

Back to the Garden

Teaching Health from a Biblical Perspective

CHRISTMAS AT HALLELUJAH ACRES

Sharing
HAPPY Holidays
with S.A.D. Friends and Family
(Standard American Diet)

Rebounding
More for Less

Arthritis
Can the Aging Process Be Reversed?

Two Indispensable Ingredients
OXYGEN & EXERCISE



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for details.



You are on the Path. Renew, refresh, rejoice!



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Celebrating
15 YEARS

Contents

November/December 2007



You are on the Path.

8 **Rhonda Malkmus: How Near Tragedy Led to the Biggest Blessing of Her Life** *by Rhonda Malkmus*



God had a plan for Rhonda, for out of unbearable hardship she was destined to meet the love of her life.

10 **Oxygen & Exercise – Two Indispensable Ingredients**



by Rev. George Malkmus

Fill your lungs and get your heart pumping!

12 **Iodine—It Does a Body Good**



by Michael Donaldson, Ph.D.

We all know we need Iodine for proper thyroid function. Michael Donaldson tells us how this essential nutrient benefits the whole body.

20 **Arthritis** *by Olin Idol, N.D., C.N.C.*



Hallelujah Acres Vice President of Health, Olin Idol explores the various forms of arthritis and the critical role diet and exercise plays in obtaining relief.

30 **Sharing HAPPY Holidays with S.A.D. Friends and Family** *by Health Minister Kim Wilson*



Practical advice on making the holidays happy and healthy—complete with recipes everyone will enjoy!

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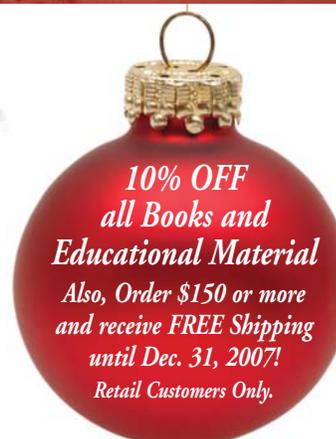
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THE JOY OF BEING A LIVINGWOMAN

- 15 Christmas Sends Joy to the World
- 16 Pouring Love Into What We Do
- 17 Bring Hallelujah Acres' Café Into Your Home
- 18 Rebounding: More for Less

also in this issue...

- 3 Letter from the Founders
- 4-5 News from the Acres
- 6-7 Testimonies for Life
- 22 Education, Support, & Training Section
- 32-35 The Hallelujah Diet Explained
- 36 *New!* Hallelujah Acres Resource Catalog



What a Wonderful Time of the Year!



A few words from Rev. George & Rhonda Malkmus *Founders of Hallelujah Acres*

This is a very special time of the year! It is a time when we thank God for His past blessings (Thanksgiving); rejoice in the birth of God's Son, the Lord Jesus Christ (Christmas); and look forward to a brand New Year (2008)!

Here at the Malkmus household, as well as here at Hallelujah Acres, we are not very politically correct when it comes to CHRISTMAS! The world may try to remove Christ from Christmas with their "Merry X-mas" but for those of us who know and love the Lord Jesus Christ, it has been, and will continue to be, "MERRY CHRISTMAS!"

At this special and very exciting time of the year, Hallelujah Acres would like to thank each and every one of you, our Hallelujah Acres family, for your love, prayers, and support of our mission throughout the past year. Without God, and without you and your prayers and support, Hallelujah Acres could never have achieved what has been accomplished! THANK YOU!

And as we enter the New Year, 2008, we need your prayers and support more than ever before as we continue to develop a healthy, moral based community on our recently purchased, approximately 300 acres of land. It is a monumental undertaking, financially, logistically, time wise, and decision wise, but one that over 1,500 people from around the world have already expressed an interest in being a part of.

In 2008, in addition to the continued development of the village, we will be constructing a 72-room Hallelujah Hotel, a 250-seat Hallelujah Café and Restaurant, and a new Health Food Store, along with all kinds of amenities. In the future we have plans for a conference center with a new auditorium, meeting rooms, and media center to help us continue reaching God's people, as well as the rest of the world's people, with the message, "You Don't Have to be Sick!"

In many lands, what is occurring here at Hallelujah Acres would not be possible, but thank God we still live in the land of the free and the home of the brave. And we would be remiss if we did not thank each member of the armed forces for their sacrificial service in keeping our land free, thus making a ministry such as Hallelujah Acres possible. They are our heroes!

In closing, we would like to wish each of you God's richest blessing, not only from Hallelujah Acres, but also from our house and hearts to yours. We would also like to wish you, our Hallelujah Acres family, a joyful Christmas Season, and may the New Year, 2008, be a year of great health, joy, blessing, and prosperity for each of you.

Reverend George & Rhonda Malkmus

News from the Acres

Issue #47

News & Happenings from Hallelujah Acres International Headquarters

November/December 2007

Two Days That Can Change Your Life!

Hallelujah Diet & Lifestyle 2-Day Workshop Gains Popularity

The Hallelujah Diet & Lifestyle

The perfect timeframe to suit busy schedules, this workshop has become a favorite among those desiring to learn about health, nutrition, God's natural laws, and the Hallelujah Diet & Lifestyle.

Taught by Rev. George Malkmus and other knowledgeable members of the Hallelujah Acres staff, the workshop covers all the essential lessons of a healthy lifestyle. Some of the topics covered include: Hallelujah Diet & Lifestyle Explained; A Biblical Foundation/What is Life?; Miraculous Self Healing Body/God's Way vs. Man's Way; Living Food/Proper Fuel for Miracles; Dead Food; Cleansing/Clean Water/Clean Air; Sunshine/Exercise; Stress/Emotional Balance/Rest; Preparing for Detox; and Goals/Charting the Course/First Steps.

Upcoming Hallelujah Diet & Lifestyle 2-Day Workshops are scheduled for November 12-13, 2007 and March 10-11, 2008. See page 25 for additional dates.

Women Gather for the 2007 Women's Retreat



Women gathered at the Hallelujah Acres Corporate Campus from Thursday, October 25 through Saturday, October 27 for inspiration,

information, and a good dose of nutritional education. The brainchild of Rhonda Malkmus, The Women's Retreat is consistently one of the most well attended and eagerly anticipated events offered at

Hallelujah Acres. Rhonda says, "I'm thrilled to have the privilege of hosting each retreat and count it a blessing to be able to meet the precious women God sends our way."

This year's retreat featured presentations by Hallelujah Acres Founder, Rev. George Malkmus, Hallelujah Acres Vice President of Health; Olin Idol, N. D., C.N.C.; Dr. T. Colin Campbell, Ph.D., author of *The China Study*; Dr. Ernest Cohn, M.D., N.M.D., D.C., F.A.C.O., owner of Holistic Medical Clinic of the Carolinas; Dr. Richard H. Berkowitz, D.C., Chiropractor of Carolina Chiropractic Plus; Eleanor Isaacson, President Image Dynamics Consultants and Touching the King Ministries; Health Minister Jennifer Grassle; Ann Nuti, Health Minister Director; with food prep demonstrations by Atlanta's popular raw food chefs, Jackie & Gideon Graff. The conference was hosted by Beverley Coad, the Program MC. Besides presentations and workshops, participants enjoyed warm fellowship and uplifting music by local Christian performers. Have you got a 2008 calendar yet? It's not too early to make plans for next year's 9th Women's Retreat October 16-18, 2008! We're sure Rhonda has started working on it already!

Charlotte, N.C. Get Healthy! Resource Center Now Open!

Get Healthy! RESOURCE CENTERS

Hallelujah Acres is happy to announce

our expansion to Charlotte, NC. Charlotte is one of the state's fastest growing cities. Its residents and newcomers will have the opportunity to hear the Hallelujah message and take steps toward living healthy, fulfilled lives.

Managed by Deborah Hauser, the Charlotte *Get Healthy!* Resource Center will offer raw food prep classes, and the *Get Healthy! Stay Balanced Course*. In addition, the new *Get Healthy!* Resource Center will host support and accountability group meetings and offer interested people the materials and

information they need to start on a new path to good health. If you are in the Charlotte area, stop in and see how we may assist you. The Grand Opening is scheduled for November 8-10, 2007. The beautiful new center is located at The Streets of Toringdon, 12210 Copper Way, Suite 228 (across the street from Earth Fare in Ballentyne) Charlotte, NC 28277. For more information, call 704-526-2195.

Hallelujah Acres: a Community in the Making



Communities

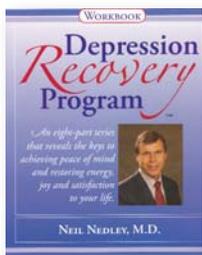
People from across the United States, Canada and as far away as South Africa and Australia, have been asking

about living in The Hallelujah Acres Residential Community. Here are some quick facts:

- The community will emphasize outdoor activity through the community center, which will include a club house, large pool, walking trail, horseshoe pit, and tennis, basketball and volleyball courts. Each street will be lined with sidewalks.
- Various types of housing will be offered in the community including condo units and townhomes, patio and estate homes.
- Single-family homes will start at about \$200,000 and condominiums at around \$175,000. In addition to the residential community, the Hallelujah Acres complex will expand to include commercial and retail units, a 72-room hotel, a media and call center, a conference center, administrative offices, a fitness center, a restaurant, store and gift shop, a 1,000-seat outdoor amphitheater, and 21 acres of lush open space for residents to enjoy.
- A refundable deposit will be accepted once site plans and community development are completed. The prospective buyer then will be able to choose from available lot and building plans.

For more details, call 800-915-9355 ext 722 or visit www.hallelujahcommunities.com

New! Depression Recovery Program



What causes depression? Genetics? Poor nutrition? Social factors? Environmental toxins? The answer is any one, or combination, of the above, and more. But there is hope. Starting

in 2008, Hallelujah Acres will offer an insightful and practical Depression Recovery class based on the successful and comprehensive program designed by full-time practicing Internist, Dr. Neil Nedley. Look for the official announcement of this exciting new program at a future date. In the meantime, if you want to get a head start, see our catalog page 57 for Dr. Nedley's DVD set and book.

A New Year and a New Name for *Back to the Garden*



For 2008 we are excited to announce that we are changing the name of the *Back to the Garden* magazine! The new titled magazine will feature all of the informative and practical articles

on health and nutrition you've come to expect, but the name will be different.

Much thought has gone into this change and we believe the new title will better capture and communicate our message and direction. We are blessed to support you as you continue your healthy living from a Biblical perspective. We strive, as always, to provide you with health-related articles that will inform, educate, and motivate you to be the healthiest you can be. We look forward to our name change and we know you will enjoy the new look and feel we have in store for you.

Christmas AT HALLELUJAH ACRES COME AND JOIN US FOR A CHRISTMAS CELEBRATION!

THURSDAY, NOV. 29 & FRIDAY, NOV. 30, 2007

*Fill your heart with peace,
love, and joy and join in the fellowship!*

Your 2-Day Christmas Celebration Includes:

Thursday at 6 p.m.

- A delicious buffet with elegant sit-down dining
- A Christmas concert featuring classical and traditional carols
- A heartfelt telling of the Christmas Story by Rev. Malkmus

Friday from 9-5 p.m.

- Door prizes
- Praise and worship, and Christmas music
- Workshops: *Falling into the Holiday Trap*, *Starting New Holiday Traditions*, *Holiday Food Preparation*, *Holiday Entertaining*, and *Staying Focused During the Holidays*
- A special Holiday Blessing by Rev. George & Rhonda Malkmus

\$99 per person/\$125 per married couple
\$49 for Health Ministers/\$75 per married couple
(Prices include Dinner & Concert on Thursday and Lunch on Friday)

Optional activities include a visit to historic uptown Shelby for shopping, carriage rides, Christmas activities, and gourmet dining at one of several quaint restaurants.

Come for the Christmas Celebration and stay Saturday for our FREE *God's Way to Ultimate Health Seminar*. **Make it a full Hallelujah weekend** and stay for our Culinary Academy class presented after the FREE Seminar. Please see page 24 for Culinary Academy Schedule.

To register, call toll free
1.800.915.9355

Hallelujah Acres International Headquarters in Shelby, NC



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.



HALLELUJAH FOR THIS MODERN MIRACLE!

“Dear George, I took your suggestion to try the 21-day Hallelujah Diet challenge. It was so easy to think of this venture in such a short-term period. I was amazed that in just 21-days, I was able to get rid of my back pain that had bothered me for over 3 months; my arthritis; swollen fingers became less swollen; and my energy increased so much that I was motivated to begin exercising daily. I am convinced that I should stay on this lifestyle and share it with my friends. A million thanks to you and Rhonda for your tireless, unselfish life, and for bringing this Health Message to everyone who will listen. I recently read how Hallelujah Acres began, and it is truly a modern miracle. May God continue to bless you!”

Betty

TAKING THE KNOWLEDGE OF A NEW LIFESTYLE TO OTHERS

“I have been a Registered Nurse for over 20 years; I now want to help people prevent sickness rather than feed the businesses that gets rich off of sick people. I want to be able to offer people an alternative to sickness and medications. During the summer of 2005, I was working every weekend getting my mother’s house ready to sell. I was going through menopause, had steadily been putting on weight, was depressed, having night sweats, not sleeping well, and had lost interest in life in general. While helping my mom, as we were cleaning out cabinets, I came across some literature from Hallelujah Acres. I asked my mom about it, and she told me that she had ordered everything to go on The Hallelujah Diet, but didn’t stay on the diet for very long. I brought home the books and juicer and immediately started

The Hallelujah Diet. Almost immediately, I started having energy, my depression lifted, my hemorrhoids disappeared, I started losing weight, and even my dandruff and foot odor disappeared. For over 20 years, as a nurse, I had spent my life caring for people’s symptoms of disease. I want to take the knowledge of this new lifestyle to others, because it is a better way! Praise the Lord! Certainly changing one’s diet to get well is much easier and less costly than going the medical route! Thank you!”

*Carol,
Thomasville, North Carolina*

THANK GOD FOR BEING IN THE RIGHT PLACE AT THE RIGHT TIME!

“I started The Hallelujah Diet in August 2005. Prior to adopting the diet, I had been very sick for many years, suffering with severe digestive problems. The doctors had done numerous tests but could never find anything wrong. In one two month period, I had to go to the emergency room three times suffering with this problem. I had asthma so bad I could hardly walk from the car into the house and was taking four medications for it. I also had two kinds of arthritis! I have had psoriasis since I was two years old, and prior to adopting The Hallelujah Diet, my body was 95% covered. Before the diet change, I was also taking two pills a day for fluid retention. Since adopting The Hallelujah Diet, I have experienced the following improvements: my digestive problems were gone within two months! I no longer need medication for asthma – problem gone! All psoriasis is gone except for a little around my ankles, which is fast leaving! I no longer have fluid retention and no longer take medication! My cholesterol dropped from 250 to 175 in one month! I lost 35 pounds

in 5 months! My eyesight has improved! My husband tells me that I don’t snore anymore! My skin was no longer dry within one month of making the diet change! I now realize that before adopting The Hallelujah Diet, it was the wrong foods I was eating and the medications I was taking that were causing all the physical problems I was experiencing. I used to sleep a lot, had no energy, and just existed. Now I have lots of energy, and am living life to the fullest. Everywhere I go, people tell me how much better I look and want to know what I am doing. I now have a new life because of The Hallelujah Diet! I thank God for putting me in the right place at the right time so that I could learn how to restore my health.”

*Betty,
York, South Carolina*

MAY YOUR WORK CONTINUE TO FLOURISH

“Dear Dr. Malkmus, Thank you so much for your willingness to share freely of all you have learned through your weekly Hallelujah Health Tips. Your ministry is so helpful and encouraging to me. I use your products, have your books, and look forward to reading your newest book, The Hallelujah Diet. God bless you, and may your work continue to flourish.”

Pierson

EAT TO LIVE! DON’T LIVE TO EAT!

“Dear Dr. Malkmus, The more I talk about the Hallelujah Diet & Lifestyle, the more excited I get. I have always been interested in nutrition, and when I discovered The Hallelujah Diet in 2002, I jumped in with both feet. My husband Rick did not join me until three months later when, at the age of

46, he was diagnosed with prostate cancer. The doctors wanted to immediately do surgery, but he decided to believe God and do The Hallelujah Diet for six months instead. During that six months, his triglycerides went from 495 to 96 and his cholesterol went from being out of site to 124. He also lost 50 pounds. His PSA count went down as well, but after 6 months on the diet, a biopsy showed some cancer was still there. He opted for surgery, and the doctor said that had he not lost the 50 pounds and been in the great shape that he was in, the surgery would not have been as successful as it was. He had absolutely none of the side effects most men have after having a prostatectomy. His recovery was amazing and he is cancer free today and still very passionate about The Hallelujah Diet! He is a pastor in Clearwater of a church of over 500 and has endless energy and stamina. As for myself, on The Hallelujah Diet, I lost 24 pounds, gained tremendous energy, my cholesterol stays under 150, and I am using The Hallelujah Diet to get me through menopause instead of pills – and it's working! I speak out to all who will listen about the benefits of eating God's Way! Most of our children are on The Hallelujah Diet. Our one year old grandson is a Hallelujah Baby and has never had an immunization or been to the doctor for an illness. He is a bright and happy baby. His mom is pregnant again and doing it, once again, The Hallelujah Way! My dad was diagnosed at Christmas with one of the most rare forms of cancer the doctors had ever seen. It started as bladder cancer but got into his bloodstream and then his colon. He was diagnosed with 'lots of cancer' and tumors in his abdomen and colon. He was sent home to die. I immediately flew to Kentucky and put him on The Hallelujah Diet. The doctor told him yesterday to continue doing whatever it is he is doing because he is amazed with Dad's improvement. His strength is at 80%, and he continues to see improvements in how he feels, instead of growing weaker like the doctors said he would. He juices eight times a day along with using barley juices and flax oil. and eating as much good food as he can. We will continue to pray for a miracle for him as he co-operates with God in his healing. It grieves my heart when people, even church people, who see him eating living foods and juicing, speak death instead of life to him.

Thank you so much for all that you have done and continue to do in raising people's awareness of their health (or lack there-of). We surely are what we eat! My Mama used to preach that to me as a child – 'Debbie eat to live, don't live to eat.' Most people do not want that message, but for those few who do, my pastor husband and I will continue to do our best to share with them The Hallelujah Way to health!"

*Debbie,
Clearwater, Florida*

THANK YOU FOR RECOMMENDING THE CHINA STUDY

"I live in Oregon City, Oregon. I recently signed up for, and started receiving, your weekly Hallelujah Health Tip. I originally found out about you guys from a lady named Donna M., who had breast cancer reversed after adopting The Hallelujah Diet. I have been a vegetarian for many years and had wanted to become a vegan but didn't because I never realized just how bad animal products really were. But after reading Dr. Campbell's book, *The China Study*, I became a vegan! Thank you for recommending this book and thank you for your weekly Health Tip!"

Fred

THANKS, GEORGE, FOR SPREADING THE WORD

"Dear George: Just a few years ago I found myself standing before a young couple from my church, about to perform their wedding, when I couldn't remember their names. I had known them for some time and we'd even had several hours of one-on-one premarital counseling together. That day, however, I simply could not retrieve their names from my memory bank. That's when I knew something was very wrong. At the same time, I had more than a dozen physical complaints as well - I suffered from numerous allergies and sinus problems, I had shooting pains in my legs, I had insomnia, I was hungry all the time, my blood pressure was climbing, I was tired all the time, I had indigestion and heartburn every single day and would sleep at night with a bottle of Tums by the bed. The worst thing, however, was a persistent cough that never would go away. People would leave cough suppressants on the podium when I spoke. Yet all of this

seemed normal to me because my decline in health had occurred so gradually. I never noticed how really bad I felt - that is until I discovered The Hallelujah Diet. Within days of adopting The Hallelujah Diet, my cough simply disappeared along with the allergies, sinus problems, hunger, and heartburn! My energy level soared, and I felt really good for the first time in many years. Within weeks of making the diet change, my memory was totally restored. In fact, every symptom I had previously been experiencing went away when I eliminated the SAD from my life and started eating The Hallelujah Diet. Thanks, George, for spreading the word!"

