, 2007 – Raw Soups

July 14, 2007 – Picnic Foods

Aug. 25, 2007 – Foods from Down Under

Healthy Lifestyle Retreat Spend a week with Judy learning how to plan menus, shop for the right foods, and easily prepare healthy recipes along with the *Get Healthy! Stay Balanced* program.

Monday – Friday, June 4 – 8, 2007

Monday – Friday, August 20 – 24, 2007

Call to reserve a place since class sizes are limited.

In the Kitchen with Judy Workshop!

Especially designed for those who need individual attention. You get one-on-one time with Judy, planning menus and preparing simple recipes, with extra time to work on your own needs. These 2- or 4-hour classes are offered every week, Monday through Friday, over the lunch or dinner hours. Call to reserve a space today.

You must call to reserve 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

HALLELUJAH ACRES

1992 CELEBRATES 2007

15 YEARS



In the fall,
Hallelujah Acres
moves headquarters
from Tennessee to
Shelby, North Carolina.

Hacres.com
launches on July 1

Hallelujah Health
Tip Begins.

Restaurant closes
and Ministry relocates
to Eidson, TN
and First Health
Ministry Training
held in Eidson, TN.

**January
1976** **1988**

Rev. Malkmus is told he has colon cancer, a disease that had recently taken his mother's life. An R.N., she had gone the medical route for treatment. Witnessing her bad experience, Rev. Malkmus searches for an alternative method of treatment. He turns to Texas evangelist, Lester Roloff, and heeds his advice to adopt a diet based on the principles found in Genesis 1:29, in addition to drinking a lot of carrot juice. Within one year all symptoms of cancer were gone, without any medical intervention, in addition to all other physical ailments: hypoglycemia, hemorrhoids, high blood pressure, severe sinus and allergy problems, fatigue, even dandruff and body odor.



Rev. Malkmus writes and publishes *Why Christians Get Sick*. Almost a million copies of this book are currently in print.

**February 12
1992**

Hallelujah Acres is Born!
Rev. Malkmus and wife Rhonda establish Hallelujah Acres, a Christian Ministry in an 11-foot-wide, 16-seat vegan restaurant and health food store in Rogersville, Tennessee, where he begins offering free "How to Eliminate Sickness" seminars each Saturday morning.

**February
1993**

Hallelujah Acres moves from 16-seat restaurant to 56-seat restaurant, opening day, with standing room only!

Back to the Garden begins publication.



**Mid-
1990s**

Rev. Malkmus appears on *700 Club*. Subsequent appearances, over the next decade would include Trinity Broadcasting, ABC, NBC, and CBS along with several appearances on FOX News and The Food Network, introduce The Hallelujah Diet to millions.

1998

Hallelujah Acres Canada opens.



Hallelujah Acres Foundation begins.

Rhonda Malkmus writes *Recipes for Life*.



1995

Rev. Malkmus writes and publishes *God's Way to Ultimate Health*.

The FUTURE



*Get Healthy!
Stay Balanced* program
was introduced.

2001



Rev. Malkmus writes
and publishes
The Hallelujah Diet.

2006



2007

Hallelujah Acres recently purchased 250 acres of prime land on the opposite side of the road from our current facility. On this new land, a 72-room Hotel, along with a 250-seat Hallelujah Café Restaurant and a 3,000 sq. ft Health Food store are scheduled for completion around the end of 2007. Eventually, a new auditorium and media center are projected, which will complete our Hallelujah Acres Conference Center.

For people who would like to live in a healthy community, we are planning to use 200 plus acres for condominiums and homes. We will keep you abreast of all that is happening through our weekly Hallelujah Health Tip and *Back to the Garden*. You will find how to subscribe to this information regarding both of these publications on our website at www.hacres.com

In the words of Rev. Malkmus, "At the age of 73, and Rhonda at 61, we still power walk 4-8 miles most days, and continue to carry a very vigorous schedule. This schedule includes some 30-seminars annually, with almost weekly remote radio interviews and occasional television appearances, in addition to writing a weekly Health Tip. We are also in the process of writing another book."

What does the future hold for Hallelujah Acres? Only God knows! But it is thrilling to see how far Hallelujah Acres has already come since that vision I shared in my first book *Why Christians Get Sick*. As you read it, remember these words were written almost 20-years ago:

'My goal is to make Hallelujah Acres into a modern Garden of Eden, from which God's natural ways of health and healing will flow to Christians around the world. I envision Hallelujah Acres being a place where Christians can come to seminars where they will learn how to grow, prepare, and serve foods as God intended. Nutrition and proper care of the body will be taught and then these Christians can go back to their respective areas of influence to share this knowledge with others. I personally believe that the American people, and especially Christians, are thoroughly disenchanted with the present means available for dealing with sickness, and are just waiting for someone to show them a better way. I want to and am willing and ready to do all that I can to make this happen! I cannot do this alone! Will you help me? The job is staggering, but the potential rewards can be fabulously exciting.'

Dear reader, will you join us as we continue to reach ever more Christians, and anyone else who will listen, with the Biblical Health message God has entrusted us with?"

NOTEWORTHY NUMBERS

60 fulltime staff members currently work at the Shelby headquarters

Over 7,000 Heath Ministers have completed training

More than 800 pastors are also Health Ministers

Health Ministers are located in **50 states** and **42 foreign** countries

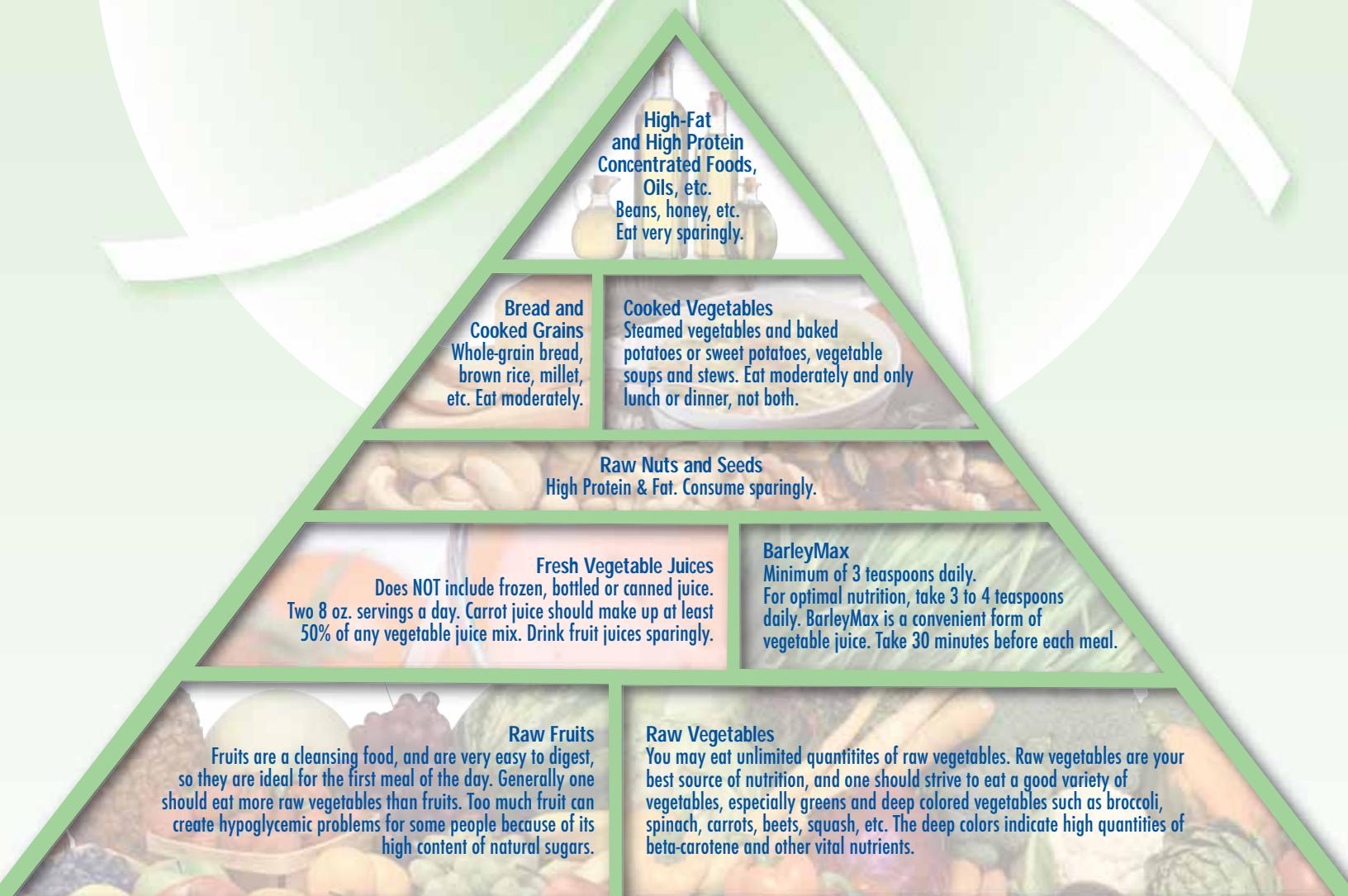
Nearly 4 million copies of *Back to the Garden* have been mailed

