

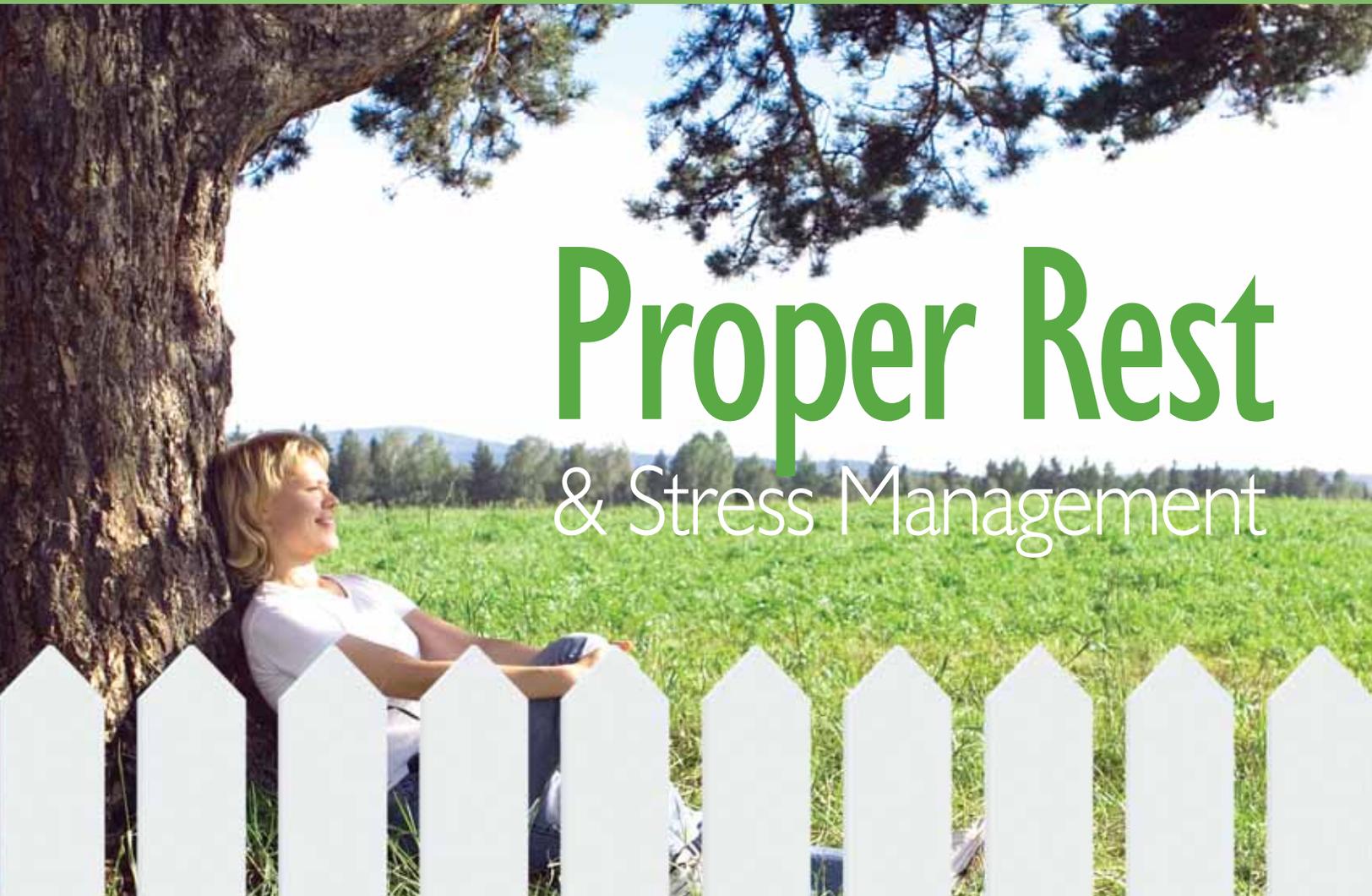
# Hallelujah Acres

## Diet & Lifestyle

MAGAZINE

March/April 2008 Issue #49 \$4.95

Healthy Living from a Biblical Perspective



# Proper Rest

## & Stress Management

### Recovery from Stroke — Rev. George Malkmus' Inspiring Story

Hallelujah Acres Lifestyle Center...A Mountaintop Experience • A Woman's Ideal Response to Stress

Book Review: *Adrenaline & Stress* • A Good Night's Rest • There's Healing in His Wings

“Beloved, I wish above all things that thou mayest prosper and be in health,  
even as thy soul prospereth.” <sup>3</sup> John 2

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

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# Spring Taking Restful Time To Soak It All In



God is  
so good  
to reveal His  
marvelous  
creation  
in such a  
magnificent  
way!

Spring is upon us and we welcome it with open arms. This is a beautiful time of year in the Carolinas. New life is sprouting up everywhere! There is a sweet fragrance in the air with new growth unfolding. God is so good to reveal His marvelous creation in such a magnificent way! You may even consider a visit to the Shelby area this spring to enjoy the beauty of the season with us. We have exciting events taking place at Hallelujah Acres throughout the year and we welcome your participation.

What a special time of the year to take note of God's creation and to rest for a spell! Sit in the garden or on a park bench and reflect on His Word and take in the peace that only He can give. Our theme for this issue of the Hallelujah Acres Diet & Lifestyle magazine is Stress and Rest. Our desire for you as you read the articles from various authors is that you will be refreshed as well as moved to evaluate your own stress and rest levels. Have you allowed yourself to take on too many responsibilities? Are you getting enough recuperative sleep each night? Have the negative effects of too much stress and not enough rest begun to hurt you physically and emotionally?

You'll read how a great diet alone is not enough to keep you healthy. Without proper rest, you can seriously damage your body! Rev. George Malkmus, Lit. D., founder of Hallelujah Acres, experienced this first-hand and not only lived to tell about it, but also he thanks God for the miraculous self-healing body that returned him to health. If it weren't for the excellent nutrition he was putting into his body for all those years, he most likely would not have survived the stroke he experienced.

Dr. Michael Donaldson's article, "A Good-Night's Rest" will hit home for many of us who have experienced some sleepless nights. He explains with great detail why our sleep is so important to our overall health. We can't argue with the facts, and he is generous with them as he carefully explains the dangers of a lack of, and the benefits of, getting a "good" night's sleep.

The Living Woman section contains articles from Jean Fleming, the manager of the Shelby, NC Hallelujah Acres Resource Center; Ann Nuti, Health Minister Director; Jeanette Fourie, assistant manager of the Shelby, NC Hallelujah Acres Resource Center; and Nancy Appleton, Ph.D., author of Lick the Sugar Habit and keynote speaker at this year's Health Minister Reunion. Each woman brings her own insightful words of wisdom and unique style of writing to our pages.

We invite you to take a moment, relax in your favorite chair, put your feet up, and enjoy this issue's many pages filled with articles, events, testimonies, our resource catalog, the Living Woman section, and much more. May you be blessed.

From the Hallelujah Acres Board of Directors,  
Rev. George Malkmus, Lit. D., Olin Idol, & Paul Malkmus



The "Atwood", one of several model homes from which to choose from in the new Hallelujah Acres residential community.



## The Villages of Hallelujah Acres A Ground-Breaking Celebration Extraordinaire!

Village dignitaries, Rev. George and Rhonda Malkmus, founders of Hallelujah Acres, Paul Malkmus, President of Hallelujah Acres, and a host of other people participated in this exciting event on February 29, 2008. We celebrated the realization of this dream as the first shovel-full of ground was lifted! Hallelujah!

So now the building process has begun and we can hardly contain the excitement! People from all over the world have been looking forward to this event for quite some time. We've had interested people from across the United States, and from as far away as Canada, South Africa, and Australia wanting to know more about this unique community project.

Here are some details:

- The community will emphasize outdoor activity through the community center, which will include a clubhouse, large pool, walking trails, and much more.
- Various types of housing are offered in the community including condo units, patio, and estate homes.
- 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, administrative offices, a fitness center, a restaurant, a store and gift shop, a 1,000-seat outdoor amphitheater, and 21 acres of lush open space for residents to enjoy.
- For more information on the residential community please contact Helen Hernandez, 828.429.2385 or Eric Gay, 704.692.8088 at Caldwell Banker.
- Please visit [www.hallelujahcommunity.com](http://www.hallelujahcommunity.com) for additional information.

## It was a Grand, Grand Opening!

There was electricity in the air as the doors opened for the much-anticipated three-day Grand Opening Celebration of the Charlotte Get Healthy! Resource Center, which took place November 8 –10, 2007. There were door prizes, culinary demonstrations, speakers and dignitaries, lots of food and fellowship, and people from all over the community who participated in this grand event.

The Charlotte Hallelujah Acres Resource Center, managed by Sarah Mills, offers food prep classes, the *Get Healthy! Stay Balanced* Class, support and accountability group meetings, and the opportunity to learn how to live a healthy lifestyle. Come see for yourself what all the excitement is about, register for one of the culinary classes, or just dialogue with Health Ministers who can explain the Hallelujah Acres Diet & Lifestyle. They are located at The Streets of Toringdon, 12210 Copper Way, Suite 228 (across the street from Earth Fare in Ballantyne) Charlotte, NC 28277. For information please call 704.526.2195.



Ribbon cutting at the Charlotte location Grand Opening celebration.

## New at Hallelujah Acres!

### “Food For Thought” Course

Managing Anger, Anxiety, and Depression through Biblical, Behavioral, and Nutritional Principles

Do you or someone you love have difficulties with anger, anxiety, or depression? Would you like to examine alternative methods for managing these behavioral issues?

This one-week course will assist you in learning ways to achieve your personal goals, recognize your emotions, manage your emotions, and learn ways to more effectively deal with others.

The class begins Monday April 21st at 1:00 p.m. and concludes Friday April 25th at 12:00 noon. The cost for the class will be \$400.00 per person and includes your required text books and lunches during training.

To register please call customer service at 800.915.9355 or by downloading an application online at [www.hacres.com](http://www.hacres.com).

### “Growing Your Ministry” Training

(Formerly “Small Business Training”)

March 17-18

This training will help those Health Ministers who want to take their Health Ministry to the next level. See page 25 for details and more dates.

### Health Minister Training

March 12-14

Join the ranks of thousands of Health Ministers whose desire it is to help others gain knowledge on how to live a healthy lifestyle. See page 25 for pre-requisites, details, and more dates.

### Advanced Health Minister Training

April 14-16

(Health Minister Training is a pre-requisite to this course.)

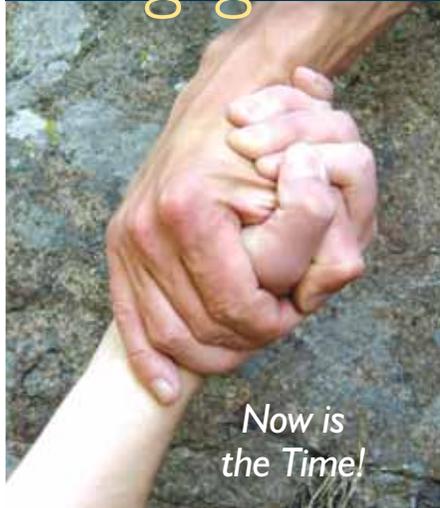
Brush up on your communication skills, learn more about nutrition, and spend two days learning the most valuable business techniques in creating a small business. See page 25 for details.

## 10th Annual Health Minister Reunion

# “For such a time as this”

Esther 4:14

## Engage Embrace Empower



## Join Us for the Reunion of a Lifetime!

## April 17, 18 & 19

From the first gathering of a small group of eager folks in Eidson, Tennessee where Hallelujah Acres was born, to a worldwide organization of more than 5,700 knowledgeable and compassionate individuals, the Hallelujah Acres Health Ministers will come together in April to:

- Renew Old Acquaintances
- Develop New Friendships
- Gather New Health Information
- Gain Vision for the Future

This 10th Anniversary Reunion promises to be an historic event marked by education, inspiration, fellowship and spiritual growth. We have much to celebrate and much yet to learn. This will be a wonderful time for both! We hope to see you there!

Make your reservations early!

Call **800.915.9355** today to ensure your spot, and be a part of a significant event in Hallelujah Acres history... and future.

Plan to come a few days early for **Advanced Health Minister Training, April 14-16, 2008**

See page 23 for details and to register.

Featured speakers include:

**Bob Harrison, “Dr. Increase.”**

Best-selling author and noted speaker. He has sold over one million teaching tapes/CDs on “Increase Thinking.” Countless numbers of homes and businesses have been transformed by applying the increase strategies that he espouses. He is known worldwide as “Dr. Increase.”

**Russell Blaylock, M.D.**

Author of *Excitotoxins: The Taste That Kills* and *The Blaylock Wellness Report*

**Nancy Appleton, PhD**

Author of *Lick the Sugar Habit, Stopping Inflammation, Relieving the Cause of Degenerative Disease and Healthy Bones.*

**Pastor Dave Hubbard** of Fit10

Retired professional football player, owner/operator of *Fitex Solutions*, and speaker at Hallelujah Acres Women’s Conference.

**Rev. George Malkmus, Lit. D.**

Founder of Hallelujah Acres and author of *God’s Way to Ultimate Health, The Hallelujah Diet, and The Hallelujah Diet Workbook.*

**Rhonda Malkmus**

Co-Founder of Hallelujah Acres, popular Hallelujah Acres Culinary Academy Instructor, and author of several recipe books.

**Olin Idol, N.D., C.N.C.**

Author of *Pregnancy, Children and The Hallelujah Diet*

# Hallelujah Acres

## Success Stories



### A WONDERFUL JOURNEY TOWARD HELPING AND SERVING OTHERS

“My doctor used the term ‘obese’ . . . and I was! At 60 pounds over my ideal weight, it was predictable that my medical problems would increase: cholesterol numbers were already creeping up; glucose nearing diabetes range; losing days from work for joint and back pain; bumpy blemished skin; daily acid reflux; depression; binge eating; chronic constipation; brittle hair and nails; energy depletion; trouble sleeping; suffering from multiple allergies; on 2 blood pressure medications; and told by my doctor that I would be on thyroid medication the rest of my life. I craved sugary desserts, chicken wings, pizza, steak and baked potato with the works, chocolate and lots of it, and I selfishly indulged myself! At this writing, I am only 4 months (120 days) into The Hallelujah Acres Diet. I had blood work done just before going on The Hallelujah Acres Diet, and then just recently had my blood taken again. The results were so amazing that my doctor sat me down and said, ‘Tell me everything you are doing, because these tests are amazing!’ Here’s why he found my blood tests so amazing: Cholesterol number had dropped 25 points with equally dramatic results in the subtests; the glucose number had dropped to better than normal range; I had lost 27 pounds; I no longer needed thyroid medication because my thyroid had returned to normal function; joint pain has greatly diminished with amazingly quick recovery time when I overuse my back; I have thrown away my acid reflux and constipation products, because I don’t need them anymore; my skin, hair, and nails have been restored; I sleep better and my emotional woes are gone! I no longer crave the foods that were killing me! I

feel full of energy and can’t stop smiling! And to think that all of these improvements occurred after only 120 days on The Hallelujah Acres Diet! With results as amazing as this, I am so encouraged and committed to The Hallelujah Acres Lifestyle that I want to tell/teach everyone that ‘You Don’t Have to be Sick!’ I look forward to Health Minister training and to even better health as I continue this wonderful journey toward helping and serving others in our Christian community and beyond. Praise God!”

*Kathleen,  
Rochester New York*

### PUTTING IT ALL IN GOD’S HANDS

“I have been on The Hallelujah Acres Diet for over a year now, and have seen many changes in my life since I started the diet in June 2005. My husband Darrin and I, as well as my mom and dad, and friends Doug and Carol who live in Demorest, Georgia, started The Hallelujah Acres Diet together as a result of me being diagnosed with a pre-cancerous type of polyposis in my colon. The polyps were numerous and had spread throughout my colon. After the diagnosis, I had 4 colonoscopies and numerous tests. Colon cancer runs in our family and my mom and dad were looking for an alternative to surgery for me. The doctors wanted to remove my entire colon and possibly my rectum. They told me that if the doctor just removed my colon, I would only have to have two surgeries, but if he removed both my colon and rectum, I would have to have three surgeries. Both surgeries would be extreme and I was not ready for that. So we searched for alternatives and found The Hallelujah Acres Diet. We started the diet after

attending Dr. Malkmus’ seminar at Hallelujah Acres, and then re-attended another seminar. To make a long story short, I had my 4th colonoscopy and I am thankful to report that I am getting better! The polyps are fewer in number and the remaining polyps are smaller in size. We are so thankful and blessed! We are continuing on The Hallelujah Acres Diet, and because of the good report my doctor has given me, I do not have to go back for another check up for a year. That sure beats surgery! We are so thankful! We are still putting everything in God’s hands and trusting Him for complete healing. Other things that have disappeared as a result of adopting The Hallelujah Acres Diet include: migraines – gone; indigestion – gone; and PMS problem - gone! Gone also are my mood swings, and I have softer skin, shinier hair, look good, feel great, and I have more energy! In addition, I have lost 50 pounds and gone from a 14-16 dress size to an 8-10 dress size. My husband Darrin has lost 40 pounds and feels great as well. He really didn’t have any health problems, but started The Hallelujah Acres Diet to support me. Darrin and I recently went on a short vacation. We juiced before we left, kept it on ice in a cooler, and it lasted the trip – still tasting fresh and remained fresh and a bright orange, as if we had just made it.”

*Kazia, Georgia*

### SIMPLY GRATEFUL

“Dear Dr. Malkmus: Last July, I had a LARGE TUMOR on the left side of my neck, which had paralyzed my vocal cords. As a result of the tumor, I was not able to talk normally. The surgeon told me that I had to have surgery to remove not only the tumor and the thyroid, but also the nerve of the vocal cord, as the nerve

went through the tumor. I asked the doctor if I would be able to get my voice back if I had the surgery? He responded: 'No, your voice is shot!' Not wanting to lose my voice, I refused the surgery and the radiation treatments he said I needed. The Bible tells us of many, many healing promises. I searched the Bible for them, and began to cling to them. I saw that Jesus never sent anyone to a surgeon and so I believed that the Lord is the same yesterday, as well as today, and so I refused the surgery and trusted Jesus to heal me. I had been on a vegetarian diet for years, but last August, after the doctor's wanted to cut out my vocal cord, I went on the pure vegan Hallelujah Acres Diet. I began drinking two quarts of carrot/apple juice and a quart of green leafy vegetable juice every day. I refused all animal products, white flour and processed foods. I began to eat 85% of my food raw, just like you suggest. By October the tumor had begun to shrink and by Christmas I had my voice back. The tumor has become very small, and my voice is now strong enough for me to be able to sing again. I praise the Lord for that! Because of the diet change, I have also lost 30 pounds, and gone from a size 16 to a size 10/12, which is great! 30 pounds is almost the weight of two bowling balls, which I don't have to carry around with me any more. My feet and knees are very thankful also, and so is my heart, because it doesn't have to pump so hard now. I am so grateful for your teachings, all your help, and for your weekly Hallelujah Health Tips. I have learned so much from you and am looking forward to learning more. Thank you and God Bless you!"