*Pastor Dan,
Apopka, Florida*

EYESIGHT HAS IMPROVED

"Two summers ago I was diagnosed with macular degeneration – an 'incurable' disease. I was the youngest patient my eye doctor had ever seen with this devastating eye disease and she said that I would probably be completely blind in about ten years. She sent me to a retina specialist who confirmed the disease. I started on the Hallelujah Diet 100% shortly after hearing my prognosis thanks to the advice from my good friend and Health Minister, Rebecca Harrington. Six months later I returned to the eye doctor because I was having trouble seeing clearly out of my right eye (I wear contacts for near-sightedness). She gave me an eye exam and dilated my eyes again to check for problems. Completely astounded, she said, "You are having trouble seeing because your right eye has improved by four diopters so your contacts are too strong for your eye. Not only that, your macular degeneration is gone!" She asked me if I had been doing anything differently and I happily told her all about the Hallelujah Diet. She has been sharing the word with her other patients who also suffer from this 'incurable' disease. I went back to see her last week for my annual exam as she had said she couldn't wait to see me to see if the macular degeneration had come back or not – it had not! She confirmed that not only was I the youngest person she had ever seen to have macular degeneration, I was now the only person she has ever known to cure themselves of this 'incurable' disease! Praise God!"

Nancy

Rhonda Malkmus

How Near Tragedy Led to the Biggest Blessing of Her Life!

by Rhonda Malkmus,
Co-founder of Hallelujah Acres



In 1981, in the blink of an eye, an event happened that changed my life forever! It changed how I think, what is important to me, and who I am. On a rainy, foggy night, I was driving along a rural road in Iowa. As my car approached an unmarked railroad crossing, my passenger yelled, "Oh my God, there's a train!" I slammed on the brakes. My car screeched to a halt, and stalled inches from the railroad crossing. Realizing we were too close to the track, I took my foot off the brake to try to restart the engine, and when I did, the car inched closer to the path of the oncoming train. Frantically, I tried to restart my car, but to no avail. There was no time to escape. I truly expected to meet the Lord that night.

Upon impact, the car flew through the air. When it landed, and finally stopped rolling, the very first thought I had was, "In everything give thanks, for this is the will of God in Christ Jesus concerning you" (I Thessalonians 5:18). With fear and trembling I thanked the Lord as my hand landed on the window crank. The train engineer had already run to the car. He thought we were dead, and he simply stood there staring. I called to him to open the door. Imagine his shock when I rolled down the window, and climbed out of the car. Then I helped my passenger to safety. By the grace of God, my friend and I walked away from a potentially deadly accident!

We were rushed to the hospital where we received many x-rays. The doctors were amazed that they could find no broken bones, only one small laceration, and many bruises. However, in the days, weeks, and months that followed, I learned the kind of impact a freight train can have on the human body. My fillings were shattered, as well as the enamel on many of my teeth. As a result of the accident, I developed arthritis in every joint of my body.



Narrow Escape

Almost overnight, pain had become my constant companion. It was so intense, there were days I thought going to heaven would be easier than living. If I sat in a chair, I could hardly get up; if I stood any length of time, I could hardly sit down. I had to run hot water on my hands each morning before doing anything else to get them to function. My right elbow, which had been dislocated, ached constantly, and there wasn't an area in my spine that wasn't affected. Due to the almost unbearable pain, I was relatively inactive, and this brought many unwanted pounds. Yet I knew God allowed this accident to happen for a reason, I just didn't know "the rest of the story."

By the fall of 1990, the arthritis was so severe my doctor advised me to move to a milder climate. When I arrived in Tennessee, the first person I met was George Malkmus! Meeting George was the second collision in my life, but this one would bring joy and an unveiling of God's purpose for my pain! George began to share with me that a changed diet and lifestyle would no doubt improve my life and health. With nothing to lose, and everything to gain, I began to change to The Hallelujah Diet, and over a period of time it truly did change my life. Today, my health has been completely restored, and I can now do things I could only dream about before. I have lost over 80 pounds and I am free of pain. I usually walk two to four miles daily over very hilly terrain, and also do weight resistance exercises for one hour every day. After experiencing the health a simple diet change can bring, "Hallelujah" is a most appropriate

word. That's why it's our mission to teach the world God's plan for diet and health, and to share the message: You Don't Have to be Sick! ●



Rhonda Malkmus is the wife of Rev. George Malkmus, and co-founder of Hallelujah Acres. In 1999, Mrs. Malkmus created the ministry's annual Women's Retreat and is the author of several books,

including *Recipes for Life...From God's Garden*, and *Hallelujah Holiday Recipes...From God's Garden*.

Rhonda teaches food preparation classes the Friday evening before the Saturday Seminar at the Hallelujah Acres Resource Center in Shelby, NC.

See page 24 for dates.

Recipe Books by Rhonda Malkmus

*Hallelujah Holiday Recipes...
From God's Garden*

Salad Dressings for Life

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

*To order copies of Rhonda's books,
please see page 40 in the Resource Catalog.*

Rhonda Malkmus' Journey to Health At-A-Glance

*Severe Arthritis – Relieved
Over 80 Pounds – Lost
Constant Pain – Gone
Energy & Vitality – Restored
The Love of Her Life – Found*

**"In everything give thanks,
for this is the will
of God in Christ Jesus
concerning you"
I Thessalonians 5:18**



OXYGEN & EXERCISE

Two Indispensable Ingredients

by Rev. George Malkmus



Rev. George Malkmus is the founder of Hallelujah Acres and the author of *The Hallelujah Diet*, among many other books. A respected and popular speaker, he has guided tens-of-thousands back from serious illness, through the

Hallelujah Diet & Lifestyle, based on the teachings in Genesis 1:29.

Copious amounts of oxygen and vigorous exercise are absolute essentials if one desires the ultimate health God designed for the physical bodies we each possess! In this article, I will share some of the reasons oxygen and exercise are so essential while offering some simple suggestions for starting an exercise routine.



HALLELUJAH HEALTH TIP

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

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

OXYGEN

In the Bible, we read in Genesis 2:7 “And the Lord God formed man of the dust of the ground and breathed into his nostrils the breath of life: and man became a living soul.” After God had formed man from “the dust of the ground,” God had nothing but a dead, lifeless body! Why was it lifeless? Why was it dead? And what makes the difference between life and death?

Answering that question brings us to the most basic and important substance in the physical existence of man – a substance of such monumental importance that without it, physical life on earth would be impossible. The substance to which I refer is none other than OXYGEN, “THE BREATH OF LIFE.”

As you read these words, your chest is softly, rhythmically, and automatically rising and falling as air enters into and exits your lungs. You probably weren't even consciously aware of this until it was brought to your attention. Yet, without this intake of air, which contains oxygen, your physical life would cease in mere minutes.

This rising and falling of the chest as the lungs take in oxygen and give off carbon dioxide continues from birth throughout life. Most of the time we are not consciously aware that this process is taking place. Yet, if we were to cut off our oxygen supply for mere moments, we would become quickly aware of our need for this life-giving substance we call oxygen.

SOME FACTS REGARDING OXYGEN

The quality of the air (its purity) we breathe affects the quality and length of the life we live. Breathing good clean air, loaded with oxygen, increases the quality and length of life! Breathing polluted air decreases the quality and length of life!

Increase the supply of oxygen to the brain (through deep breathing and exercise) and mental abilities increase and the brain becomes more alert! Decrease the supply of oxygen (through smoking, air pollution, or

a sedentary life) and the brain's mental abilities will decrease. Cut off the oxygen supply to the brain for only a few brief moments (as during a stroke) and parts of the brain will die, producing paralysis or death.

Increase the supply of oxygen to the body's cells, which is accomplished through deep breathing and vigorous exercise, and the body becomes full of energy and life! Decrease the supply of oxygen to the body's cells, and the body fails to provide the energy necessary to perform properly, and we feel tired, sluggish, listless, and lifeless. An increase in the supply of oxygen to the body's cells helps us mentally and emotionally, and we become happy and optimistic! Decrease the supply of oxygen to the body's cells and we become discouraged, depressed and pessimistic!

Increase the supply of oxygen to the body's cells, and sickness has difficulty finding a foothold. Decrease the supply of oxygen to the body's cells and it provides the breeding ground for sickness. Sickness and disease have difficulty surviving in an aerobic (oxygenated) atmosphere.

Increasing the volume of air (oxygen) entering the lungs will increase the volume of oxygen being supplied at the cellular level of the body. This in turn causes a beautiful scenario of events to take place within our bodies, and the way we create this beautiful scenario is through exercise.

We could go on, but the above should be adequate to show the importance, yea the imperative, of making sure our bodies receive an adequate supply of oxygen daily so that we can experience life to the fullest. Jesus said: “I am come that ye may have life, and that ye may have it more abundantly.” (John 10:10)

EXERCISE

Exercise is how we increase the body's intake of oxygen! But exercise does far more than just increase oxygen intake:

- Exercise flushes the arteries, removing obstructions to free blood flow.

- Exercise strengthens the cardiovascular and respiratory systems.
- Exercise builds and strengthens bones and muscles.
- Exercise helps in weight management.
- Exercise helps in the prevention, management, and elimination of diabetes.
- Exercise helps prevent depression and aids in stress management.
- Exercise helps us sleep better.

KEYS TO A LONG HEALTHY LIFE: PROPER NUTRITION ABUNDANT OXYGEN ADEQUATE EXERCISE

Eating the wrong foods, not taking copious amounts of oxygen into the body, and failing to exercise vigorously every day cause most of man's physical miseries. How can we change things?

START BY EATING A PREDOMINANTLY RAW FOODS DIET

Eating mostly living (raw) foods is a great starting point. Living foods will start to normalize body weight and increase energy. Increased energy will demand more exercise! Increased exercise will cause deep breathing! Deep breathing will bring copious amounts of oxygen into the body. Increased oxygen will oxygenate and stimulate the cells and thus produce a more positive outlook on life, along with abundant energy, and ultimately superior health. It is all so amazingly simple!

OR START BY EXERCISING

If a person will just start doing something as simple as fast walking, that walking can become the catalyst for unbelievably wonderful and exciting benefits. In fact, walking can potentially be the beginning point for the restoration of health. Walking will increase the intake of oxygen into the body, which will help you to think more clearly and more positively about improving the quality of the foods eaten.

SIMPLE WAYS TO START AN EXERCISE PROGRAM

(a) Figure out a measured mile. Examples: Around the block four times or up and down the driveway 40 times, etc. (b) Time yourself as you walk that mile for the first time at a comfortable pace and write down how long it

took in a journal. (c) Next day, walk that same mile again; only try to walk it a little faster. Then each day try to decrease your time while recording it. (d) Once a 15-minute mile is reached, increase the walk to two miles and walk those two miles each day until they can be walked in 30 minutes. (e) Then increase the daily walk to three miles in forty-five minutes and finally four miles in an hour. Then walk those four miles each and every day! Once you can exercise this consistently and commit to a basically raw foods diet, it will change your life, and perhaps even save it.

RECOMMENDED DAILY EXERCISE TIME

Experts recommend twenty minutes of exercise every other day. Personally, I do not feel that is adequate and strive for a minimum of 60-minutes every day! My workout begins with some slow stretches, followed by a 5-minute workout on my FIT 10, followed by two to four (or more) miles of fast walking or what we call "power walking." This should get the heart into what is considered the "aerobic range."

You can figure the proper aerobic range for your age by taking the number 220 and subtracting your age, then multiplying that number by 60% and 90%. The difference between the 60% and 90% is your minimum and your maximum heart rate for an aerobic workout.

After a person has been walking 15-minute miles for an extended period of time, it may take more vigorous movement to get the heart into the aerobic range, and short sprints may become necessary to obtain an aerobic heart beat. Another way to help get the body into the aerobic range is through the use of light ankle and hand-held weights. This not only helps maintain an aerobic heartbeat, but also increases the intake of oxygen, while helping to build and strengthen muscles.

A MINI-TRAMPOLINE CAN BE OF GREAT BENEFIT

If bad weather, a bad neighborhood, or dogs present a problem to outdoor walking, walking in malls has become fashionable. But one way to get in a daily exercise routine, without ever leaving home, is to purchase a mini-trampoline. A mini-tramp allows as vigorous a workout as desired in the comfort of home any time of day or night. Another wonderful benefit of a mini-tramp is that it minimizes the jarring of the skeletal and joints. It also promotes the moving of lymph, which in turn improves the body's ability to remove toxins. A mini-tramp sits in the middle of our living room, is a great form of exercise, and I recommend it highly.

FIT 10 OFFERS A POWERFUL WORKOUT IN 10-MINUTES

Earlier in this article, I shared that after my stretching routine in the morning, I work out for 5-minutes on my FIT 10. The FIT 10 is a wonderful piece of exercise equipment that offers a powerful workout in only 10-minutes. The first 5-minutes is devoted to stretching and resistance exercises that, in only 5-minutes, gives a person the muscle building potential of a 30-minute workout if they were using weights. This is done through a rope, slung over a door, that applies resistance.

The second 5-minutes features a bungee cord that slips over a door handle, offering resistance as you run in place. Both pieces of equipment fit nicely into a small cloth case that fits into my luggage when I travel and allows me to have a nice workout in a motel room. When at home, I only use the stretching and resistance part of the equipment, because I am able to walk, but when on the road, I use both pieces.

PEDOMETERS WORK

Health and fitness experts agree that walking 5 miles a day – the equivalent of taking 10,000 steps – is ideal and will lead to a healthier heart, lower blood pressure, better glucose control and more. But how does one know how much they've walked during the course of a day and how much more they need to add in order to reach a 5 mile goal.

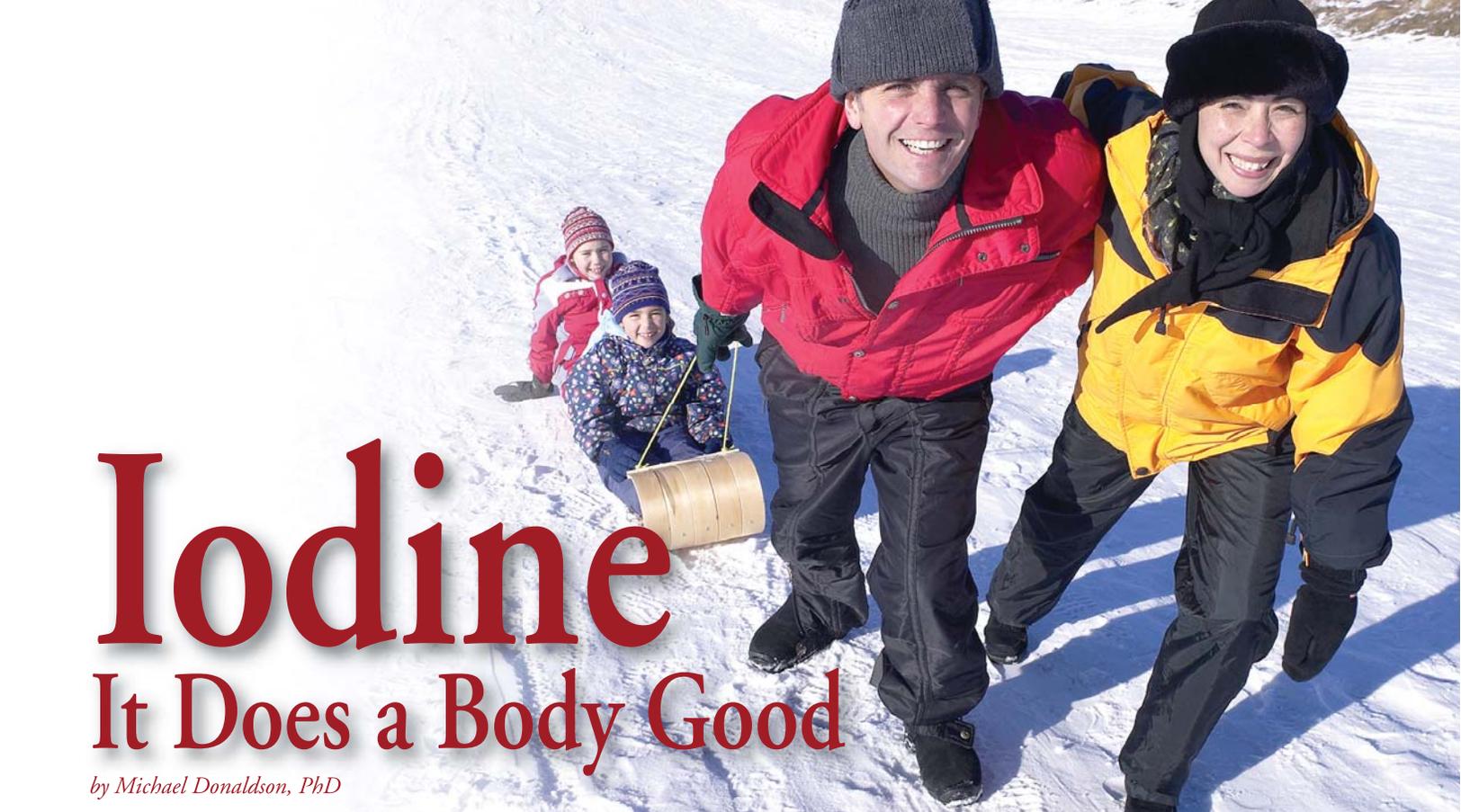
An inexpensive pedometer will record each step you take. Adding a pedometer to your workout equipment can help motivate and increase your productivity. Rhonda and I both have our own pedometers, and it is a rare day that we fall below that five-mile goal, and many days top the 10 mile mark. Rhonda is in her 60's, and I am in my 70's.

CONCLUSION

As with diet, one may prefer to keep their exercise program as simple and inexpensive as possible. Surely stretching, resistance exercises, and walking fit that criteria, and except for a good pair of walking shoes, cost very little. If a person wants to go beyond that simplicity, a mini-tramp, FIT 10, and pedometer would be excellent next step investments as finances allow.

Where one goes from there is up to that individual. There are numerous pieces of exercise equipment available, but most are expensive, and few will give a much better workout than what has been promoted in this article. ●

See pages 52 & 53 for more information about FIT 10, the Urban Rebounder and Upper Body Resistance Kit.



Iodine

It Does a Body Good

by Michael Donaldson, PhD

“Iodine— that’s for the thyroid, right?”

And if you don’t get iodine, you get a large goiter on your neck. So use iodized salt.” That’s generally what we were taught about iodine. In this article, I will pass along what has been recently rediscovered about the role of iodine in the body. Almost all Americans, and most people in the world, do not get sufficient iodine.

Iodine has been found in almost every organ and gland of the body, as well as in muscles and fat tissues. The human body can contain up to 1,500 mg of iodine, if provided. However, only 15 to 20 mg of iodine are “normally” found in people from western civilizations.

Thyroid

Iodine is essential to produce the thyroid hormones, which regulate your body’s metabolic rate at the cellular level. A shortage of iodine causes the thyroid gland to swell to better capture iodine from the very low concentrations in the blood. What is interesting here is that the thyroid has top priority for iodine capture, so other organs will become deficient in iodine before the thyroid, leading to hypothyroid symptoms in various parts of the body before TSH (Thyroid Stimulating Hormone) levels

become abnormal.

Iodine is a direct factor leading to hypothyroidism. So, even if thyroid hormones are prescribed, iodine is still needed. The prescription only takes care of the symptoms while iodine meets the biological demand.

Autoimmune disease of the thyroid is more common when people lack sufficient iodine, as well. Both hyperthyroid and hypothyroid conditions can result from a lack of iodine, in combination with other factors. Dr. David Brownstein, M.D. mentioned that 92% of his patients with Hashimoto’s or Grave’s disease were deficient in iodine.⁽¹⁾ Further, symptoms improved dramatically when they took high amounts of iodine.

Breast

Iodine is necessary for the normal maintenance of breast tissue structure. Dr. Bernard Eskin, M.D. discovered this working with laboratory rats. When rats were given low iodine diets, their breast tissue changed in ways very similar to what is seen in fibrocystic breast disease in women. Also, the rats’ breasts were more susceptible to carcinogens and promoted lesions earlier, and in greater abundance. This led Eskin’s group to pursue clinical studies of women with fibrocystic breast disease, supplementing their diets with iodine.