Over 16 million Hallelujah Health Tips have been emailed

About 50,000 people browse the Hallelujah Acres website weekly

Hallelujah Acres Food Pyramid

THE FOUNDATION for HEALTH



Hallelujah Acres Food Pyramid THE FOUNDATION for HEALTH

by Marilyn Polk

Psalm 11:3 states:

"If the foundations be destroyed, what can the righteous do?"

For years Americans, and more specifically Christians, have been building their diets on the wrong foundation of meats, dairy, sugar, white flour products, and highly processed foods. The consequences have been serious. So what can the righteous do? Seven years ago, when I was first introduced to The Hallelujah Diet, I went back – back to the foundational book of the Bible, the book of Genesis, to ponder upon the very first diet given by God. Everything God spoke during the week of creation was perfect, including the plant foods God told Adam and Eve to eat. I believe the Genesis diet is also God's perfect will for our lives today.

In Matthew 7:24-27, Jesus taught that if a foolish man built his house upon sand, it was certain to be destroyed. But if a wise man built his house upon the sure foundation of rock, it would endure the storms of life. Our body houses are being destroyed prematurely because the foundations have not been those as set forth in God's Word.

I made the decision in 1999, to change the foundation of my family's diet from dead, cooked, and highly-processed foods to that of primarily living, raw vegetables and fruits, along with carrot juice and green barley juice. I learned that the more our diet was focused at the foundation of the Hallelujah Acres Healthy Foods Pyramid, the healthier we would be. The second level, which consists of BarleyMax and fresh vegetable juice, is just the modern version of the first level. I consider these to be the two most important foods I consume each day.

The third tier of the Pyramid consists of raw nuts and seeds. I have found that by soaking and dehydrating these in

advance, I always have them available for salads and recipes. As we climb the Pyramid, we notice that cooked vegetables, bread, and cooked grains are closer to the top; therefore, these comprise a much smaller portion of our daily diet. The very top tier, containing high-fat and high-protein concentrated foods like olive oil, honey, etc., should be consumed very sparingly. We enjoy baked or steamed vegetables and/or whole grains at the end of the day, but my focus is always on the living foods as set forth on the base of the Pyramid.

The way to health is by consuming living foods teeming with vitamins, minerals, phytochemicals, fiber, and enzymes in just the proper synergy. God's ways are simple, but often not easy. The Hallelujah Diet is actually very simple, but often not easy because of the vast array of fast, convenience foods available. Therefore, I believe that meal plans are absolutely essential in order to be successful on this diet.

After being on the diet for a few years, I was encouraged by my husband to write a recipe book to enable busy people to more easily do the diet. *Hallelujah Simple Weekly Meal Plans*, a compilation of 112 simple recipes in a four-week menu format, contains recipes that are within the guidelines of The Hallelujah Diet, delicious, and also easy to prepare. Each week's plan begins with a helpful grocery list. The recipes include fruit salads, vegetable salads, dressings, entrees, including alternatives to popular American dishes, and special occasion treats.

Many people have commented that my recipe book has helped them to stay on the diet. Here are some of our students' favorite recipes. ☺



Marilyn Polk is the author of *Hallelujah Simple Weekly Meal Plans*. She will be teaching her popular food prep class at Hallelujah Acres Culinary

Academy on Saturday, July 7 at 2 pm. She and her husband, Doug, are Health Ministers in Jackson, TN. You may contact them at ddpolk@alphaomegafood.com.

To order a copy of *Hallelujah Simple Weekly Meal Plans* see page 37.



LAYERED BASIL SALAD

Layer the following in a large glass bowl:

- 4 cups of assorted salad greens
- 1 cup shredded carrots
- 2 cups cooked tri-color pasta (whole grain)
- 2 cups frozen green peas, rinsed in a colander
- 1 cup diced red onion
- 2 cups chopped tomatoes
- 2 cups broccoli florets

Dressing:

- 1 cup Vegenaise or Nayonnaise
- ½ teaspoon Celtic Sea Salt
- 2 teaspoons Westbrae Natural Dijon mustard
- 1½ teaspoons dried basil

Mix dressing and spoon on top of salad. Make a veggie "face" with black olives (eyes), sprouts (eyebrows), yellow pepper strip (nose), red pepper strip (mouth), spinach leaves (ears), or use whatever veggies you have on hand to make your own creation. Everyone will be impressed with your veggie art; it encourages reluctant children to eat the salad, too!

VERY VEGGIE LASAGNA

Use uncooked rice or uncooked whole-wheat lasagna noodles. (I prefer rice noodles because they are less chewy.) Spray a 13 x 9 inch dish with olive oil. Pour a can of organic diced tomatoes with basil and garlic on the bottom of dish. Place noodles next, then layer the following 4 vegetables (Use enough of the vegetables to make single layers):

- 1 medium zucchini, sliced
- 1 medium squash, sliced
- 1 small onion, diced
- 1 cup broccoli florets

Pour organic pasta sauce over the above vegetables. You will need 1½ – 2 jars of sauce for this recipe. Then put another layer of noodles over sauce. Layer the following 4 vegetables on next:

- 1 cup baby spinach
- ½ cup diced celery
- ½ cup sweet pepper
- 1 cup mushrooms

Mix 1 clove of minced garlic and ½ teaspoon of Celtic Sea Salt with the remaining sauce. Pour over vegetables. Bake for 45 minutes covered in a 350-degree oven. Remove from oven and shred some mozzarella cheese substitute (like Follow Your Heart Vegan Gourmet) over all of this. Let stand for 10 minutes before cutting.



SPINACH SALAD #1

- 1 package organic baby spinach
- 6-7 Medjool dates*, chopped
- 1 diced apple
- ½ cup chopped walnuts

Honey Mustard Dressing:

- ½ cup raw honey
- ¼ cup Westbrae Natural Dijon mustard
- 2 tablespoons flaxseed or olive oil

Blend dressing well and pour over salad just before serving.

*These are big, luscious dates, unlike those you'll buy in the grocery store. They are our "candy." They can be found at your local health food store.

LUSCIOUS FRUIT SALAD

- ½ cup fresh orange juice
- ¼ cup fresh lemon juice
- ¼ cup raw honey
- a little lemon zest
- a little orange zest
- 1 cinnamon stick

(This ingredient was accidentally omitted from the book.)

Bring the above ingredients to a boil, and then simmer for 5 minutes. Remove from heat. Meanwhile, cut up the following in a large bowl:

- 2 cups fresh pineapple chunks
- 2 bananas, sliced
- 2 cups strawberries, sliced
- 1 cup red grapes (seeds removed)
- 2 oranges, sectioned & halved
- 2 kiwis, sliced

Pour cooled dressing over fruit and mix well.