*Margarit J.*

### THE HALLELUJAH ACRES DIET GAVE US OUR LIVES BACK!

"When I arrived at the Hallelujah Acres Lifestyle Center in Plant City, Florida, I was desperate! You see, I am a retired nurse and understand the medical world, and I knew that I was very sick. I had been very lethargic and very tired for a long time. In fact I was sleeping until 10:00 or 11:00 a.m. every morning. I just couldn't get out of bed due to extreme fatigue. When I arrived at the Lifestyle Center, I had been an insulin-dependent diabetic for ten years, and the main reason I went to the Lifestyle Center was that my doctors had told me that I needed to go on Kidney Dialysis due to renal failure. My kidneys were functioning at only 11%, and generally they put people on Dialysis when they are functioning below 15% or 20%. My kidney function was Stage 3. I was

scared, but determined not to go on the 'kidney machine.' As a nurse, I knew there was no quality of life when subjected to that machine on a regular basis. When my husband Wesley and I arrived at the Lifestyle Center, we were told that I was too sick to be a part of their program, but we asked to stay anyway. We arrived on a Sunday in March. Wesley had come along mainly to support me and to help me. We both wanted me to get well and were hopeful that The Hallelujah Acres Diet would be the answer to our prayers for my healing. After only a few days on The Hallelujah Acres Diet, I came to morning devotions. Everyone was surprised to see me there, and so alert and full of life. Some said that they saw a whole personality change in me that morning. I finally had energy! Wesley said he couldn't remember the last time he had seen me up that early in the morning. After just three weeks on The Hallelujah Acres Diet I went back to my Endocrinologist for a check-up. In just three weeks on the diet I had dropped 24-pounds; my acid reflux was gone; I was no longer falling to the ground (something doctors could never give me a reason for); I had energy; my edema was gone; my blood pressure went down to 140/70, and I was off blood pressure medicine. My cholesterol had come down from 204 to 140 without meds; I no longer had body odor; and after ten years of being insulin dependent for diabetes I no longer needed insulin. But the best news of all was that my doctor told me that I no longer had need to go on the kidney dialysis machine! Hallelujah! The Hallelujah Acres Diet had not only saved my life but had also given me my life back! Wesley had this to say: "Basically, I came to the Lifestyle Center to help my wife Joan. I had watched her struggle with diabetes and renal failure for years and was very concerned for her. I had been assisting her with her various physical problems for years and was hopeful that The Hallelujah Acres Diet could stabilize her health. What I wasn't expecting was the changes that took place in me just being on the diet for that week at the Lifestyle Center. In just one week, I had lost 5-pounds; my cholesterol had dropped from 205 to 160, and I had my wife back! My wife Joan is now filled with new hope – renewed health – and our prayers have been answered! Hallelujah!"

*Joan & Wesley,  
Lady Lake, Florida*

### I WANT TO SHARE THE TRUTH THAT GOD HAS SHOWN ME

"Dear Dr. Malkmus, My name is Rebecca and I'm 23 years old. In January 2000 (my junior year in high school), I attended one of your First Saturday-of-the-month seminars in Shelby and loved what I heard right from the start. Growing up, my parents were 'health-minded,' but I knew little about the real benefits of raw foods. After your seminar, I jumped 'cold turkey' into the diet and cut out from my diet everything I knew was bad for my body. I had never had a disease or serious illness, but knew that in order to keep my body free of sickness, I had to take action immediately. Almost instantly after adopting The Hallelujah Acres Diet, I started feeling better and losing the extra weight I had gained. Being on the diet through high school was difficult for me as I tried to explain to my classmates why I wouldn't eat the foods they ate. The Lord gave me courage that I knew only came from Him, and I stuck with the diet not only through high school, but also through college. The greatest joy I have had from being on The Hallelujah Acres Diet is the influence I have had on so many friends along the way. My desire is to one day become a Hallelujah Acres trained Health Minister. I want to be better equipped to share with others the healing power of the food God has given us to eat. Every time I see a Christian suffering from sickness, my heart goes out to them, and I want to share with them the truths God has shown me. Thank you, Dr. Malkmus, for the example you have been to so many people. I pray that you will never give up and that the Lord will protect you from Satan's attacks on your ministry. I also want to congratulate you on the purchase of that new land. I will definitely have to come and visit Hallelujah Acres again!"

*Rebecca,  
Pensacola, Florida*

**Hallelujah Acres**  
**HEALTH TIP**

Every week, more than 80,000 people receive Rev. Malkmus' FREE email Health Tips.

Go to [www.hacres.com](http://www.hacres.com) and subscribe for **FREE** today!



Hallelujah Acres Lifestyle Center, Lake Lure, NC



# Hallelujah Acres Lifestyle Center ...A Mountaintop Experience



*Lifestyle Center guests share a healthy and delicious meal.*

by Ann Nuti

I have been to many retreats. They have been encouraging, uplifting, and even emotional. This is the first time that I have ever been to a retreat that was both spiritually and nutritionally healing. This Hallelujah Acres Lifestyle Center is nestled in the mountains of North Carolina. The house is large and homey. We had plenty of room to accommodate all six of us, two of whom had special, serious health concerns. The owners, Tim and Anita Koch, were the consummate hosts and you couldn't find a more spiritual or servant-like atmosphere than what they created.

I went to this Lifestyle Center because I needed to reconnect with myself. I was burning the candle at both ends and knew it was time to find that elusive "balance" that everyone keeps telling me I need.

This was the answer. The entire format exuded "balance." Each day was full and special. However, there was enough routine built in to teach me how important each of those aspects really are.

We read of the importance of prayer, sunshine, and exercise, but this program incorporated them each day so that by the end of the week, we knew that we actually experienced each of those elements.

There were also those wonderful field trips. One day we went to a lake. We went on a tour boat for an hour and experienced the sun, the water, and the humor from the tour guide. Surrounded by the mountains with the wind splashing a spray of water on us in the 90-degree air, it was absolutely perfect.

Another day we went on a field trip to Hallelujah Acres. We had lunch at their

Just like Lake Lure, each Hallelujah Acres Lifestyle Center offers exciting programs waiting for you to enjoy. Please call or email the Lifestyle Center of your choice to schedule your stay for a life-changing opportunity. See page 26 for details.

café and the president made a special effort to greet us and welcome us. I work at Hallelujah Acres and see him most everyday so I can appreciate how generous he was to take the time to greet us, and he does this every week when a different group visits Hallelujah Acres. Our group took a tour of the campus and headed back to the mountains a couple of hours later.

One of my fondest memories will be the special prayer time the first thing each morning. As the Bible says, we should offer our first fruits, and that is exactly what Anita and Tim did each morning. They have such powerful prayer, and the guests were also so willing to hold hands and lift each other up. You could just feel the Holy Spirit in the room.

Exercise was an integral part of the program. However, they were keenly sensitive to the various needs of each guest and though they strongly encouraged even a gentle walk or a light bounce on the rebounder, they easily understood when the guest needed to rest or omit one of the exercise sessions.

The teaching sessions were excellent. Between the power point presentations, the videos, and Anita and Tim's years of knowledge that they so freely shared, you couldn't help but become enthusiastic and enlightened.

A large part of the week was the practical application of food preparation. There were often five of us in the kitchen. Fortunately, this was a large enough kitchen that five people could easily work together. Anita had pre-chosen recipes, the ingredients were always available, and all we had to do was prepare them using some of the most interesting appliances I have ever seen.

When I think of all the time it took for Tim and Anita to plan the menus, purchase the food, and dehydrate all those nuts and other ingredients before we ever got there, I am in awe of their organizational skills.

Two of the guests were fighting cancer. What I think I will always remember about each of them is that although they both know how serious their condition is, they both had such a joy and peace in them.

They were still ready to live, but they knew that Jesus was their source of all, and they leaned on Him willingly. It was not unusual for Clinton, one of the guests who was ill, to just break out into song, and he had a marvelous voice. Those two people taught me so much about faith and hope. Words cannot express all that they have taught me.

Another wonderful guest had been taking care of her husband who had suffered from a stroke for over 9 years. She was still working full-time for the insurance and gave every free moment she had to her husband. She never complained. She clearly showed her love and devotion to him and I was genuinely humbled by her servanthood for him.

Another pleasant surprise was that Rev. Malkmus came on Thursday night to eat the evening meal with us that we prepared. He walked with us after dinner and even brought a delightful gift for each of us. He made all of us feel very special and that he had a strong interest in each one of us. What an exceptional man.

As the days wore on, we grew closer. As the week ended, we hugged each other and knew that what we had just experienced was much greater than just preparing food and learning about nutrition and health. We had experienced the joy of true fellowship, and we developed a bond that we will long remember.

Thank you Anita and Tim for allowing me into your home. You are two strong witnesses of the message that Hallelujah Acres is sending and your personal faith is just as strong of a witness of the message of salvation. May your ministry flourish as mightily as the relationships between all of us who were there for that week.

I cannot help but extend an open invitation to all, especially Health Ministers who would like to see this message developed beyond anything that you have ever seen before. This was not only a vacation; it was a spiritual renewal and retreat. ☘



Ann Nuti is Director of the Health Ministry Department at Hallelujah Acres International Headquarters in Shelby, NC



**Lake Lure, North Carolina** Nestled in the foothills of the Blue Ridge Mountains, the NC Lifestyle Center offers an inviting and vibrant atmosphere to learn about healthy living. Hosted by Health Ministers Tim & Anita Koch.



**Plant City, Florida** With beautiful weather year-round, the FL Lifestyle Center is a lovely setting to enjoy fun in the sun while restoring body, mind, and spirit. Hosted by Health Ministers David & Sherry Orcutt.



**Stanton, Kentucky** With 300 acres as your glorious backdrop, the KY Lifestyle Center offers a picturesque environment for refreshing walks, spiritual enrichment, and healthy beginnings. Hosted by Health Ministers Mircea & Valentina Dragomir.



**Fallbrook, California** Come to the beautiful foothills in northeast San Diego County where you'll relax and rejuvenate in a tropical retreat. Hosted by Health Ministers Steven & Leslie Kirchmeier.

# After 25 Years on the Hallelujah Acres Diet, Rev. George Malkmus Experiences a Stroke— How Could This Happen?

by Rev. George Malkmus, Lit. D., Founder of Hallelujah Acres



The year was 1976, I was 42 years old, and I had just been told I had colon cancer. My mother had recently died following years of medical treatments for her colon cancer. What should I do? Mother had gone the medical route with horrible consequences, so rather than going the medical route mother had gone before me, I went searching for an alternative way of dealing with my colon cancer.

I turned to an evangelist in Texas by the name of Lester Roloff because Brother Roloff had been preaching diet change as the solution to

physical problems for many years. Brother Roloff's advice was to avoid the medical route but rather do something as simple as change what I ate. He encouraged me to stop eating animal source foods, refined sugars, and bleached flour, and adopt the Genesis 1:29 raw, plant-based diet of the Bible, along with drinking large amounts of carrot juice.

I took Brother Roloff's advice, overnight made the diet change, and immediately started to get well. Within one year, not only was my cancer gone, but also all the other physical problems I

had been experiencing prior to the diet change. Following that experience, as a pastor, I did an intense study of the Scriptures, searching for verses in the Bible regarding the physical. Prior to that healing experience, I had always considered the Bible as a book that strictly regarded the spiritual, but I had never given any thought to the Bible possibly being a source of information concerning the physical.

To my amazement, I found numerous verses regarding the physical, which, along with my healing experience following my adopting the Genesis 1:29 diet, motivated me to write my first book in 1988 titled: *Why Christians Get Sick*. The book contains some 150 of these Bible verses and over a million copies of this book are now in print.

## For the Next 25 Years Rev. Malkmus Follows the Diet

After making the diet change in 1976, and experiencing that dramatic healing, and after learning all the exciting things the Scriptures had to say regarding the physical, I wanted to share the good news with the Christian community. Wasn't the Christian community just as sick as I had been? But when I attempted to make this good news available to fellow Christians, my efforts were met not only with rejection, but also often with ridicule and hostility. I became very discouraged because I knew God had given me knowledge that could help fellow Christians get well from their physical problems, but the Christian community didn't want to hear it.

In 1991, something very exciting happened. A young lady by the name of Rhonda attended one of my earliest seminars. This was before Hallelujah Acres came into existence in 1992. Rhonda adopted the Genesis 1:29 diet, now called The Hallelujah Acres Diet, and within one year had totally recovered from debilitating arthritis, while losing 85 pounds. Now there was someone else who had also experienced the healing power of God's original diet. We were married in 1992, and now I had a partner who wanted to help me share this good news with others.

As we shared The Hallelujah Acres Diet, many others adopted the diet and recovered from all of their physical problems as Rhonda and I had recovered. Not able to keep their excitement over their healings to themselves, they shared the good news – You Don't Have to be Sick! Because of the testimonies coming from those who got well following their diet change, first just a few people, then dozens, then hundreds,



and then tens-of-thousands adopted The Hallelujah Acres Diet, got well, and the Hallelujah Health Message started spreading around the world.

Demands on my time steadily increased, as more and more people wanted to hear the Health Message I was proclaiming. My energy was so incredible during this time I must have thought I was Superman. Because of the diet, and because I was experiencing such incredible energy, I started pushing my body harder than I apparently should have. For instance, at one time in Texas I did 16 seminars in 17 days. I did not understand at the time that no matter how perfect the diet, stress can cause havoc on a person's health.

## Rev. Malkmus Experiences a Hemorrhagic Stroke

During the spring of 2001, 25 years after adopting The Hallelujah Acres Diet, and while still faithfully following that diet, I went into an exceptionally stressful period. I had gone to South Africa where I delivered seven *How to Eliminate Sickness* seminars, each to an average crowd of 600 in 7 days. In Cape Town, after completing a seminar on a Saturday morning, which had an attendance of some 600, there were 600 more people waiting outside, and I did back-to-back 3 hour seminars. I was also in the air 53 hours during a 10 day period just on that one speaking tour alone.

After being home for a few days, I flew to Tulsa for a series of seminars, then to Canada for some more seminars, and then back to Shelby for our July 2001 Health Minister Training. It was during this seminar that I experienced the stroke.

The day was Thursday, July 12, 2001. The night before, I had stood on the platform at Hallelujah Acres for some 3 hours as over 200 Health Ministers stepped up to the microphone I was holding to share how The Hallelujah Acres Diet had improved their health. After the testimonies, I mixed with the crowd for another hour, drove home (which took almost an hour), and got to bed well after midnight.

The next morning I had to be up before 6 a.m.

in order to be at Hallelujah Acres by 8 a.m. Rhonda tells me that I complained of a headache that morning, something I hadn't experienced since making the diet change. I drove to Hallelujah Acres all by myself, but don't remember the drive, and am told that when I parked the car I knocked over a few parking cones. Then when I got up to lecture at 8 a.m., I am told I started repeating myself. Everything from here on is what I was told happened, as I have no recollection of the day.

My son Paul came up to the platform to ask if I was alright. I assured him I was, but immediately went back to repeating myself. A medical doctor who was going through that Health Minister training went up to Paul and said I needed to be removed from the platform and immediately taken to the hospital, because he felt I might be experiencing a stroke.

At the hospital, x-rays revealed I had experienced a burst blood vessel in my brain, which they diagnosed as a hemorrhagic stroke. They immediately wanted to introduce intravenous drugs into my body and airlift me to Charlotte for cauterization of the bleed. The only problem was, they needed permission to do so. Rhonda, knowing I had not had a single drug in my body in 25 years, was reluctant to give permission, as she was concerned that the drugs might kill me. If I did survive, she was afraid I might be upset with her if I had allowed the doctors to operate on my brain.

So she and Paul talked for a while and came up with this solution to the dilemma – should the doctors be given permission to administer the drugs and perform the surgery? They resolved the issue by asking themselves the question: “If dad were able to make the decision, what would he do?” They were convinced I would refuse the drugs and surgery and so informed the doctor.

## Doctor Sends Rev. Malkmus Home by Ambulance to Die

After Rhonda told the doctor she was refusing all medical treatments, the doctor told her that without the drugs and surgery, I would be dead by the next morning. Rhonda was steadfast in refusing medical treatments, and as a result, the doctor immediately wanted me out of the hospital. They took me to my home by ambulance and placed me in my bed by stretcher. Before they left, Rhonda had to sign a form that I was alive when they delivered me.

Rhonda called all of our children. We have 4 children, 17 grandchildren, and 7 great grandchildren. That evening, as they were all gathered in the living room, concerned about

and praying for dear ‘ole Dad and Grandpa, I came prancing into the living room in my underwear to join the party, and I am told I kept them in stitches. They tell me that they had never before seen me so funny or laughed so hard as I turned every conversation into a joke. My daughter was heard to say: “I don't know who this guy is, but I like him and hope he can stay!”

When Rhonda finally put me to bed, all she could remember were the doctor's words, “Without treatment, he will be dead by morning!” She said that she checked on me several times through the night to make sure I was still alive, and that when she came down the stairs the next morning, she was afraid to look into the room, because of the doctor's pronouncement of death by the next morning if she didn't give them permission to use their drugs and surgery. However, when she did look into the room and saw my chest rising and falling, she fell on her knees to thank the Lord I was still alive.

## On the Hallelujah Acres Diet Rev. Malkmus Recovers Rapidly

By the next morning, my mind was back somewhat, and Rhonda immediately started me on the recovery Hallelujah Acres Diet, which consists of alternating a barley powder drink and an 8 oz glass of carrot juice every hour for 12 hours. She said that on this regimen, between morning and noon, she could see my mind coming back, and between noon and evening it was back more, and within a few days, I was able to carry on an almost normal conversation.

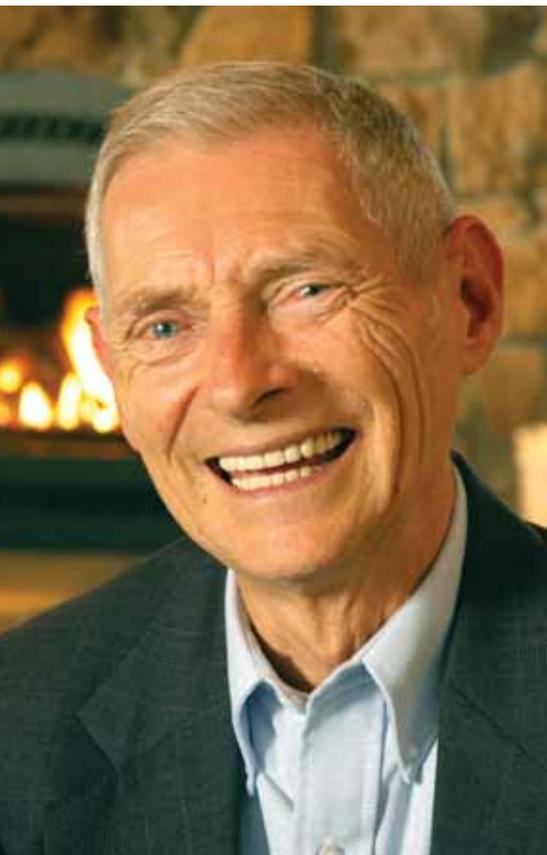
Within approximately one week, Rhonda took me to a neurologist who read the hospital records, talked to me, read the results again, and then exclaimed: “*This is a miracle.*”

He said that approximately 50% of all who experience a hemorrhagic stroke die as a result of the stroke, and that the other 50% usually are left with severe physical or mental limitations, or both.

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On Saturday, July 28th, only a little over 2 weeks following the stroke, I was on the stage being introduced to the over 300 women attending that year's Women's Retreat, and was able to briefly share my stroke experience and encourage those gathered to adopt The Hallelujah Acres Diet. By August 4th I was able to conduct my regular First Saturday of the Month, 3 hour, God's Way To Ultimate Health seminar at Hallelujah Acres, and shortly after, I took part in the filming of The Miraculous Self Healing Body video.