Fibrocystic breast disease is associated with lumps in the breasts and cyclical breast pain. It is a benign disease, yet it still increases the risk of breast cancer. The greater the changes in the tissue, the higher the risk; almost double the risk for proliferative changes, and a four-fold increased risk for atypical hyperplasia.⁽²⁾ William Ghent, M.D. and Bernard Eskin, M.D. together treated over 1,300 patients with fibrocystic breast disease using iodine in 3 different forms, with over 70% improvement in pain, and objective evaluations using elemental iodine at 4 months,⁽³⁾ and over 90% recovery after 16 months of treatment.⁽⁴⁾ Treatment usually was in the range of 3-6 mg of iodine, though some clinicians have also found higher amounts to work safely and faster.

Reproductive Organs

After the thyroid gland, the ovaries contain the highest concentration of iodine. Dr. Jorge Flechas, M.D. has seen that iodine reverses polycystic ovarian syndrome. Ghent and Eskin reported the reversal of ovarian cysts, endometriosis, and premenstrual syndrome with iodine.⁽⁴⁾ Uterine fibroids also respond to higher intakes of iodine. Iodine is necessary for hormone production, balance, and normal ovarian function, including the balance of estriol, estradiol, and estrone.

The prostate gland, like most other glands, also concentrates iodine. Testes also concentrate iodine. The specific role of iodine in the prostate and testes isn't known yet, but iodine in general causes apoptosis of abnormal cells and functions as an antioxidant, which favors good prostate health.

Cardiovascular Systems

Iodine is critical to the heart and arterial system. Iodine (as well as omega 3 fats) is critical to the stabilization of the electrical pulses of the heart. Lack of iodine is related to atrial fibrillation. Bruce West, DC says, "Most of the stubborn cases of cardiac arrhythmias and atrial fibrillation that we were unable to completely correct with our cardiac protocols have now been resolved with adequate supplies of iodine added to the protocol."⁽⁵⁾

Glucose Metabolism

Iodine also has an impact on glucose metabolism by making the insulin receptor more responsive. Dr. Flechas has found that iodine can reduce the need for insulin in diabetic patients, using 50 to 100 mg of iodine per day. Of 12 patients, 6 were able to completely come off their medications with random glucose readings below 100 mg/dl and a HbA1c less than 5.8 (normal), and the other 6 were able to reduce the amount and/or number of medications needed to control their diabetes.⁽⁶⁾

Central Nervous System

Iodine is critical for normal mental development in infants and children. A review of 18 studies comparing iodine-deficient children to iodine-sufficient children found an average drop in intelligence quotient of 13.5 points.⁽⁷⁾ In a small Italian study ADHD disorder was found to be more common in a moderately iodine-deficient area (11/16 children) compared with a iodine-sufficient area (0/11 children).⁽⁸⁾ Iodine supplementation doesn't seem to reverse ADHD, but it is very likely to prevent it.

Removing Heavy Metals and Halides

When Dr. Abraham was checking the bioavailability of Iodoral, a tableted iodine supplement, he found that some individuals

had several-fold increased levels of mercury, lead, and cadmium after taking Iodoral (12.5 mg iodide/iodine) for one day.⁽⁹⁾ Arsenic and aluminum were also reported to be detoxified with Iodoral,⁽¹⁰⁾ along with the halides bromide and fluoride.

How Much Iodine to Use?

So, what is the optimal amount of iodine? For a generally healthy person, an intake of 1-3 mg of iodine per day is quite likely to be safe and effective without complications. Children would take less, based on body size. If a person is allergic to iodized salt, then they should avoid taking iodine supplements as well, until they get their allergy cleared.

More than 3 mg/day can be taken safely by many people, but it is wise to work up slowly to higher doses, unless a person is under the direct supervision of a knowledgeable health practitioner who can monitor thyroid function.

We are not recommending iodine as a treatment for diseases, but rather to supply the body with all of the iodine necessary to build excellent health. Iodine has a wide range of physiological effects beyond the microgram amounts that satisfy the thyroid.

Where does iodine come from? The salty brine from old oil wells is an excellent source of iodine. It appears that this pre-Deluvian vegetation was rich in iodine, unlike today's land vegetation. God knew what He was doing, but we have lost our way. Utilizing iodine is one step back towards the garden. ●



Michael Donaldson, Ph.D. is Research Director of the Hallelujah Acres Foundation. His research studies have been published in many medical and nutrition journals, including *BMC Complementary and Alternative Medicine, Nutrition & Food Science*, and *Nutrition Journal*.

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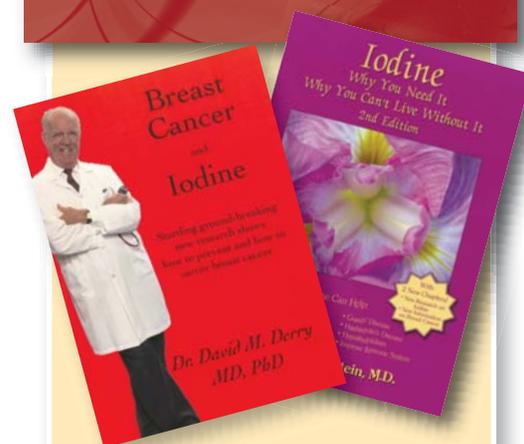
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Christmas
Sends Joy
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15

Pouring Love
Into What We Do

16

Bring Hallelujah
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Your Home

17

Rebounding-
More for Less

18

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Christmas Sends Joy to the World

Christmas is the time of year that Christians celebrate the birth of our Savior, Jesus Christ. The decorations, festivities, and gift giving are expressions of our love and devotion to Him, as well as to our family and friends.



by Jeanette Divine

Those who know me fairly well realize that Christmas is my favorite time of the year. My husband, David, is blessed to hear 'Joy To The World', among other beautiful Christmas songs, playing in our car or home almost every day starting in October. To me there is no other music I would rather listen to.

**Christmas is the time
of year that Christians
celebrate the birth of
our Savior, Jesus Christ.**

The decorations, festivities, and gift giving are expressions of our love and devotion to Him, as well as to our family and friends. The excitement and joy, which surrounds us at Christmas time, reflects, on a much smaller scale, the magnitude of the celebration that will take place when we see Him in person some day.

My Mother made Christmas exciting and beautiful for her family. It was the one time of year that she went 'all out' with decorations and gifts for the four children. My Dad helped her put twinkle lights around every doorway in the house. We didn't have a fireplace, so the strings of tiny lights provided a warm glow to the rooms when all the other lights were turned off. The gifts weren't elaborate or expensive by any means; our parents didn't have money to spend on such things. We never thought about the cost of a gift; we just enjoyed opening the packages and knowing Mom and Dad put loving thoughts into their gift choices.

The presents I love to give and receive at Christmas time are not contained in a box secured with ribbon and a pretty bow. They are heartfelt gifts of love, fellowship, kindness, and compassion. When David and I plan a Christmas trip to my sister's home we usually limit the gift giving to things we can find in one of the dollar stores. Our 'real' gifts to each other are the joy-filled occasions of being together and sharing each other's lives. Some of the best times with my family have been spent making construction- paper rings to decorate the walls or the stairway banister.

Delivering favorite homemade delicacies to folks in nursing homes or caroling down the avenue with a group of friends are two ways women can share Christmas with others. Inviting a soldier or two from the local military base to join you and your guests for Christmas dinner will bless you as well as the soldier. Your home church may have a few members who don't have a place to go for Christmas and extending an invitation to join you on that special day may very well start a whole new church ministry.

Women are the heart beat of the family. We have the awesome privilege of making a home a home. Christmas time is a wonderful opportunity not only to bring the true meaning of this celebration home, but also to share our healthy culinary creations with our families and friends. Eating healthy, nutritious food will help to keep our immune system strong during the fast pace of the holiday season. We want to have abundant energy while enjoying this exciting time of year. So, as we celebrate the birth of Jesus and plan our Yuletide activities may we not only savor good health, but also, may our hearts be blessed with peace, love, and joy.

Merry Christmas! ❁

**"And
now come
I to thee; and
these things I speak in
the world, that they might
have my joy fulfilled
in themselves."**

John 17:13



Jeanette Divine is a Hallelujah Acres Health Minister, and a Staff Writer at Hallelujah Acres Headquarters. You may contact her at jdivine@hacres.com.



by Health Minister, Jennifer Grassle

“For God so loved the world that he gave his only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.”

John 3:16

Love is a powerful emotion. It could make you feel elated one moment and completely crushed the next. But what I feel some people tend to lose sight of is that love is more than a feeling. Love is an action, a means of communication, an outward expression of how we connect with the people and other life around us. Even God showed how much He loved us through actions.

Children may not understand all the things parents do, but they instinctively know when they are loved. There is an innate sense of what love is; a built-in love-o-meter which is part of our human nature. Plants are said to thrive when they are spoken to kindly. Animals respond to love and react to violence. It is a part of every being in our world. I believe God placed the substance of love into the very blueprint of our cells.

Saying I love you is not enough. People know when we are being sincere by our actions. If we tell someone we love them and then do something that is harmful to that person, we are contradicting ourselves. People will begin to lose their trust in us.

So how do we love those around us?

“A new commandment I give unto you, That ye love one another; as I have loved you, that ye also love one another.”

John 13:34

He is telling us that we must show the action of love in order to feel the emotion of love! And the various ways we can show love do not have

to be complicated; they simply have to come from the heart.

Over half of all marriages end in divorce and this could be for many different reasons. Often one of those reasons could be that a spouse falls out of love and no longer feels love for the other. This may sound unbelievable, but when we show love, we will begin to feel love again. For those of us who are married, let's think back to when we were courting and first married. So much of our thoughts and energies were devoted to each other and not the other business of life. As time goes on, we can easily get caught up in the daily trials of life and carelessly neglect one of the most important people in our lives—our other half.

Some special ways to bless a spouse would be to write a little note on the bathroom mirror, to give flowers for no particular reason, or to perform a task that the other usually does. These unexpected thoughtful gestures will help to re-ignite that love relationship and bring us closer to the ones we love.

As the holidays approach, I'm sure elaborate meals with family and friends will be on most of our 'to-do' lists. There will be the holiday traditions to consider as well as the meal planning, the preparation, the small expected treats, gifts, desserts, and on and on. One could easily misplace their mind trying to balance all of the details and lose sight of the reason for doing these things every year.

We have the traditions of being with family and friends mainly because we love them, and we want to share in celebrating our lives in Christ. When we prepare our holiday recipes, let's think about how much we love the people we are preparing them for. Allow the love to flow out of our heart, through our hands and into that sauce we are blending. We shouldn't worry about whether or not we are on time or if the dishes are chipped. When we allow ourselves to get caught up in these minor things, it creates tension in us, which could reflect in our culinary creations that we hope to be 'just right'. We'll receive more

compliments when love is the first ingredient, rather than fretting to make everything perfect, while harboring the wrong spirit.

What other ways can we love the others around us? How about asking what we can do for them? This can be a very difficult question to ask, especially when most of us have a full schedule already. By taking a moment and asking how we can help someone improve their day (and really meaning it), can work wonders for a relationship. When we can focus on others and meet their needs, somehow God works it out that we find enough time to accomplish our goals as well. This has worked for me, on several occasions. In fact, I find that when I start my day with a servant's heart, I not only have time to do the 'extra' task, but I accomplish my other tasks as well and still have time left over for just enjoying myself.

When we take the time to reach out to someone, even a stranger, both of us will be blessed. Sometimes the purest love comes in helping a stranger. It's the unconditional type of love. The kind where you say, I don't know who you are or what you do, but I want to help your situation. It can be something as simple as returning someone's grocery cart to the store after they have loaded up their vehicle. Reaching out in love doesn't have to mean grand gestures of large monetary donations or great acts of charity to be seen by everyone. It simply needs to come from the heart and be directed to life around us.

When we love someone, they should know it without us having to say a word. It should flow out through our actions. It should also pour into us. When things are done for us, we need to accept this love. And we should do things to pour love into ourselves. Constant negative feelings and actions towards ourselves will cause our body to break down faster. We have to take time to nurture our mind and our body so that we can give back the love we receive.

“Though I have the gift of prophecy, and understand all mysteries, and all knowledge; and though I have all faith, so that I could remove mountains, and have not charity, I am nothing. And now abideth faith, hope and charity, these three; but the greatest of these is charity.”

1 Corinthians 13:2,13

Whom will we love today?



Jennifer Grassle is a Health Minister and co-host of three of *The Hallelujah Food Show Recipes for Life* videos: *Feeding Our Children*, *Basis for Great Recipes* and *Choices, Variety and Convenience*.



Bring Hallelujah Acres Café Into Your Home

Hallelujah Acres Café Head Chef Shares Her Recipes



If you've been to Hallelujah Acres Café for lunch, or you've taken part in any of our many events, you know Shay Hopper. Or, at least, you've enjoyed the results

of her work. As our Head Chef, Shay has created original recipes, and whipped up many a delicious meal—from her ever-popular pizza to her Mexican bean burritos to her veggie burgers, and much more.

Stop in at lunch for a few days during the week and you'll see many of the same faces coming back for more, a testament to Shay's skill and talent in the kitchen. So it wasn't unusual when diners started asking for recipes. Now Shay has compiled 200 of her favorite recipes, and put them together in a new recipe book, called *Alternative Cooking*, soon to be available to you from Hallelujah Acres.



by Elemika "Shay" Hopper

Get to know Shay as she tells you a little about her beginnings, her journey and her life in this heartfelt open letter:

Greetings,

My name is Elemika Hopper, and I go by Shay. I was born in Michigan City, Indiana. There I began learning how to cook. Actually I was seven years old when my parents bought me an Easy-Bake oven. I'm sure many of you had one when you were a young child. I would always ask my mom for leftovers, so I could use my oven to cook. I loved making chocolate cake for my father. He worked all the time, so when he got home I would give him cake to let him know that I appreciated all he did for the family. Sometimes, my father would come home and cook something unusual. This is probably the reason why I like to create things in the kitchen. Thanks, Dad! My mother didn't allow me to cook alone, but she allowed me to help her out, especially during important occasions. Mom, you know

you are the best, and I love you. Dad, I love you too!

When I was 11 years old, my parents moved us to North Carolina, and I had to leave my friends. But, I believe God sent me here for many reasons. One of the reasons was to be under a great man of God, Bishop Louis McDowell. At my church, I'm a Sunday school teacher, choir director, and a dance teacher. I have learned so many wonderful things in this ministry. I have learned how to depend and trust in God when it seems like everything is falling apart, to have faith, and to know that I'm blessed. The second reason God sent me here was to meet my true love, and to have the most fantastic three kids in the whole world: Denisha, 11; Veronica, 9; and my baby boy L.J., 7. I love them with all my heart, soul, and spirit. The last reason, but certainly not least, was to work at Hallelujah Acres.

I have worked for Hallelujah Acres for six years. My first kitchen assignment was juicing carrots, followed by a promotion to Cook. Afterward, I was promoted again to Head Chef and Kitchen/Café Supervisor. God has really seen favor in His servant.

Working at Hallelujah Acres, I have learned so many other ways of cooking—healthy ways. When I was brought up we ate meat and lots of it. When I first learned what Hallelujah Acres ministry was about, I certainly was not going to eat what they were telling people to eat. I wasn't brought up with a lot of different vegetables. I didn't even eat a simple carrot. I began to study Rhonda Malkmus' book, *Recipes for Life...from God's Garden*. Reading about health, I began to understand why it's

important to eat healthier. I never thought I would be cooking and eating the way God intended us to eat.

I have come a long way since I began my journey at Hallelujah Acres. I have grown to be a great chef, and I just love to cook. God gave me the ability to cook at a young age, and back then, I couldn't have known I would be cooking for a vegetarian restaurant today. People always ask how I cook without using dairy and meat. In fact, some of the customers are surprised that there is no meat or dairy in my recipes.

God has given me a gift and I depend on His direction as I cook. After all these years, and all this experience, I have decided to create a cookbook. People from everywhere have asked me if I have a cookbook, or they've told me I should have one. I was surprised because I didn't realize how good my cooking was and how much our customers were enjoying my meals. So I have been working very hard on this book, and hopefully it will be ready by the New Year. Please, keep me in your prayers that I will have the strength and the ability to accomplish this great task.

In closing, I want to send a special thanks to Barbie, who saw talent and wanted me to work in the kitchen for Hallelujah Acres. Barbie, I really do appreciate you showing me the basics in working in the kitchen. Thanks, and I love you. I also want to say thanks to Dr. Chris Padgett, Hallelujah Acres Director of Operations, who motivated me to start my cookbook. I can't name everybody, but thank you to everyone who comments on, or compliments me on the meals I create every day. God Bless! 🌿



Health Minister Laura Lee Ryan,
Certified Reboundologist



Rebounding

More for Less

Isn't it a true blessing in this day to get more for less? More return for less investment, more miles on less gas, more mercy when less deserving? I think this is why God invented rebounders. He knew our physical need for movement and our propensity for laziness. So, out of His loving kindness came the rebounder, a legitimate fitness option for optimizing our time, energy, and finances, and reaping the most benefit.

Our physical body is designed to cleanse itself of toxic material regularly. Organs such as the skin, kidneys, lungs, and liver are constantly evaluating ingested material and filtering out unsavory elements. The lymph system, which is a complicated series of vessels, nodes, ducts, and secondary cleansing organs like the appendix and tonsils, is responsible for transporting these harmful substances to the organ of elimination. This is achieved by a number of metabolic processes which are stimulated by movement. While breathing generates some cleansing, the major cleansing work is accomplished by, and is relative to, how much we move. I don't need to reiterate that our culture is primarily sedentary; therefore the ability of the body to cleanse itself is minimal at best. Plus, we are a people that feed our bodies on a diet devoid of fiber and water, which increases the retention of toxic waste. It is a lose-lose condition for the human body.

I am sure you, beloved reader, have tried many forms of exercise. Intuitively, we know we need to exercise but really don't want to make the time or expend the energy. Weight loss and exercise programs are the number one and number two New Year's resolutions each year. The number of

new registrations at places like Weight Watchers and Gold's Gym during the month of January prove my point. The exercise classes that I teach are always better attended in January than any other month. Need I say more?

If I told you that rebounding, even for a short amount of time, would double the benefit for half the effort, could I interest you in giving it a try?

A simple, light bouncing is sufficient, even for 2 minutes to cycle your lymphatic system one time. The additional resistance against gravity propels the lymph gates to open in a dramatic way when challenged by a bounce. Of course, the higher you bounce the more push to those lymph valves, i.e. more and quicker cleansing. As the height and speed of the bounce increase, the exercise now becomes aerobic, engaging cardiovascular challenge and benefit.

"What about aching joints?" you ask. "It hurts me to move."

Inactivity and poor lifestyle choices have given sway to many joint and muscular challenges that can make even daily activities difficult. The benefit to rebounding is that even the movement of a gentle health bounce can circulate lymph fluid around aching joints, which can, in turn, remove inflammation. Inflammation that resides around swollen and arthritic joints will not be removed without movement. Because that sore elbow or wrist hurts to move, we tend to favor it, and thus

the condition worsens. Gentle health bouncing, where the feet do not leave the mat, will effectively address those areas of inflammation and, over time, bring relief as white blood cells can more quickly travel to the areas of need. Not to mention so many other benefits like improved digestion, greater oxygenation, and increased stamina. There are so many more health benefits.

A simple program (with doctor permission, of course) can begin with two minutes of gentle health bouncing. If you are new to an exercise program, this could promote some cleansing. If you feel dizzy or light headed, it would be best to stop and start again, maybe for a little less time, and gradually increase your time as your immune system strengthens. If you would like a bit more aerobic challenge, and your joints will tolerate more movement, you are free to add some other types of steps. You may incorporate most any type of aerobic step other than a lateral movement. Some options include, heel digs (front and side), gentle kicks, step touch side to side, knee lifts and hamstring curls (pulling heels back towards buttocks), jumping jacks, with or without arm raises, a cross-country bounce, and twisting side to side. Adding arms or light hand weights can elevate the heart rate quickly, increasing the aerobic benefit. Seated bounces can also have great benefit and increase core strength exponentially because the gravitational resistance against the bounce demands muscle strength like nothing else. I enjoy playing some lively worship music as part of my workout. Effective bouncing and its benefit are not necessarily related to what steps you do. The bouncing is what produces the benefit, the steps just add some variety. ❁

Try these Rebounding Moves

Photos for article illustration only. Not included on Laura Lee Ryan Videos For a complete rebounding workout, see the video included with purchase of the Urban Rebounder System.