RAW APPLE PIE

Process the following ingredients using the 'S' blade on your food processor; then pat in a pie plate:

- 1 ¼ cups pecans
- 5 Medjool dates, pitted
- 3 tablespoons pure maple syrup
- 1 cup walnuts
- ¼ teaspoon Celtic Sea Salt
- 1 teaspoon Frontier vanilla

Filling:

- 2 Granny Smith apples
- 2 Fuji apples (You can use 4 Fuji apples instead of 2 green and 2 red but you will need to increase the flaxseed to 1½ tablespoons so your pie won't be too juicy.)
- 4 Medjool dates, pitted
- 1 tablespoon ground flaxseed
- ¼ teaspoon Celtic Sea Salt
- ¼ cup raw honey
- 1 teaspoon cinnamon
- 1 teaspoon fresh lemon juice
- ½ cup organic raisins

Peel 1 green apple and 1 sweet apple. Using the 'S' blade, process the apples and dates into small chunks. Transfer to another bowl and add the ground flaxseed, salt, honey, cinnamon, lemon juice, and raisins. Stir well. Coarsely chop the last 2 apples. Add to mixture, stir, and pour onto crust. Top with chopped nuts. Refrigerate.



Culinary Academy

Chop! Mix! Blend! Eat!

Classes for Everyone



An Evening With Rhonda Malkmus

Spend a fun 2 hours every month learning a variety of food preparation techniques and recipes! These lively classes 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!

7 – 9 pm • Fee: \$25

Special Half-Day Author's Class

These fun food prep classes start shortly after Rev. Malkmus' FREE seminar! Entertaining, practical half-day classes taught by some of Hallelujah Acres' most popular recipe book authors. Call or visit our website for dates and instructors.

2 – 6 pm • Fee: \$109

May 5, Kim Wilson • June 2, The Graffs
July 7, Marilyn Polk



Mix It Up with the Graffs



Level I Food Preparation Class

Let Atlanta's Raw Food Chefs, Jackie and Gideon Graff, show you how creative and delicious raw food meals can be! Take this intensive 2-day course and learn to prepare everything from the basics to mouthwatering gourmet delights!

10 am – 6 pm • Fee: \$300

Announcing a New Level II Class with The Graffs!

Go beyond the basics with the ever-entertaining and practical Graffs. This 2-day class features new recipes and more advanced techniques in raw food prep, all taught with great humor and enthusiasm by Jackie and Gideon Graff.

10 am – 6 pm • Fee: \$300

Class times, dates, and fees vary. Call or visit our website for details and reservations.

(866) 295.0230
www.hacres.com

The Hallelujah Diet

by Rev. George Malkmus



What is the real cost?

One of the most common excuses for not eating healthy is it costs too much to buy all that "special" food. On the Hallelujah Diet, the food is the same as you buy in any supermarket. Even organic vegetables are becoming mainstream. It's simply a matter of choosing what's healthy over what's not.

The same principle applies to eating out. A steak entrée at a popular chain restaurant can be as high as \$12.99 or more. Add dessert and beverages, plus tax and tip, and your bill can climb pretty quickly.

These days, most restaurants accommodate customers on a vegetarian lifestyle. You can order a large dinner salad without meat, add a plain baked potato, a side vegetable and bottled water, and in most cases you'll spend less than if you'd ordered that full rack of ribs. Depending on where you live, you may even find a vegetarian or vegan restaurant.

Juicing is an essential part of The Hallelujah Diet, and, while we do recommend purchasing a high-quality juicer such as the Green Star Juicer, this is an initial investment spread out over several years as you continue your healthy lifestyle.

In the end, the Standard American Diet becomes the costlier lifestyle because the real cost is to your health.

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

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

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

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

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

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



The Hallelujah Diet Explained

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

The 85% Portion

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

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

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

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

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

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

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

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

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

Soups: Raw soups

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

Vegetables: All raw vegetables

The 15% Portion

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

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

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

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

Fruit: Stewed and unsweetened frozen fruits

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

Oils: Mayonnaise made from cold-pressed oils

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

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

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

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

For additional ideas see our selection of recipe books on page 37.

Foods to Avoid

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

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

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

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

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

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

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

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

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

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

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

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

The Hallelujah Diet – Basic Supplements Explained

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



It is important that we all realize that although The Hallelujah Diet is based upon the principles of God's Original Diet as found in Genesis 1:29, we live under entirely different environmental conditions than existed then. Today, even through our best efforts, our foods lack the vital life force and nutrition that they contained just a few decades ago, let alone what they contained in the biblical days.

For this reason, there are some nutrient needs we must be aware of and insure they are optimally met.



1) BarleyMax supplies nutrients (specifically minerals and trace elements) that are missing from our foods. It is best taken on an empty stomach 2 to 3 times daily and may be dissolved in the mouth or taken in a couple ounces of purified water. 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.

2) Fiber Cleanse is vital for many people for the first 2 to 3 months to help restore optimal bowel function (2 to 3 well-formed stools daily). This is best used earlier in the day – mid-morning, to allow for optimal water intake to keep the body and colon well hydrated. This product is not recommended for pregnant or lactating women or long-term use.

3) B-Flax-D was developed as a long-term solution to meet the ongoing need for additional fiber in the diet after the initial 2 to 3 months using FiberCleanse. To make this product more comprehensive – along with the base of stabilized ground flax seed for our essential fats and fiber, we included B-12 in the active methylcobalamin form to ensure a B-12 deficiency does not develop and Vitamin D-3 (cholecalciferol) to help prevent a vitamin D deficiency (especially in the northern climates during winter months).

4) Essential Fatty Acids (EFA), particularly our Omega 3 fats, are vital. Our body cannot produce EFAs, so they must be obtained in our diet. There are few sources of vital Omega 3 fats in our diet – flax seed, chia seed, and walnuts. To ensure an optimal intake, we include one of the following: 3 to 4 tablespoons of flax seed (freshly ground), 1/4 cup of B-Flax-D, 1 to 2 tablespoons of flax seed oil, or Udo's oil.

5) B-12 is an essential nutrient that is not found in plant-based foods. If we have an optimal balance of intestinal flora, it isn't an issue as it is produced by our friendly flora. However, in our study, we found almost 50% of those tested who had been on the Hallelujah Diet for two years were deficient. To prevent a B-12 deficiency, we include at least 1/2 caplet of our B-12, B-6 and Folic Acid supplement every other day, (one caplet may be used daily for the benefit of maintaining lower levels of homocysteine) or 1 serving of the B-Flax-D product. Both the B-12 supplement and the B-Flax-D are not needed but may be used if desired.

Supplement Tips

While you will find several food concentrates and nutritional supplements listed here with The Hallelujah Diet, it is important to realize that each individual should evaluate their own personal diet and lifestyle in determining which of these are appropriate for their personal use.

Some people starting the program may benefit from Fiber Cleanse to help establish optimal bowel activity and timely elimination of toxins but should no longer require this after the first 2 to 3 months.

Others may simply need a little gentle help from the extra fiber found in the B-Flax-D product.

Likewise the need for other nutritional support may vary as one progresses in their journey to optimal health.

We want to use the products that complement our diet rather than products that duplicate what we obtain from our foods.

6) DHA is an essential nutrient for pregnant or nursing women as well as an important nutrient for everyone desiring an optimal intake of essential fats. Some people can produce optimal amounts of DHA from their Omega 3 fats, but others may not adequately convert the Omega 3s to the required DHA.



DHA is an essential fat that is necessary for optimal development of the brain and the retina of the eye and, therefore, is of utmost importance for the fetus during pregnancy and the first year of life. DHA is available to breast-fed infants through mother's breast milk, but unfortunately, the amount found in mother's breast milk has decreased by 67% in the past 60 years. Because of the decrease, it may be helpful for nursing mothers to include a regular supplement during pregnancy and the first year of nursing or for a supplement to be included for babies who are not breast-fed. DHA is also becoming more recognized as a vital nutrient for adults as well. While there is limited conversion to DHA of the Omega 3's (ALA) found in flaxseed and walnuts, scientific evidence points to the benefits of supplementing with DHA. After months of research, we are pleased to make available the only Vegetarian Source DHA supplement we have found that meets our high standard of purity and potency.