## Six Years After the Stroke, How is Rev. Malkmus Doing?

You can visually see how I am doing 6 years after that stroke by downloading and watching the video of my appearance on the ABC Nightline show, or my appearance on Fox News. Both of these are available at <http://www.hacres.com/news/news.asp#nightline>, or you can attend my next First Saturday-of-the-month, God's Way to Ultimate Health seminar, scheduled here at Hallelujah Acres to see me in person and in action.

I was 67 years old at the time of the stroke, and I am now 74 years old and still going strong on The Hallelujah Acres Diet after 32 years of following this diet. My energy is as great as it was as a teen, while my mind is sharper than it was as a teen. I still write a weekly Hallelujah Health Tip, and not only do I conduct the seminars here at Hallelujah Acres, but travel around the eastern part of the U.S. sharing the Health Message, while making occasional television appearances and almost weekly giving remote radio interviews someplace in the world.

Today, Rhonda and I live very active lives, power walk most days anywhere from 2 to 8 miles, enjoy life physically and mentally to the fullest, and laugh a lot. With Jesus in our hearts and a healthy body, life here on planet earth is wonderful and exciting, and we have confidence of even better days in the future, as we spend eternity with our Lord and Savior Jesus Christ. HALLELUJAH! And by the way, in heaven, all will be eating the Genesis 1:29 diet!

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## Why the Hallelujah Acres Diet is not enough.

{ Managing Stress }

What I have learned from this stroke experience is that we must do more than just eat the right diet. We must also manage our stress level, because even though the diet is the right one, we can still get in trouble if we consistently push our bodies too hard. Managing stress and getting plenty of rest are an absolute necessity if we want to maintain our health over the long haul.

*Rev. George Malkmus, Lit. D.*

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*Rev. Malkmus, Lit. D., Founder of Hallelujah Acres is speaking at the Health Minister's Reunion April 17-19, 2008.*

# Hallelujah Acres Diet & Lifestyle

Healthy Living from a Biblical Perspective



**Living Food:** God created us to live optimally on live plant-based foods. Fresh fruits, vegetables, nuts, seeds, and juices are necessary to build a strong, healthy body and mind.



**Cleansing:** Keeping the colon clean is vital to achieving excellent health. Water and the fiber in plant-based foods are two of the colon's best friends. A periodic colon cleanse, using Hallelujah Acres Fiber Cleanse, can be beneficial.



**Air:** Oxygen is the body's number one need. Aerobic exercise such as a brisk walk, swimming, bicycle riding, tennis, jogging, or rebounding are a few ways to bring vital oxygen to every cell in the body and, as a bonus, the body rids itself of toxins as we exhale.



**Exercise:** Without adequate exercise, the bones and muscles will weaken over time. Exercise sends a signal to your body that strong bones and muscles are needed. Every organ in the body will benefit from daily exercise. Make it fun!



**Water:** Fresh pure water is the second most important necessity of the body. Every cell in the body needs water to perform its metabolic work and the colon needs plenty of water to help flush out toxins and keep things moving in a timely manner.



**Sunshine:** Vitamin D is necessary for the absorption and utilization of calcium and phosphorus. Our best source for this fat-soluble vitamin is sunshine, but since sunshine isn't always available we can take the B-Flax-D supplement, which supplies us with the D3 vitamin the body makes from the exposure to sunshine.



**Stress & Rest:** The four stresses that contribute to ill health are Physical, Emotional, Environmental, and Nutritional. Lack of rest, which is necessary for restoration, is also a contributor to ill health. Try your best to remove all negative stress factors, and include time in your schedule for plenty of vital rest.

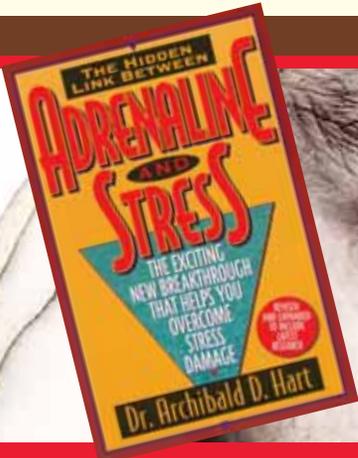


**Emotions:** Removing negative thoughts from the mind and dwelling on the beauty of life is foundational to healthy emotions and overall good health. The mind responds positively to excellent food, water, sunshine, and, most of all, an intimate relationship with Jesus Christ.



**Biblical Foundation:** John 4:14 "But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life."

# Adrenaline and Stress



## a Book Review

*Too much Stress reduces the body's immune system and thus weakens its ability to fight off disease.*

by Jeanette Divine

This book by Dr. Archibald D. Hart was written for those who try to live life to the fullest – in business, ministry, the professions, trades, homes, or school. Many of us live our lives at a frantic pace, unaware of, or ignoring the effect that the “hurry sickness” can have on our minds and bodies.

The stress response is a natural form of arousal. In moderation, it is healthy – even necessary, but continuous over-arousal leads to stress disease. The negative side effects of hyperarousal of the adrenal system are many, including coronary and artery disease, tension and migraine headaches, gastric problems, ulcers, and high blood pressure.

So what does Dr. Hart say we need to do in order to avoid this “stress disease”? Can we learn to control adrenaline production? Can we so manage our thinking, attitudes, and behavior that we can reduce the excessive arousal of this hormone and thus avoid the damaging consequences of living life in high gear? Can we so live at peace with ourselves that we get out of the fast lane and actually overcome the tendency to respond to life as if it were one long “emergency”? He says a resounding “Yes!”

In *Adrenaline and Stress*, he explains the techniques of “adrenaline management.” The underlying idea is that just as we can learn to control our habits and behaviors, we can also learn to control our tendency to recruit

excessive adrenaline and keep it within less destructive limits. Dr. Hart’s approach is unique and he claims that if his counsel is faithfully followed, it will significantly reduce one’s tendency to develop stress disease. He goes on to say that we can possibly reverse, to a significant extent, the stress damage that has been already suffered. He knows this to be true because of his successful personal application of these techniques and his extensive use of them in his practice as a clinical psychologist specializing in stress management.

Our stress response system is comprised of a complex array of hormones and instinctive responses that ensures our survival. It can be triggered by anything that creates a state of arousal or alarm in our bodies – anything that mobilizes our bodies’ defenses against hostile, threatening, or even challenging events in our environment. These events don’t even have to take place or be real. The stress response can take place even if we imagine the events. The body cannot tell the difference between real and imagined threats; it responds the same way to both sets of stimuli.

Too much stress, he explains, reduces the body’s immune system and thus weakens its ability to fight off disease. The result is that viruses and bacteria thrive in a highly stressed body. There is even some suspicion that stress may cause some forms of cancer to grow more rapidly because the body’s ability to fight off the growth of cancerous cells is dependent on its own immune system.

Dr. Hart not only identifies the negative side of too much and continual stress, he also explains in detail how we can avoid the pitfalls of extreme stress. I will highlight a few of his basic points here:

- Learn to relax.
- Learn the secret of sleep.
- Learn how to manage your adrenaline.
- Better understand how your body responds to stress.
- Be alert to particular stressful events in your life.
- Increase the awareness of your freedom to choose.
- Decide whether or not you want to be adrenally aroused.
- Establish a baseline from which you can tell whether you are becoming more stressed than before.
- Tell whether you are beginning to be master over your stress.

This book, *Adrenaline and Stress*, may be one of the most important books you read this year. If you have been on the stress merry-go-round and want to get off, then I highly recommend you read Dr. Hart’s book. It may very well save your life.

## Hallelujah Acres Recommends...

Stress is a normal part of our lives. Too much of the wrong stress is taxing on the adrenal glands and over time will harm us in ways that we need to understand. Dr. Hart’s book, *Adrenaline and Stress* will give us the simple and understandable truth about the dangers of stress damage. His book is thorough, easy to understand, and a must read! Please see page 56 of the Resource Catalog to order.

# A Good Night's Rest

Bee-Beep...Bee-Beep...Bee-Beep... Bee-Beep!!  
"What is that noise?" you wonder to yourself. And then it dawns on you. It's your alarm going off. Is it morning already? It still feels like the middle of the night.

Does this ever happen to you? Do you wake up feeling like it's really not time yet? What is it that we are doing wrong to feel so un-rested at the beginning of the day?

It is possible to wake up alert, refreshed, full of energy, and ready to spring out of bed. "Yeah, right," you say. "I'll believe it when I see it." First, before you experience it, I want to convince you that this is a worthy and attainable goal.

by Michael Donaldson Ph.D.

Too many of us are not getting enough rest, and the sleep we get is too broken. With the pressures and opportunities of modern life in America, the majority of Americans do not get the recommended amount of sleep. A 2001 poll by the National Sleep Foundation ([sleepfoundation.org](http://sleepfoundation.org)) reported that 31% of adults sleep less than 7 hours a night each weeknight, and 63% don't get eight hours of sleep on weeknights. The most recent poll by the National Sleep Foundation, focusing on women, found that 60% of women only get a good nights sleep a few nights a week or less, with 67% of women frequently experiencing a sleeping problem. Watching TV, caring for children or elderly parents, and doing housework are some of the common tasks women do in the hour before they go to bed around 11 p.m.



## Results of Sleep Deprivation



This lack of sleep does more than make people drowsy the next day. Obviously, by experience we know that a short night's sleep makes us feel more stressed, easily upset, and more emotionally vulnerable. But it also affects our metabolism. Short nights make us hungrier for carbohydrate-rich foods, but also less able to tolerate the cravings for these foods. A study of 11 healthy young adults found that they had higher glucose responses to a breakfast after 6 days of 4-hour sleep (1 to 5 a.m.) than they did after being fully rested (12 hours in bed) (reviewed in Ref. 1), indicating lower glucose tolerance due to acute sleep deprivation. This study was repeated with similar results in 12 men who were sleep-deprived for only 2 days. Chronically this elevated blood glucose changes so that blood glucose levels are normal under sleep deprived conditions, but insulin levels are higher, leading to insulin resistance, obesity, and Type 2 Diabetes.

Studies of populations have also demonstrated a link between sleep habits and obesity. Either short nights (less than 6.5 hours) or long nights (more than 9 hours) have been related to increased obesity in several population studies (reviewed in Ref. 1). Could it be that, along with our food choices, our non-sleeping habits are causing an increase in obesity in this country? The scientific evidence says yes.

So if you get adequate sleep, you are not only more alert, but also your body can handle food much better, and you will help yourself from becoming fat. So, turn off the TV, turn off the computer, and go to bed. Reading the Bible at the close of the day is an excellent way to unwind and focus your mind on God rather than on your problems.

## Early to Bed, Early to Rise



Was Benjamin Franklin right when he said, "Early to bed, early to rise, makes a man healthy, wealthy, and wise"?

We've heard it said that every hour before midnight is worth 2 hours after midnight. Our cortisol (stress hormone) levels normally decrease as night falls, but bright lights keep levels high. This elevated cortisol level at night is likely to reduce glucose tolerance and increase insulin resistance, again leading to obesity and Type 2 Diabetes <sup>(2)</sup>. Melatonin, which is released only in the dark, helps to restore the body and prevent cancer,

but when we stay up late, this release of melatonin is blunted. This is dramatically seen in the female shift workers' increased risk of breast cancer. A recent study showed conclusively that melatonin plays a role in this increased risk. When blood was drawn from women after exposure to 90 minutes of bright light during the night and incubated with tumor cells (melatonin-deficient blood), there was a progression of the cancerous growth. However, when blood was taken from women during the night not exposed to bright light there was a suppression of tumor growth <sup>(3)</sup>. Controls and molecular studies showed a definite link between melatonin-deficiency and tumor growth in this study. So, staying up late in the light is definitely bad for you. It is much better to stay in tune with the natural light of the sun.

## Sleep Disorders



What about those who go to bed but have very disrupted sleep due to poor health? Sleep apnea, restless leg syndrome, and a host of other sleep

disorders plague Americans. Many testimonies of people adopting The Hallelujah Acres Diet mention getting much improved sleep as a result of their diet change. That's pretty good motivation to change over. Finally, you can get a good night's rest. Obstructive sleep apnea is related to obesity, and many people have testified to getting rid of their sleep apnea by adopting The Hallelujah Acres Diet. Even snoring has disappeared after people have adopted the Hallelujah Acres Diet & Lifestyle. Snoring, often thought to be annoying but not dangerous, is actually a sign of bad health.

## Raw Foods and Sleep



Do raw foods reduce the amount of sleep you need?

Many raw-fooders testify to this being true for them. Their bodies don't seem to require as

much time to regenerate and get refreshed, especially if they start earlier in the evening. So, when pressed for time, your choice of foods can work to your advantage. And when really stressed and pushed to the limit, raw foods can help you get through the day and keep on going until you can stop and catch up on your sleep.

## Rest for Your Soul



Now, true rest goes way beyond sleep. Many of us put our bodies in a prone position, but our minds are still engaged in many activities. Often we

are worrying and being anxious about events that might not even happen. Jesus asks us to cast our cares upon Him because He cares for us. Do you really believe Him? A little sparrow doesn't fall to the ground without Him knowing; so can we trust Him to take care of us, we who are worth more than many sparrows? We need to come to Jesus and to abide in Him that we would find rest for our souls as well as for our bodies. We need to cultivate that trusting relationship with Him that lightens our burdens and gives us hope for tomorrow. As the hymn says, "Because He lives, I can face tomorrow..."

So, clean up your diet so your body can rest when you go to bed, and turn off the TV (or better yet, throw it out), go to bed early, and trust in Jesus to keep you in His will and you will find the rest you are craving.



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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*Michael Donaldson is speaking at the Health Minister's Reunion April 17-19, 2008.*



# Hallelujah Acres Living Woman

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Response to Stress

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Don't Let Stress In Your  
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There's Healing In  
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Breast Cancer: Prevent It  
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Experience Healthy Living  
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We hope you have been enjoying the New Living Woman Section  
from Hallelujah Acres. Please visit

[www.hacres.com/LivingWoman](http://www.hacres.com/LivingWoman)

fill out the survey and give us your feedback!

# A Woman's Ideal Response to Stress

by Jean Fleming

Stress is the strain on a woman's emotions and body that is caused by her response to circumstances and pressure.

Symptoms include tension, irritability, inability to concentrate, and a variety of physical ailments.

There is no question about it; many women's lives are out of balance. We are stressed. Multitasking has become a lifestyle, not just a skill. Many of us are trying to raise a family, have a career, volunteer, and serve in our church and community organizations. Some women are raising their second family, due to divorce, remarriage or grandchildren who move in. Some are dealing not only with their own health issues but also with those of a spouse or an elderly parent.

Yes, women are stressed. And when we are stressed, we have a lot of emotional, physical, and spiritual issues to deal with. After talking with other Christian women about stress, I have come to the conclusion that something must be done. Just keep in mind that I can't do it for you and you can't do it for me. But we can, with the help of the Holy Spirit, make changes for our own selves.

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When we are obedient to God and we cast our cares on Jesus Christ (1 Peter 5:7), He will enable us to persevere through these difficult circumstances.

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Know that we cannot always control what is going on around us but we can control our responses. By tapping into the power of God, women can use that stress in a positive manner that will not only enable us to endure but will actually generate growth in our spiritual walk with Christ and He will be glorified.

We know that stress can affect our eating patterns, but do our eating patterns affect our stress? Absolutely!

A good way to deal with stress is to be careful about what we eat and make sure we have a diet that reduces stress. Such a diet includes fresh fruit and vegetables, which not only supply valuable vitamins and minerals, but also are rich in compounds such as flavonoids, which help to combat stress symptoms.

Don't forget to exercise, get fresh air and sunshine, drink plenty of water, take time to spend with God, and get the right amount of rest. (Mark 6:31)

- Rest allows the body to renew itself.
- Rest facilitates the removal of waste products, repairs are affected, enzymes are replenished, and energy is restored.
- Rest also aids in the healing of infections and injuries, including stress and emotional traumas.
- Rest strengthens the body's immune system, helping to protect us from disease.

One thing I am sure of is that a woman who takes responsibility for her complete life, inside and out, has the ability to bring about change. With the guidance of the Holy Spirit we can:

Take control over our attitudes. (Joshua 1:9)

Take control over our behavior. (Proverbs 25:28)

Take control over our choices. (Romans 12:2)

Our goal should not be to eliminate stress but to learn how to handle it in a godly, productive way. ✿



Jean Fleming, Health Minister, Faith-Based Christian Counselor and Shelby, NC Get Healthy! Resource Center manager.

balance

rest

diet

exercise

"Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light." Matthew 11:29, 30

# Don't Let the Stress In Your Life Become Distress

by Nancy Appleton, Ph.D.

Life and stress seem to go hand in hand. Everyone has stress. The dog died. Traffic! The boss wants the proposal yesterday and he or she likes to yell in the upper octaves of a soprano. Exhaustion can come from taking on too much work. That is stress on the body. Traffic... Sorry, already mentioned that one, but I'm originally from Los Angeles.

Stress, anxiety, pain, depression and other negative emotions are the body's way of calling a woman to action. We are supposed to do something, change something, and deal with it constructively. Distress is any stress that isn't properly dealt with and thus can become toxic to a woman.

Toxic emotions? But, my doctor never mentioned anything like a mind-body connection. When I researched my first doctoral thesis, I included dunking people's hands in ice water for just one minute as a control for my primary investigation into sugar. Sugar consumption and freezing hands produced similar negative changes to blood chemistry. I've seen the mind-body connection at work. Dunking hands is physical stress, and emotional stress can do the same thing. At the time the stress becomes distress, women are probably not aware of these blood chemistry changes, but these changes are working to upset the body chemistry, suppress the immune system, and cause or exacerbate many diseases.

Where these negative feelings really hurt women is when we are distressed while eating. How many of us have sat down to dinner angry, depressed, or even just anxious? When we do this, we have just wasted a perfectly good plate of food. Negative feelings can block a woman's digestive process leaving the

food to become partially digested particles that get into the blood stream, which leads to allergies and most everything that ails us.

Ladies, when we become distressed for any reason, DON'T EAT! We all have kitchen appliances to keep dinner warm or cold. Each of us has to find her own means of dealing with stress. Use prayer as a means of stress reduction. Walk around the block. Get on the floor and do some exercises. Pet the dog (or the cat if it consents to come within range). Breathe deeply. Write in your journal. Listen to relaxing music. After we have reduced the distress in our body, then sit down with family and friends, without the TV, bless the food, and enjoy each other. Chew well and eat slowly so the food will have a better opportunity to digest.

This is just a short article concerning distress and digestion. All the techniques given can be used even if we are not planning to eat but need to reduce the stress in our lives.

At the Health Minister Reunion in April, I will spend much more time discussing the mind-body connection and how to minimize negative reactions to stress. For more information go to [www.nancyappleton.com](http://www.nancyappleton.com) ❁

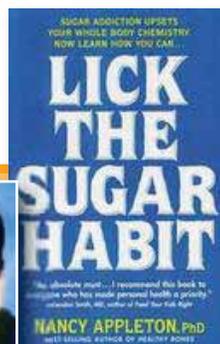


## Lead a healthier lifestyle.

Nancy Appleton's self-help program *Lick the Sugar Habit* shows you how sugar upsets body chemistry and devastates the immune system, leading to a host of diseases - including hypoglycemia, diabetes, osteoporosis, arthritis, cancer, heart disease, and tooth decay.

Nancy Appleton is speaking at the Health Minister's Reunion April 17-19, 2008.

Please see page 60 of the Resource Catalog to order.