1. Heel digs forward



2. Kick feet forward



3. Low knee lifts



4. Hamstring curls



5. Leg out to side



6. Leg to the back



Stretch & Aerobics Work Outs with Laura Lee Ryan!

Supplement your Urban Rebounder workouts with these uplifting videos. *Make Me Ready*, VHS, beginner stretching and low impact aerobics. *Make Me Ready Stretch & Selah*, DVD, stretch and relaxation for all fitness levels, promotes flexibility. Videos do not include rebounding workout.

See page 52 of the Resource Catalog to order.

If you love *Back to the Garden...* please visit www.hacres.com/LivingWoman fill out the survey and give us your feedback!

A Simple Program...

A simple program for arthritis conditions might include the following. I recommend sets of 8 because most music lends itself to this number, but you can do as many of any movement as you like.

Health bounce for 2-3 minutes - alternate with a step touch or a gentle jog (Optional arm movements in parentheses. Always master feet movement before adding arms)

1. Heel digs forward (bicep curls)
2. Kick feet forward (keeping the bounce low- alternate a long arm forward)
3. Low knee lifts (hands push down on either side of knee)
4. Hamstring curls (arms push to back)
5. Leg out to side (arms lift to shoulder height)
6. Leg to the back (arms lift forward shoulder height)

Repeat this same sequence if your body tolerates this well and increase the height of the bounce. For a little more challenge, you can add 2 bounces out and 2 bounces in - arms can lift to the side 45 degrees on the out, and down on the in, or a double bounce cross-country step (one leg front and one leg back). You can mix and match these, and add some of your own. I get so caught up in the worship music, time just flies by.

Each time you bounce, your lymph valves are being forced to open and close, moving harmful substances out and nourishing nutrients in. I don't know any other form of exercise that can so dramatically stimulate your lymphatic system to cleanse, maximize the aerobic benefit for so little time and effort, be gentle to joints but challenging to muscles, and be so much fun. It's a win-win for you! Your investment will certainly be returned many times over while you enjoyably bounce your way to better health.

Bounce to Health...

Build Strength, Balance & Coordination

Urban Rebounder System

(with Power Pack DVD and Stabilizer Bar)

Now you can do Urban Rebounding in your home. In just 15 minutes a day, 3 times a week, the Urban Rebounding Workout melts pounds of fat away, without any pain or stress on your joints. And it's so much fun it's the first exercise you'll actually look forward to! It also improves your balance and coordination, which is good news for athletes and seniors. N.A.S.A. has been using rebounding to train their astronauts for years. A N.A.S.A. study called rebounding a "miracle exercise". They found that rebounding was 68% more efficient than treadmills or other forms of exercise.

To order please see page 53 in the Resource Catalog.

Includes DVD containing 3 workouts!



Arthritis

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

Arthritis is a 'catch all' name for several conditions that lead to inflammation of one or more joints and is often characterized by pain, stiffness, swelling, deformity, and a decreased range of motion. Over 55 million Americans are afflicted with osteoarthritis, rheumatoid arthritis, or the related conditions of fibromyalgia, gout, lupus, Lyme disease, psoriatic arthritis, bursitis, scleroderma, Reiter's syndrome, Sjogren's syndrome, and ankylosing spondylitis. (*Prescription for Nutritional Healing*, Phyllis S. Balch, C.N.C. & James F Balch, M. D.)

According to the Arthritis Foundation (www.arthritis.org), arthritis is the leading cause of disability in the United States, with rheumatoid arthritis affecting 2.1 million Americans, osteoarthritis affecting 21 million, and 300,000 thousand children dealing with juvenile arthritis.

Arthritis and musculoskeletal problems far outpace mental illness, fracture or joint injuries, lung conditions, diabetes, and heart or circulatory conditions causing limitations of activity among working-age adults (ages 18-64) in all age categories. (See chart below). It is astounding that by the ages of 55-64, nearly 1 out of every 10 individuals has limitations on his or her activities because of impaired function in the area of the joints and surrounding tissues.

Diet and lifestyle play a critical role, not only in the development of these arthritic conditions, but also in enabling the body's innate self-healing to overcome them.

Let's look briefly at some things we can do as we take control of our health, and equip our bodies for achieving the highest level of health possible.

Neil Nedley, M. D., in his book *Proof Positive*, reports on a Scandinavian research project that demonstrated after one month, and then after a full year, that patients afflicted with Rheumatoid Arthritis on a total vegetarian diet experienced a decrease in:

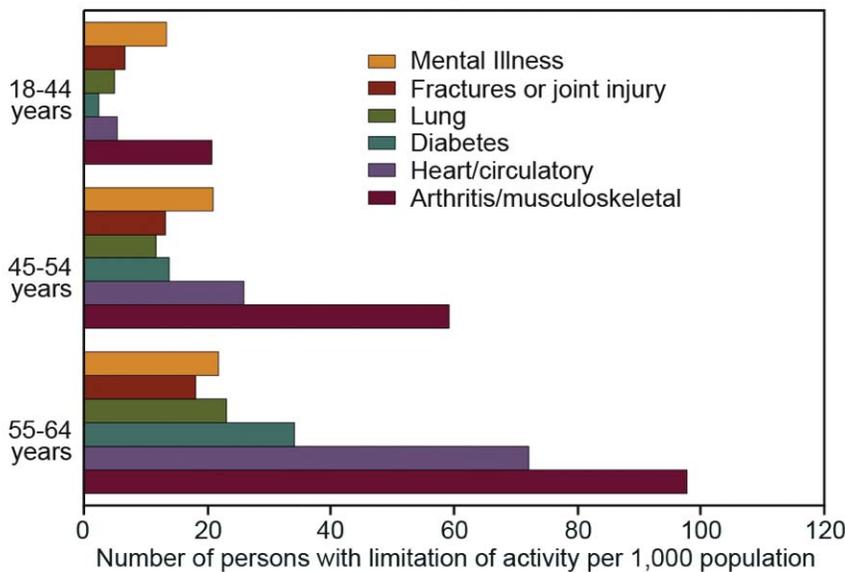
- Number of tender joints
- Number of swollen joints
- Duration of morning stiffness
- Total body inflammation

And experienced improvements in the following areas:

- Grip strength
- Their score on a health assessment questionnaire
- Blood test results in regard to C-reactive protein levels and the sedimentation rate

The control group in this study experienced a mild decrease in pain, but no other improvements.

Activity limitation among adults due to chronic conditions, 2003-04



SOURCES: Centers for Disease Control and Prevention, National Center for Health Statistics, *Health, United States, 2006*, Figure 17. Data from the National Health Interview Survey.

A plant-based diet is overall very alkaline forming (and anti-inflammatory) while the Standard American Diet (SAD) is very acid forming. An acid forming diet rich in animal products not only promotes inflammation, but also the leeching of calcium from the bones into the blood stream. The body must maintain a slight alkaline pH of the blood at all cost. The leeching of calcium is a survival mechanism that occurs after years of improper eating has exhausted the normal alkaline mineral reserves of the body. Often more calcium than is needed is withdrawn from the bones, and the excess is then deposited in the joints and tissues leading to inflammation. The omega-3 fatty acids from our flax seed, flax seed oil, or other oil rich in omega-3 are very important due to the anti-inflammatory properties.

Foods such as asparagus, garlic, and onions are rich sources of sulfur, which is required by the body for the rebuilding of bone, cartilage, and surrounding tissues, and also aids in the absorption of calcium. Green leafy vegetables are a good source of vitamin K, which is essential for optimal bone and joint health. Fresh pineapple (not canned) is a great source of the enzyme bromelain, which is excellent in reducing inflammation.

An optimal intake of pure water and liquids from our fruits and vegetables is important for keeping the body hydrated, while an abundance of sunshine is vital for optimal production of vitamin D. When the body is dehydrated, the joints lack lubrication, and without adequate levels of vitamin D, the body can't utilize calcium efficiently.

Exercise is another vital element in arthritis and joint health that is often overlooked or simply neglected. In times past it was thought that bed rest was important for some arthritic conditions, but evidence now shows that the more a person can move, the better off they will be. It is important that appropriate exercise be tailored for those with arthritic conditions, as inappropriate and excessive exercise is detrimental.

Dr. Nedley reports (page 509) that a recent study demonstrated rheumatoid arthritic patients could benefit from a high-intensity, progressive resistance-training program. Those participants reported less pain and fatigue, improved walking ability and faster walking time, and improved coordination. He speculates that some of the benefit may be related to growth hormone (GH). Research suggests that GH stimulates the rebuilding of cartilage and bones in adults as well as in children and may play an

important role in repairing joints after routine wear and tear. Growth Hormone levels surge following vigorous exercise.

Exercise is also especially important for anyone with arthritis to help maintain an optimal body weight. Carrying excess body weight is very detrimental to anyone with any arthritic condition, as the excess weight stresses the weight-bearing joints such as the hips, knees, and ankles. Exercise such as bicycling, walking (avoid paved areas and concrete), jogging on a rebounder, and water exercises are excellent. Impact exercises such as running and walking on concrete, or other hard surfaces should be avoided as much as possible.

Further validation of the important role of exercise was demonstrated in a study (<http://www.arthritis.org/exercise-reverse-aging.php>) conducted by Simon Melov, PHD, and Mark Tarnopolsky, MD, PhD, of McMaster University Medical Center in Hamilton, Ontario. While the study was not directly linked to arthritis, the results give people with arthritis more reason to get physically active to help reverse the aging process that leads to limited function. The study results show that mitochondrial dysfunction is associated with the aging process and that exercise (resistance training twice-weekly for six months, for a total of two-hours per week) resulted in a reversal of the genetic profile back to levels similar to those seen in young adults.

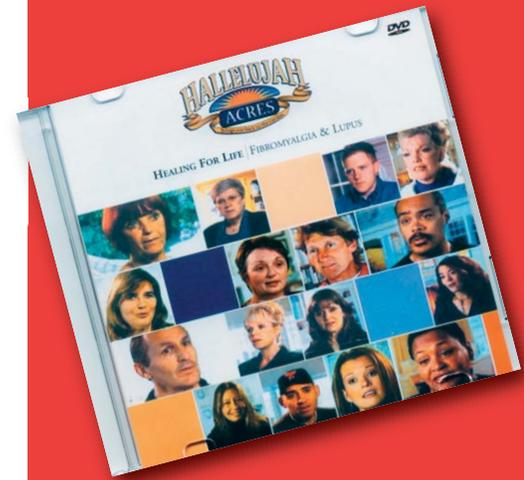
Melov stated, "We expected to see gene expressions that stayed fairly steady in the older adults. The fact that their 'genetic fingerprints' so dramatically reversed course gives credence to the value of exercise, not only as a means of improving health, but of reversing the aging process itself, which is an additional incentive to exercise as you get older."

A follow-up four months after the completion of the study showed those who maintained an informal resistance exercise at home maintained their increased strength and muscle mass.

Our diet and lifestyle play a critical role in keeping our bodies equipped to slow the aging process and preventing the occurrence of debilitating joint and musculoskeletal conditions, as well as aiding in overcoming those conditions if they have already developed. ❁



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



Special Offer...

Healing for Life

Arthritis DVD

Inspiring and compelling. See and hear people from all walks of life share how they successfully dealt with arthritis 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 \$3.95. A small price for a wealth of knowledge.

* Offer good from Nov. 1, 2007 through December 31, 2007

Experience a New Way of Living!



HALLELUJAH ACRES EVENTS

**Come see what all the
Excitement is about!**

There's always something going on at Hallelujah Acres! Something insightful to learn. Something enlightening to experience. The kind of fellowship that grows lifelong friendships and connections. Our events can help you change detrimental habits into a wholesome, healthful lifestyle. All it takes is one step in a healthy direction.

So take a look at what we offer, and surely you'll find more than a few events that spark your interest—from the very basics presented in Rev. Malkmus' **FREE** first-Saturday-of-the-month-seminar, **God's Way to Ultimate Health**, and the new low-cost **Hallelujah Diet & Lifestyle 2-Day Workshop**, to fun-filled themed health conferences and **Culinary Academy Food Preparation** classes, to the more hands-on **Get Healthy! Stay Balanced** course, and **Health Minister Training**. And much more! Whatever your health goals, whether it's weight management, conquering an illness, or simply feeling your best, we offer programs to help you on your way.



Christmas AT HALLELUJAH ACRES

COME AND JOIN US FOR A CHRISTMAS CELEBRATION!

THURSDAY, NOV. 29 & FRIDAY, NOV. 30, 2007

Fill your heart with peace, love, and joy and join in the fellowship!



Your 2-Day Christmas Celebration Includes:

Thursday at 6 p.m.

- A delicious buffet with elegant sit-down dining
- A Christmas concert featuring classical and traditional carols
- A heartfelt telling of the Christmas Story by Rev. Malkmus

Friday from 9-5 p.m.

- Door prizes
- Praise and worship, and Christmas music
- Workshops: *Falling into the Holiday Trap*, *Starting New Holiday Traditions*, *Holiday Food Preparation*, *Holiday Entertaining*, and *Staying Focused During the Holidays*
- A special Holiday Blessing by Rev. George & Rhonda Malkmus

\$99 per person/\$125 per married couple
\$49 for Health Ministers/\$75 per married couple

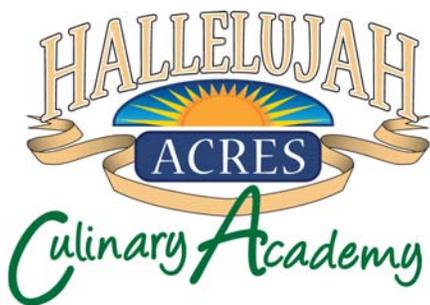
(Prices include Dinner & Concert on Thursday and Lunch on Friday)

Optional activities include a visit to historic uptown Shelby for shopping, carriage rides, Christmas activities, and gourmet dining at one of several quaint restaurants.

Come for the Christmas Celebration and stay Saturday for our FREE *God's Way to Ultimate Health Seminar*. **Make it a full Hallelujah weekend** and stay for our Culinary Academy class presented after the FREE Seminar. Please see page 24 for Culinary Academy Schedule.

Hallelujah Acres International Headquarters in Shelby, NC





HALLELUJAH ACRES CULINARY ACADEMY

Great Recipes!
Great Food!

WHERE THE ART OF FOOD PREP IS MADE EASY!



Learn how to liven up your live foods at the Hallelujah Acres Culinary Academy! Imagine having dishes like a fat-free "Nicken Noodle Soup," Sweet Potato Soufflé, and Apple Pie as parts of your meals. Mmm. Mouth-watering already, isn't it? We will show you how to prepare these and other dishes that are easy to make, good for you, and scrumptious too, from appetizers and main dishes to desserts and snacks.

Academy Highlights...

- Learn how to organize your kitchen and make it Hallelujah Diet friendly.
- Use different techniques and shortcuts to make your food prep easier and less time consuming.
- Turn a favorite cooked dish into a raw one that you and your family will savor.

Demonstrations will always include a variety of fresh fruits, vegetables, seeds, legumes, nuts and/or whole grains – and they're always delicious! Plus, you get all of the recipes in the handy course manual to take home.

When you take these classes, you'll find that you begin to think about the ingredients you already use, new ones you can add to your repertoire, and how to combine them in ways that will make your taste buds happy and your body healthy.

Class Schedule...

Location

Get Healthy! Resource Center
834 South Post Road • Shelby, NC
704.487.9572

**An Evening with
Rhonda Malkmus
7 to 9 pm**

Nov. 2
Jan. 4
Feb. 1
Feb. 29
Apr. 4
May 2

**Level I Food
Prep Class**

January 25–26
February 15–16
June 27–28

**Level II Course
with The Graffs**
April 11–12

**Special Half-Day
Author's Class
2 to 6 pm**

November 3
Marilyn Polk
December 1
Top Raw Men
January 5
Kim Wilson
February 2
Julie Wandling
March 1
Marilyn Polk
April 5
Top Raw Men

Classes subject to change

Food Preparation Classes



Rhonda Malkmus

An Evening With Rhonda Malkmus • \$30 per person

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 (see page 27). So have a healthful weekend, and join us for both!

Special Half-Day Author's Class • \$109 per person

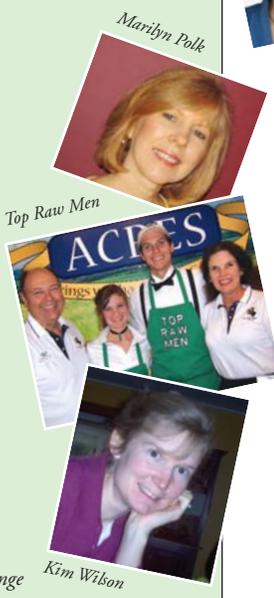
These are entertaining, practical half-day classes taught by some of Hallelujah Acres' most popular recipe book authors and start shortly after Rev. Malkmus' FREE seminar (see page 27).

Level I Food Preparation Course • \$300 per person

Atlanta's Raw Food Chefs, Jackie & Gideon Graff, will show you how creative and delicious raw food meals can be! This intensive 2-day course will teach you how to prepare mouth-watering gourmet delights!

Level II Course with The Graffs! • \$300 per person

Jackie & Gideon Graff go beyond the basics. This 2-day course features new recipes and more advanced techniques in raw food preparation, all taught with great humor and enthusiasm.



Gift Ideas for
the Holidays!



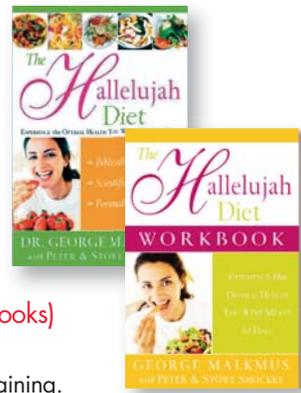
To register, call toll free 1.800.915.9355



The Hallelujah Diet & Lifestyle

THE HALLELUJAH DIET & LIFESTYLE 2-DAY WORKSHOP

Only \$125 per person!



Workshop Schedule...

Location
Hallelujah Acres International Headquarters
900 South Post Road • Shelby, NC

SHELBY, NC Nov. 12 – 13
Begins: March 10 – 11
Mon. at 1 p.m. May 12 – 13
Tues. at 8 a.m. July 14 – 15

Workshops & prices subject to change

This two-day workshop features Rev. George Malkmus as the host. It includes Rev. Malkmus's "Dead Food/Living Food" presentation, presentations on exercise, as well as a segment on stress and emotions that goes deeper into specific nutritional requirements.

Participants will be using *The Hallelujah Diet* and *The Hallelujah Diet Workbook* by Rev. Malkmus.

\$125 per person (includes books)/\$99 per person (without books)
(Price includes lunch each day.)

* Completion of this course meets pre-requisite for Health Minister Training.

GET CONNECTED!

Become a Health Minister

HEALTH MINISTER TRAINING

Do you have a passion for learning and want to help others regain their own health and vitality? If so, consider becoming a Health Minister.

Training Schedule...

Location
Hallelujah Acres International Headquarters
900 South Post Road • Shelby, NC

Health Minister Training 3-Day Course	Small Business/Ministry Training 3-Day Course
Nov. 14 – 16	Nov. 19 – 21
March 12 – 14	March 17 – 19
May 14 – 16	May 19 – 21
July 16 – 18	July 21 – 23
Sept. 17 – 19	Sept. 22 – 24
Nov. 12 – 14	Nov. 17 – 19

Advanced Health Minister Training 3-Day Course 2008
 October 20 – 22

Trainings & prices subject to change

Training Classes

New! Health Minister Training 3-Day Course

\$300 per person/\$450 per couple (includes Health Minister Resource Kit, valued at \$50)

You may choose one of the following as a pre-requisite to attending the Health Minister Training:

1. Complete the *Get Healthy! Stay Balanced* Course (classroom or packaged program)
2. Complete a 5- or 10-day program at any Hallelujah Acres Lifestyle Center
3. Complete the 2-day Hallelujah Diet and Lifestyle Workshop hosted by Rev. George Malkmus the week of Health Minister Training.