7) Digestive Enzymes should be taken with all cooked foods (before, with, or after the meal). 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. NEC's research brochure is available at www.hacres.com/diet/research/enzyme_TNO_brochure.pdf



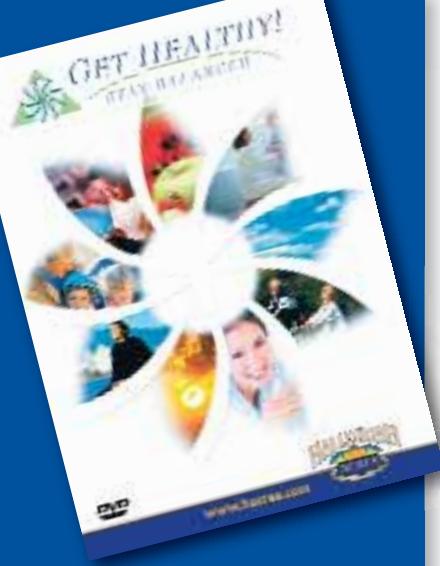
8) Probiotics should be taken periodically to help keep an optimal balance in intestinal flora (usually taken with a meal). A healthy intestinal tract is host to over 400 species of bacteria—both pathogenic and “friendly” flora—with the friendly flora being predominant. The Hallelujah Acres Probiotic is a well-formulated and stable probiotic supplement that (1) survives the acid/bile conditions of the intestinal tract and (2) aids in maintaining a healthy balance of “friendly” flora. This helps inhibit the proliferation of pathogenic bacteria, produce B vitamins, and maintain overall optimal colon health. Everyone benefits from taking the Probiotic supplement, and we especially recommend it for pregnant and nursing mothers, individuals on antibiotics, anyone undergoing pelvic or abdominal radiation treatments, and those who suffer from gastro-esophageal reflux disease. Technical data available at www.hacres.com/diet/research/probioticsummarychart.pdf



9) WaterMax re-mineralizes distilled or reverse osmosis water (2 tsp. per gallon of purified 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 improves the hydrating ability of your water. So drink up!



For pricing on these products see pages 33 & 34.



FREE
Get
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Stay
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Overview DVD
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The *Get Healthy! Stay Balanced* Course has helped people all over the world get on the right path to healthy living. In this DVD, you will get an overview of the program. Inspiring, motivational and informative, you'll learn how this powerful course can change the course of your life.

*Offer good from May 1, 2007 through June 30, 2007

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 1(800) 915.9355, for details.
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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 \$16.80 off the regular retail price with this kit. No substitutions, please.

#KITSILVER Silver Starter Kit

\$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.

Save \$56.70 compared to buying each item separately at the regular retail price. Save money and get Gold! No substitutions, please.

#KITGOLD

Gold Starter Kit \$349.95
Juicer available in White, Almond, or Black



Platinum Starter Kit

Our Platinum Starter Kit is the most extensive starter kit and provides the most value for the money—**Save \$104.60 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 Greenstar 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

\$584.95

If ordering by mail, please contact customer service for item number.

Hallelujah Diet Basics



BarleyMax

This blend of two of nature's most nutritionally dense foods - raw organic barley and alfalfa grass juices - is a convenient powder form of those juices that gives you one of the widest spectrums of naturally occurring nutrients available in a single source. BarleyMax offers a high level of enzymatic activity, which is necessary for building new, strong, healthy, and vital cells in your body. Now even better, because of nutrient increases in the soil, BarleyMax has more protein, Vitamins A and E, Folate, Zinc, Manganese, and Potassium! The result is a denser powder, so you can use less per serving—only 1 level teaspoon—to get the full nutritional value! And you get value for your money, too. The new size is just 29¢ per serving when you buy the 8.5 oz. bottle. Because the powder is denser, there's less air. Less air means we can use a smaller canister. So don't let the smaller size fool you. You're still getting superior nutrition. Available in powder, vegetarian capsules, and an alfalfa-free powder.

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

CarrotJuiceMax

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

#452 16-oz powder	\$39.95
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BeetMax

Another great fresh vegetable juice substitute you can use is BeetMax, a juice powder made from organic beets. Betanin, 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 a convenient powder form.

#451 8.8-oz powder	\$32.95
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WaterMax

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 improves the hydrating ability of your water. So drink up!

#332 16 oz. bottle	\$29.95
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Promotes GOOD Colon Health!

Fiber Cleanse

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

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



Flora Flax Oil

Omega-3 and Omega-6 essential fatty acids (EFAs) contribute to immune system development, digestive support, healthy brain function, smooth skin, circulation, and anti-aging. Certified organic, Flora Flax Oil is unrefined and cold-pressed using a unique manufacturing technique that avoids light, heat and oxygen to protect the fragile EFAs. To guarantee freshness, each bottle is shipped within one week of pressing and the completion of quality testing, and includes a "date pressed" and "best before" date. Shelf life is six months refrigerated, one year frozen. (Please note: we are unable to ship these glass bottles outside the 48 contiguous United States.)

#436 17-oz bottle	\$17.95
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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
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NEW! from Udo's Choice

Udo's choice DHA Oil Blend

All the omega-3 essential fatty acids you need—in one oil! Nothing fishy about this oil! Udo's Choice DHA Oil Blend is the first unrefined vegetarian source of EPA (eicosapentaenoic acid), ALA (alpha linolenic acid) and now DHA (docosahexaenoic acid), a major structural fat in the brain and eyes and a key component of the heart. So get the benefits of DHA from algae (the place the fish get it), and avoid the fishy taste and smell. This DHA formula provides 100 mg DHA, 40 mg ALA, and 3 mg of EPA per 1 tbsp serving. All vegetarian and organic; contains no methyl mercury, PCBs or dioxin and is not processed under high temperatures. (Please note: we are unable to ship these glass bottles outside the 48 contiguous United States.)

#482 17-oz bottle	\$23.95
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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
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Hallelujah Diet Basics Continued...

Vitamin B12, B6 & 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/bile conditions of the intestinal tract and (2) aids in maintaining a healthy balance of “friendly” flora. This helps inhibit the proliferation of pathogenic bacteria, produce B vitamins, and maintain overall optimal colon health. Everyone benefits from taking the Probiotic supplement, and we especially recommend it for pregnant and nursing mothers, individuals on antibiotics, anyone undergoing pelvic or abdominal radiation treatments, and those who suffer from gastro-esophageal reflux disease.

#446 90 vegetarian capsules

\$24.95



NEW! Professional Strength Probiotics!

We all know the immune support and digestive benefits of probiotics. Now, Hallelujah Acres offers a power-packed formula (24 billion CFUs) in one capsule. So, depending on your needs, you may be able to reduce your serving size. Many people have very low amounts of beneficial bacteria in their intestinal tracts due to poor eating habits. Research shows that aggressive supplementation may be able to turn this around. Strains used in our product are specially selected to be acid-resistant, bile salt resistant, and are able to colonize the human intestinal tract. So help boost your beneficial bacteria. Try our new Professional Strength Probiotics.

#458 60 vegetarian capsules

\$29.95



DHA Support BRAIN Power!

DHA is an essential fat that is necessary for optimal development of the brain and the retina of the eye and, therefore, is of utmost importance for the fetus during pregnancy and the first year of life. DHA is available to breast-fed infants through mother's breast milk, but unfortunately, the amount found in mother's breast milk has decreased by 67% in the past 60 years. Because of the decrease, it may be helpful for nursing mothers to include a regular supplement during pregnancy and the first year of nursing or for a supplement to be included for babies who are not breast-fed. DHA is also becoming more recognized as a vital nutrient for adults as well. While there is limited conversion to DHA of the Omega 3's (ALA) found in flaxseed and walnuts, scientific evidence points to the benefits of supplementing with DHA. After months of research, we are pleased to make available the only Vegetarian Source DHA supplement we have found that meets our high standard of purity and potency.

#426 60 vegetarian capsules 100 mg. each

\$23.95

Living Food on the GO!