# There's Healing In His Wings

by Jeanette Fourie



Jeanette Fourie is a Hallelujah Acres Health Minister and the Assistant Manager and Culinary Instructor of the Shelby Get Healthy! Resource Center. You may contact her at [jeanettefo@yahoo.com](mailto:jeanettefo@yahoo.com)

But unto you that fear my name shall the Sun of righteousness arise with healing in his wings;

Malachi 4:2a

Dear women, do you want to be straightened, smoothed out, shiny, and beautiful for God? He can do that, and He can change the way a woman looks and the way she views life. Our Father wants to release us from all the stress and unnecessary tension that clouds our days. He wants to bring us to a place where we will be in His perfect will, content and with a peace that surpasses all understanding.

Let me share with you how God took this woman and brought her (me) to that place.

One Sunday afternoon I went to the Botanical Gardens, hoping to be blessed by the sun, the fresh air, and the wonderful fragrances. The heat and humid air was almost touchable under my red umbrella. It was quiet; no one wanted to be out on such a warm day. I thoroughly enjoyed winding through the garden, passing the cool fountains and stopping to look at the great variety of flowers and wild grasses. God's creativity just amazes me every time I look at nature! Little details and a multitude of colors and shades are such a great testimony of how great our God is!

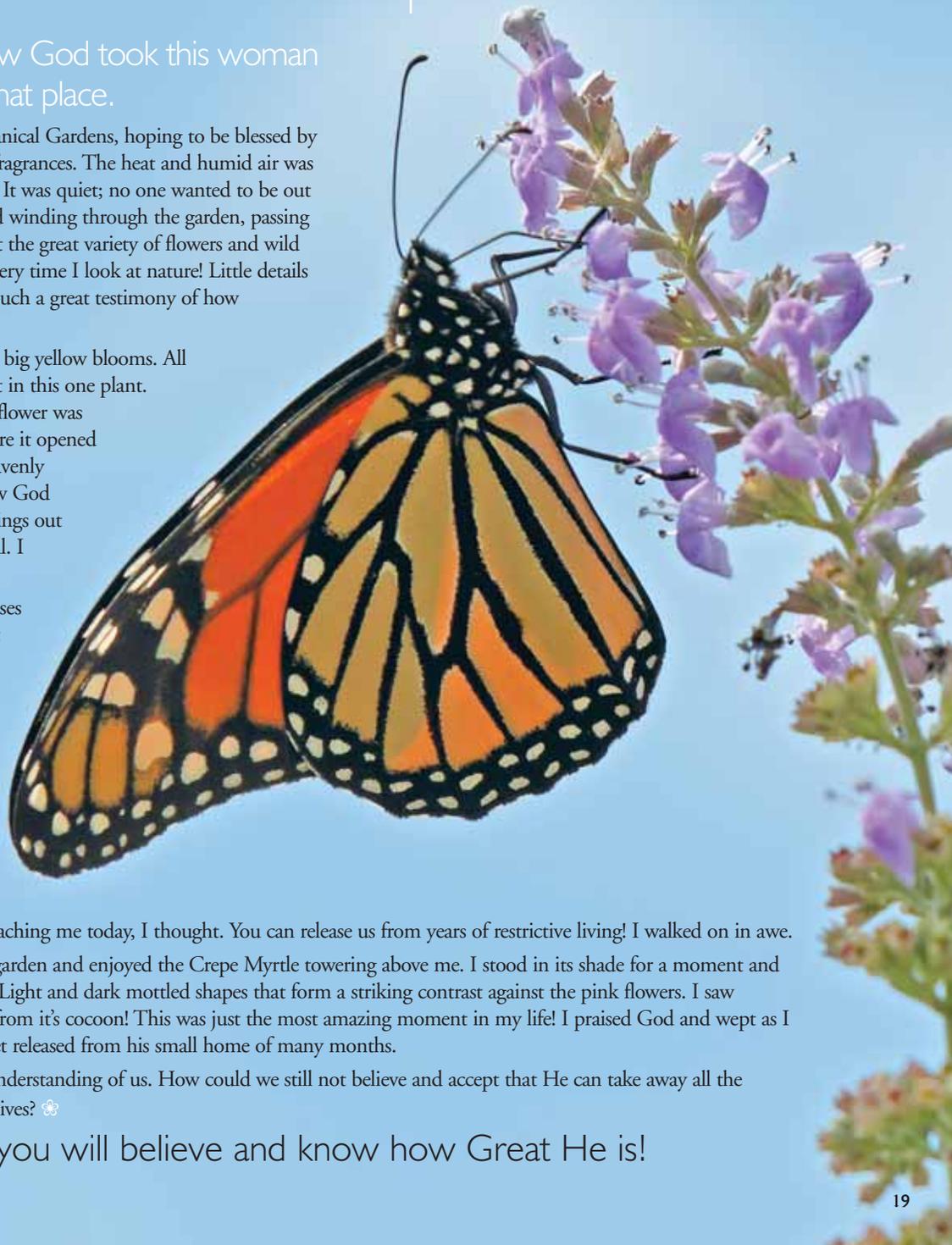
As I turned to walk on, I saw a bush with big yellow blooms. All the different stages of growth were present in this one plant. What really touched me was the way the flower was turned and "pushed" into a little ball before it opened up into a huge yellow creation, with a heavenly fragrance. I recognized the message of how God "unrolls" us and straightens us out and brings out the best in each of us, if we follow His will. I felt refreshed and walked on.

A little further on, between the larger grasses I saw a small bulbous plant with the most amazing leaves! Long and shiny, it pointed to heaven with such poise. Close to the ground the new leaves were each folded into a tiny package covered by thinner and softer leaves. As it emerged, it unfolded in three different ways. Horizontally, vertically and then straightened out upwards, perfectly smooth with no sign of the restriction it had to endure before.

Thank you God, what a lesson you are teaching me today, I thought. You can release us from years of restrictive living! I walked on in awe. I approached the biggest fountain in the garden and enjoyed the Crepe Myrtle towering above me. I stood in its shade for a moment and looked up to enjoy the interesting bark—Light and dark mottled shapes that form a striking contrast against the pink flowers. I saw something moving, a butterfly emerging from its cocoon! This was just the most amazing moment in my life! I praised God and wept as I watched the little creature struggling to get released from his small home of many months.

How good is our Father, how great His understanding of us. How could we still not believe and accept that He can take away all the wound up stress and unhappiness in our lives? ❀

Just look at nature and you will believe and know how Great He is!





# Breast Cancer:

## Prevent It Rather Than Treat It

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

Cancer is one of the most terrifying words in our vocabulary. Almost every one of us has a family member, a friend, or an acquaintance who is struggling with this terrible diagnosis. Breast cancer is the most common cancer in women and the second leading cause of cancer deaths in women (just behind lung cancer).

The National Cancer Institute estimates 178,480 new cases in females for the year of 2007 with 40,460 female deaths and 2,030 new cases in males (yes, men do get breast cancer) and 450 male deaths as a result of breast cancers. With the current trends, 1 in every 8 women (12.7 percent) will be diagnosed with breast cancer in their lifetime.

Not only does a diagnosis of breast cancer have horrible consequences on the quality and length of life for the individual with the cancer, but also it often imposes many hardships on the immediate family of the victim.

God has blessed each of us with a body that not only desires to maintain optimal health but is also equipped to do so if we simply observe the natural laws that provide the conditions conducive to supporting the innate self-healing

built within. It is far easier to nourish the body in such a way that it does not allow for the development of breast cancer than it is to treat breast cancer once it has developed.

It is interesting and somewhat alarming, as well as revealing, that cancers seem to occur commonly in husbands and wives. Often when the wife has breast cancer, the husband is more likely to develop prostate cancer and vice versa.

The most likely explanation is that they are both eating similar foods and are exposed to similar environmental toxins that increase the overall risk of cancer. There is a strong correlation between cancers in general and nutrition.

*“While good nutrition is a powerful ally, bad nutrition not only promotes the development of both cancers (breast and prostate specifically), it also determines your chances of survival.”*

(Russell Blaylock, M.D.,  
*The Blaylock Wellness Report*, March 2007)

Early detection is promoted as the best chance for a cure from breast cancer. Unfortunately, mammograms are the method most doctors choose for this early detection.

“Studies show that mammograms increase the risk of developing breast cancer from 1 percent to 3 percent per year (depending on the technique used), which means that if you religiously have a mammogram every year for 10 years, you increase your risk 10 percent to 30 percent. . . . Radiation experts agree that the breast is one of the areas of the body most sensitive to cancers caused by radiation exposure.” (Russell Blaylock, M.D.)

In the last few years it has become well-known that hormone replacement therapy increases the risk of breast cancer. Many doctors no longer recommend Estradiol, one of the most powerful forms of estrogen, which is found in Premarin. The increased risk of side effects outweighs any potential benefit. Back as early as 1975, it was known that women on Estrogen Replacement Therapy (ERT) were developing uterine (endometrial) cancer at a rate four to eight times greater than in untreated women (What your Doctor May Not Tell You About Menopause, John R. Lee, M.D.).

### Cancer Progression

Most cancers are many years in developing – probably 20-30 years before they are clinically detected. Due to the slowness of this pre-cancerous stage, the body’s innate surveillance mechanism has ample opportunity to detect the abnormal growth and terminate it (*Breast Cancer and Iodine*, David M. Derry, M.D., Ph.D.). Unfortunately, with the prevalence of breast cancer today, we know that this process is often impeded and thus 1 out of every 8 women and almost every family are finding themselves dealing with this devastating disease.

Considering the present day environment in which we live—the exposure to toxins on a daily



To learn more Hallelujah Acres recommends:

*Cancer Doesn't Scare Me Anymore Video* by Lorraine Day, M.D.; *The China Project* by T. Colin Campbell, PhD; and *Breast Cancer & Iodine* by Dr. David M. Derry.

Please see page 60 of the Resource Catalog to order.

basis in the air we breathe, the water we drink and bathe in, and the food we eat—it behooves us to make the wisest choices possible when it comes to diet and lifestyle in order that we can equip our bodies to fend off this devastating disease as well as the other many onslaughts it is subjected to daily.

## Role of Diet & Lifestyle

T. Colin Campbell, PhD, in his excellent book, *The China Project*, has shown us conclusively from his decades (over 50 years) of study in human nutrition that animal protein, once it exceeds 5% of the daily caloric intake, is one of, if not the strongest promoter of cancer progression. The Standard American Diet (SAD) is centered around animal protein foods with the average American consuming over 100 grams of protein daily – primarily from animal sources. The intake of protein from animal sources in the United States is among the highest in the world (Eat to Live, Joel Fuhrman, M.D.). Is it any wonder that breast cancer and other cancer incidences in the US are also among the highest in the world?

There are several reasons that a diet high in animal products dramatically increases not only the risks of many types of cancer but also the proliferation of these cancers. Many processed animal foods are rich sources of nitrites (used as a preservative). In the stomach environment, nitrites form nitrosamines – carcinogenic compounds.

“Iron promotes cancer development as well as the growth and spread of existing cancers. Meats have one of the highest absorbable forms of iron, with about 80 percent to 90 percent being absorbed.” (Russell Blaylock, M.D.)

Dr. Johanna Budwig demonstrated decades ago the benefit of Omega 3 fats with their anti-inflammatory properties in supporting the body’s self-healing while a diet rich in Omega 6 fats strongly promotes the growth and spread of tumors. Flax seeds are not only a rich source of Omega 3 fats but also a rich source of lignans, which occupy some of the estrogen receptor sites, lessening the negative impact of excess estrogen in the body. Most Americans consume about 50 times as much Omega 6 as they do Omega 3 fats. A more optimal ratio would be equal parts of both with a dramatic reduction in overall fat intake.

Dr. David Derry, referenced earlier, theorizes from his private practice and research what he believes to be an underlying cause of not only fibrocystic breast disease but also breast cancer. He believes the prevalence of both is related to a low intake of the essential mineral iodine. He

states, “I propose primarily that iodine is the trigger mechanism for apoptosis (the natural death of cells) and the main surveillance mechanism for abnormal cells in the body. Iodine triggers the death of cells which are abnormal or which have normal programmed death as part of their life cycle. This is part of a general thesis that iodine and thyroid hormone act as a team to provide a constant surveillance against abnormal cell development, chemicals that are carcinogenic, and the spread of cancer cells within the body.”

## Concluding Thoughts

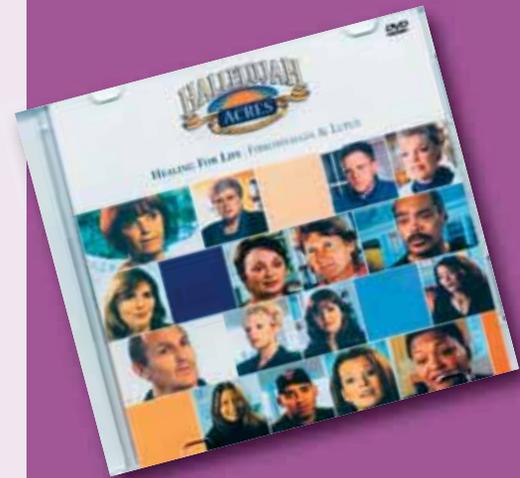
In our limited space for this very brief discussion of breast cancer, we see that there is a host of underlying factors that come into play that allow for the proliferation of malignant cells that lead to not only breast but also various other cancers. Since our bodies are bombarded from a host of environmental factors—stress, lack of sunshine (resulting in deficiency of vitamin D-3) a lack of exercise, and a lack of nutrition because of poor food choices—it behooves each of us to be diligent in making our diets and lifestyles the very best we can. We must minimize our exposure to those things (toxins, environmental elements, foods, stresses, etc.) that hinder our bodies’ unique ability to perform self-healing and concentrate on providing the conditions that are conducive to supporting innate self-healing and optimal health.

There is no doubt among the learned scientists like Dr. T. Colin Campbell that a diet rich in raw, living plant foods with little to no intake of animal source foods provides the most optimal conditions for one to enjoy optimal health, freedom from cancers and other chronic diseases, as well as longevity. If you have not given a primarily raw plant-based diet a ‘test-drive’ for at least 60 days, I’d encourage you to make a commitment to do so beginning today. Let’s do all we can to help our bodies ward off cancer and chronic disease rather than creating fertile ground in which disease flourishes! Ask God, through the ministry of the Holy Spirit, to direct you in all truth and to help you commit to providing the utmost of care for this marvelous body He has entrusted to your care. ❀



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*.

*Olin Idol is speaking at the Health Minister’s Reunion April 17–19, 2008.*



\*Special Offer...

# Healing for Life

Cancer DVD

Inspiring and compelling. See and hear people from all walks of life share how they successfully experienced renewed health and hope following the Hallelujah Acres 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 March 1 through April 30, 2008

Experience a  
New Way of Living!

# Allelujah Acres Diet & Lifestyle

Experience *Healthy* Living!



Fun-Filled Days of...

Shopping

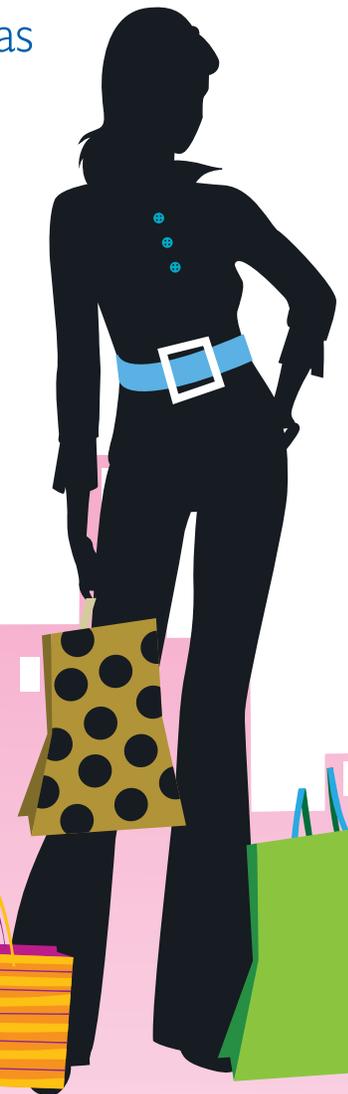
Creative Cooking Ideas

Healthy Lifestyle Tips

Celebrity Guests

Fabulous Prizes

and Much More!



Come Join Us!

Hallelujah Acres would like to invite you to join us at the Women's Show Series. This is a great opportunity to come and experience healthy living.

———— Locations & Dates ————

**Southern Women's Show Memphis, TN**

March 7-9, 2008  
Memphis Agricenter

**Southern Women's Show Nashville, TN**

April 10-13, 2008  
Nashville Convention Center

**Southern Women's Show Richmond, VA**

April 18-20, 2008  
Richmond Raceway Complex

**Southern Women's Show Raleigh, NC**

April 25-27, 2008  
NC State Fairgrounds

**Michigan International Women's Show  
Novi, MI**

May 1-4, 2008  
The Rock Financial Showplace



The Women's Show Series are lifestyle events that includes exhibits and features on health, travel, home, business, education, fashion, and food, and are the premier events for women in these areas. Shop, compare, learn about new products and most of all – have fun!

**See you there...**

For more information call **800.915.9355**, visit [www.hacres.com/sws](http://www.hacres.com/sws) or [www.SouthernWomensShow.com](http://www.SouthernWomensShow.com)

**Hallelujah Acres**  
Diet & Lifestyle  
Experience *Healthy* Living!  
at the

**Women's Show Series**



**Save!**  
**\$2.00 off**

Adults \$9 at the door (\$7 with coupon); Youth 6-12; \$5;  
Under 6 Free with Paying Adult. One adult admission with this coupon.  
Not valid with any other discount. A Southern Shows Inc. Production

[www.hacres.com/sws](http://www.hacres.com/sws)  
[www.SouthernWomensShow.com](http://www.SouthernWomensShow.com)



Great Recipes!  
Delicious Food!

## HALLELUJAH ACRES CULINARY ACADEMY

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 Acres 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.

### Food Preparation Classes

### Class Schedule...

#### Location

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

**An Evening with Rhonda Malkmus**  
**7 to 9 p.m.**

Apr. 4  
May 2  
June 6  
Aug. 1

**Level I Food Prep Class**

March 19 – 20  
May 21 – 22  
June 27 – 28  
July 23 – 24  
Aug. 5 – 6  
Nov. 19 – 20

**Special Half-Day Culinary Class**  
**2 to 6 p.m.**

March 1  
Marilyn Polk  
April 5  
Top Raw Men  
May 3  
Jackie & Gideon Graff  
June 7  
Jeanette Fourie  
July 5  
Jackie & Gideon Graff  
August 4  
Marilyn Polk  
Sept. 6  
Top Raw Men

**Level II Course with The Graffs**  
Oct. 14 – 15

Marilyn Polk



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! (There will be no class July 4.)

**Special Half-Day Culinary Class • \$109 per person**

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

**Level I Food Preparation Course • \$300 per person**

Various Culinary Academy instructors 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.



Marilyn Polk



Top Raw Men



Kim Wilson



Jackie & Gideon Graff

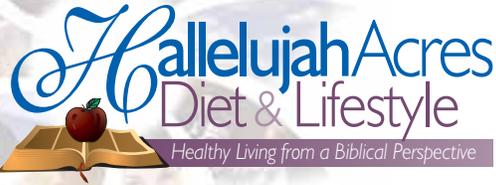


Julie Wandling



Jeanette Fourie

Classes subject to change



# HALLELUJAH ACRES DIET & LIFESTYLE 2-DAY WORKSHOP

## Workshop Schedule...

### Location

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

### SHELBY, NC

March 10 – 11

### Begins:

May 12 – 13

### Mon. at 1 p.m.

July 14 – 15

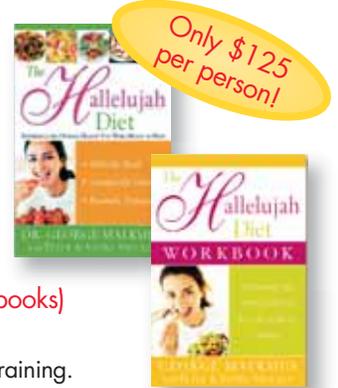
### Tues. at 8 a.m.