New! Small Business/Ministry Training 3-Day Course

\$300 per person or \$450 per couple

(this includes the Business/Ministry Resource Kit, valued at \$50)

\$50 for re-attending Health Ministers (\$50 Business/Ministry Resource Kit required if not previously purchased)

Do you want to take your Health Ministry to the next level?

Learn marketing strategies, business planning and how to teach the most exciting classes.

Learn customer strategies and many other business techniques.

- Pre-requisites:
1. Completed the 3-day Health Minister Training
 2. Completed the *Get Healthy! Stay Balanced* class or Educational Package

New! Advanced Health Minister Training 3-Day Course

\$300 per person (*Health Minister Training is a pre-requisite to this course.*)

(this includes the Business/Ministry Resource Kit, valued at \$50)

If you have attended Health Minister Training before June, 2007 you are in for a treat!

You will get the best of both the new, revised Health Minister Training and the Small Business Training. A six day event packed in 3 days! Brush up on your communication skills, learn more about nutrition, and spend two days learning the most valuable business techniques in creating a small business.



Plant City, FL
Hosted by David & Sherry Orcutt

Save \$100 per person
on your next visit to a
Hallelujah Acres Lifestyle Center.
When making reservations mention
promotional code: **LC200710**
Offer good from Nov. 1 – Dec. 31, 2007.

Plan a New Year's
Get Away!

HALLELUJAH ACRES LIFESTYLE CENTERS

RENEW • REBUILD • REVIVE

Spend 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

* Married couples; mother and daughter or father and son of same household; etc.

**"Lodging Only" may be available only during non-program dates. Includes room only; meals and activities not included. Prices are exclusive of any and all applicable state and local taxes which may apply.

Five or ten day program meets pre-requisite for Health Minister Training.
See page 25 or page 59 for more information and training schedule.

5 Day Program

\$1195 per person
\$2295 per couple*

10 Day Program

\$2295 per person
\$3795 per couple*

Airport Transportation \$40

**Lodging Only \$75 per night
(excluding the FL and CA locations)

Ask about Health Minister discounts
when scheduling your visit.

Relax &
Renew Your Life!

Locations...

LAKE LURE, NC

Nov. 4 – 9
Nov. 11 – 16
Jan. 6 – 11
Jan. 13 – 18
Jan. 27 – Feb. 1
Feb. 3 – 8
Feb. 17 – 22
Feb. 24 – 29

STANTON, KY

November 4 – 9
Nov. 11 – 16
Nov. 25 – 30
Dec. 2 – 7
Dec. 9 – 14
Jan. 13 – 18
Jan. 20 – 25
Feb. 10 – 15
Feb. 17 – 22

PLANT CITY, FL

Nov. 4 – 9
Nov. 11 – 16
Dec. 2 – 7
Dec. 9 – 14
Dec. 30 – Jan. 4
Jan. 6 – 11
Jan. 20 – 25
Feb. 3 – 8
Feb. 17 – 22
Feb. 24 – 29

FALLBROOK, CA

Nov. 4 – 9
Nov. 11 – 16
Dec. 2 – 7
Dec. 9 – 14
Jan. 6 – 11
Jan. 13 – 18
Jan. 27 – Feb 1
Feb. 3 – 8
Feb. 17 – 22
Feb. 24 – 29

Schedules subject to change

Locations



Lake Lure, North Carolina Nestled in the foothills of the Blue Ridge Mountains, the North Carolina Lifestyle Center offers an inviting and vibrant atmosphere to learn about healthy living. Hosted by Tim and Anita Koch.
<http://www.halifestylecenters.com/lakelure>



Plant City, Florida With beautiful weather year-round, the Florida Lifestyle Center (located near Tampa) is a lovely setting to enjoy fun in the sun while restoring body, mind, and spirit. Hosted by David & Sherry Orcutt.
<http://www.halifestylecenters.com/plantcity>



Stanton, Kentucky With 300 acres as your glorious backdrop, the Kentucky Lifestyle Center offers a picturesque environment for refreshing walks, spiritual enrichment, and healthy beginnings. Hosted by Mircea & Valentina Dragomir.
<http://www.halifestylecenters.com/stanton>



New! Fallbrook, California Come to the beautiful foothills in northeast San Diego County where you'll relax and rejuvenate in a tropical retreat. Hosted by Steven & Leslie Kirchmeier.
<http://www.halifestylecenters.com/fallbrook>



FREE GOD'S WAY TO ULTIMATE HEALTH SEMINAR

Whether you're battling a life-threatening disease, or you simply want to attain optimal health, this FREE 3.5 hour seminar* will enlighten you and inspire you to take that first step to self-healing. Along with a few hundred other attendees, you will hear Rev. George Malkmus, founder of Hallelujah Acres, present this seminar in his down-to-earth, oftentimes humorous, yet still impactful way.

Look for a Seminar in your area!

Seminar Schedule...

Locations

SHELBY, NC at 10 am

2007 Dates	2008 Dates	
Nov. 3	Jan. 5	July 5
Dec. 1	Feb. 2	Aug. 2
	March 1	Sept. 6
	April 5	Oct. 4
	May 3	Nov. 1
	June 7	Dec. 6

Macon, GA at 10 am

Nov. 10
Event details at www.hacres.com

Seminar Highlights...

- Learn why your diet and lifestyle can make you sick or feel great
- Understand which are the perfect foods God gave to mankind for nourishment
- Discover how you can restore your health and live the lifestyle you were designed to have

You will also hear plenty of real-world testimonies from people who have experienced a health renewal after following the Hallelujah Diet & Lifestyle. What they have to share will amaze you.

By the end of the seminar, you will understand the basics for following the Hallelujah Diet & Lifestyle yourself. Yes, it is simple enough to learn in just a couple of hours.

**This seminar is presented the first Saturday of every month at 10 am at Hallelujah Acres International Headquarters in Shelby, NC. Please call for event details in others cities.*

Registration is not required for this FREE seminar.



GET HEALTHY!
STAY BALANCED

Take A Life Changing Course.

Location

Get Healthy! Resource Center
834 South Post Road • Shelby, NC
704.487.9572 - to register for this course.

SHELBY, NC

2007 Date Nov. 5 - 9

Courses & prices subject to change

GET HEALTHY! STAY BALANCED 5-DAY COURSE

TAKE A LIFE CHANGING COURSE.

Only \$450 for 5 days!

This class is for people who desire to seriously acclimate themselves to the Hallelujah Diet & Lifestyle. Classes will provide opportunities for students to participate in creating their own juices; they will observe many entrees being prepared; besides the GHSD videos, they will be watching several additional presentations; they will learn techniques on how to organize and set up their kitchen; a field trip to the Hallelujah Acres Health Food Store will be taken; and individual implementation issues will be addressed.

\$450 for primary student • \$250 for secondary student

(Prices includes lunch and samples each day.)

* Completion of this course meets pre-requisite for Health Minister Training.

To register for the 5-day course, call **704.487.9572**

Class Schedule...

Locations

Get Healthy! Resource Center
834 South Post Road • Shelby, NC
704.487.9572

Get Healthy! Resource Center
The Point • 1140 Woodruff Road
Suite 302 • Greenville, SC • 864.751.6400

Grand Opening!
November 8, 9 & 10, 2007

Get Healthy! Resource Center
The Streets of Toringdon
12210 Copper Way • Suite 228
(across the street from Earth Fare
in Ballantyne)
Charlotte, NC • 704.526.2195

**Get Healthy!
Stay Balanced
Class**

Tues. & Thurs
at 7 pm
Wed. at 10 am

**Accountability
Class**

1st & 3rd
Mon. at 7 pm
1st & 3rd
Fri. at 10 am

**Accountability
Class Covered-
Dish Meal**

Nov. 30
at 10 am

**FREE Health
Support Group**

SHELBY
2nd Mon.
at 6:45 pm

GREENVILLE
4th Mon.
at 6:45 pm

**Kids in the
Kitchen**

3rd. Sat.
at 11 am

**Weight
Management**

SHELBY
Mon. at 11 am
GREENVILLE
Wed.
at 4:30 pm

**Themed Food
Preparation Class
& Dinner**

SHELBY
Nov. 26
Dec. 10
Jan. 28
Feb. 25
Mar. 24

GREENVILLE
Nov. 12
Dec. 10
Jan. 14
Feb. 11
Mar. 10

**Get Healthy!
Stay Balanced
5 Day Course**

SHELBY
Nov. 5-9
See page 23 for
more information.

Lunch Lesson

SHELBY
1st & 3rd Thurs.
at 11:30 am

Events & prices subject to change

**GET HEALTHY! RESOURCE
CENTER EVENTS**

**HERE TO HELP YOU GET
HEALTHY AND STAY HEALTHY!**

Get Healthy! Stay Balanced classes, food preparation classes, weight loss assistance and nutritional product information are just some of the services you can expect when visiting a Get Healthy! Resource Center.



Get Healthy,
Focused & Connected.

Resource Center Classes

Get Healthy! Stay Balanced Class • \$250 per person

Whether you are just beginning to investigate information about health and nutrition, or you are a seasoned follower of the Hallelujah Diet & Lifestyle, with years of education and practice under your (thin) belt, you will gain a significant amount of knowledge from taking this course.

**Accountability Class • \$40 per person per month • \$60 per couple per month
(Pay for three months in advance and save \$20.)**

For Graduates of the Get Healthy! Stay Balanced Class

Accountability Class Covered-Dish Meal

Graduates of the Get Healthy! Stay Balanced Class

FREE Health Support Group Meeting

Join your fellow Hallelujah Diet & Lifestyle enthusiasts every month for inspiration, encouragement, fabulous food, and more!



Kids in the Kitchen • \$12.50 per adult • \$2.50 per child

We will prove to kids that treats can be healthy and still taste good. Menus include banana splits with all the trimmings, burgers, pizza, even birthday cake - all made The Hallelujah Way! Children must be accompanied by a parent.

Weight Management Class • \$25 per month

Weight in, 15-minute presentation, and FREE Recipe each week.

Lunch Lesson • \$12.50 per person • includes lunch and program.

You will enjoy delicious and varied meals plus hear guest speakers. Come spend your lunchtime with us and experience great food and an inspirational message.

Themed Food Preparation Class and Dinner • \$25 per person

Shelby NC Location

2007
November 26 *Thanksgiving Feast*
December 10 *Holiday Entertaining*

2008
January 28 *Warm and Cozy Cuisine*
February 25 *Be My Valentine*
March 24 *Eat Your Greens*
(For St. Parick's Day)

Greenville SC Location

2007
November 12 *Thanksgiving Feast*
December 10 *Holiday Fare*

2008
January 14 *American Favorites*
February 11 *Soups & Salads*
March 10 *Country Bar-B-Que*

All of the above classes are held at the Shelby, Greenville and Charlotte locations unless otherwise noted. Class schedules subject to change. Please call to verify dates.



Get Healthy! RESOURCE CENTRE



Class Schedule...

Location

Get Healthy! Resource Centre
16635 Yonge Street, Unit 24B
(Just south of Mulock Drive)
Newmarket, ON • 905.853.7014

OPEN HOUSE!

Nov. 10
How to Exercise Wisely
at 11 am & 2 pm

Dec. 1
Healthy Holiday Entertaining
at 11 am & 2 pm

Jan. 19
Starting the Year Healthy
at 11 am & 2 pm

Feb. 23
Looking at the Heart
at 11 am & 2 pm

Vegetarian Food Prep Classes

Nov. 17 & 20
Dec. 11 & 15
Jan. 26 & 29
Feb. 12 & 16

In the Kitchen with Judy

Nov. 7, 8, 14 & 15
Dec. 6, 12, & 13
Jan. 9, 10, 16, & 17

New! Spend the Day with Judy

Nov. 3
Dec. 5
Jan. 12
Call for times.

Healthy Lifestyle Workshop

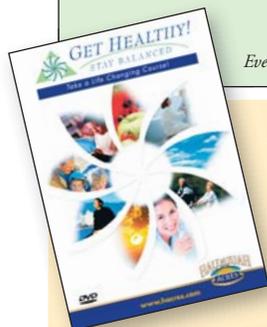
Nov. 26 - 30
Call for dates in December.
2008

Jan. 21 - 25

Get Healthy! Stay Balanced Class

Course offered each month. Please call to set up a schedule.

Events & prices subject to change



Place any order from the Canada Resource Catalog by Dec. 31, 2007 and get the Get Healthy! Stay Balanced Overview DVD **FREE!** While quantities last.

GET HEALTHY! RESOURCE CENTRE EVENTS - CANADA

HERE TO HELP YOU GET HEALTHY AND STAY HEALTHY!

Get Healthy! Stay Balanced classes, food preparation classes, weight loss assistance and nutritional product information are just some of the services you can expect!



Judy Fleming has been part of our team since Hallelujah Acres Canada opened in September 1998. You will meet Judy as the Manager of the Get Healthy! Resource Centre through any of the seminars, classes, sessions or workshops held at this location. She has a keen desire to help people and holds a wealth of knowledge in the nutritional information field.

Hallelujah Acres Canada Health Minister Workshops

We are having a Special 2-day Workshop for all Canadian Health Ministers this Winter to share with them ways to promote their ministry and improve their resources. Dec 7 & 8 - call the Canadian Office to register.

Open House! Haven't visited our NEW Get Healthy! Resource Centre location? This is your opportunity to join us for inspiration, information, and prizes. Also, FREE samples all day long.

Move Your Ministry Forward!



Canada Resource Centre Classes

New! Spend the Day with Judy • \$125 per person (Limit 8 people per class)

This class is offered just once a month. Come and spend a day working in the kitchen learning how to: plan menus, shop for the right foods, prepare gourmet raw food, and how to feed your family and friends this healthy lifestyle. You get a fantastic package that will continue to help you once you are in your own kitchen.

Get Healthy! Stay Balanced Class • \$275 per person

Whether you are just beginning to investigate information about health and nutrition, or you are a seasoned follower of the Hallelujah Diet & Lifestyle, with years of education and practice under your (thin) belt, you will gain a significant amount of knowledge from taking this course. This 9 part course is offered every week.

In the Kitchen with Judy • \$50 per person for a half-day class

Book a class that is especially designed for those who need individual attention. You get one-on-one time with Judy, planning menus, preparing simple recipes with extra time to work on your own needs. Call to book a space.

Healthy Lifestyle Workshop • \$475 per person • Special rate for couples

Spend a week with Judy learning how to plan menus; shop for the right foods; prepare easy healthy recipes; along with the Get Healthy! Stay Balanced program.

Vegetarian Food Prep Classes • \$30 per person

A gourmet food preparation class. Offered twice a month, Saturday during lunch hours, and Tuesday during supper hours.

November 17 & 20 *Healthy Snacks*
December 11 & 15 *Holiday Foods*

January 26 & 29 *Jucing for Health*
February 12 & 16 *Food for the Heart*

Our Gift to You!

Hallelujah Acres Canada improves services to you!

Now we offer:

- Reduced Canadian prices by 20%
- On-site Call Center located at our headquarters in Ontario
- In-house shipping from Ontario for more efficient service.



Sharing HAPPY Holidays with S.A.D. Friends and Family (Standard American Diet)

by Health Minister Kim Wilson

It's a season of love, joy, peace. . . and stress? For those of us trying to make healthy dietary decisions, the holidays can be a struggle, especially when we are sharing meals with those who don't follow the same eating style as we do. So how do we survive the holidays without sacrificing good times or our healthy lifestyle?

It's sad, but true, that many people who follow a healthy diet opt to "check out" of holiday gatherings. God gives relationships a primary importance in our lives, and we shouldn't let our dietary choices limit our interactions with others. We're glad to share that we have successfully hosted holiday meals in our home for years and have attended family gatherings and work/friend parties with ease.

How is this possible? The key is planning ahead. If we just "show up," we're setting ourselves up for failure, feeling more and more deprived or embittered as the turkey, stuffing, and pies are passed around. Having a strategy makes a world of difference!

Strategy #1: Bring some good stuff! It is so important to know you have some good options when you attend a holiday meal or party. We have certain dishes we love, that SADers also enjoy, and we depend upon these simple recipes for our "party fare." These dishes are great because they fill our need for tasty fare, and they give SADers an opportunity to try some good, wholesome food. So, whether you're hosting or attending a party, prepare a couple of reliable dishes.

Strategy #2: Talk through the options. Face it. . .there will be some really tempting goodies available. It's beneficial to talk through (especially if you have young children) what other foods might be "good" or "ok" choices. This helps prevent some of the "heartbreak" that can come when you're presented with foods that you know aren't best for your health. You've already said "No" to them in advance, and it won't be as great a struggle. You also know that, at the bare minimum, you'll have your own dishes there to enjoy.

Strategy #3: Have some "better" treats in mind. We use this strategy a lot when we're attending an event where we have even less input on the foods available (like catered events, or a child's birthday party). We enjoy whatever wholesome options there might be, and we've strategized in advance that in place of the inevitable "sweets," we will treat ourselves to some dairy-free ice cream or a wholegrain baked good—after the event. We call this "trading up" with our son. Of course, for a holiday gathering, you can bring these nice options to share. We usually make an apple crisp, and bring some non-dairy ice cream. Often, this is more popular than the traditional pumpkin pie!

Strategy #4: This may sound crazy, but eat ahead (or after)! This works great for parties or catered events where it isn't appropriate to bring something to contribute, or you know there won't be any good options. It also works well for holiday meals and parties where you know your appetite for "less than best" foods may be stronger than you'd like. You might eat a whole meal or just a large snack to decrease your interest in eating. You can still participate in the event, but the eating isn't the central activity. And it's quite okay to answer that you're just not hungry if you're questioned. Remember, you are at the event for the interaction with others, not just to satisfy your taste buds, so avoid the struggle by taking the edge off your hunger in advance.

What about the traditional holiday feast with all the trimmings?

There are many wonderful vegan components of a traditional holiday meal. We don't find it too difficult to leave off the meat and feast on the veggies and sides. We bring along wholesome options for some of our favorites, like wholegrain rolls or biscuits and vegetarian gravy. And a nice side-benefit is that we have plenty of energy after the meal to enjoy visiting with the family or walking with friends. No post-holiday meal lethargy for us!

I'm glad to share with you the recipes for some of our "Party Staples" and "Holiday Favorites." 🍷



Kim Wilson is the author of several books, including *Everyday Wholesome Eating. . .In The Raw* and *Everyday Wholesome Eating*. In addition to writing, Kim teaches a variety of classes, workshops and seminars, and offers one-on-one telephone

consultations. She and husband John live in New Hampshire where they operate Simply Natural Health, a company that promotes health and lifestyle according to God's original plan. You may reach Kim at info@simplynaturalhealth.com

STUFFED DATES

Dates
Almonds, walnuts, or pecans

Slit date in half and remove pit. Replace pit with whole nuts.

Option: stuff dates with nut butter, or nut butter mixed with carob powder or honey, before topping with a nut. These can be a little messy, but look great rolled in a little coconut.

These are nice arranged attractively on a platter and served at holidays or parties. From *Everyday Wholesome Eating*. . . *In the Raw*, pg. 56



All recipes by Health Minister Kim Wilson



SPICED RAW BALLS

1 cup almonds
1/4 cup sesame seeds
1 cup dates, pitted
3/4 - 1 tsp. pumpkin pie spice
1/8 tsp. unrefined sea salt

Process almonds and sesame seeds in food processor until finely chopped. Continue processing after adding dates, spice and sea salt until mixture starts to hold together. Form into balls and refrigerate before serving.

Option: Roll balls in sesame seeds, coconut, or carob powder.

These are nice arranged attractively on a platter and served at holidays or parties. From *Everyday Wholesome Eating*. . . *In the Raw*, pg. 237

HUMMUS

1 can chickpeas (drained)
1/2 tsp. unrefined sea salt
1/8 tsp. ground cumin
1 tsp. olive oil
1-2 cloves of garlic
Juice of 1 lemon (1/4 cup)
2-3 Tbsp. tahini

Puree everything in food processor until smooth, adding some liquid from canned beans if too thick. Before serving, drizzle 1 Tbsp. olive oil over top and sprinkle with paprika.