NEW! The Hallelujah Acres Snack Sampler Pack

Now you can try each of our snack treats with our sampler pack! Sampler includes Living Food Survival Bar, Maple Nut Royale Bar, Vanilla Nut Goodee Bar, and 1.5 oz. Survival Mix. #KIT993 HA Snack Sampler Pack \$9.69

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

Living Food Survival Bar

This bar is one of the most amazing organic, kosher, vegan, and enzymatically alive super foods ever offered in a ready-to-eat bar. Gluten-free with no trans fatty acids. All ingredients are organic: almond butter; date paste; agave nectar; brown rice protein; raisins; flax, and quinoa sprout powders; sesame seeds; and BarleyMax, CarrotJuiceMax, and BeetMax. Excellent for those concerned with low carbs—has just 11% of the RDA. Contains 11.5 grams of Omega-3, -6 and -9 essential fatty acids (the “good” fats). At 300 calories, it can be used in place of a meal. *Please specify quantity when ordering.*

#444-L	1 Bar	\$2.95	3-Bar Pack	\$8.65
	12-Bar Box	\$33.95	72-Bar Case	\$144.00

Maple Nut Royale Bar

Made with 100% pure maple syrup; raw almonds, walnuts, pecans, and macadamia 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	5-Bar Pack	\$7.95
	20-Bar Box	\$27.95	80-Bar Case	\$92.00

Vanilla Nut Goodee Bar

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

#444-V	1 Bar	\$1.65	5-Bar Pack	\$7.95
	20-Bar Box	\$27.95	80-Bar Case	\$92.00



Going Beyond the Basics...



Hallelujah Acres Antioxidant

This broad-spectrum antioxidant formula protects you from many types of free radicals. It includes: vitamins A, C, and E; various minerals, botanicals, antioxidant nutrients, and other naturally occurring phytonutrients; select antioxidant enzymes, including GliSODin, the only orally effective form of SOD—known as the Master Antioxidant; and digestive enzymes that help maximize the delivery and absorption of the antioxidant ingredients.

#455 60 vegetarian capsules \$27.95



Hallelujah Acres Intestinal Balance

This unique supplement contains a proprietary blend of ingredients that packs a powerful punch for your health. Special enzymes designed to break down the

outer shell of particular pathogenic bacteria in the intestinal tract, which can proliferate quickly and cause many health issues if not brought under control. Botanicals bring them under control with their antibacterial functions, and probiotics help your body to rebuild the friendly bacteria necessary for a healthy intestinal tract and strong immune system.

#449 60 vegetarian capsules \$24.95



Hallelujah Acres Serrapeptase

Serrapeptase is a powerful proteolytic enzyme. Proteolytic enzymes used systemically help reduce inflammation and symptoms that often accompany inflammation.

#454 60 vegetarian capsules \$24.95



Hallelujah Acres Curcumin

A powerful anti-oxidant and anti-inflammatory agent, curcumin is the active ingredient in the spice turmeric. In addition, studies suggest curcumin may be used to support the immune system.

#457 180 vegetarian capsules \$39.95



Nutritional Essentials

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

#421 10 oz container \$29.95



Micro-Max

This supplement helps overcome the consequences of the increasing micronutrient deficiencies in our foods by providing the essential trace minerals necessary for good health. The seaweed, a natural marine plant from which

the micronutrients are derived, is harvested and dehydrated to exact standards in order to concentrate and to preserve maximum levels of the naturally occurring trace minerals.

#432 100 capsules \$14.95



Microhydrin

This is a potent supplement that helps to improve the body's internal environment by safely increasing the alkaline level and the antioxidant potential of blood and body tissues, thereby counteracting the

typically unhealthy conditions we live with today. It enhances the absorption of nutrients, facilitates the flow of oxygen into cells, improves the chemical condition of body fluids, helps rid the body of toxins and free radicals, and restores energy and wellness to the body. After taking this supplement, Rev. Malkmus noticed an almost immediate increase in his stamina, strength, and energy.

#434 60 vegetarian capsules \$39.95



Attention Retail Customers

FREE GROUND SHIPPING

On all "Auto-Ship" orders over \$100.00
Please call Customer Service,
(1800) 915.9355, for details.
US-48 States Only



Light Grey Celtic Sea Salt

Celtic sea salt is free of any processing, dried only by the hot summer sun and wind, and harvested by salt farmers who gather it from the marshes in France. Its gray color is attributed to the pure clay of the basins, which ionizes the many minerals in the salt, making it richer in electrolytes. Because Light Grey Celtic Sea Salt is sun-dried, it retains the ocean's moisture, which helps lock in many vital trace elements.

#431 1-lb bag Coarse \$6.95

#430 1-lb bag Fine Ground for Salt Shakers \$12.95



Eden Sea Salt

Contains many essential trace elements such as magnesium and potassium! So sprinkle this fine quality, French, hand-harvested salt to add a hint of flavor to your dishes!

#435 14-oz jar \$4.95



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

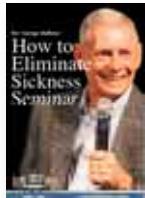


Hand Mixer

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

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.

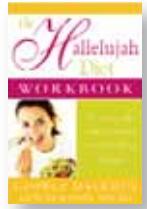
#231 Audio Cassettes (2)	\$12.95
#265 Audio CDs (2)	\$12.95
#266DVD DVD Video (1) 2 hrs. 20 min.	\$24.95
#266VHS Video (1) 2 hrs. 20 min.	\$24.95



The Hallelujah Diet

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

#215 Paperback, 378 pages	\$14.95
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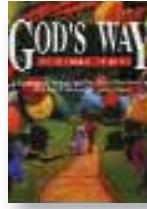


The Hallelujah Diet Workbook

by Rev. George Malkmus with Peter & Stowe Shockey The Workbook, a companion book to be used in conjunction with *The Hallelujah Diet*, will help you to thoroughly absorb the information you need to achieve optimum health. Each of the twelve-week

programs focuses on a particular theme and is divided into two distinct, yet complimentary parts: The **Study Guide** and the **Journal**. The Study Guide helps you delve into the text of *The Hallelujah Diet* and extract the greatest benefit from the information. The Journal is an interactive element that gives you the opportunity to state your goals, chart your course, and keep track of your health and dietary progress.

#215W Paperback, 203 pages	\$8.95
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God's Way to Ultimate Health

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

#202 Paperback, 282 pages	\$18.95
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A Response to The Maker's Diet

by Rev. George Malkmus Backed by Biblical truths and scientific studies, Rev. Malkmus reveals its inaccuracies and passionately refutes each of Rubin's 12 "myths," which

include advocating the consumption of meat. Rev. Malkmus also exposes Rubin's contradictory accounts about which diet actually cured Rubin of Crohn's disease. A real eye-opener, Rev. Malkmus' rebuttal will help strengthen your commitment to attain the health and joy God intends for you.

#204 Paperback, 64 pages	\$2.95
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Why Christians Get Sick

by Rev. George Malkmus Is the most important book Christians can read, after the Bible. It delves into the questions of why we get sick and provides the Biblical answers. With more than 150 Bible verses, this book clearly shows how we can avoid sickness and disease and experience superior health through a natural diet and lifestyle.

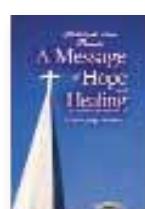
#201R Paperback, 159 pages	\$13.95
#201S Spanish version	\$8.95
#201K Korean version	\$8.95



You Don't Have to be Sick - A Health Primer

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

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



A Message of Hope and Healing A Christian Health Primer

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

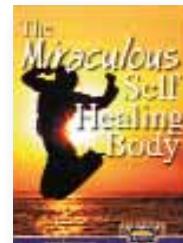
#381 Paperback, 49 pages	\$3.95
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Juicing With Rev. Malkmus

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

#269DVD DVD - 75 minutes	\$12.95
#269VHS Video - 75 minutes	\$12.95

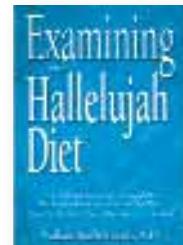


The Miraculous Self-Healing Body

You can learn about the dangers of the Standard American Diet (SAD) and hear for yourself the evidence that

improper diet is the leading cause of almost every physical ailment. Five leading health experts, including Dr. Neal Barnard, Dr. Joel Fuhrman, Dr. John McDougall, Dr. Russell Blaylock, and Rev. George Malkmus discuss all this and reveal the secrets to a healthy, vital, disease-free body. A very powerful video!