Sept. 15 – 16

Nov. 10 – 11

*Workshops & prices subject to change*

- You'll spend 2 memorable days with Rev. Malkmus.
- Includes Rev. Malkmus' dead food/living food presentation.
- Segments on Biblical Foundation and God's Way to Ultimate Health.
- Presentations on exercise and much more.
- Participants will be using The Hallelujah Diet book 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 Classes

### 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 Acres Diet & Lifestyle Workshop hosted by Rev. George Malkmus the week of Health Minister Training.

### Growing Your Ministry Training 2-Day Course (Formerly Small Business Ministry Training)

**\$300 per person or \$450 per couple** (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

### Advanced Health Minister Training 3-Day Course

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

(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 Growing Your Ministry 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.

## Training Schedule...

### Location

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

### Health

### Growing Your

### Minister Training

### Ministry Training

### 3-Day Course

### 2-Day Course

March 12 – 14

March 17 – 18

May 14 – 16

May 19 – 20

July 16 – 18

July 21 – 22

Sept. 17 – 19

Sept. 22 – 23

Nov. 12 – 14

Nov. 17 – 18

### Advanced Health

### 10th Annual

### Minister Training

### Health Minister

### 3-Day Course

### Reunion

April 14 – 16

April 17 – 19

*Trainings & prices subject to change*

To register, call toll free **1.800.915.9355**

# Hallelujah Acres Lifestyle Centers

RENEW  REBUILD  REVIVE

Spend five or ten days at any of our Lifestyle Centers while learning and practicing the Hallelujah Acres Diet & Lifestyle. A Lifestyle Center experience includes healthy food preparation, exercise, setting up your kitchen, outings, and much more.



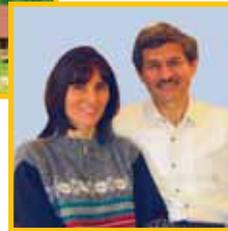
### Lake Lure, North Carolina

Tim & Anita Koch welcome you to the Blue Ridge Mountains! You will find their quiet, picturesque center to be the ideal atmosphere to relax and focus on getting your health on track. Seasoned Health Ministers, Tim & Anita will walk you through the week giving you practical experience in making the lifestyle real and doable at home. Contact them at:

[lakelurenc@halifestylecenters.com](mailto:lakelurenc@halifestylecenters.com)

### LAKE LURE, NC

Mar. 9 – 14  
Mar. 16 – 21  
Mar. 30 – Apr. 4  
Apr. 6 – 11  
Apr. 27 – May 2  
May 4 – 9  
May 18 – 23  
May 25 – 30  
June 15 – 20  
June 22 – 27



### Stanton, Kentucky

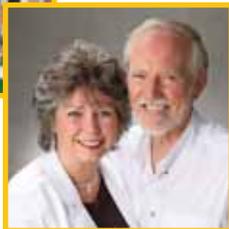
Come to Kentucky and meet Mircea & Valentina Dragomir who facilitate an inviting Lifestyle Center on 300 acres of Kentucky countryside. Trained as massage therapists, they will assist you with every step of the Hallelujah Acres Diet & Lifestyle. If you have children you want to introduce to the healthy lifestyle, talk to Valentina. They are ready for you and your family. They can also accommodate RVs!

[stantonky@halifestylecenters.com](mailto:stantonky@halifestylecenters.com)

### STANTON, KY

Mar. 9 – 14  
Mar. 16 – 21  
Mar. 30 – Apr. 4  
Apr. 6 – 11  
Apr. 20 – 25  
Apr. 27 – May 2  
May 18 – 23  
May 11 – 16  
June 1 – 6  
June 8 – 13

Plan a  
Spring Retreat!



### Plant City, Florida

If you enjoy warm weather, consider joining Dave & Sherry Orcutt in beautiful Plant City, Florida. Complete with sunshine, swimming pool, palm trees and other Florida amenities. Dave & Sherry put their heart and soul into sharing the Hallelujah Acres Diet & Lifestyle. They have seen firsthand how this lifestyle restores the body to good health evidenced by Dave's recovery from MS. They can help you with all phases of the lifestyle; just contact them for more information on their center.

[plantcityfl@halifestylecenters.com](mailto:plantcityfl@halifestylecenters.com)

### PLANT CITY, FL

Mar. 9 – 14  
Mar. 16 – 21  
Mar. 30 – Apr. 4  
Apr. 6 – 11  
Apr. 20 – 25  
Apr. 27 – May 2  
May 11 – 16  
May 18 – 23  
June 1 – 6  
June 15 – 20  
June 29 – July 4



### Fallbrook, California

Steve & Leslie Kirchmeier are excited about having you visit them at their Lifestyle Center in gorgeous southern California. Both have dedicated themselves to sharing the healthy way of living with all who come their way. An expert in raw food preparation, Leslie helps make it easy to prepare delicious, healthy meals, one component which strengthened her body to overcome cancer. Any time of year is great in Fallbrook, so check your calendar and contact them.

[fallbrookca@halifestylecenters.com](mailto:fallbrookca@halifestylecenters.com)

### FALLBROOK, CA

Mar. 30 – Apr. 4  
Apr. 6 – 11  
Apr. 20 – 25  
Apr. 27 – May 2  
May 18 – 23  
May 25 – 30  
June 15 – 20  
June 22 – 27

### 5 Day Program

\$1195 per person  
\$2295 per couple\*

### 10 Day Program

\$2295 per person  
\$4195 per couple\*

### Airport Transportation

\$50 each way

Ask about Health Minister discounts when scheduling your visit.

**Five or ten day program meets pre-requisite for Health Minister Training.**

\* Persons of same household - All prices based on double occupancy rooms.



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

### Seminar Schedule...

#### Location

**SHELBY, NC at 10 a.m.**

March 1	June 7	Oct. 4
April 5	July 5	Nov. 1
May 3	Aug. 2	Dec. 6
	Sept. 6	

## 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, Lit. D.**, founder of Hallelujah Acres, present this seminar in his down-to-earth, oftentimes humorous, yet still impactful way.

### 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 Acres 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 Acres 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 other 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

Mar 3 - 7  
May 5 - 9  
July 7 - 11

*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 Acres Diet & Lifestyle. You will experience a total immersion into the Hallelujah Acres Diet & Lifestyle. We will focus on God's natural laws and principles for overcoming disease and illness and restoring the body to optimal health. Classes will provide health and nutrition lessons with opportunities for students to participate in food preparation as well as juicing. There will be special speakers, special field trips, nature walks, time in prayer, and detoxing foot-baths; all designed to enable you to embrace a healthier lifestyle. If you have struggled with dieting, poor health, or disease come to Hallelujah Acres 5-day GHSB class and experience the beginning of restoration by establishing life-long healthy habits.

**\$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**

## Hallelujah Acres Diet & Lifestyle Centre



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

Education • Training • Support • Resources



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 Hallelujah Acres Diet & Lifestyle 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.

New Name,  
Same Location!

**Open House!** Haven't visited our NEW Hallelujah Acres Diet & Lifestyle Centre location? This is your opportunity to join us for inspiration, information, and prizes. Also, FREE samples all day long. **March 22 & May 10**

### Class Schedule...

#### Location

Hallelujah Acres Diet & Lifestyle Centre  
16635 Yonge Street, Unit 24B  
(Just south of Mulock Drive)  
Newmarket, ON • 905.853.7014

#### OPEN HOUSE!

Mar. 22  
*Let's Spring Clean  
Our Body*  
at 11 a.m. & 2 p.m.

#### In the Kitchen with Judy

This class is offered  
Tues. and Thurs. of  
every week.

#### Vegetarian Food Prep Classes

Offered one Sat.  
a month during  
lunchtime.

Mar. 29  
*Think GREEN*  
April 26  
*Spring Soups*

#### New! Spend the Day with Judy

Mar. 8 & 18  
April 5 & 22

#### Healthy 5-Day Retreat

2008  
Mar. 24 – 28  
May 26 – 30

#### 2-Day Intensive Lifestyle Retreat

2008  
April 11 – 12  
June 13 – 14

#### Get Healthy! Stay Balanced Class

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

#### Health Ministers Workshop

2008  
Choice of  
March 14 or 15

Events & prices subject to change



### Canada Hallelujah Acres Diet & Lifestyle 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 • \$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. This 9-part 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 5-Day Retreat • \$450 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.

January 26 & 29 *Juicing for Health*

February 12 & 16 *Food for the Heart*

March 15 *Think GREEN featuring the Vita Mix*

To book a class and to order, call toll free **1.866.478.2224** • All prices are in Canadian Dollars.

Hallelujah Acres's private-label products as well as all our own books and DVD's have been reduced in price.

Canada Customer Service hours: Monday – Friday 10 a.m. to 6 p.m. EST

**Get Healthy!**  
RESOURCE CENTERS

**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

**New!** *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 p.m.  
Wed. at 10 a.m.

**Accountability  
Class**

1st & 3rd  
Mon. at 7 p.m.  
1st & 3rd  
Fri. at 10 a.m.

**Accountability  
Class Covered-  
Dish Meal**

March 31  
June 30  
at 7 p.m.

**FREE Health  
Support Group**

**SHELBY**  
2nd Mon.  
at 6:45 p.m.

**GREENVILLE**  
4th Mon.  
at 6:45 p.m.

**CHARLOTTE**  
4th Mon.  
at 6:45 p.m.

**Kids in the  
Kitchen**

3rd. Sat.  
at 11 a.m.

**Weight Management  
SHELBY**

Mon. at 11 a.m.

**GREENVILLE**  
Wed.  
at 4:30 p.m.

**CHARLOTTE**  
Fri. at 11 a.m.  
& 5:30 p.m.

**Themed Food  
Preparation Class  
& Dinner**

**SHELBY**  
Mar. 24, Apr. 28  
May 26, June 23  
July 28, Aug. 25  
**GREENVILLE** Mar. 10  
**CHARLOTTE** Mar. 10

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

**SHELBY**  
Mar. 10 – 14

**Lunch Lesson**

**SHELBY**  
1st & 3rd Thurs.  
at 11:30 a.m.

**Singles Get Healthy!**

**SHELBY**  
2nd & 4th Tues.  
from 6–8 p.m.

**Seniors Get Healthy!**

**SHELBY**  
3rd Sat.  
from 2–4 p.m.

Events & prices subject to change

**GET HEALTHY! RESOURCE  
CENTER EVENTS**

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

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



**Resource Center Classes: Get Healthy, Focused & Connected.**

**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 Acres 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**

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**

Weigh-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**

**March 24** - Eat Your Greens (For St. Patrick's Day)  
**April 28** - Easter Celebration  
**May 26** - Oriental Feast  
**June 23** - Roadside Café  
**July 28** - A Light Summer Breeze  
**August 25** - French Cuisine

**Greenville SC Location**

**March 10** - Country Bar-B-Que  
**April 11** - Easter Celebration  
**May 9** - Oriental Feasts  
**June 13** - Light Summer Breeze  
**July 11** - Roadside Café  
**August 8** - French Cuisine  
**Sept. 12** - A Night to Remember

**Charlotte NC Location**

**March 10** - American Favorites  
**April 14** - Soup and Salad Shindig  
**May 12** - A Visit to Italy  
**June 9** - Country Bar-B-Que  
**July 14** - Picnic Palooza

**Two NEW classes to begin in Shelby, NC**  
**Singles Get Healthy!**  
**Seniors Get Healthy!**

**Singles • \$40 per month**  
**Seniors • \$20 per session**

- No enrollment fees
- Access to exercise and media room
- Support & accountability
- Food preparation
- Transitional coaching
- Education
- Fellowship and Fun
- Christian environment

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. Each *Get Healthy!* Resource Center has all Hallelujah Acres Products available for sale.



# Stress Fighters in Our Food

by Jeanette Divine

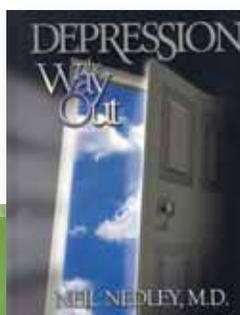
Food does affect our behavior. Our bodies' cells respond to what we feed them either in a positive way or a negative way. So let's take a look at the kinds of foods and juices that will help the body attain excellent health. These foods and juices are not only good for us, they are delicious as well. Raw fruits and vegetables, nuts, and seeds are the nourishing foods we were designed to eat, and when we withhold these life-giving foods, we can expect stressful conditions for the body.

Eating too late in the evening can be very stressful on the body as well, especially if the food is a stress-causing food. Whenever we eat meat, dairy, bleached white flour, sugar, or caffeine, the body has to expend energy to rid itself of these toxins and allow release from its storehouse of enzymes to help process these 'foods.' All of this is very stressful on the body. We want to supply ourselves with excellent nutrition, which will edify the body and not harm it.

Dr. Norman Walker's book, *Fresh Vegetable and Fruit Juices*, tells the reader, "At all times bear this fact distinctly in mind that juices are the very finest nourishment we can get, and if we continue to take them as long as we live the chances are that we will live a healthier life much longer than we would without them." He goes on to say, "If there is an inadequate supply of sulphur, iron, and

calcium in the diet, or even if there is an abundant supply of these, but in devitalized inorganic form, then asthma, rheumatism, hemorrhoids, and other disturbances may result. Unbalanced proportions of sulphur and phosphorus in the diet may create conditions of mental irritability, neurasthenia, and even insanity. The combination of carrot and celery juices furnishes a balance of these organic minerals in excellent combination to combat tendencies toward these diseases and help to restore the body to normalcy where these afflictions have started or taken root." Note the juice recipes we have featured which came from Dr. Walker's book.

According to Dr. Neil Nedley in his book, *Depression the Way Out*, "Foods rich in tryptophan and omega-3 are greatly beneficial to brain health, well-being, and recovery from depression." He goes on to say, "By improving your diet, you can begin to take control of your life." Some foods that are high in tryptophan are ground flax seeds, pumpkin seeds, gluten flour, sesame seeds, almonds, and black walnuts.



To order *Depression the Way Out* by Dr. Neil Nedley, please see page 57 of our Resource Catalog.



Here are some juice recipes taken from **Fresh Vegetable and Fruit Juices** by **Dr. Norman**

**Walker**, which may help to achieve optimal sleep.

1. 5 oz carrot juice mixed with 3 oz spinach juice OR
2. 8 oz grapefruit juice OR
3. 4 ½ oz carrot juice mixed with 3 ½ oz celery juice. Note: If celery tops (greens) are used, then change the proportion to 5 oz carrot and 3 oz celery OR
4. 5 oz carrot juice mixed with 1 ½ oz beet juice and 1 ½ oz cucumber juice.

To order *Fresh Vegetable and Fruit Juices* by Dr. Norman Walker, please see page 44 of our Resource Catalog.



Here are a few delicious recipes taken from Dr. Nedley's book, **Depression the Way Out**, that will not only appeal to your taste buds, but also are good for you and contain the ingredients that support a healthy mind and body.

"Granola makes an excellent breakfast addition and a wonderful snack at home or on the road. I have served granola many times as a light supper with a smoothie or fresh fruit. My children also enjoy the crunchy clusters of this recipe. Walnut granola is high in omega-3, fiber, melatonin, and tryptophan."

## Walnut Granola

Recipe from *Depression the Way Out*, page 251

½ cup water  
1 cup dates, sliced to remove pits  
½ cup Welch's White Grape Juice concentrate  
¼ cup canola oil  
1 Tbsp. vanilla extract  
1 ½ tsp. unrefined sea salt  
6 cups old-fashioned rolled oats  
1 cup unsweetened coconut flakes  
1 cup walnuts, coarsely chopped  
1 cup almonds, coarsely chopped  
1 cup raw wheat bran  
½ cup flaxseed meal

1. Heat water and dates. Place in a blender with white grape juice concentrate, oil, vanilla, and salt. Blend until smooth.
2. In a large bowl, combine all dry ingredients. Pour blender mixture into bowl and mix with hands until dry ingredients are well-coated.
3. Spread about ½ inch thick on 2 double-insulated cookie sheets. Rotate cookie sheets during baking.
4. Two basic methods for cooking granola are:
  - a) Bake overnight at 150°. In the morning, bake 10-15 minutes or until golden brown at 200°.
  - b) Or bake at 225° for about 1 hour until golden brown. Stir every 15 minutes.

"These mouth-watering cookies are so easy to make and are healthy for you. Very high in omega-3, they are made without butter and eggs. Maple syrup adds a delicious touch of natural sweetness."

## Walnut Maple Cookies

Recipe from *Depression the Way Out*, page 260

2 1/2 cups walnuts, ground in food processor  
2/3 cup whole wheat pastry flour  
1 tsp. unrefined sea salt  
1/3 cup flaxseed meal  
1/3 cup carob chips  
½ cup maple syrup + 2 tsp  
2 tsp. vanilla

1. In a small bowl, add all the ingredients in the given order. Mix well.
2. Spray a large cookie sheet with a good vegetable oil spray and preheat the oven to 350°.
3. Drop dough on cookie sheet with a spoon and flatten with a fork.
4. Bake for 10 to 15 minutes or until golden brown, checking often to prevent burning.
5. Let cool before removing from the cookie sheet. Makes one dozen.



For more great recipes see recipe books on pages 40 & 41 of the Resource Catalog.

# Hallelujah Acres Diet Explained



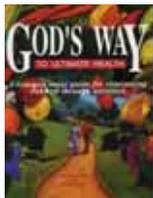
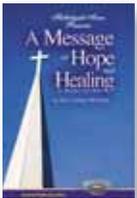
## Healthy Living from a Biblical Perspective

And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.

Genesis 1:29



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





*Hallelujah Acres Lifestyle Center guests sharing a healthy and delicious meal.*

## A Balanced Diet & Lifestyle Includes Rest, Relaxation, & Fellowship.

### 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.)

### 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 Acres 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.



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 unsulphured organic dried fruit (Limit fruit to no more than 15% of daily food intake.)