Variation: Prepare with 2 cups cooked beans.

Hummus is very personal- adjust lemon, garlic, tahini, and salt to taste. Great dip for pita bread, tortilla chips, and vegetables! Also great to take to parties and potlucks with pita triangles, baby carrots, and any other cut veggies. From *Everyday Wholesome Eating*, pg. 102



Recipe Books by Kim Wilson
Everyday Wholesome Eating... In the Raw

Everyday Wholesome Eating

To order see page 41
in the Resource Catalog

APPLE CRISP

6 apples - peeled and sliced
Option: 1/3 cup raisins
1/4 cup olive/coconut oil
1/3 cup dates*
1/2 cup nuts (walnuts, pecans)
3/4 cup rolled oats
1/2 cup oat flour**
1 tsp. cinnamon
1/8 tsp. unrefined sea salt

Layer sliced apples (and raisins) in 8x8 pan. Puree dates with oil in processor. Briefly chop nuts with this mixture. Combine with rest of the ingredients until crumbly. Sprinkle over top of apples and bake at 350 degrees for about 45 minutes, until topping is golden brown and apples are tender.

* Or 1/3 cup honey or maple syrup

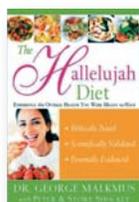
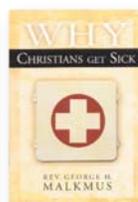
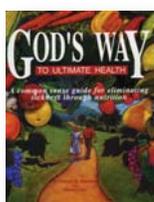
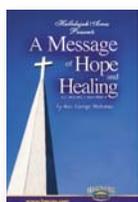
** Or rolled oats ground in a blender or another wholegrain flour

A favorite homemade dessert. Great to take along to a gathering or serve at a holiday meal. Double the recipe for a 9 x 12 pan. From *Everyday Wholesome Eating*, pg.66

The Hallelujah Diet Explained



by Rev. George Malkmus
author of *A Message of Hope and Healing, God's Way to Ultimate Health, Why Christians Get Sick* and *The Hallelujah Diet and Workbook*



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 or fresh vegetable juice.) 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. (If desired, Lunch and Supper can be switched, but only one meal should contain cooked food on any given day.)



Food

Health

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.



Love, Fellowship & Delicious Food.

Hallelujah Holiday Dining

Thanksgiving and Christmas are two holidays of the year that typically afford us the opportunity to entertain family and friends around the dinner table. What a wonderful time to share love, fellowship, and delicious food. Fill the table with culinary creations that will impress your guests and satisfy their senses with flavorful and nutritious delicacies. You will never miss the food usually served at holiday time. Rhonda's *Hallelujah Holiday Recipes... from God's Garden* book is ideal for those crowd-pleasing meals your friends and family will thoroughly enjoy. Each snack or meal will be in alignment with the Hallelujah Diet & Lifestyle while allowing you to expand your creative ideas in the preparation and presentation.



Praise

Joy

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 remineralized 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 un sulphured 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 or lunch if preferred. 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, almond milk and rice milk (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

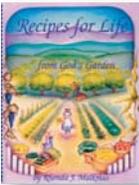
Seasonings: Same as the 85% portion, plus unrefined sea salt (Use sparingly.)

Soups: Soups made from scratch without fat, dairy, or refined 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, yellow or sweet potatoes, squash, etc.

There are hundreds, if not thousands, of exciting recipes that meet these criteria. *Look for these great recipe books and others on pages 40-41.*



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.)

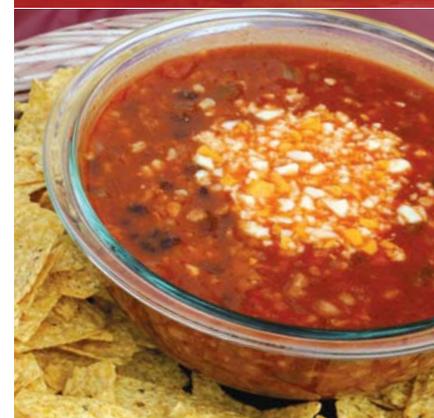
Oils: All lard, margarine, shortenings, and anything containing hydrogenated and partially hydrogenated oils

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



Give Thanks

You are on the Path. Welcome Back to the Garden.



*You are on
the Path!*

November-December 2007
RESOURCE
CATALOG

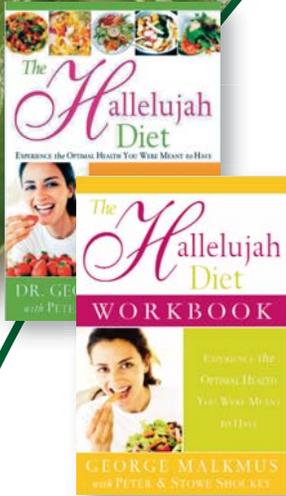
10% OFF
all Books and
Educational
Material
Until Dec. 31st

The **Hallelujah**
Diet & Lifestyle



Books, Videos, and Audios by
REV. GEORGE MALKMUS

Founder of Hallelujah Acres



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 book by Rev. Malkmus is sure to guide, encourage, and inform you on your journey to optimal health. In *The Hallelujah Diet*, Rev. Malkmus draws on thirty years of experience and research to give readers a complete, in depth picture of the diet and the lifestyle.

#215 Paperback, 378 pages

\$14.95

The Hallelujah Diet Workbook by Rev. George Malkmus with Peter & Stowe Shockey

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

#215W Paperback, 203 pages

\$8.95

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 & Lifestyle 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

God's Way to Ultimate Health Seminar
(formerly *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 or CDs of *God's Way to Ultimate Health* seminar, you will change your thinking forever as to what nutrition is and what it is not.

#265 Audio CDs (2)

\$12.95

#266DVD Video (1) 2 hrs. 20 min. \$24.95

Why Christians Get Sick by Rev. George Malkmus

This 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

#201K Korean version \$8.95

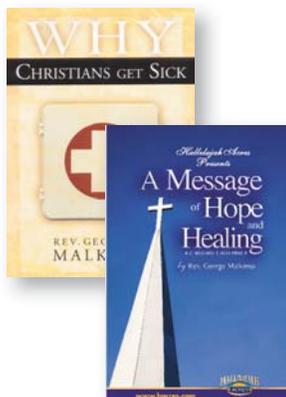
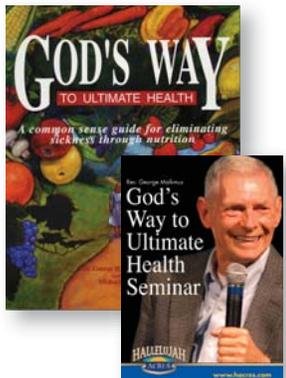
A Message of Hope and Healing – A Christian Health Primer

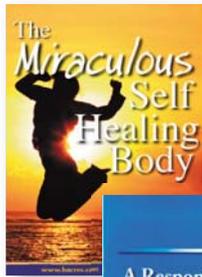
by Rev. George Malkmus

(Formerly *You Don't Have to be Sick*) 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.

#206 Paperback, 49 pages

\$3.95



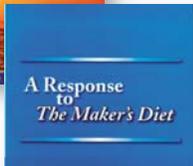


The Miraculous Self-Healing Body hosted by Rev. George Malkmus

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 34 min.

\$17.95

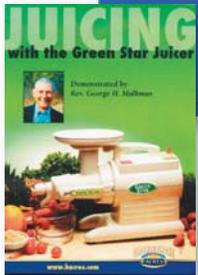


A Response to The Maker's Diet by Rev. George Malkmus

Backed by Biblical truths and scientific studies, Rev. Malkmus reveals the inaccuracies and passionately refutes each of Rubin's 12 "myths," which include advocating the consumption of meat. Rev. Malkmus also exposes Rubin's contradictory accounts about which diet actually cured Rubin of Crohn's disease. A real eye-opener, Rev. Malkmus' rebuttal will help strengthen your commitment to attain the health and joy God intends for you.

#204 Paperback, 64 pages

\$2.95



Juicing With a Twin-Gear Juicer by Rev. George 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 a twin gear juicing machine, 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

Additional Hallelujah Acres Videos & Books

Healing for Life Video Series

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

#293 5-DVD Set

SAVE \$20 \$29.75

Or order individually:

#293-1 Arthritis & Osteoporosis/20 min.

\$9.95

#293-2 Cancer/18 min.

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#293-3 Diabetes/25 min.

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#293-4 Weight Issues/19 min.

\$9.95

#293-5 Fibromyalgia & Lupus/19 min.

\$9.95

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 with children or contemplating having one.

#209 Paperback, 100 pages

\$8.95

Six Months to Live by Health Minister 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

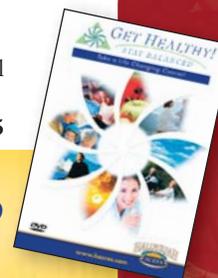
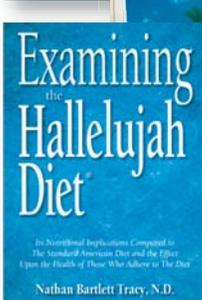
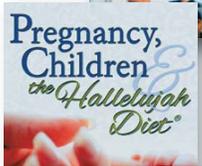
\$8.95

Examining The Hallelujah Diet by Health Minister 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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The Hallelujah Diet & Lifestyle

1. Silver Starter Kit



2. Gold Starter Kit



3. Platinum Starter Kit



Great Starter Kits

1. Silver Starter Kit

The Silver Starter Kit has the basic components for you to get started on The Hallelujah Diet & Lifestyle: BarleyMax (optional capsules or alfalfa free), Fiber Cleanse (optional capsules), Flora Flax Oil, Hallelujah Acres B12-B6-Folic Acid, Digestive Enzymes, Professional Strength Probiotics *The Miraculous Self Healing Body* DVD, and *The Hallelujah Diet* book by Rev. George Malkmus. **You save \$38.65 off the regular retail price with this kit.** No substitutions, please.

#KITSILVER

Silver Starter Kit

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2. 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 \$69.55 compared to buying each item separately at the regular retail price.** Save money and get started! No substitutions, please.

#KITGOLD

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Juicer available in three colors: White, Almond, or Black

Commit to a New Start.

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3. Platinum Starter Kit

Our Platinum Starter Kit is the most popular starter kit and provides the most value for the money—**Save \$108.50 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 and the *Recipes for Life...from God's Garden* recipe book by Rhonda Malkmus. Upgrade to Platinum today!

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#KITPLATIN

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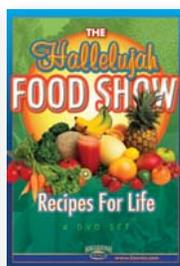
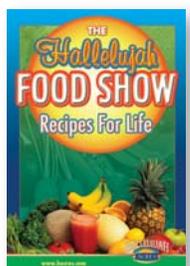
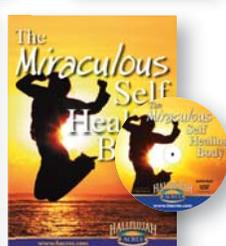
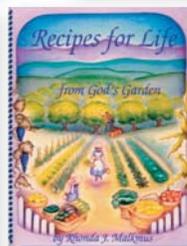
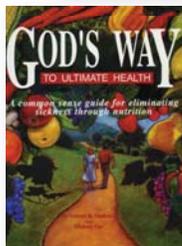
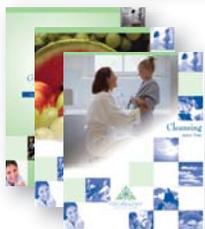


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This special package includes:

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Pure Air & Exercise	Summary

- The Hallelujah Food Show Recipe Book*
- 4 of the most popular *Hallelujah Food Show Recipes for Life* DVDs:

Choices, Variety & Convenience
Basics for Great Recipes
Holidays & Special Occasions
Eating in the Outdoors

- The Miraculous Self Healing Body* DVD
- God's Way To Ultimate Health* Book
- Recipes for Life...From God's Garden* Book
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The Get Healthy! Stay Balanced DVD Collection

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- 4 of the most popular *Hallelujah Food Show Recipes for Life* DVDs
- The Miraculous Self Healing Body* DVD
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Take Control of Your Own Health & Life!

For Health Minister Training information please see page 25 of the Education, Support & Training section or page 59 in this Resource Catalog.

To order, call toll free **1.800.915.9355**, or order on-line at **www.hacres.com**.

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Recipe Books by **RHONDA MALKMUS**

Co-founder of Hallelujah Acres

Recipes for Life... From God's Garden by Rhonda Malkmus

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

#203 Spiral-bound, 358 pages

\$24.95

Salad Dressings for Life... From God's Garden by Rhonda Malkmus

This book 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 & Lifestyle, and Rhonda will show you how.

#208 Spiral-bound, 64 pages

\$13.95

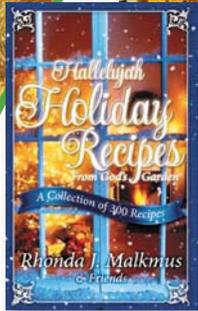
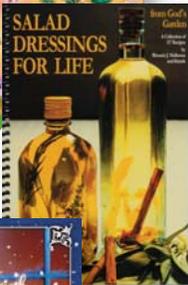
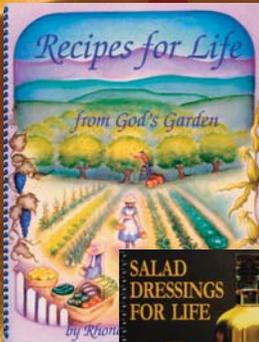
Hallelujah Holiday Recipes... From God's Garden by Rhonda Malkmus

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

* Many of these recipes will be featured at the upcoming *Christmas at Hallelujah Acres Event*. Please see page 27 for details. Rhonda Malkmus is a popular Hallelujah Acres Culinary Academy Instructor, see page 24 for class schedule.



Recipe Books by Health Minister **JULIE WANDLING**

Healthy 4 Him by Julie Wandling

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

#212 Paperback, 200 pages

\$17.95

Thank God for Raw by Julie Wandling

This book 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 lift you up.

#211 Paperback, 167 pages

\$17.95

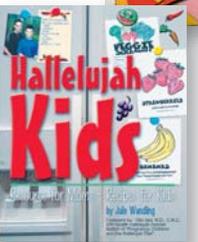
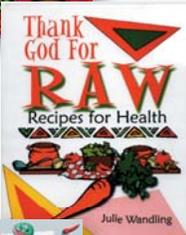
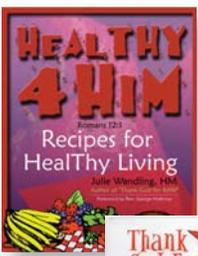
Hallelujah Kids by Julie Wandling

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

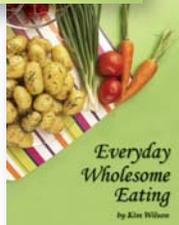
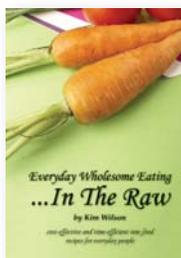
#376 Paperback, 164 pages

\$19.95

Julie Wandling is a popular Hallelujah Acres Culinary Academy Instructor, see page 24 for class schedule.



To order, call toll free **1.800.915.9355**, or order on-line at **www.hacres.com**.



Recipe Books by Health Minister KIM WILSON

Everyday Wholesome Eating ...In the Raw by Kim Wilson

This book helps you create quick, easy, delicious, and inexpensive meals using raw foods. Covers the basics of raw food—ingredients, tools, sprouting made simple, and transitioning to raw food eating—with reliable, delicious recipes for juices, fruits, salads, dressings, sauces and condiments, dips and fillings, soups, entrees, snacks, desserts, and treats.

#374 Spiral-bound, 263 pages

\$17.95

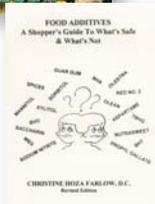
Everyday Wholesome Eating by Kim Wilson

Whether you're just starting to learn about healthy eating habits, or you're already committed to wholesome living, this recipe book is a welcome source of delectable dishes. Create fresh homemade hummus and simple salad dressings, hearty soups and stews, delightful desserts, plus Indian, Italian, Mid-Eastern, and Asian inspired dishes, holiday menu ideas, and much more. Includes tips and techniques, and other helpful diet and lifestyle guidelines.

#382 Spiral-bound, 255 pages

\$17.95

Kim Wilson is a popular Hallelujah Acres Culinary Academy Instructor, see page 24 for class schedule.



Hallelujah! Simple Weekly Meal Plans by Health Minister Marilyn Polk

This 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

Marilyn Polk is a popular Hallelujah Acres Culinary Academy Instructor, see page 24 for class schedule.

Unleash the Power of NatureFoods™ by Susan Jones, PhD

This book 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; and bring more joy into your life. Includes easy-to-prepare recipes.

#301 Paperback, 176 pages

\$15.95

How We All Went Raw by Charles, Coralanne & George Nungesser

This book teaches all about a raw-foods lifestyle, describes how to prepare great-tasting raw-food dishes, and is filled with over 100 raw-food recipes. Organized by ethnic foods, it includes recipes for Mexican, Italian, Chinese, Mediterranean, and American raw-food dishes, as well as those for desserts, smoothies and juices; also includes a section on sprouting and sprout recipes.

#375 Spiral-bound, 182 pages

\$19.95

The Nungessers are popular Hallelujah Acres Culinary Academy Instructors, see page 24 for class schedule.

Food Additives: A Shopper's Guide to What's Safe & What's Not

by Christine Hoza Farlow, DC

This book will help you make informed choices about the foods you buy, listing more than 600 of the most common food additives, and a code indicating safety and the advisability of use for each additive. Its small size lets you carry it in your pocket or purse while shopping.

#323 Paperback, 80 pages

\$4.95



The Fruit Bowl and Vegetable Soup

by Dianne Warren, Susan Jones, & 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 children learn that "we are what we eat!"

#304 Paperback, 62 pages

\$14.95

Chelsea's Healthy Secrets by Health Minister Sherry Schiavi

Fun and informative, this book teaches children about healthy cell secrets in a very simple and creative way. Children seem to love, and more importantly grasp, the healthy cell concept. Beautifully written by Sherry Schiavi, a Hallelujah Acres Health Minister, 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



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for Kids!

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These videos will show you how you can follow the Hallelujah Diet, both in and out of the kitchen.

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#228DVD (53 minutes) \$14.95

* Many of the recipes from the *Holidays & Special Occasions DVD* will be featured at the upcoming *Christmas at Hallelujah Acres event*. Please see page 27 for details.

Individual Food Show Videos/DVDs

Let's Get Started

#221DVD (35 minutes) \$14.95

Choices, Variety, & Convenience

#223DVD (34 minutes) \$14.95

Basics for Great Recipes

#224DVD (25 minutes) \$14.95

The Hallelujah Diet at Work & On the Road

#225DVD (21 minutes) \$14.95

Feeding Our Children

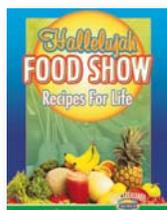
#226DVD (25 minutes) \$14.95

A Day on The Hallelujah Diet

#227DVD (34 minutes) \$14.95

Eating in the Outdoors

#229DVD (45 minutes) \$14.95



Hallelujah Food Show Recipe Book

Prepare these delicious meals for your special "audience" and you'll be the star of your own 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

Food Preparation



Evert-Fresh Green Bags®

Keep your carrots crunchy, romaine lettuce crisp, sweet bananas yellow...even fresh cut flowers perk! 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 \$6.95
(21.1" H x 9.1" W x 6.6" D)

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

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

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 \$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

To order, call toll free **1.800.915.9355**, or order on-line at **www.hacres.com**.



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. 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

Save Time and Energy in the Kitchen this Holiday Season

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



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



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.

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The Hallelujah Diet 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)

\$249.95

#511HA Commercial Model (White Only)

\$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.