#219DVD DVD 34 min.	\$17.95
#219VHS Video 34 min.	\$17.95



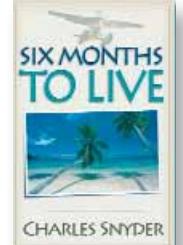
Examining The Hallelujah Diet

by Nathan Tracy, ND

Dr. Tracy discusses the nutritional implications of The Hallelujah Diet in

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

#213 Paperback, 144 pages	\$9.95
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Six Months to Live

by Charles Snyder

This is one of those books that you won't be able to put down! Health Minister Charles Snyder has written a combination

Robinson Crusoe

meets Genesis 1:29 in an action-filled, fiction adventure that you hope will never end!

Stranded on an unknown island, whether by shipwreck or plane failure, God has carefully assembled a very special group of people who experience the change of their lives. One by one, they undergo complete healing of their physical illnesses, all while encountering torrential storms, pirates, hidden caves, and, above all else, God's Grace. Snyder's own journey from debilitating arthritis to complete health was pivotal in the creation of his characters, who show us that God is not a respecter of persons, but of conditions.

#378 Paperback, 175 pages	\$8.95
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Attention Retail Customers
FREE GROUND SHIPPING

On all 'Auto-Ship' orders over \$100.00.
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Recipe Books by RHONDA MALKMUS



Recipes for Life... From God's Garden

Put into practice what you learn from *God's Way to Ultimate Health*. With more than 400 nutritious and delicious recipes, you will see that healthy food really does taste wonderful! It also has important chapters on how to feed children, young adults, and even babies. Includes daily menu suggestions, index lists, and a glossary of ingredients.

#203 Spiral-bound, 358 pages

\$24.95



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

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

#208 Spiral-bound, 64 pages

\$13.95



Hallelujah Holiday Recipes

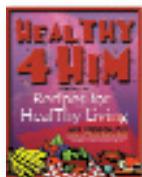
Holiday times with family and friends are some of the most cherished memories. But what do you serve and eat if you want to stay true to your healthy lifestyle? Over the years, many people on The Hallelujah Diet have asked this very question. Now, in her cheerful and encouraging manner, Rhonda Malkmus 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.

#205 Spiral-bound, 272 pages

\$19.95

Eating to Live, rather than Living to Eat.

Recipe Books by Health Minister JULIE WANDLING

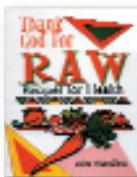


Healthy 4 Him

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

#212 Paperback, 200 pages

\$17.95



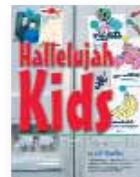
Thank God for Raw

Will show you how to prepare healthy meals your whole family will eat, even your kids! And if you want to lose weight in the process, and keep it off for good, you can with these recipes. You master the fine art of preparing raw foods in creative, tasteful ways with the

more than 100 simple and delicious recipes, as you bring fun and flavor to those you love and serve.

Inspiring personal testimonies will also uplift you.
#211 Paperback, 167 pages

\$17.95



Hallelujah Kids

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

#376 Paperback, 164 pages

\$19.95



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



Unleash the Power of NatureFoods™

by Susan Smith Jones, PhD

Dr. Smith demystifies nutrition facts and shows you how to make appropriate food choices to:

- Reduce the risks of premature aging, heart disease, common forms of cancer, arthritis, diabetes, reduced vision, and mental functions
 - Achieve healthy, permanent weight loss
 - Detoxify your body and reduce inflammation
 - Bring more joy into your life
- Includes easy-to-prepare recipes
#301 Paperback, 176 pages

\$15.95



Hallelujah Food Show Recipe Book

This terrific recipe book features some of the most savory dishes featured on The Hallelujah Food Show videos. Prepare these delicious meals for your special "audience" and you'll be the star of your Hallelujah kitchen!
#330 Paperback, 60 pages

\$14.95

Books by Dr. Norman W. Walker

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

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

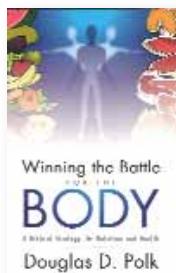
Become Younger
#312 Paperback, 132 pages \$7.95

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

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

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

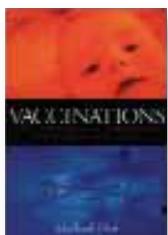
Colon Health: The Key to a Vibrant Life
#337 Paperback, 118 pages \$7.95



Winning the Battle for the Body A Biblical Strategy for Nutrition and Health

By Douglas D. Polk
Written with candor and confidence, Health Minister Doug Polk delves into theology, science, and personal experience to offer a sound biblical strategy that could help heal the ailing Body of Christ.

#341 Paperback, 149 pages \$11.95



Vaccinations – Deception and Tragedy

by Michael Dye
If your child is about to receive a mandatory vaccination, then you need to read this book. It explains how God-given natural immunity works, and how vaccination may destroy this self-healing system.

On cover shocking truths about vaccination that the government, media, and medical establishment would prefer you didn't know. This book is must reading before you vaccinate.

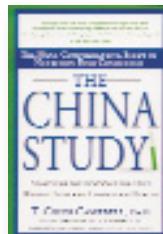
#207 Paperback, 128 pages \$8.95



The China Project

by T. Colin Campbell, PhD
This is the most comprehensive study ever done on the relationship between diet and disease. It contains groundbreaking scientific information that can

directly impact your health.
#364 Paperback, 30 pages \$3.95



The China Study

by T. Colin Campbell, PhD
Examines the source behind all of the confusion about nutrition and reveals the truth behind the powerful special interest groups, government entities, and scientists

that have taken us down a deadly path. It also details the connection between nutrition and disease and exposes much of the misinformation about food and health and how eating the right way can save your life.

#377 Hardcover, 288 pages \$24.95

Pregnancy, Children, & The Hallelujah Diet

by Olin Idol, ND, CNC

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

#209 Paperback, 100 pages \$8.95



Just for Kids!

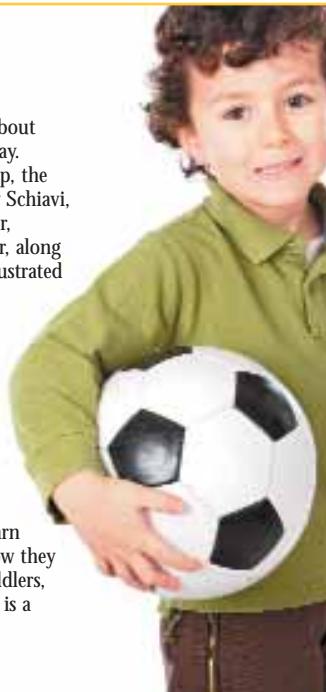


Chelsea's Healthy Secrets

by Health Minister Sherry Schiavi

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

#379 Hardcover, 44 pages \$14.95



The Fruit Bowl and Vegetable Soup

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

Two picture books in one. This fun and educational children's book will help them learn the connection between what they eat and how they feel, look, and perform. Whether they are toddlers, pre-school, kindergarten, or primary age, this is a

must-have book to help them learn that "we are what we eat!"

#304 Paperback, 62 pages \$14.95



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Hallelujah Acres Recommends Videos by Lorraine Day



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

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You Can't Improve on God	
#804DVD DVD 92 min.	\$21.95
Diseases Don't Just Happen	
#805DVD DVD 98 min.	\$21.95
Drugs Never Cure Disease	
#807DVD DVD 2 hrs. 18 min.	\$21.95
Sorting Through the Maze of Alternative Medicine	
#808DVD DVD 2 hrs. 19 min.	\$21.95

Food Show Video Series & New Recipe Book

SPECIAL!



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

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

Hallelujah Food Show Recipe Book

Prepare these delicious meals for your special "audience" and you'll be the star of your Hallelujah kitchen! This terrific recipe book features some of the most savory dishes featured on The Hallelujah Food Show videos. Includes favorites from these select shows: *Let's Get Started*; *Feeding Our Children*; *Choices, Variety, and Convenience*; *Basics for Great Recipes*; *The Hallelujah Diet at Work and on the Road*; *A Day on The Hallelujah Diet*; *Holidays and Special Occasions*; *Eating in the Outdoors*.
#330 Paperback, 60 pages \$14.95



**Get Healthy!
Stay Balanced**
Overview DVD FREE
with purchase of \$100 or more
A \$29.95 Value!



Inspiring, motivational and informative, learn how this powerful course can change the course of your life.