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

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

**Nuts & 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

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

**Vegetables:** All raw vegetables

**Soups:** Raw soups

### *The best diet in the world is no substitute for lack of recuperative rest.*

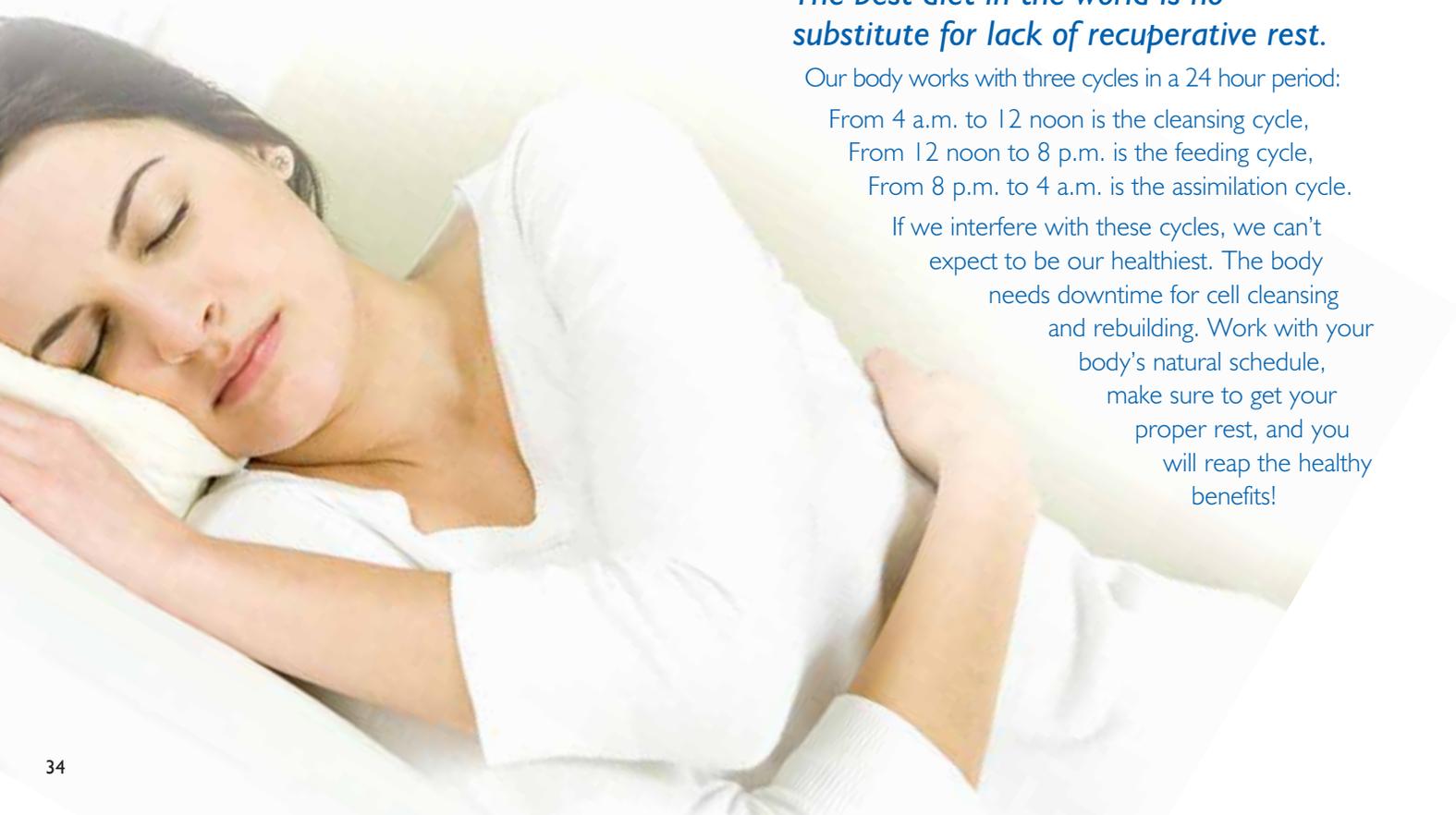
Our body works with three cycles in a 24 hour period:

From 4 a.m. to 12 noon is the cleansing cycle,

From 12 noon to 8 p.m. is the feeding cycle,

From 8 p.m. to 4 a.m. is the assimilation cycle.

If we interfere with these cycles, we can't expect to be our healthiest. The body needs downtime for cell cleansing and rebuilding. Work with your body's natural schedule, make sure to get your proper rest, and you will reap the healthy benefits!



## The 15% Portion

The following foods make up the 15% portion of The Hallelujah Acres 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

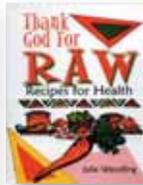
**Seasonings:** Same as the 85% portion, plus unrefined sea salt (Use sparingly.)

**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 Acres 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

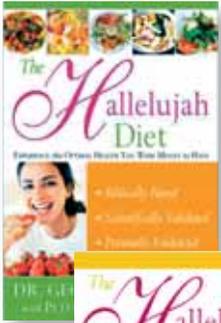
**Seasonings:** Refined table salt, black pepper, and any seasonings containing them

**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

# Hallelujah Acres Resource Catalog



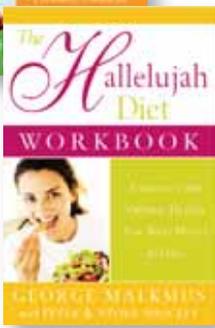
Books, Videos, and Audios by  
**Rev. George Malkmus, Lit. D.**  
Founder of Hallelujah Acres

## The Hallelujah Diet

by Rev. George Malkmus, Lit. D., 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

\$16.50



## The Hallelujah Diet Workbook

by Rev. George Malkmus, Lit. D., 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

\$9.85

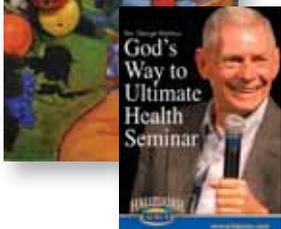


## God's Way to Ultimate Health

by Rev. George Malkmus, Lit. D., 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 Acres 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

\$20.85



## God's Way to Ultimate Health Seminar

presented by Rev. George Malkmus, Lit. D.  
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) \$14.25

#266DVD Video (1) 2 hrs. 20 min. \$27.50

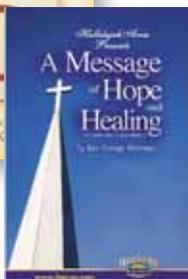


## Why Christians Get Sick

by Rev. George Malkmus, Lit. D.  
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 \$15.50

#201K Korean version \$9.85



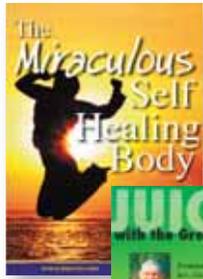
## A Message of Hope and Healing – A Christian Health Primer

by Rev. George Malkmus, Lit. D.

(Formerly *You Don't Have to be Sick*) Is an inexpensive booklet that summarizes the Hallelujah Acres 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

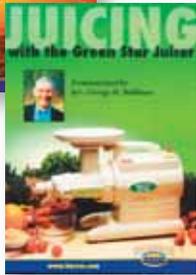
\$4.50



**Best Seller!**

## The Miraculous Self-Healing Body

hosted by Rev. George Malkmus, Lit. D.  
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 minutes **\$19.75**



## Juicing with a Twin Gear Juicer

hosted by Rev. George Malkmus, Lit. D.  
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 **\$14.25**

## 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 Acres 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 \$22.00** \$32.75

Or order individually:

- |                                         |         |                              |         |
|-----------------------------------------|---------|------------------------------|---------|
| #293-1 Arthritis & Osteoporosis/20 min. | \$10.95 | #293-2 Cancer/18 min.        | \$10.95 |
| #293-3 Diabetes/25 min.                 | \$10.95 | #293-4 Weight Issues/19 min. | \$10.95 |
| #293-5 Fibromyalgia & Lupus/19 min.     | \$10.95 |                              |         |

### 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 them.

#209 Paperback, 100 pages **\$9.95**

### Vaccinations, Deception & Tragedy

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

#207 Paperback, 128 pages **\$9.95**

### Six Months to Live

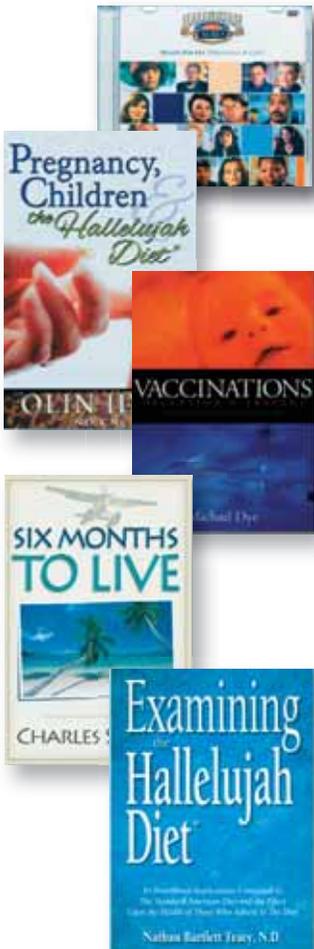
by Health Minister Charles Snyder  
This is one of those books that you won't be able to put down! Health Minister Charles Snyder has written a combination Robinson Crusoe meets Genesis 1:29 in an action-filled, fiction adventure that you hope will never end! Stranded on an unknown island, whether by 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 **\$9.95**

### Examining The Hallelujah Diet

by Health Minister Nathan Tracy, ND  
Dr. Tracy discusses the nutritional implications of The Hallelujah Acres Diet in comparison to the Standard American Diet (SAD) and addresses the effects upon the health of those who adhere to The Hallelujah Acres 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 **\$10.95**



**Special Offer!**

Spend \$150 or more and receive a **FREE Hallelujah Food Show Recipes for Life 4 DVD Set** through April 30, 2008 – Retail Only - While supplies last.

# Great Starter Kits

SAVE  
\$35.00!



1. Silver Starter Kit

## 1. Silver Starter Kit

- Barley Max  
*(also in Alfalfa Free/Capsules)*
- Fiber Cleanse Powder/Capsules
- Professional Strength Probiotics
- Flora Flax Oil
- Digestive Enzymes
- B12, B6-Folic Acid
- *Hallelujah Diet Book*
- *Miraculous Self Healing Body DVD*

#KITSILVER \$155.95

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2. Gold Starter Kit

## 2. Gold Starter Kit

- Barley Max  
*(also in Alfalfa Free/Capsules)*
- Fiber Cleanse Powder/Capsules
- Professional Strength Probiotics
- Digestive Enzymes
- Flora Flax Oil
- B12, B6-Folic Acid
- Champion Juicer  
*(Available in almond, white or black)*
- *Recipes for Life...from God's Garden*
- *Hallelujah Diet Book*
- *Miraculous Self Healing Body DVD*

#KITGOLD \$450.00

Best  
Seller!

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\$115.00!



3. Platinum Starter Kit

## 3. Platinum Starter Kit

- Barley Max  
*(also in Alfalfa Free/Capsules)*
- Fiber Cleanse Powder/Capsules
- Professional Strength Probiotics
- Flora Flax Oil
- B12, B6-Folic Acid
- Digestive Enzymes
- Greenstar Juicer
- *Juicing with Rev. Malkmus DVD*
- *Recipes for Life...from God's Garden*
- *Hallelujah Diet Book*
- *Miraculous Self Healing Body DVD*

#KITPLATIN \$695.00

Commit to  
a New Start.

Feel a difference  
in your life.

If ordering by mail, please contact customer service for tax and shipping charges.

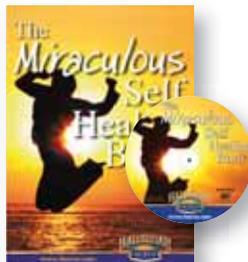
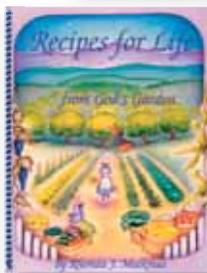
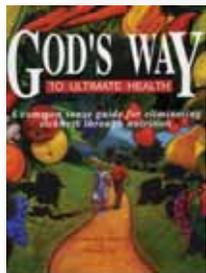
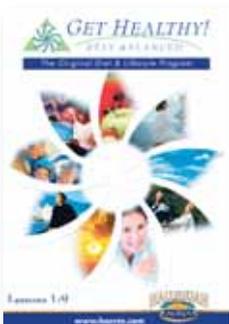
\* Canadian Kits do NOT have the Flora Flax Oil. (The prices have been adjusted.)



# GET HEALTHY!

## STAY BALANCED

The Original Diet & Lifestyle Program



## The Complete Get Healthy! Stay Balanced Educational Package

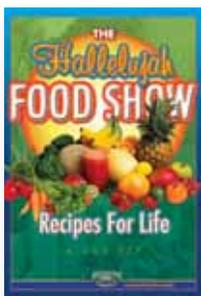
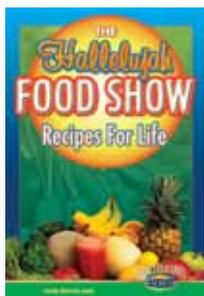
Completion of this course meets the pre-requisite for Health Minister Training.

This special package includes:

- The entire collection of 10 *Get Healthy! Stay Balanced* DVDs and 9 Workbooks:
  - The Overview
  - Living Foods
  - Dead Foods
  - Cleansing
  - Pure Air & Exercise
  - Water & Sunshine
  - Stress & Rest
  - Emotions
  - Biblical Foundation
  - 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

#KIT945

\$400.00



## The Get Healthy! Stay Balanced DVD Collection

This special package includes:

- The entire collection of 10 *Get Healthy! Stay Balanced* DVDs
- 4 of the most popular *Hallelujah Food Show Recipes for Life* DVDs
- The Miraculous Self Healing Body* DVD

#KIT946

\$250.00

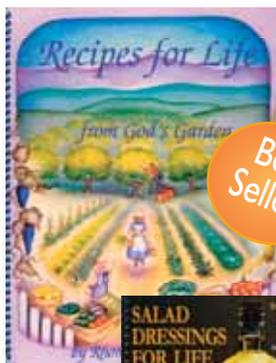
Take Control of Your Own Health & Life!

For Health Minister Training information please see page 27 of the Education, Support & Training section or page 59 in this Resource Catalog.

## Hallelujah Acres Diet & Lifestyle

Healthy Living from a Biblical Perspective

“And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.” Genesis 1:29



### Recipe Books by Rhonda Malkmus

Co-Founder of Hallelujah Acres

Popular Hallelujah Acres Culinary Academy Instructor, see page 24 for class schedule.

#### 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

\$27.50

#### 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 Acres Diet & Lifestyle, and Rhonda will show you how.

#208 Spiral-bound, 64 pages

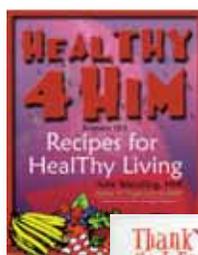
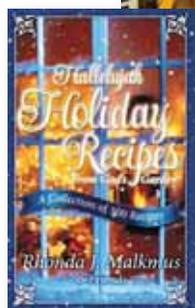
\$15.50

#### 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 Acres Diet & Lifestyle 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

\$21.95



### Recipe books by Health Minister Julie Wandling

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

#### 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 Acres Diet & Lifestyle on a shoestring budget. Includes more than 100 new and different recipes for cooked and raw foods.

#212 Paperback, 200 pages

\$19.95

#### 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

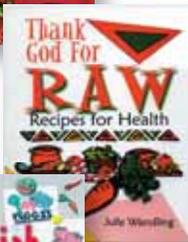
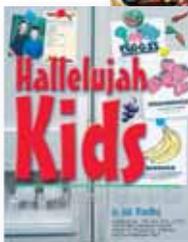
\$19.95

#### 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

\$21.95





### Recipe books by Health Minister Kim Wilson

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

#### 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 \$19.95**



#### 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 simple 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. Includes tips and techniques, and other helpful diet and lifestyle guidelines as well as holiday menu ideas. All the recipes are allergen-free and are great for those dealing with candida.

**#382 Spiral-bound, 255 pages \$19.95**

#### Hallelujah! Simple Weekly Meal Plans by Health Minister Marilyn Polk

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

This is a handy month-long meal planner that will help everyone on the Hallelujah Acres 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 Acres 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!

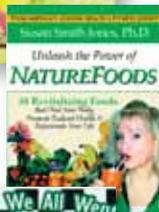
**#214 Spiral-bound, 66 pages \$9.95**



#### 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 \$17.50**



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

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

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 \$21.95**



#### 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 can 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 \$16.50**

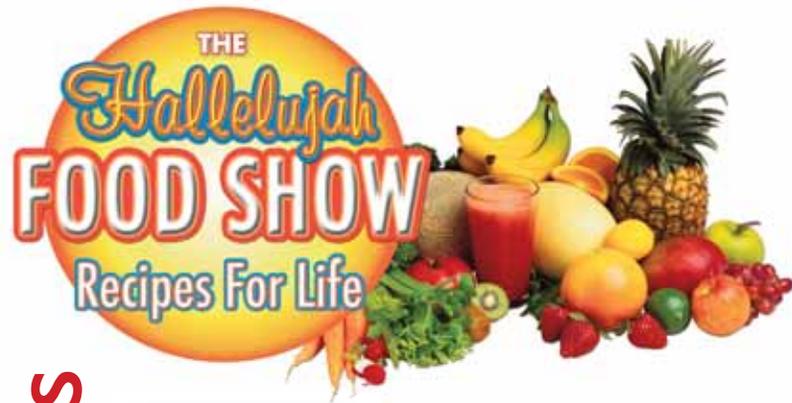


#### Chelsea's Healthy Secrets by Sherry & Frank Schiavi, Jr., M.D.

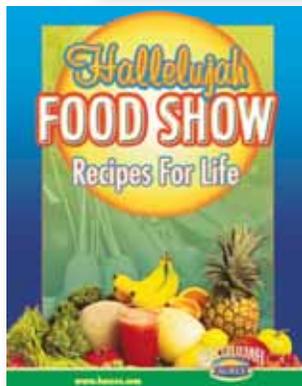
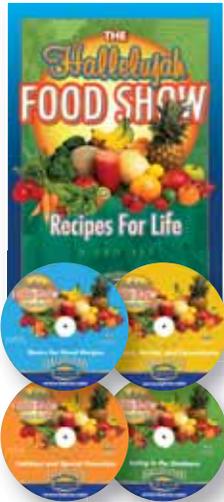
Fun and informative, this book teaches children about healthy cell secrets in a very simple and creative way. Children seem to love, and more importantly grasp, the healthy cell concept. Beautifully written by Sherry Schiavi, a Hallelujah Acres Health Minister, Nutritional Counselor and Director of Living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

**#379 Hardcover, 44 pages \$16.50**





## Food Show Video Series



### Four Video Package

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

#931 4 DVDs \$43.95

- **Choices, Variety & Convenience**

Includes over 25 delicious culinary creations from salad dressings, soups, entrees to desserts.

- **Basics for Great Recipes**

Learn the fundamentals of making delicious soup stock, juices, soups, dressings, and more.

- **Eating in the Outdoors**

Eating outdoors and enjoying deliciously prepared food! What a great combination! You'll see how easy it is to take along terrific-tasting and easy to prepare food on your outdoor picnics or back-pack adventures.

- **Holidays & Special Occasions**

Includes those special dishes you will want to serve when family and friends gather around the holiday table including Waldorf Salad using Almond Mayonnaise, Holiday Nut Loaf with Sun Dried Tomato Sauce, Curried Wild Rice Casserole, delicious pies, cookies, and holiday drinks.

### 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 more savory dishes featured on the Food Show videos.

#330 Paperback, 60 pages \$16.50

# Food Preparation



### OXO Salad Spinner

Spins water out of your vegetables after you wash them, giving you drier, crispier veggies for your salad.

#583 White

Not Available



### Braun Flaxseed Grinder

To get the benefits of flaxseeds, you need to grind them before you consume them. (Also works well grinding nuts and seeds)

#582

Not Available



### Evert-Fresh Green Bags®

Keep your carrots crunchy, romaine lettuce crisp, sweet bananas yellow...even fresh cut flowers perky! These revolutionary bags extend the life of your produce by retaining valuable vitamins 3 to 10 times longer. These bags are made of a Japanese mineral, which naturally absorbs the gases produced by enzymes that cause vegetables to deteriorate. Also available in small and medium sizes

#525LG

\$8.50

#### 10-Pack Large

(21.1" H x 9.1" W x 6.6" D)

*(Other sizes available)*  
\*Evert-Fresh® is a registered trademark of Evert-Fresh Corporation.