Upright Carrot Peeler

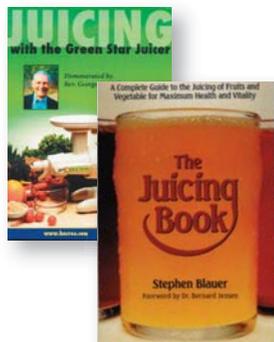
Peel carrots like a pro! This new kitchen convenience is perfect for anyone on The Hallelujah Diet. It comes with a counter stand and a wall-mount unit.

#614 Upright Carrot Peeler

\$99.95



Videos & Books on Juicing



Juicing With a Twin-Gear Juicer by Rev. George 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 a twin gear juicing machine, 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 75 minutes

\$12.95

The Juicing Book by Stephen Blauer

This 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



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Juice on the Go

10% OFF
all Books and
Educational
Material
Until Dec. 31st



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! Available in powder, vegetarian capsules, and an alfalfa-free powder.

#441 8.5-oz powder (two-month supply at 2 servings a day) \$37.95

#440 4.2-oz powder \$23.95

#442 240-ct vegetarian capsules \$32.95

#453 AF (Alfalfa Free) 8.5 oz powder \$37.95

CarrotJuiceMax

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

#452 16-oz powder \$39.95

BeetMax

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



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



Drink Your Troubles Away by John Lust

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

#318 Paperback, 224 pages

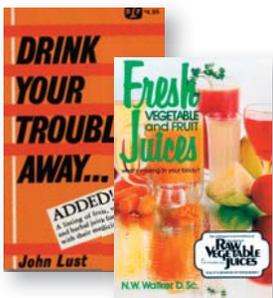
\$4.95

Fresh Vegetable and Fruit Juice by Dr. Norman Walker

This book is an essential guide to the science of juicing and its nutritional benefits. Dr. Walker explains how juices work within the body. Plus, in collaboration with R.D. Pope, M.D., he offers a useful chart delineating various ailments and the corresponding juice combinations that may be effective in offering relief.

#311 Paperback, 80 pages

\$7.95



To order, call toll free **1.800.915.9355**, or order on-line at **www.hacres.com**.

Customer Service Hours: Mon. - Fri. 8:30 am to 8 pm, Sat. 8:30 am to 5 pm EDT. • Products, prices, and availability subject to change.

The Hallelujah Diet

Basic Food Concentrates and Nutritional Supplements Explained



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



It is important 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.



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.

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

2.



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.

#445	16-oz powder	\$29.95	#445-C	240-ct vegetarian capsules	\$29.95
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3.



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).

#456	3-lb powder	\$19.95
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4.



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.

#482	Udo's DHA Oil Blend	17-oz bottle	\$23.95
#427	Udo's Oil Blend	17-oz bottle	\$21.95
#436	Flora Flax Oil	17-oz bottle	\$17.95

FREE GROUND SHIPPING

*On all 'Auto-Ship' orders over \$100.00.
US-48 States Only

To order, call toll free **1.800.915.9355**, or order on-line at **www.hacres.com**.

Customer Service Hours: Mon. - Fri. 8:30 am to 8 pm, Sat. 8:30 am to 5 pm EDT.

*Ask about our **Auto-Ship Program**. • Products, prices, and availability subject to change.

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.



5.

5. B-12, B-6 and Folic Acid

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.

#450 60 vegetarian tablets

\$14.95



6.

6. DHA

Research is proving DHA's vital role in numerous areas from preconception quality of the sperm and egg that are united to form the fetus to prevention of mental deterioration in old age and a whole host of bodily functions in between. Development of the brain and retina of the eye in the fetus, developing and maintaining optimal intelligence, physical performance, and emotional stability, to the promotion of optimal cardio vascular health just to name a few. However DHA is critically low in our diet, so wise supplementation may be a critical step in achieving and maintaining optimal health. Because DHA is highly unsaturated, it is very susceptible to free radical damage, so when we do supplement, we want to be sure we use a product that is stable and provides what the label claims. For these very reasons we have found Pharmax's DHA to be a superior vegan DHA supplement. Pharmax's DriCelle process provides a powder form of DHA that is more efficiently absorbed than oil forms of DHA.

#426 60 vegetarian capsules 100 mg. each

\$23.95



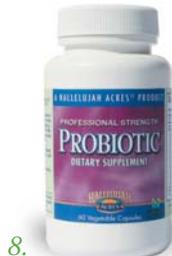
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7. Digestive Enzymes

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/dietresearch/enzyme_TNO_brochure.pdf

#447 90 vegetarian capsules

\$24.95



8.

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/dietresearch/probioticssummarychart.pdf

#446 Probiotics 90 vegetarian capsules

\$24.95

#458 Professional Strength Probiotics 60 vegetarian capsules

\$29.95



9.

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!

#332 16-oz bottle

\$29.95



FREE Shipping on orders \$150 or more through December 31, 2007.

FREE Gift with every order!
Get Healthy! Stay Balanced DVD
 while quantities last.



Beyond the Basics...



1. 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

2. 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

3. 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

4. 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

5. 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

\$36.00



6. 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

7. 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

8. 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

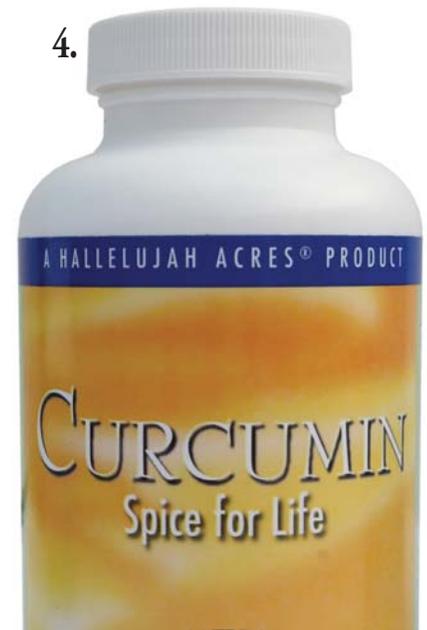
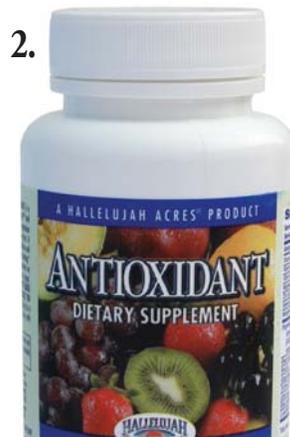
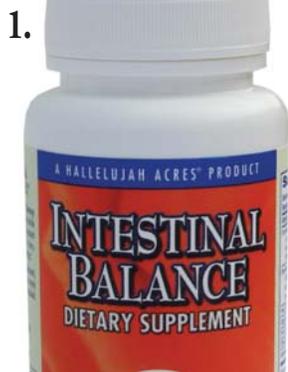
\$12.95

9. 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

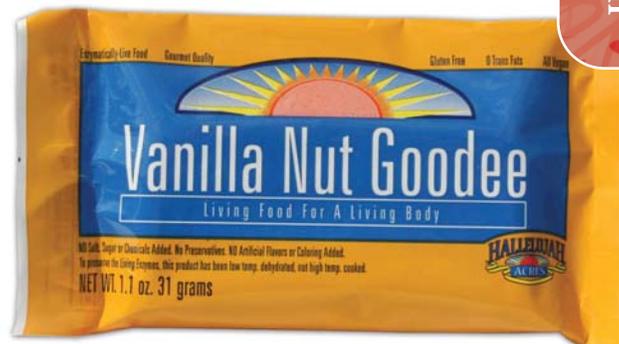
\$4.95



The Hallelujah Diet Snacks

Hallelujah Holiday Snacking!

Living Foods on the Go



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**

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

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 & Nutrition

FREE GROUND SHIPPING

*On all 'Auto-Ship' orders over \$100.00.
 US-48 States Only

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Customer Service Hours: Mon. - Fri. 8:30 am to 8 pm, Sat. 8:30 am to 5 pm EDT.

*Ask about our **Auto-Ship Program**. • Products, prices, and availability subject to change.

Cleansing & Personal Care

The **Hallelujah**
Diet
& Lifestyle

Non-toxic
Cleaners



Conversion Pack

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

#KIT770 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

Soothing Body Bars

Sweet Lavender eases anxiety. Citrusy Orange brightens dull skin. Crisp Chamomile lulls you into a good night's sleep. Coal Tar helps relieve the symptoms of psoriasis, poison ivy, and insect bites.

Hallelujah Acres Soaps Individual Bars

- #708 Carolina Pine (Normal Skin)
- #702 Chamomile (Normal to Dry Skin)
- #703 Coal Tar (All Skin Types)
- #706 Lavender (Sensitive Skin)
- #704 Rose (Normal to Oily Skin)
- #701 Rosemary (Normal to Oily Skin)
- #705 Sweet Orange (Dry Skin)
- #707 Ylang Ylang (Normal Skin)
- #719 Gardener's Bar Soap \$3.95 each

Soap Sample Packs

- #KIT714-I Invigorating Sample Pack \$9.95
(Sweet Orange, Carolina Pine, & Coal Tar)
- #KIT714-R Refreshing Sample Pack \$9.95
(Ylang Ylang, Rose, & Lavender)
- #KIT714-S Soothing Sample Pack \$9.95
(Chamomile, Rose, & Lavender)

Aromatherapy

Body Oils

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

Jewelweed Topical Ointment

#716 4-oz Bottle \$6.95

Lavender Garden Mist

#717 4-oz Bottle \$5.95



For the Outdoors

Bug-Me-Not Herbal Repellent

#715 4-oz Bottle \$6.95



FREE Gift with every order!
Get Healthy! Stay Balanced DVD
while quantities last.

Safe Cleaning Products

FREE Shipping on orders \$150 or more through December 31, 2007.

Facial, Body & Oral Care



Deluxe Showerwise Filtration System 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. Features 6-jet massage action with adjustable settings from soft to forceful, high impact white ABS body and chrome plated brass coupling, higher consistent flow for low-pressure situations, and much more. One cartridge lasts up to 15,000 gallons or 12 months, depending on water quality and frequency of use. Five year limited warranty, Made in USA.

- #535 Deluxe Showerwise Filtration System \$54.95
- #536 Deluxe Showerwise Replacement Cartridge \$29.95



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



- ### Desert Essence Facial Scrub
- #756 4-oz \$6.29



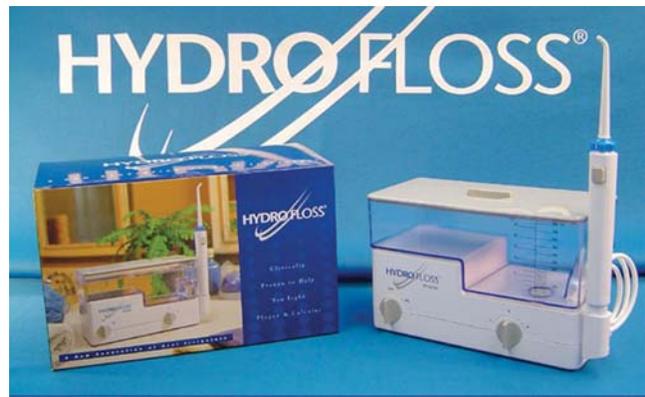
- ### Desert Essence Facial Moisturizer
- #755 4-oz \$6.29



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



- ### Desert Essence Tea Tree Ointment
- #751 1-oz \$7.95



New Product! Hydro Floss Oral Irrigator

Even if you floss regularly, there are still pockets where plaque can develop and adhere. Unlike other oral irrigators, the Hydro Floss treats the water magnetically, and in clinical studies it has proven to be almost twice as effective. Gum disease has been linked to many life-threatening illnesses, but with proper hygiene, it can be prevented and reversed. Make Hydro Floss part of your oral care routine.

- #768 Hydro Floss Oral Irrigator \$129.95

**This item is not returnable due to nature of product.*



- ### Jason Sea Fresh Mouthwash
- #758 16-oz \$7.99
- ### Jason Powersmile Whitening Toothpaste
- #757 6-oz \$5.95



Hair Care

- ### Jason Natural Sea Kelp Shampoo
- #759 16-oz \$7.59
- ### Jason Natural Sea Kelp Conditioner
- #780 16-oz \$7.50

Personal Care on the Inside...

Promotes **GOOD** Colon Health!

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.



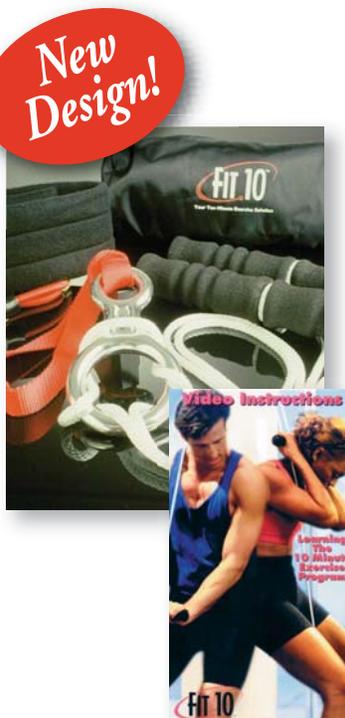
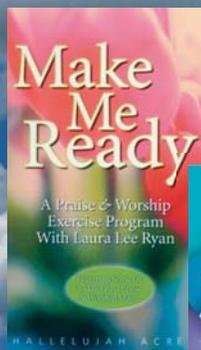
- #445 16-oz powder \$29.95
- #445-C 240-ct vegetarian capsules \$29.95

Cleansing & Personal Care

Air & Exercise

Stay Healthy
and Fit this
Holiday Season!

10% OFF
all Books and
Educational
Material
Until Dec. 31st



New
Design!

Exercise Equipment



Exercise Videos by
Laura Lee Ryan
Certified AFAA Instructor

Make Me Ready Exercise Video Presented by Laura Lee Ryan
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 Presented by Laura Lee Ryan
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 & 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

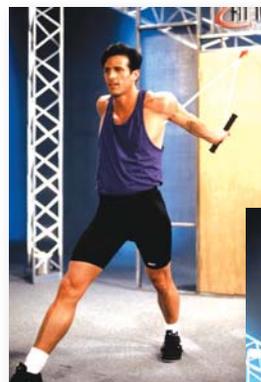
\$14.95

FIT 10

The number one reason that people cite for not exercising is lack of time. The FIT10 Ten Minute Exercise Program builds full-body strength, lean muscle mass and cardiovascular fitness, in only 10 minutes a day. If you can commit to 10 minutes for exercise, you'll get and stay fit on the FIT10 program. FIT10 defies the standard approach to fitness, which is: workout 3 to 4 times a week for 30 to 45 minutes. FIT10 has proven that a far more realistic and successful approach to exercise—especially considering most people's hectic and unpredictable schedules—is to workout in the comfort of their own home, for only 10 minutes. FIT10 is safe and effective for young children through adults of any age. FIT10 can also be used in conjunction with the Rebounder.

FIT10 includes: Travel Bag, 2 Resistance Devices, Padded Waist Belt and Instructional DVD. You also receive the following additional videos on DVD: Dave Hubbard's Health & Fitness Seminar, Dave's Motivational Workout, and Sport-Specific Exercises. FIT10 carries a Lifetime Guarantee on the equipment.
#605

\$99.00



FREE Gift with every order!
Get Healthy! Stay Balanced DVD
while quantities last.



Exercise & Strengthen



Great Gift Ideas for the Holidays!



Urban Rebounder System (with Power Pack DVD and Stabilizer Bar)

Now you can do Urban Rebounding in your home. In just 15 minutes a day, 3 times a week, the Urban Rebounding Workout melts pounds of fat away, without any pain or stress on your joints. And it's so much fun it's the first exercise you'll actually look forward to! It also improves your balance and coordination, which is good news for athletes and seniors. N.A.S.A. has been using rebounding to train their astronauts for years. A N.A.S.A study called rebounding a "miracle exercise". They found that rebounding was 68% more efficient than treadmills or other forms of exercise.

The Cornell Hospital for Special Surgery found in their study on Urban Rebounding that participants who used the Urban Rebounding Program showed nearly a 70% improvement in balance and coordination. Your Urban Rebounding kit comes with: 40" Diameter (folds for easy storage), super soft jumping surface, heavy duty springs, stabilizing bar, and 3 Workouts on one DVD included
#812 Urban Rebounding System \$99.95
 (with Power Pack DVD and Stabilizer Bar)

**Recommended for people less than 300 lbs.*

Build Upper Body Strength, Balance & Coordination

Upper Body Resistance Band Kit

Build your upper body strength, balance and coordination while exercising on your Urban Rebounder (sold separately). The Urban Rebounding Upper Body Resistance Band Kit features two light strength resistance bands for beginners, two medium strength resistance bands for intermediate users and two foam grip handles for exercise comfort. This is a great strength and resistance training supplement item to the Urban Rebounder's cardiovascular exercise program.

#814 \$25.00

Omron HJ-105 Pedometer



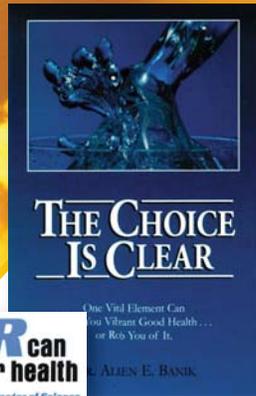
This digital pedometer will help you keep track of your exercise progress and make it easier for you to set and reach your exercise goals. Features include: time display; aerobic step counter; distance measurer; calculator for calories/fat grams burned; step counter adjustment; lightweight design with spring clip; and seven day memory function.

#607 Pedometer \$22.95



Water & Sunshine

10% OFF
all Books and
Educational
Material
Until Dec. 31st



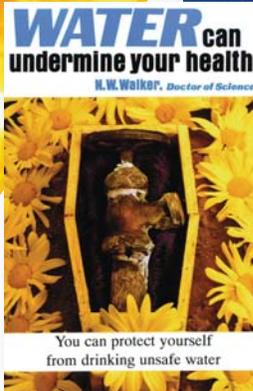
The Choice is Clear *One Vital Element Can Bring You Good Health... Or Rob You of It*

by Dr. Allen Banik

Tens of thousands of people have turned to different types of "purified water" out of concern for their health. Yet, what are they really getting? And what will it do for or to them? Doctor Allen E. Banik explains how water functions in the body, what the effects of myriad pollutants in drinking water are, their contributions to disease, and most important of all, what really pure water is and how to obtain it.

#310 Paperback, 48 pages

\$2.95



Water Can Undermine Your Health *You Can Protect Yourself from Drinking Unsafe Water*

by Dr. Norman Walker

Your body needs from two to four quarts of water each day to maintain good health. Make sure you are getting the cleanest, purest water available. This book will show you how to protect yourself and your family from the deadly bacteria, viruses, chemicals, parasites and even CRYPTOSPORIDIUM that are present in over 43% of all public water supplies. Those "most at risk" from drinking unsafe, substandard water are those with weakened immune systems; including infants, elderly patients on chemotherapy and HIV. Why take unnecessary chances.

#340 Paperback, 120 pages

\$7.95

Brighten Up Your Mood!



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).

#456 3-lb powder
\$19.95

Super Charge Your Water!

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 it improves the hydrating ability of your water. So drink up! WaterMax raises the pH to a nice alkaline level of 8 or higher. WaterMax also improves the oxidation-reduction potential (ORP). ORP measures the balance between antioxidants (with reducing ability) and oxidants. The higher the ORP the fewer antioxidants are present. WaterMax reduces the ORP from approximately 162 for distilled water down to approximately 67 - a significant improvement in the ORP.

#332 16 oz. \$29.95





Distillers & Purifiers



1. 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 \$369.00
 #499 Carbon Filter \$5.95 #499 Box of 6 Filters \$29.95



1.

2. 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 \$399.00
 #5901 Carbon Filter \$5.95 #5901 Box of 6 Filters \$29.95



2.

3. WATERWISE 4000 Steam Distiller

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

#5400HA White \$269.00
 #5401 Carbon Filter \$5.95 #5401 Box of 6 Filters \$29.95



3.



WATERWISE KLEENWISE

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

#502 \$13.95

Water & Sunshine



FREE Gift with every order!
 Get Healthy! Stay Balanced DVD
 while quantities last.

FREE Shipping on orders \$150 or more through December 31, 2007.