*Offer good from May 1, 2007 through June 30, 2007

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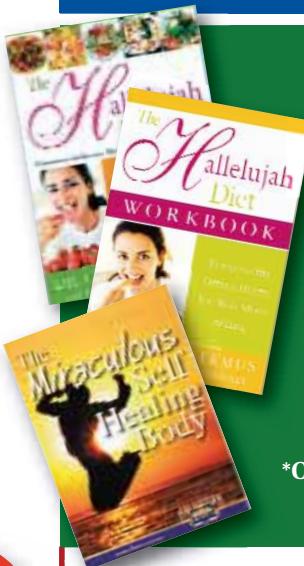
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for all these Best Sellers

Package includes:

- *The Hallelujah Diet*
- *The Hallelujah Diet Workbook*
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Testimony Video Series *Healing for Life*



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

#293 5-Video Set
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#293-4 Weight Issues/19 min.	\$9.95
#293-5 Fibromyalgia & Lupus/19 min.	\$9.95

SPECIAL OFFER!

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Cancer Testimonies DVD

See and hear inspiring testimonies from everyday people who've found renewed health and hope following the Hallelujah Diet & Lifestyle!

* Offer good from May 1, 2007 through June 30, 2007

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AVAILABLE
IN THE USA**

Hallelujah Acres Recommends...

BOOKS

Diet for a New America

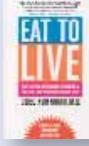
by John Robbins
#303 Paperback, 448 pages \$14.95


Don't Drink Your Milk

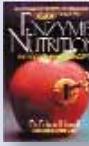
by Frank A. Oski, MD
#308 Paperback, 115 pages \$7.95



Drink Your Troubles Away by John Lust
#318 Paperback, 224 pages \$4.95



Eat to Live
by Joel Fuhrman, MD
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Enzyme Nutrition
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#350 Paperback, 175 pages \$8.95



Excitotoxins – The Taste That Kills
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Fats That Heal, Fats That Kill by Udo Erasmus
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Food & Behavior
by Barbara Reed Stitt
#368 Paperback, 220 pages \$9.95



Food Additives: A Shopper's Guide to What's Safe & What's Not
by Christine Hoza Farlow, DC
#323 Paperback, 80 pages \$3.95


How to Grow More

Vegetables by John Jeavons
#305 Paperback, 175 pages \$16.95


Mad Cowboy

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The Choice is Clear

by Dr. Allen Banik
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by Hal Huggins and Thomas Levy
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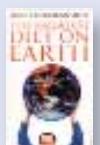
VIDEOS, AUDIOS & DVDS
Diet for a New America

by John Robbins

#802 VHS, 60 min. \$19.95


The Truth Behind Meat and Dairy

by Howard Lyman
#274 VHS or DVD, 65 min. \$19.95


The Greatest Diet on Earth

by Dr. Joel Fuhrman
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Choose a Terrific Day

by Ed Foreman
#268 VHS or DVD, 70 min. \$39.95


Vaccines - The Risks, Benefits, Choices

by Dr. Sherri J. Tenpenny
#809 DVD, 2 hrs. \$24.95

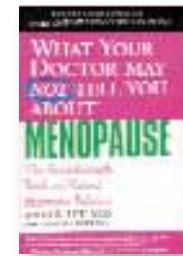
Just for Women

Balanced Woman

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

What Your Doctor May Not Tell You About Menopause

by Dr. John R. Lee



Considered the world's leading authority on estrogen-progesterone balance, *What Your Doctor May Not Tell You About Menopause* is the most comprehensive

book on menopause and other female problems. Subtitled "The Breakthrough Book on Natural Progesterone," this book contains a wealth of information on menopause, pre-menopause, endometriosis, fibrocystic breasts, PMS, and other problems that can be helped by natural progesterone.
#363 Paperback, 372 pages \$14.95



Natural Progesterone

Presentation by Dr. John R. Lee

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

#806 Audio Cassette, 2 hrs. \$9.95

Move & Strengthen Your Body & Spirit



Make Me Ready Video

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

#222 80-minute VHS video \$21.95



Make Me Ready Stretch & Selah DVD

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

#811DVD 99-minute DVD \$24.95



Rebounding: Olympic Trainer

by Harry and Sarah Sneider

Is the most complete "how to" book on rebound exercise ever written. It includes programs for any age and any level of fitness from infants to adults to Olympic athletes. This over-sized book details how: to use rebounders; to incorporate hand weights; to do dance movements; to train for 17 different sports using rebounders and hand weights; and to personalize your own conditioning workout.

#343 Paperback, 160 pages \$14.95



Needak Rebounder

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

#601HA Rebounder (soft bounce) \$199.95

\$59.95

#604 Stabilizing Bar

#603 Rebounding Goodies Pack - VHS

This package contains the Rebounding: Olympic Training book, Sneider's Perfect 20 Minute Workout video, set of 2 lb. hand weights, set of 4 lb. hand weights, daily-dozen exercise poster, perfect-ten exercise poster, and Townsend newsletter on the subject of rebounding.

\$69.95

#603DVD Rebounding Goodies Pack - DVD

This package contains the Rebounding: Olympic Training book, Resistance DVD, Sneider's Perfect Rebounding DVD, set of 1 lb. weights, set of 2 lb. weights, and Townsend newsletter on the subject of rebounding.

\$69.95



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Juicing



Green Star Juicer

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

#549 White

\$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.

#510AHA (Almond) #510WHA (White) #510BHA (Black)
#511HA Commercial Model (White Only)

\$249.95
\$289.95



The *CitriStar™ Citrus Pro Juicer

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

#519 CitriStar Pro Juicer

\$49.95

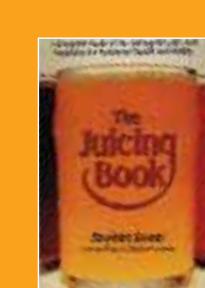
* CitriStar™ is a trademark of Tribest.



New!
Upright Carrot Peeler
Only \$99.95!

Peel carrots like a pro! This new kitchen convenience is perfect for anyone on The Hallelujah Diet. It comes with a counter stand and a wall-mount unit.

#614 Upright Carrot Peeler \$99.95

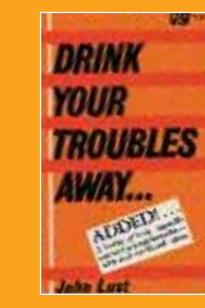


Learn More About Juice Combinations

The Juicing Book

by **Stephen Blauer** Is an easy reference to learn which fruits and vegetables are helpful for various nutritional needs, and which juice combinations help the body to deal with a range of medical conditions. Also includes recipes.

#321 Paperback, 164 pages \$8.95



Drink Your Troubles Away

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

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What really pure water is.



Waterwise 9000 Steam Distiller

Steam Distiller Produces pure water by steam distillation. Kills bacteria, germs, and removes foreign particles. Easy to use and easy to clean. Makes 1 gallon in 4 hours. New, non-leaching, food-grade,

removable plastic boiling tank for easy filling and cleaning. Recessed heating base reduces scale buildup. Fan-delayed start for improved efficiency.

#5900HA 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
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Distillers, Purifiers,
& Educational Material

A white plastic bottle with a purple label that says "WATERMAX" and "SUPER CHARGE YOUR WATER".

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

The cover of a paperback book titled "Water Can Undermine Your Health" by Dr. Norman W. Walker.

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
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Waterwise 4000 Distiller

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

#5400HA White	\$249.95
#5401 Carbon Filter	\$5.95
#5401 Box of 6 Filters	\$29.95

Hallelujah Acres recommends Food Preparation Essentials



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Tribest Personal Blender

Versatile, portable, and delivers powerful ice-crushing, smoothie-making, seed-grinding, sauce-blending functions wherever you plug it in. Compact and smartly designed, it is THE all-in-one, high-powered wonder. Comes with four single-serving Blend-N-Serve cups.