### Freshlife Sprouter

Grow your own sprouts, small seeds and grains in your kitchen. This product is made for indoor use only (temps 65°F-85°F). The Sprouter features an automatic sprinkling system to produce fresh, nutritious and tender sprouts.

#606

\$115.00



## Chop KitchenAid 12-Cup Food Processor

- Powerful, versatile, and convenient
- 700 watts of power
- Handles the most demanding jobs
- Exclusive 4-cup mini bowl and mini-blade.
- Dough blade
- Two-piece food pusher
- Accessory case
- Includes a tall feed tube

#609

\$220.00

## Mix Tribest Personal Blender

- Versatile
- Powerful ice crusher
- Smoothie making
- Seed-grinding
- Sauce blending
- Compact
- Four blend-n-serve cups

#584

\$105.00



Best Seller!

## Blend Vita-Mix Turbo Blend 4500

- Excellent blender
- Food Processor
- Prepares delicious raw soups
- Not a juicer, it doesn't separate pulp/fiber.
- Excellent tool for food preparation

#4500HA

\$425.00

Excellent Tools for Easy Food Preparation!

## Dehydrator

Always Have Plenty of Healthy Snacks On Hand!

### Excalibur 2900® Food Dehydrator

- Family-size economy model
- Adjustable thermostat with a range of 85°F-145°F
- Even airflow though consistent drying
- Nine trays, 15 square feet of drying area.
- Fruit roll sheets also available.

#580HA Excalibur 2900

\$225.00

#589 Fruit Roll (1-sheet)

\$10.95

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



**Special Offer!**  
A \$43.95 Value

Spend \$150 or more and receive a **FREE**  
**Hallelujah Food Show Recipes for Life 4 DVD Set**  
through April 30, 2008 – Retail Only - While supplies last.

# Hallelujah Acres Fresh Juicing

*Healthy Living from  
a Biblical Perspective*

*"Blessed are they which  
do hunger and thirst after  
righteousness; for they  
shall be filled" Mathew 5:6*



## 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

\$599.95

## 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)

\$275.00

#511HA Commercial Model (White Only)

\$325.00



## Upright Carrot Peeler

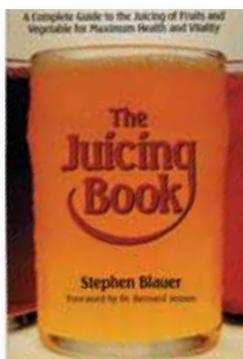
Peel carrots like a pro! This new kitchen convenience is perfect for anyone on The Hallelujah Acres Diet. It comes with a counter stand and a wall-mount unit.

#614 Upright Carrot Peeler

\$99.95



## Videos & Books on Juicing



### 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

\$9.95

### Fresh Vegetable and Fruit Juices 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

\$8.75



**SPECIAL!**  
Save \$10.00!

# Juice On the Go Combo



Take advantage of this on the go combo special. These three juice powders are delicious alone or mixed together, and they come with a savings too!

- **BarleyMax 8.5-oz powder**
- **CarrotJuiceMax 16-oz powder**
- **BeetMax 8.8-oz powder**

#KITMAXTRIO

\$110.00

Juice on the Go



## 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)* \$41.50
- #440 4.2-oz powder \$25.50
- #442 240-ct vegetarian capsules \$35.50
- #453 AF (Alfalfa Free) 8.5 oz powder \$41.50



## 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 \$43.50



## 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 \$35.50

## Hand Mixer

- Perfect for mixing the Maxes easily and conveniently
- Uses 2 AA batteries
- Petite enough to take with you anywhere

- #403 \$6.50

## Shaker Cup

- 7 inches tall
- Holds 16 oz. of liquid
- Perfect for mixing our powder products

- #404 \$3.50



**Special Offer!**  
A \$43.95 Value

Spend \$150 or more and receive a **FREE** Hallelujah Food Show Recipes for Life 4 DVD Set through April 30, 2008 – Retail Only – While supplies last.

Living Food & Nutrition

# Hallelujah Acres

## Nutritional Support Explained

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



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



### 1. BarleyMax

supplies nutrients (specifically minerals and trace elements) that are missing from our foods. It is best taken on an empty stomach 2 to 3 times daily and may be dissolved in the mouth or taken in a couple ounces of purified water or vegetable juice. 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 helping to build new, strong, healthy, and vital cells in your body.

#441	8.5-oz powder	<i>(two-month supply at 2 servings a day)</i>	\$41.50
#440	4.2-oz powder		\$25.50
#442	240-ct vegetarian capsules		\$35.50
#453	AF (Alfalfa Free) 8.5 oz powder		\$41.50



### 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	\$32.50	#445-C 240-ct vegetarian capsules	\$32.50
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### 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	\$21.50
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### 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	Not Available
#427	Udo's Oil Blend 17-oz bottle	Not Available
#436	Flora Flax Oil 17-oz bottle	Not Available



**Special Offer!**  
A \$43.95 Value

Spend \$150 or more and receive a **FREE**  
**Hallelujah Food Show Recipes for Life 4 DVD Set**  
through April 30, 2008 - Retail Only - While supplies last.



## Supplement Tips

While you will find several food concentrates and nutritional supplements listed here with The Hallelujah Acres 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**  
 B-12 is an essential nutrient that is not found in plant-based foods. If we have an optimal balance of intestinal flora, it isn't an issue as it is produced by our friendly flora. However, in our study, we found almost 50% of those tested who had been on the Hallelujah Acres Diet for two years were deficient. To help 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 optimal 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 \$16.50**

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 \$28.50**

7.  **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. As an added bonus, our Digestive Enzymes also contain a significant amount of probiotics to help maintain a good balance of friendly bacteria. NEC's research brochure is available at [www.hacres.com/dietresearch/enzyme\\_TNO\\_brochure.pdf](http://www.hacres.com/dietresearch/enzyme_TNO_brochure.pdf)  
**#447 90 vegetarian capsules \$27.50**

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](http://www.hacres.com/dietresearch/probioticssummarychart.pdf)  
**#446 Probiotics 90 vegetarian capsules provides 2.8 billion CFU \$27.50**  
**#458 Professional Strength Probiotics 60 vegetarian capsules provides 24 billion CFU \$32.50**

9.  **9. WaterMax**  
 re-mineralizes distilled or reverse osmosis water. Now use only 1 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 our new and improved WaterMax, a new more concentrated water additive.** WaterMax alkalizes the water, provides minerals in amounts and forms that benefit the body, and improves the hydrating and antioxidant ability of your water. So drink up!  
**#339 8-oz bottle *Introductory price good through April 30, 2008.* \$32.50**

*New Improved. Clear Liquid.*

To order, call toll free **1.866.478.2224**. All prices are in Canadian dollars and have been further reduced. Canada Customer Service Hours: Mon. - Fri. 9:30 a.m. to 6 p.m. EST. • Products, prices, and availability subject to change.

## Additional Nutritional Support

### 1. Hallelujah Acres Intestinal Balance

This unique supplement contains a proprietary blend of ingredients that packs a powerful punch for your health. Special enzymes are designed to help 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 \$27.50

### 2. Hallelujah Acres Antioxidant

This broad-spectrum antioxidant formula helps protect 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 \$30.50

### 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 \$27.50

### 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 \$43.50

### 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 \$39.50



### 6. Micro-Max

This supplement helps to 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 \$16.50

### 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, helps to facilitate 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 \$44.00

### 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.

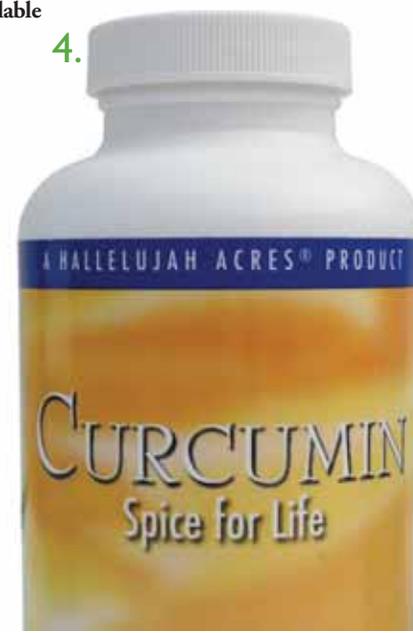
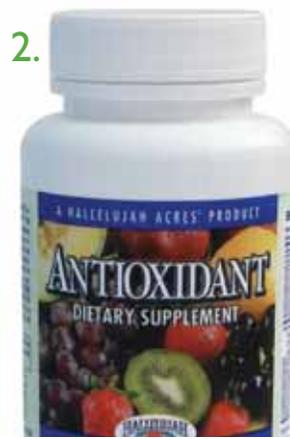
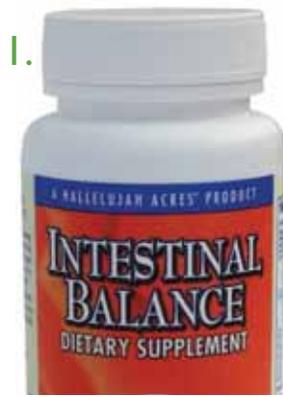
#431 1-lb bag Coarse \$7.50

#430 1-lb bag Fine Ground for Salt Shakers \$14.50

### 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 14 oz. jar Not Available





# Hallelujah Acres Snacks

Living Food on the Go

Living Food & Nutrition



## 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 \$10.50**



## 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.

**#444-L 1 Bar \$3.25 3-Bar Pack \$9.50**  
**12-Bar Box \$37.50 72-Bar Case \$159.95**



## 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.

**#444 1 Bar \$1.85 5-Bar Pack \$8.95**  
**20-Bar Box \$33.50 80-Bar Case \$110.50**



## Vanilla Nut Goodee Bar

Contains 100% pure kosher maple syrup, raw almonds, pecans, macadamia nuts, organic pure vanilla, agave nectar, cinnamon, and nutmeg. Yummy.

**#444-V 1 Bar \$1.85 5-Bar Pack \$8.95**  
**20-Bar Box \$33.50 80-Bar Case \$110.50**

## 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 \$6.50**  
**#439 6-Bag box (5 oz. each) \$38.00**  
**#438 1.5 oz. bag \$3.85**  
**#438 6-Bag box (1.5 oz. each) \$22.00**



To order, call toll free **1.866.478.2224**. All prices are in Canadian dollars and have been further reduced. Canada Customer Service Hours: Mon. - Fri. 9:30 a.m. to 6 p.m. EST. • Products, prices, and availability subject to change.

## Hallelujah Acres Diet & Lifestyle

Non-toxic  
Cleaners



Safe Cleaning Products

### Conversion Pack

Includes all seven Hallelujah Acres Cleaning Products, 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 **Not Available**

### All-Purpose Cleaner

#766 8-oz Concentrate **Not Available**

### Kitchen & Bath Cleaner

#764 16-oz **Not Available**

### Glass Cleaner

#762 8-oz Concentrate **Not Available**

### Carpet Cleaner

#761 8-oz Concentrate **Not Available**

### Furniture Polish

#765 8-oz Concentrate **Not Available**

### Laundry Solution/Fabric Softner

#763-32 32-oz Concentrate **Not Available**

### Soft Scrub Cleaner

#767-8OZ 8-oz **Not Available**

### Spray Bottle

#772 16-oz Spray Bottle **Not Available**



Enjoy the benefits of cleansing & savings with one of our collection of Soap Sample Packs

#KIT714-I Invigorating Sample Pack **Not Available**  
(Sweet Orange, Carolina Pine, & Coal Tar)

#KIT714-R Refreshing Sample Pack **Not Available**  
(Ylang Ylang, Rose, & Lavender)

#KIT714-S Soothing Sample Pack **Not Available**  
(Chamomile, Rose, & Lavender)

Soothing Body Bars

### Hallelujah Acres Individual Soap 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**

### Body Oils

- #709 4-oz Bottle Orange Oil **\$9.85**
- #710 4-oz Bottle Lavender Oil **\$9.85**

### Jewelweed Topical Ointment

#716 4-oz Bottle **\$7.75**

### Lavender Garden Mist

#717 4-oz Bottle **\$7.75**



### For the Outdoors

- Bug-Me-Not
- Herbal Reppellent
- #715 4-oz Bottle **\$7.75**

**Special Offer!**  
**A \$43.95 Value**

Spend \$150 or more and receive a **FREE**  
**Hallelujah Food Show Recipes for Life 4 DVD Set**  
through April 30, 2008 – Retail Only - While supplies last.





# Facial, Body & Oral Care



**Best Seller!**

## 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 **\$60.95**
- #536 Deluxe Showerwise Replacement Cartridge **\$32.95**



## Crystal Deodorant Stone

- #721 Stone **\$8.95**
- #721R Roll-on **Not Available**
- #721S Pump **Not Available**



## Desert Essence Facial Scrub

- #756 4-oz **\$6.95**



## Desert Essence Facial Moisturizer

- #755 4-oz **\$6.95**



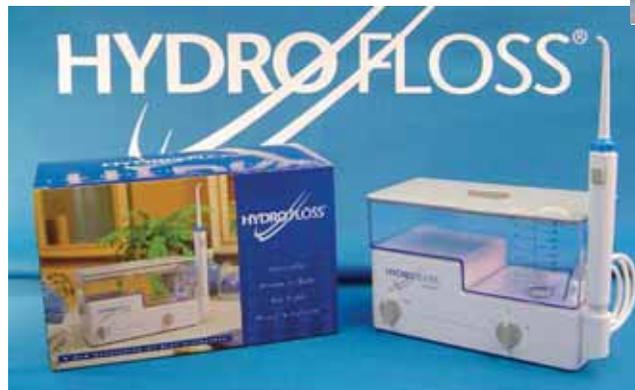
## Desert Essence 100% Pure Tea Tree Oil

- #750 1-oz **\$10.95**



## Desert Essence Tea Tree Ointment

- #751 1-oz **\$8.95**



## 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 **\$8.75**

## Jason Powersmile Whitening Toothpaste

- #757 6-oz **\$6.95**



## Hair Care

### Jason Natural Sea Kelp Shampoo

- #759 16-oz **\$8.50**

### Jason Natural Sea Kelp Conditioner

- #780 16-oz **\$8.50**

## 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 **\$32.50**
- #445-C 240-ct vegetarian capsules **\$32.50**

# Hallelujah Acres Diet & Lifestyle

Healthy Living from a Biblical Perspective

"In all labour there is profit" Proverbs 14:23a



## Make Me Ready Praise & Worship Exercise DVD

Presented by Health Minister Laura Lee Ryan, Certified AFAA Instructor  
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.

#222DVD 80-minute DVD

\$24.25

## Make Me Ready Stretch & Selah Exercise DVD

Presented by Health Minister Laura Lee Ryan, Certified AFAA Instructor  
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

\$27.50



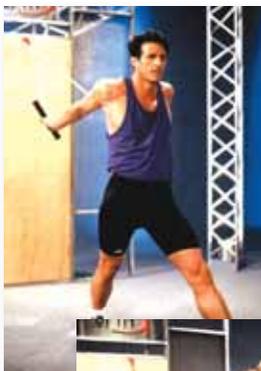
## Rebounding: Olympic Trainer by Harry & Sarah Sneider

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

\$16.50

# Exercise Equipment



## FIT 10

- Lose weight, tone or build muscle, increase strength, get a cardio workout, stretch – and feel great.
- Low impact on joints, hips, and knees and is safe to use with back problems.
- Easily control the resistance level you need to build strength, tone and slenderize.
- Unique design allows you to easily move from one exercise to another – no weights to remove or add.
- Can be used in conjunction with the Rebounder and is also a great compliment to Pilates and cardio routines.
- No assembly required. Sets up in seconds and can be done in virtually any room of your home.
- Is a fun and easy way to reach your personal fitness goals!
- Safe and effective for young children through adults of any age.
- Lifetime Guarantee on the equipment.

At 2.5 pounds, take FIT10 anywhere you travel. This is the one piece of fitness equipment you'll never grow tired of!

#605

\$105.00



**Special Offer!**  
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Spend \$150 or more and receive a **FREE**  
**Hallelujah Food Show Recipes for Life 4 DVD Set**  
through April 30, 2008 – Retail Only - While supplies last.





Exercise & Strengthen



Stay Fit,  
Stay Healthy!

**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 **\$109.95**  
(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 **Not Available**



**Omron HJ-150 Pedometer**



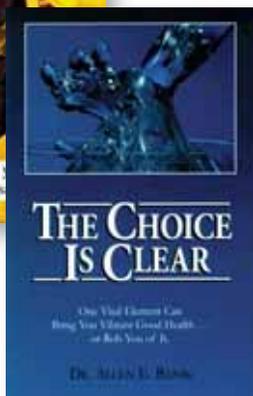
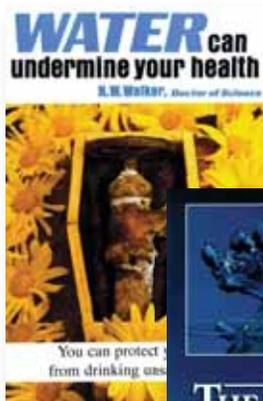
This digital pedometer will help you keep track of your exercise progress and make it easier for you to set and reach your exercise goals. Features include: time display; aerobic step counter; distance measurer; calculator for calories/fat grams burned; step counter adjustment; lightweight design with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

#607 Pedometer **Not Available**

## Hallelujah Acres Diet & Lifestyle

Healthy Living from a Biblical Perspective

"...If thou knewest the gift of God, and who it is that saith to thee, give me to drink; thou wouldest have asked of him, and he would have given thee living water." John 4:10



### 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

\$8.95

### 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

\$3.50

## 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 \$21.50

## Super Charge Your Water!

### WaterMax

WaterMax re-mineralizes distilled or reverse osmosis water. Now use only 1 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 our new and improved WaterMax, a new more concentrated water additive.** WaterMax alkalizes the water, provides minerals in amounts and forms that benefit the body, and improves the hydrating and antioxidant ability of your water. So drink up!

*New & Improved!  
Clear Liquid*



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.

#339 8 oz. bottle \$32.50

*Introductory price  
good through April 30, 2008.*



Best Seller!



1.



2.



3.

# 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 \$425.00  
 #499 Carbon Filter \$6.50 #499 Box of 6 Filters \$35.50

## 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 Not Available  
 #5901 Carbon Filter #5901 Box of 6 Filters

## 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 \$295.95  
 #5401 Carbon Filter \$6.50 #5401 Box of 6 Filters \$35.50



## WATERWISE KLEENWISE

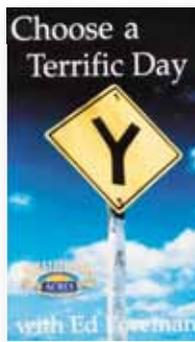
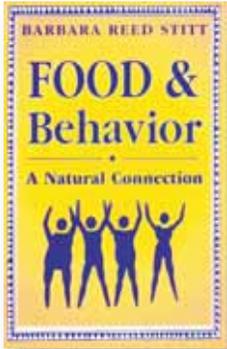
This product will clean and de-scale your distiller for maximum distillation.