Stress, Rest & Emotions

Choose a Terrific Day by Ed Foreman

Get inspired and have a terrific day! Ed Foreman, self-made millionaire and former U.S. Congressman, has lived this message of health, wealth and happiness, shared it with business leaders from around the world, and helped them to get more meaningful living out of life, reduce their levels of stress and anxiety, turn worry into success, and have more fun! And now he shares it with you!

#268 DVD, 70 min

\$39.95

Food & Behavior by Barbara Reed Stitt

provides solid evidence that what people eat really can affect the way they behave. Stitt shows the link between food and behavior, a connection so basic that parents, the school system, counselors, and most of the medical profession overlook it. Learn about foods that abuse the mind, under-nourish the body, and distort behavior.

#368 Paperback, 220 pages

\$9.95

Adrenaline and Stress by Archibald D. Hart

Are you an adrenaline junkie? Are you a workaholic . . . a Type-A personality . . . hooked on the "high" you get from the pressures of proving yourself to the world and everybody in it? Do you take time to unwind, or is life one long roller coaster ride of deadlines and frantic activity?

In the fast-paced, pressurized environment of life, many people may be hooked on the "rush" they receive from their body's own adrenaline—and not even know what's happening. But prolonged adrenaline arousal can lead to stress disease and—ultimately—premature death. Heart attacks and other chronic forms of stress-induced illness are the lethal by-products of too much adrenaline pumping through our systems. But there's good news! You can kick the adrenaline habit! In *Adrenaline and Stress*, revised and updated with the latest research data, Dr. Archibald Hart tells how. In this eye-opening book, Dr. Hart explains how adrenaline gets going . . . and how to get it down again. He teaches how to:

- Monitor you own adrenaline arousal.
- Relax!
- Change Type-A behavior without changing your basic personality.
- Cooperate with your body's need for more—and better—sleep.
- Enhance creativity, get rid of "writer's block," tap into "right-brain" functions.
- Lead a longer, happier, healthier lifestyle!

#373 Paperback, 220 pages

\$12.99

Just for Women

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.

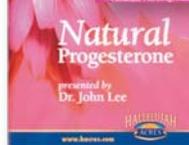
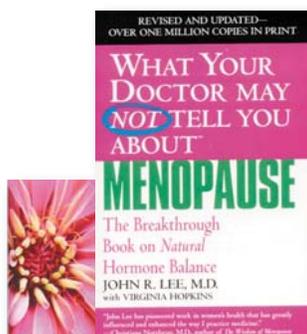
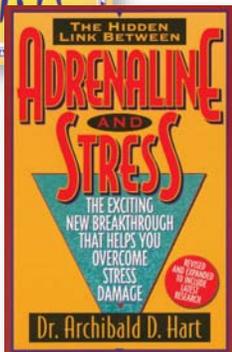
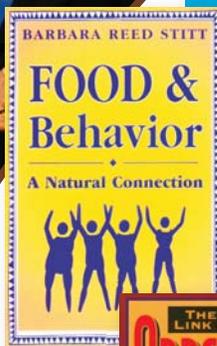
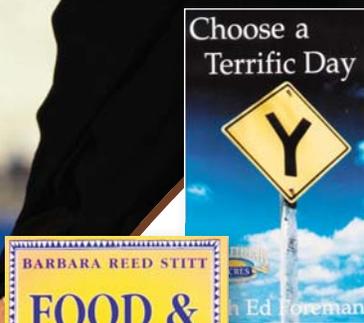
\$9.95

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

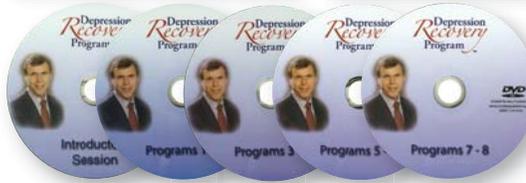
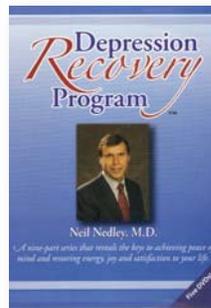
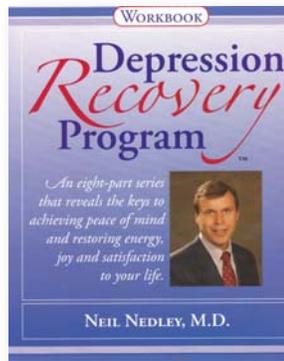
Emotional Balance



FREE Gift with every order!
Get Healthy! Stay Balanced DVD
while quantities last.

FREE Shipping on orders \$150 or more through December 31, 2007.

Depression Recovery



Depression Recovery Program DVD Series & Workbook

by Dr. Neil Nedley

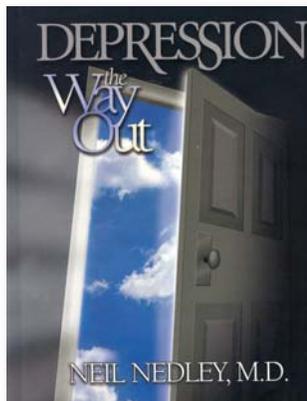
Down in the dumps. The blues. Depression has many names and degrees of intensity. But it need not be suffered for a lifetime. Implemented by Dr. Neil Nedley with great success in his outpatient clinic, this comprehensive program is now available for you to use in the privacy of your own home. This nine-part series includes five-DVDs recorded before a live audience. Step-by-step Dr. Nedley takes you through his Twenty-Week Turn Around. The 200-page workbook features in depth exercises, self-tests, and slides from Dr. Nedley's captivating presentation. Free yourself from depression now.

#346 Depression Recovery Program \$159.00

"After struggling with stress, anger and emotional issues most of my life, I now feel great! This program is the best I've ever seen. I have been studying stress, rest, emotions and depression for over 13 years. This one course covers everything I have learned and a whole lot more."

Joshua J. Grasse,

Editor of Back to the Garden magazine and Director of Marketing at Hallelujah Acres



Depression The Way Out

by Dr. Neil Nedley

What causes depression? Genetics? Poor nutrition? Social factors? Environmental toxins? The answer is any one, or combination, of the above, and more. But there is hope. In his book, full-time practicing Internist, Dr. Neil Nedley helps you identify the cause of depression, and offers a wide range of new and practical tools to aid you on the road to recovery. He covers: Brain function; which foods can boost energy; which herbs can improve mood and concentration; how to manage good and bad stress; how to increase your chances of living depression free without medication and counseling, and much more. Don't pass up this life-saving plan.

#345 Hardcover; 272 pages \$39.00

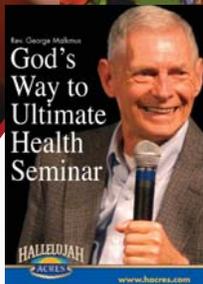
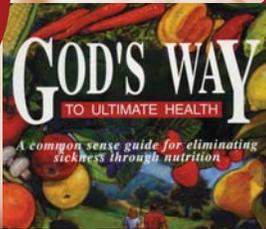
10% OFF
all Books and
Educational
Material
Until Dec. 31st

Stress, Rest & Emotions



Biblical Foundation

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all Books and
Educational
Material
Until Dec. 31st



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**

God's Way to Ultimate Health Seminar (formerly the *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 *God's Way to Ultimate Health* seminar, you will change your thinking forever as to what nutrition is and what it is not.
#265 Audio CDs (2) **\$12.95** #266DVD Video (1) **\$24.95**

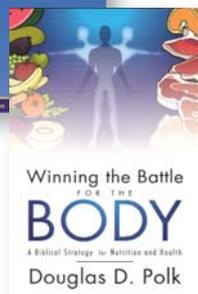
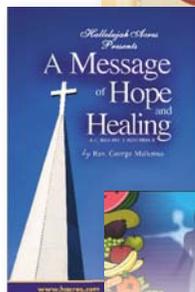
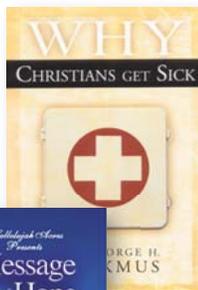
Why Christians Get Sick by Rev. George Malkmus

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

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

#201S Spanish version

\$8.95



A Message of Hope and Healing – A Christian Health Primer

by Rev. George Malkmus

(Formerly *You Don't Have to be Sick*) 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.

#206 Paperback, 49 pages

\$3.95

Winning the Battle for the Body *A Biblical Strategy for Nutrition & 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

\$12.99

Biblical Studies

FREE
Download



Rev. George Malkmus taught a course in his home church entitled:

Biblical Nutrition 101

This course was well received and now you can reap the rewards of his teaching with this **FREE DOWNLOAD**.

www.hacres.com/BN101

This course is ideal for personal study or for use in a class setting.

FREE Gift with every order!
Get Healthy! Stay Balanced DVD
while quantities last.



FREE Shipping on orders \$150 or more through December 31, 2007.

Health Minister Training



**GET
CONNECTED!**
Become a
Health Minister

GET CONNECTED. HEALTH MINISTER TRAINING

- Completely revised with new information and new approach.
- Learn presentation techniques and how to reach audiences large or small with your message of health and wellness.
- Learn critical listening and thinking skills to increase communication as you try to reach those who need the message.
- Read nonverbal messages to ensure you are receiving and sending the right messages.
- Become updated on vital new health information.

Pre-requisite: You may choose one of the following as a pre-requisite to attending the Health Minister Training:

1. Complete the *Get Healthy! Stay Balanced* class or Educational Package (see page 39)
2. Complete a 5- or 10-day program at any Hallelujah Acres Lifestyle Center (see page 26)
3. Complete the 2-day Hallelujah Diet & Lifestyle Workshop hosted by Rev. George Malkmus the week of Health Minister Training. (see page 23)

Advanced Health Minister Training

New!

If you have attended Health Minister Training before June, 07 you are in for a treat! You will get the best of both the new, revised Health Minister Training and the Small Business Training. A six day event packed in 3 days! Brush up on your communication skills, learn more about nutrition, and spend two days learning the most valuable business techniques in creating a small business.

Small Business Training

New!

Do you want to take your Health Ministry to the next level? Learn marketing strategies, business planning and how to teach the most exciting classes. Learn customer strategies and many other business techniques.

Pre-requisites:

1. Completed the 3-day Health Minister Training
2. Completed the complete Get Healthy Stay Balanced class

Please see page 25 for training schedule and prices.

To order, call toll free **1.800.915.9355**, or order on-line at **www.hacres.com**.

Customer Service Hours: Mon. - Fri. 8:30 am to 8 pm, Sat. 8:30 am to 5 pm EDT. • Products, prices, and availability subject to change.

Hallelujah Acres Recommends

Iodine
Essentials**Iosol**

IOSOL is liquid iodine/ammonium iodide supplement supplying 1.83 mg per drop. Directions for using this product provide a way for a person to begin with very a small serving size by dilution in water and gradually working up to the desired intake.

#481 Iosol \$17.95

**Iodoral**

is a tablet supplying a total of 12.5 mg of iodine/potassium iodide for those desiring a tablet form of supplementation and a little more aggressive use of iodine. The tablets are scored so they can be used in divided servings for those desiring a lower serving size yet a more aggressive supplementation routine.

#483 Iodoral \$29.95

New! Breast Cancer & Iodine

by Dr. David M. Derry
#243 Paperback, 197 pages \$15.00

New! Iodine, Why You Need It—Why Your Can't Live Without It.

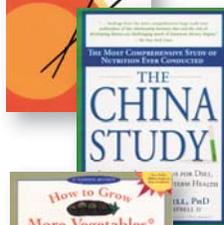
by David Brownstein, M.D.
#254 Paperback, 109 pages \$16.50

10% OFF
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Educational
Material
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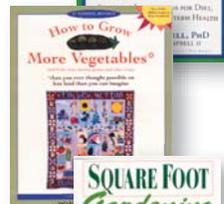
Books & Videos

**The China Project**

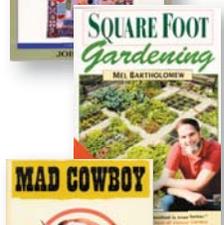
by T. Colin Campbell, PhD
#364 Paperback, 30 pages \$3.95

**The China Study**

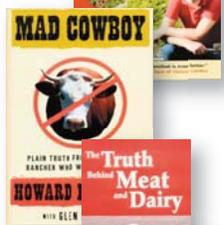
by T. Colin Campbell, PhD
#377 Paperback, 288 pages \$24.95

**How to Grow More Vegetables**

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

**Square Foot Gardening**

by Mel Bartholomew
#306 Paperback, 347 pages \$19.95

**Mad Cowboy**

by Howard Lyman
#369PB Paperback, 224 pages \$11.95

**The Truth Behind Meat and Dairy**

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

Videos by Lorraine Day, M.D.



Internationally acclaimed orthopedic trauma surgeon, renowned speaker, and best selling author, Lorraine Day, M.D. lived the proverb, "Physician, heal thyself," when she developed and overcame cancer by rebuilding her immune system and allowing her body to heal itself. She has appeared on such well-known television shows as 60

Minutes, Nightline, CNN Crossfire, The Oprah Winfrey Show, Larry King Live, and The 700 Club, among many others.

Cancer Doesn't Scare Me Anymore

#803DVD 2 hrs. 9 min. \$21.95

You Can't Improve on God

#804DVD 92 min. \$21.95

Diseases Don't Just Happen

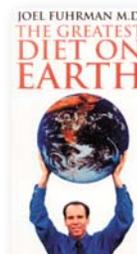
#805DVD 98 min. \$21.95

Drugs Never Cure Disease

#807DVD 2 hrs. 18 min. \$21.95

Sorting Through the Maze of Alternative Medicine

#808DVD 2 hrs. 19 min. \$21.95

**The Greatest Diet on Earth**

by Dr. Joel Fuhrman
#275 DVD, 65 min.
\$21.95

FREE Gift with every order!
Get Healthy! Stay Balanced DVD
while quantities last.



FREE Shipping on orders \$150 or more through December 31, 2007.

Is Technology Making You Sick?

What do Microwaves, Cell Phones & Cordless Phones have in common?
They all emit dangerous microwave radiation!

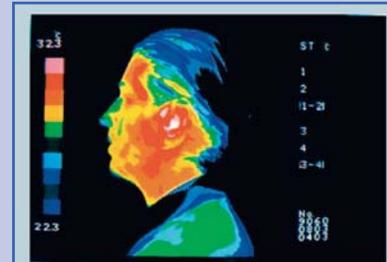


New! BIOPRO Cell Chip™ for Mobile Phone, Bluetooth, and PDA

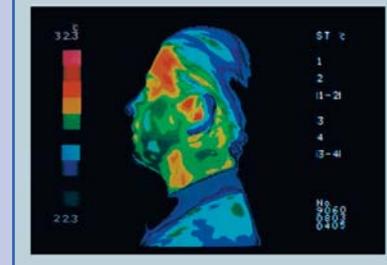
Electromagnetic radiation (EMR) emitted by cell phones, PDAs, bluetooth headsets, etc. has been linked to various stress-induced health issues. The technologies offer a ground breaking and effective way to deal with the cumulative stress associated with living in today's electronic environment.
 #851 BIOPRO Cell Chip **\$34.95**



Your head and your brain **heat up significantly** when you talk on a cell phone or cordless phone. Want Proof? After **15 minutes of using a cell phone**, the orange, red and pink show significant, dangerous **HEAT!** Most heat is generated in you **ear canal, which is directly connected to YOUR BRAIN!** →



After 15 minutes of using a cell phone with BIOPRO Harmonization Chip applied to it the green and blue areas show **cool tissue**. Your head's temperature remains normal providing you with the **protection you deserve!** →



TESTING CONDUCTED BY:
CLINICAL THERMOGRAPHY ASSOCIATES
 Diplomate American Board of Clinical Thermology,
 Diplomate International Academy of Clinical Thermology
 Testing Protocol Followed:
IACT (International Academy of Clinical Thermology)

Protect yourself and the ones you love...



Eliminate dangerous microwave radiation where you live, work and play.



New! BIOPRO Universal Chip™

This 2 chip package is an economical way to safely harmonize and minimize the harmful effects of EMFs and electromagnetic radiation (EMRs). It can be used on several of your appliances and tech devices such as, computers, cordless phones, TVs, hairdryers, etc.

#851A BIOPRO UNIVERSAL
2 Chip pack \$83.00



Hallelujah Acres Recommends

Warm Up the Healthy Way!

Convenient
& Delicious!



Teecino Coffee

Teecino, America's best selling coffee alternative, is roasted and ground to brew and taste just like coffee. Coffee lovers desire Teecino's nutritious health benefits with its natural energy boost. Now you can enjoy a steaming cup of deliciously rich, deep roasted, fresh brewed flavor that delivers all the satisfaction without the caffeine and acidity of coffee.

- | | | |
|------|------------------------------------|--------|
| #923 | Teecino Herbal Coffee -Vanilla Nut | \$8.39 |
| #924 | Teecino Herbal Coffee - Mocha | \$8.39 |
| #925 | Teecino Herbal Coffee - Hazelnut | \$8.39 |



Barbara's Fig Bars

Barbara's raspberry fig bars are so full of ripe juicy figs and the luscious flavor of raspberries; you'll enjoy every delicious moist and chewy bite. Using only the finest natural ingredients, they are baked in small batches from a special recipe without wheat. One taste and you will know these are no ordinary fig bars—they're Barbara's. The bars are available with raspberries or with figs alone. Both varieties are wheat free.

- | | | |
|------|-------------------------------|--------|
| #926 | Barbara's Wheat Free Fig Bars | \$4.49 |
| #927 | Barbara's Raspberry Fig Bars | \$4.49 |

Fantastic World Foods

How about visiting Mexico tonight? Or how about Turkey, Greece, or Morocco? Simply set the table and enjoy the cuisine of these exotic countries and feel like you've been transported abroad. Easy to prepare, Fantastic World Foods are all vegan with either organic or all-natural ingredients, and contain no trans fat. So savor the delicacies of foreign lands. No passport required!

- | | | |
|------|--|--------|
| #951 | Fantastic Organic Whole Wheat Couscous | \$2.39 |
| #949 | Fantastic Refried Beans | \$2.39 |
| #950 | Fantastic Original Hummus | \$2.39 |
| #952 | Fantastic Tabouli Salad | \$2.39 |



Hallelujah Acres Recommends these great products.



HALLELUJAH ACRES
 P.O. Box 2388 • Shelby, NC 28151
 704.481.1700 • 800.915.9355
www.hacres.com

We ask for your prayers as we continue our mission, and hope that you, too, will join us in spreading the joyful truth that "You Don't Have to be Sick!"



You are on the Path. Welcome Back to the Garden!

Christmas

AT HALLELUJAH ACRES

COME AND JOIN US FOR A CHRISTMAS CELEBRATION!

THURSDAY, NOV. 29 & FRIDAY, NOV. 30, 2007

Fill your heart with peace, love, and joy, and join in the fellowship!

Your 2-Day Christmas Celebration Includes:

Thursday at 6 p.m.

- A delicious buffet with elegant sit-down dining
- A Christmas concert featuring classical and traditional carols
- A heartfelt telling of the Christmas Story by Rev. Malkmus

Friday from 9-5 p.m.

- Door prizes
- Praise and worship, and Christmas music
- Workshops: *Falling into the Holiday Trap*, *Starting New Holiday Traditions*, *Holiday Food Preparation*, *Holiday Entertaining*, and *Staying Focused During the Holidays*
- A special Holiday Blessing by Rev. George & Rhonda Malkmus

\$99 per person/\$125 per married couple

\$49 for Health Ministers/\$75 per married couple

(Prices include Dinner & Concert on Thursday and Lunch on Friday)

Optional activities include a visit to historic uptown Shelby for shopping, carriage rides, Christmas activities, and gourmet dining at one of several quaint restaurants.

To register, call toll free **1.800.915.9355**

Come for the Christmas Party and stay Saturday for our FREE *God's Way to Ultimate Health Seminar*. **Make it a full Hallelujah weekend** and stay for our Culinary Academy class presented after the FREE Seminar. Please see page 24 for Culinary Academy Schedule.

Hallelujah Acres International Headquarters in Shelby, NC