#584 Personal Blender

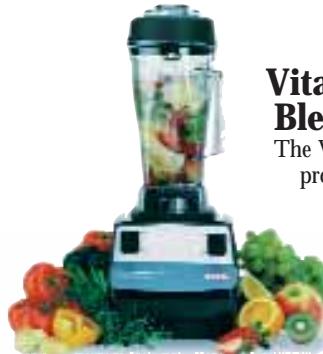
\$79.95

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



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.

#4500HA Vita-Mix Turbo Blend \$369.95

Food Dehydration



Excalibur® 2900 Food Dehydrator

Dehydration is the most nutritious way of preserving food. With proper temperature and airflow, fruits, vegetables, and herbs can be dried

so that enzymes and other nutrients are kept intact. This family-size economy model features an adjustable thermostat with a temperature range of 85° to 145° F, and provides even airflow throughout for consistent drying across all trays. Comes with nine trays and a total of 15 square feet of drying area. Sheets for making fruit rolls also available.

#580HA Excalibur 2900 \$194.95
#589 Fruit Roll (1-sheet) \$9.95

*Excalibur® is a registered trademark of Excalibur Products, Inc.



Evert-Fresh Green Bags®

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

#525LG 10-Pack Large

(21.1" H x 9.1" W x 6.6" D) \$6.95

#525MD 10-Pack Medium

(17.1" H x 7.1" W x 4.1" D) \$3.95

#525SM 10-Pack Small

(15.1" H x 5.9" W x 3.9" D) \$2.95

*Evert-Fresh® is a registered trademark of Evert-Fresh Corporation.



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



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

*Chop & Chop® is a registered trademark of CCI Industries, Inc.



Salad Spinner

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

#583 White \$24.95

Get Healthy! Stay Balanced

Overview DVD FREE

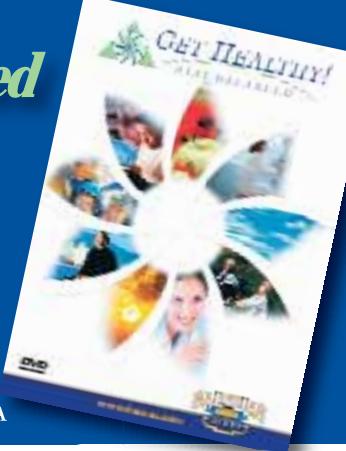
with purchase of \$100 or more

A \$29.95 Value!

Inspiring, motivational and informative, learn how this powerful course can change the course of your life.

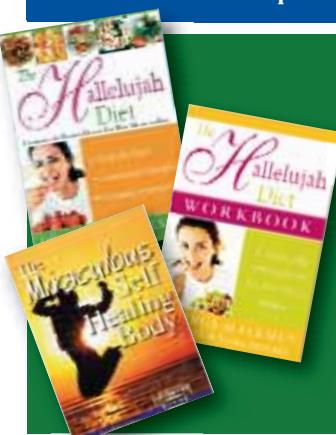
*Offer good from May 1, 2007 through June 30, 2007

Limit one FREE DVD per order/OFFER ONLY AVAILABLE IN THE USA



Special Offer!

Just \$34.95 for these Best Sellers



Package includes:

- *The Hallelujah Diet*
- *The Hallelujah Diet Workbook*
- *The Miraculous Self-Healing Body DVD*

*Offer good from May 1, 2007 through June 30, 2007

SPECIAL OFFER! Just pay \$2.95 shipping

Healing for Life

Cancer Testimonies DVD



See and hear inspiring testimonies from everyday people who've found renewed health and hope following The Hallelujah Diet & Lifestyle!

*Offer good from May 1, 2007 through June 30, 2007/OFFER ONLY AVAILABLE IN THE USA

Is Technology Making You Sick? Safeguard Your Family



BIOPRO Cell Chip

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

#850 BIOPRO Cell Chip

\$27.95 each

BIOPRO for the Whole House

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

#850 BIOPRO (6 chips or more)

\$25.00 each



Hallelujah Acres Cleaning Products

Conversion Pack

Includes all seven Hallelujah Acres Cleaning Products (small size only for Laundry Solution & Fabric Softner Concentrate and Soft Scrub Cleanser), plus four empty 16-oz spray bottles, at one low package price. Get the conversion pack and *save almost 20% off the regular combined retail price of \$68.45* while you rid your food, home, and more of harmful toxins.

#770 Conversion pack \$54.95

All-Purpose Cleaner

#766 8-oz Concentrate \$10.95

Kitchen & Bath Cleaner

#764 16-oz \$6.95

Glass Cleaner

#762 8-oz Concentrate \$5.95

Carpet Cleaner

#761 8-oz Concentrate \$5.95

Furniture Polish

#765 8-oz Concentrate \$14.95

Laundry Solution & Fabric Softener

#763-32 32-oz Concentrate \$11.95

Soft Scrub Cleanser

#767-8OZ 8-oz \$7.95

Spray Bottle

#772 16-oz Spray Bottle \$1.95

Attention Retail Customers

FREE GROUND SHIPPING

On all 'Auto-Ship' orders over \$100.00.
Please call Customer Service,
(1800) 915.9355, for details.
US-48 States Only

Hallelujah Acres Personal Care Products

Hallelujah Acres Soaps and Body Bars – Individual Bars



#708 Carolina Pine – For Normal Skin	\$3.95
#702 Chamomile – For Normal to Dry Skin	\$3.95
#703 Coal Tar – All Skin Types (Good for psoriasis, poison ivy, insect bites, etc.)	\$3.95
#706 Lavender – For Sensitive Skin	\$3.95
#704 Rose – For Normal to Oily Skin	\$3.95
#701 Rosemary – For Normal to Oily Skin	\$3.95
#705 Sweet Orange – For Dry Skin	\$3.95
#707 Ylang Ylang – For Normal Skin	\$3.95
#719 Gardener's Bar Soap	\$3.95
#714-I Invigorating Sample Pack (Sweet Orange, Carolina Pine, & Coal Tar)	\$9.95
#714-R Refreshing Sample Pack (Ylang Ylang, Rose, & Lavender)	\$9.95
#714-S Soothing Sample Pack (Chamomile, Rose, Lavender)	\$9.95

#706 Lavender – For Sensitive Skin	\$3.95
#704 Rose – For Normal to Oily Skin	\$3.95
#701 Rosemary – For Normal to Oily Skin	\$3.95
#705 Sweet Orange – For Dry Skin	\$3.95
#707 Ylang Ylang – For Normal Skin	\$3.95
#719 Gardener's Bar Soap	\$3.95
#714-I Invigorating Sample Pack (Sweet Orange, Carolina Pine, & Coal Tar)	\$9.95
#714-R Refreshing Sample Pack (Ylang Ylang, Rose, & Lavender)	\$9.95
#714-S Soothing Sample Pack (Chamomile, Rose, Lavender)	\$9.95

Body Oils

#709 4-oz bottle Orange Oil	\$8.95
#710 4-oz bottle Lavender Oil	\$8.95

Bug-Me-Not Herbal Repellent

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

#716 4-oz bottle Jewelweed Ointment	\$6.95
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Lavender Garden Mist #717 4-oz Lavender Garden Mist \$5.95

Hallelujah Acres also Recommends...



ShowerWise Filter with FREE Showerhead

Made by WaterWise, this device effectively removes chlorine from your shower water to enhance your health and skin, and conserves water at the same time.
#503 ShowerWise Filter with Showerhead (pictured) \$49.95
#530 Replacement Filter Cartridge \$29.95

Crystal Deodorant Stone

#721 Crystal Deodorant Stone \$7.95	#721R Roll-on \$5.45
#721S Pump \$7.45	

100% Pure Tea Tree Oil #750 1-oz Bottle \$9.95

Tea Tree Ointment #751 1-oz Container \$7.95

Colema Board #595 Personal Colema Board Kit \$279.95





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!

For more information refer to page 3.



The Retreat That Can Change Your Life!



Stanton, KY
Hosts
Mircea & Valentina Dragomir



Lake Lure, NC
Hosts
Tim & Anita Koch



Plant City, FL
Hosts
Dave & Sherry Orcutt

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