#502 40 oz. powder Not Available

# Hallelujah Acres Diet & Lifestyle

Healthy Living from a Biblical Perspective

“Thou shalt keep him in perfect peace, whose mind is stayed on thee; because he trusteth in thee.” Isaiah 26:3



## 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!

#268DVD 70 minutes

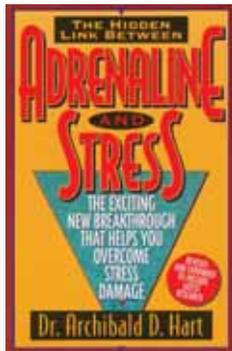
\$45.50

## 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

\$11.50



## Adrenaline and Stress

by Dr. 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 this eye-opening book, Dr. Hart explains how adrenaline gets going . . . and how to get it down again. He teaches how to:

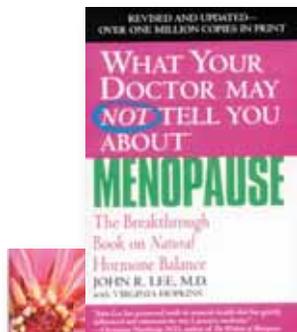
- Monitor your own adrenaline arousal levels.
- Relax!
- Change Type-A behavior without changing your basic personality.
- Cooperate with your body’s need for more and better sleep.
- Enhance creativity, get rid of “writer’s block,” and tap into “right-brain” functions.
- Lead a longer, happier, healthier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

#373 Paperback, 220 pages

\$15.50

Featured Book Review. See page 13

Emotional Balance



## 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 Hormone Balance*,” 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

\$17.50



### 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.

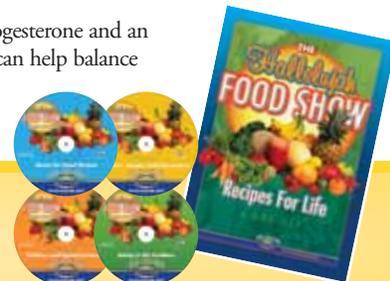
\$11.50

### 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

Not Available

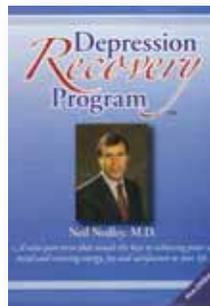
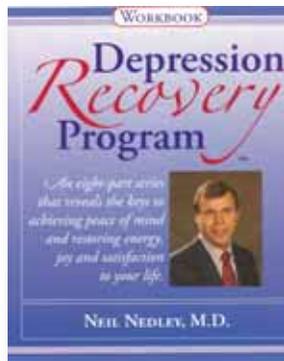


**Special Offer!**  
A \$43.95 Value

Spend \$150 or more and receive a **FREE**  
**Hallelujah Food Show Recipes for Life 4 DVD Set**  
through April 30, 2008 – Retail Only - While supplies last.



# Depression Recovery Program



## Depression Recovery Program DVD Series & Workbook

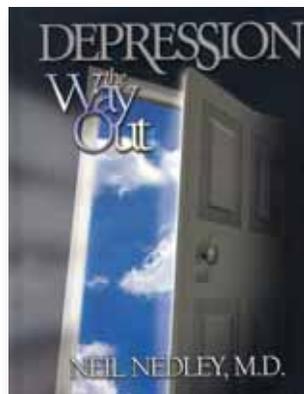
by Dr. Neil Nedley  
 Down in the dumps? The blues? Depression has many names and degrees of intensity. But it need not be suffered for a lifetime. Implemented by Dr. Neil Nedley with great success in his outpatient clinic, this comprehensive program is now available for you to use in the privacy of 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 \$175.00**

*"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."*

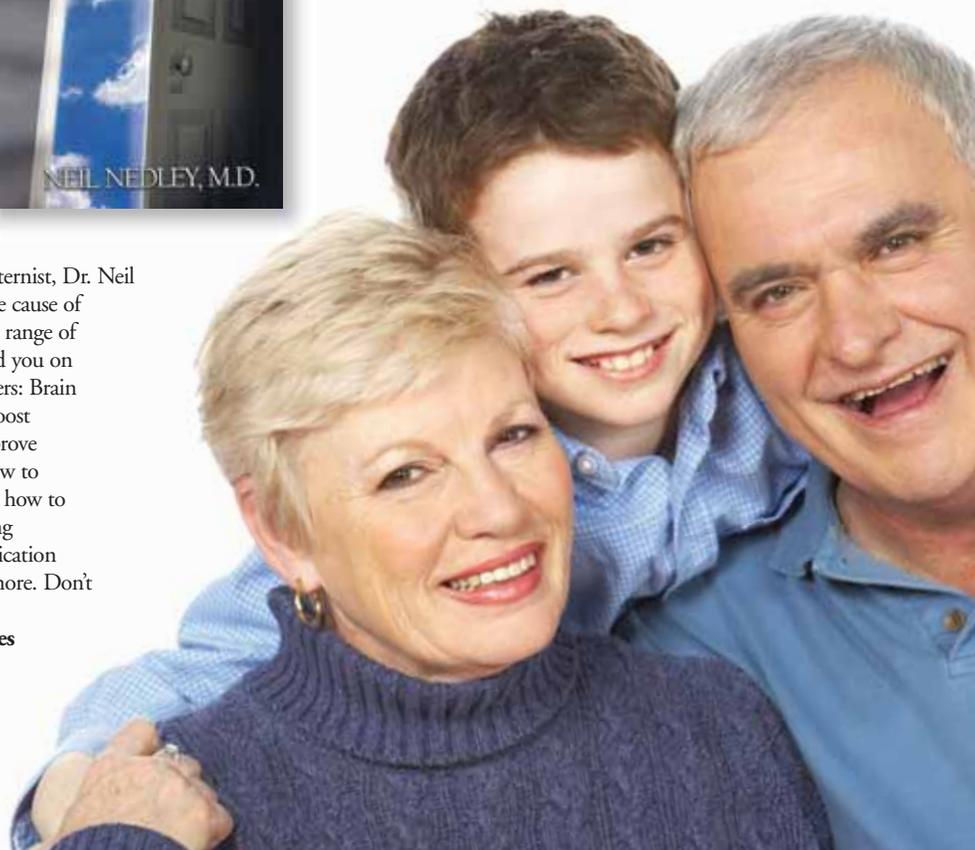
*Joshua J. Grasse,*  
 Editor of Hallelujah Acres Diet & Lifestyle Magazine

## 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 \$42.95**



*New and Practical Tools*

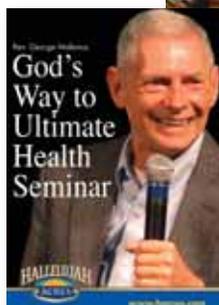
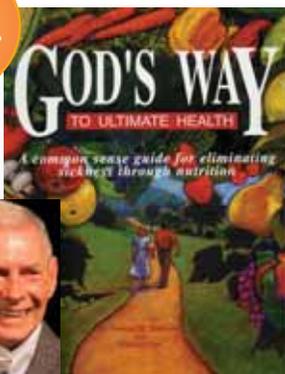


# Hallelujah Acres Diet & Lifestyle

Healthy Living from a Biblical Perspective

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” <sup>3</sup> John 2

Best Seller!



### 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 Acres Diet contains 282 pages of vital information and real-life testimonies—a book that many people say saved their lives.

#202 Paperback, 282 pages

\$20.95

### God's Way to Ultimate Health Seminar

by Rev. George Malkmus  
Understand the basics of why we get sick and how we can nourish our bodies in order to restore them to health. When you see and hear 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)

\$14.25

#266DVD Video (1)

\$27.50



### 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

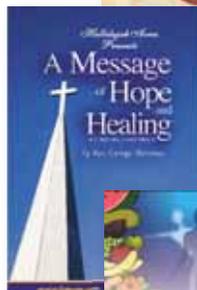
\$15.50

#201S Spanish version

\$9.95

#201K Korean version

\$9.95

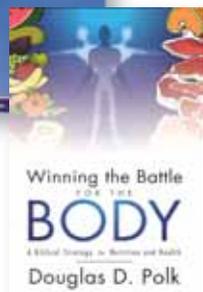


### A Message of Hope and Healing—A Christian Health Primer

by Rev. George Malkmus  
(Formerly *You Don't Have to be Sick*) Is an inexpensive booklet that summarizes the Hallelujah Acres 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

\$4.50



### Winning the Battle for the Body

### A Biblical Strategy for Nutrition & Health

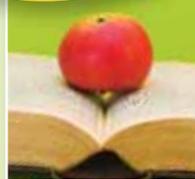
by Douglas D. Polk  
Written with candor and confidence, Health Minister Doug Polk delves into theology, science, and personal experience to offer a sound biblical strategy that could help heal the ailing Body of Christ.

#341 Paperback, 149 pages

\$14.50

Biblical Studies

FREE Download



Rev. George Malkmus, Lit. D., 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](http://www.hacres.com/BN101)

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

# 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 Acres Diet & Lifestyle Workshop hosted by Rev. George Malkmus the week of Health Minister Training. (see page 23)

### Advanced Health Minister Training

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 Growing Your Ministry 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.

### Growing Your Ministry Training 2-Day Course

( Formerly Small Business Ministry Training )

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

[www.hacres.com/hmtraining](http://www.hacres.com/hmtraining)

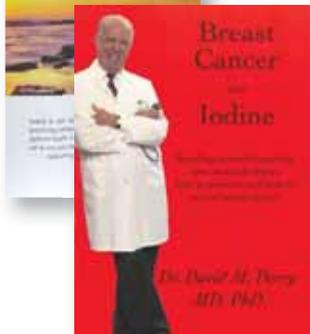
Please see page 25 for training schedule and prices.

## Hallelujah Acres Diet & Lifestyle



### Iodine, Why You Need It— Why You Can't Live Without It.

by David Brownstein, M.D.  
See how iodine may help: Breast Cancer, Detoxification, Fatigue, Fibrocystic Disease, and more.  
#254 Paperback, 109 pages \$19.50



### Breast Cancer & Iodine

by Dr. David M. Derry  
Startling ground-breaking new research shows how to prevent and how to survive breast cancer.  
#243 Paperback, 197 pages \$18.00



### 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 \$22.50



### 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 \$37.50

Featured Author.  
See page 18

## Books & Videos



### Lick the Sugar Habit

by Nancy Appleton, PhD  
#792 Paperback, 30 pages \$14.25



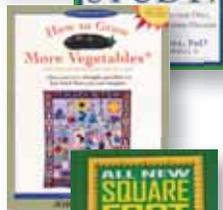
### The China Project

by T. Colin Campbell, PhD  
#364 Paperback, 30 pages \$4.50



### The China Study

by T. Colin Campbell, PhD  
#377 Paperback, 288 pages \$29.50



### How to Grow More Vegetables

by John Jeavons  
#305 Paperback, 175 pages \$20.50



### Square Foot Gardening

by Mel Bartholomew  
#306 Paperback, 347 pages \$20.50



### Mad Cowboy

by Howard Lyman  
#369PB Paperback, 224 pages \$14.50



### The Truth Behind Meat & Dairy

by Howard Lyman  
#274 DVD, 65 min. \$22.50

## 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.

*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. \$26.50

### You Can't Improve on God

#804DVD 92 min. \$26.50

### Diseases Don't Just Happen

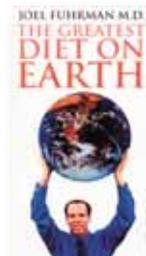
#805DVD 98 min. \$26.50

### Drugs Never Cure Disease

#807DVD 2 hrs. 18 min. \$26.50

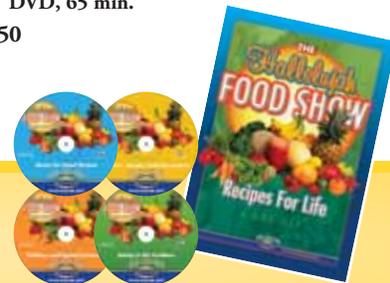
### Sorting Through the Maze of Alternative Medicine

#808DVD 2 hrs. 19 min. \$26.50



### The Greatest Diet on Earth

by Dr. Joel Fuhrman  
#275 DVD, 65 min. \$26.50



**Special Offer!**  
A \$43.95 Value

Spend \$150 or more and receive a **FREE**  
**Hallelujah Food Show Recipes for Life 4 DVD Set**  
through April 30, 2008 – Retail Only - While supplies last.



# Is Technology Making You Sick?

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



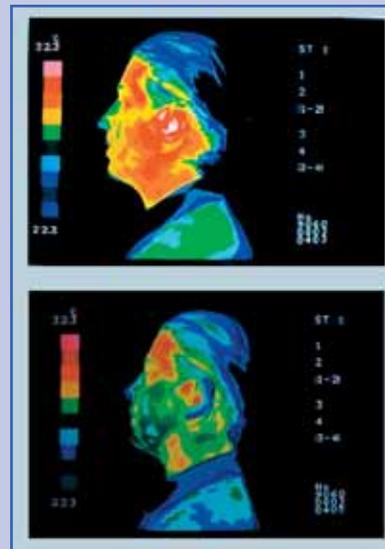
### New! BIOPRO Cell Chip™ for Mobile Phone, Bluetooth, and PDA

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 **\$38.50**



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 your **ear canal, which is directly connected to YOUR BRAIN!** →



After 15 minutes of using a cell phone with the 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.



### BIOPRO Universal Chip™ 2 Chip Package

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 2 Chip Package **\$91.50**



*Carefully read instructions for proper placement.*

Recommended Products

# Hallelujah Acres Diet & Lifestyle

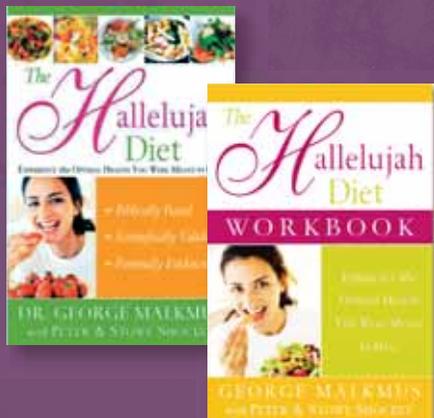


*Healthy Living from a Biblical Perspective*

## 2-Day Workshop



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



**Mark Your Calendar to Attend this Exciting 2-Day Workshop.**

- You'll spend 2 memorable days with Rev. Malkmus.
- Includes Rev. Malkmus' dead food/living food presentation.
- Segments on Biblical Foundation and God's Way to Ultimate Health.
- Presentations on exercise and much more.
- Participants will be using *The Hallelujah Diet* book 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.

[www.hacres.com](http://www.hacres.com)

### 2-Day Workshop Schedule Hallelujah Acres International Headquarters

March. 10-11 / May 12-13 / July 14-15 / Sept. 15-16 / Nov. 10-11 / Begins Monday at 1 p.m. & Tuesday at 8 a.m.

To register, call toll free 1.800.915.9355

# Thank You!

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Physical Address (if different from mailing address) \_\_\_\_\_

City \_\_\_\_\_ Prov. \_\_\_\_\_ P. Code \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Note: Products, Prices, and Availability Subject to Change. Prices in this Magazine are effective through April 30, 2008. All prices are in Canadian Dollars.

Qty.	Item#	Item Name	Price Each	Total
<b>Method of Payment</b> <input type="checkbox"/> Cheque <input type="checkbox"/> Money Order <input type="checkbox"/> VISA <input type="checkbox"/> MC <input type="checkbox"/> American Express			<b>Sub-Total</b>	
<b>Card Number</b> _____ <b>Security Code</b> _____ <b>Card Exp. Date</b> _____ <b>Signature</b> _____			<b>Shipping</b> (10% of Sub-Total)	
			<b>5% GST</b> (GST is calculated on shipping)	
			<b>13% HST</b> (NS, NB, NL only)	
			<b>8% PST</b> (for Ontario only)	
			<b>TOTAL</b>	

**Shipping & Handling Charges:** Shipping will be \$7.00 for all orders under \$70.00. Shipping will be 10% of Sub-total of all items for orders over \$70.00. Shipping will be 5% plus \$10.00 for orders equal to or greater than \$500.00. Shipping will be free for orders totaling \$1,500.00 or more.

**Sales Tax:** All Canadian residents pay 5% GST (except residents in Nova Scotia, New Brunswick, and Newfoundland, who pay 13% HST). Ontario residents also pay 8% PST.

**Express Service** Hallelujah Acres® is pleased to offer Next day, 2nd day and 3rd day delivery service. To request one of our faster express services please call for details. Any order requesting our express service that is received before 12:00 p.m. EDT will be shipped the same business day. Any request received after this time will be shipped the next business day.

The views, opinions and religious beliefs expressed by various authors and Hallelujah Acres Certified Health Ministers are not necessarily those of Hallelujah Acres, Inc. Books and videos listed herein, together with the health information contained within such works are provided solely for your use and convenience and do not constitute endorsement of the author by Hallelujah Acres. The use of such works, including services provided by Health Ministers is the sole responsibility of the user.

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- Purchase(s) may be returned or exchanged for full refund of purchase price within 30 days of invoice date.
- All shipping fees (this includes fees to and from Hallelujah Acres) are non-refundable.
- Return(s) require RA# (Return Authorization number).
- Only items listed on original invoice will receive Return Authorization number(s).
- No refunds or credits will be issued until the item(s) has been received and processed.
- Allow 3-4 weeks for returns to be processed.
- Please contact Hallelujah Acres Canada at 866.478.2224 for RA# (Return Authorization number)



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**1.866.478.2224**

Calls are now answered in Newmarket, Ontario  
9:30 a.m. - 6 p.m. EST Monday - Friday



24 Hour Fax:

**905.853.9108**



Mail Orders to:

**Hallelujah Acres Canada**  
16635 Yonge Street, Unit 24B  
Newmarket, ON • L3X 1V6



We appreciate your order. The life-blood of this ministry flows from your purchases of the health-related products and books we offer. Every purchase made helps us to reach more people with the message that *You Don't Have to be Sick* if God's laws of natural health are followed. Together, we are changing the way the world maintains health.

Thank you and God Bless You!

**Send Hallelujah Acres Diet & Lifestyle Magazine to a friend.**

Fill out and return this form with your order, and we will put your friend on our magazine mailing list. Enter their email address and we will also send them Rev. Malkmus' weekly email *Hallelujah Health Tip*.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

Please check the appropriate box for each question.

Gender    Male    Female

Age    18-30    31-40    41-60    61 and Over

What is their primary interest? (select one)

Information about Lifestyle & Diet    Healthy Food Preparation  
 Health Issues    Children's Health    Recipes    Testimonies  
 Product Information    Other

How did they initially hear about us?

Health Minister    Friend/Family    Books/Video  
 Conference/Event    Magazine ad    Resource Center  
 TV Commercial    Radio    Internet (search engine)  
 Seminar - God's Way to Ultimate Health (at Hallelujah Acres location)  
 Seminar - God's Way to Ultimate Health (not at Hallelujah Acres location)  
 Hallelujah Acres Lifestyle Center    Other

What is their primary health interest? (select one)

Auto-immune Disorder - Arthritis, Lupus, Fibromyalgia  
 Cancer    Candida    Depression    Allergies    Obesity  
 Heart Disease    Osteoporosis    Diabetes    None    Other

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Healthy Living from a Biblical Perspective



## 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, Lit. D., founder of Hallelujah Acres, present this seminar in his down-to-earth, oftentimes humorous, yet still impactful way.

### 2008 Seminar Schedule Hallelujah Acres International Headquarters

March 1 / April 5 / May 3 / June 7 / July 5 / Aug. 2 / Sept. 6 / Oct. 4 / Nov. 1 / Dec. 6

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

800.915.9355  
[www.hacres.com](http://www.hacres.com)

### Seminar is held the first Saturday of every month.

- 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
- 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 Acres 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 Acres Diet & Lifestyle yourself. Yes, it is simple enough to learn in just a couple of hours.