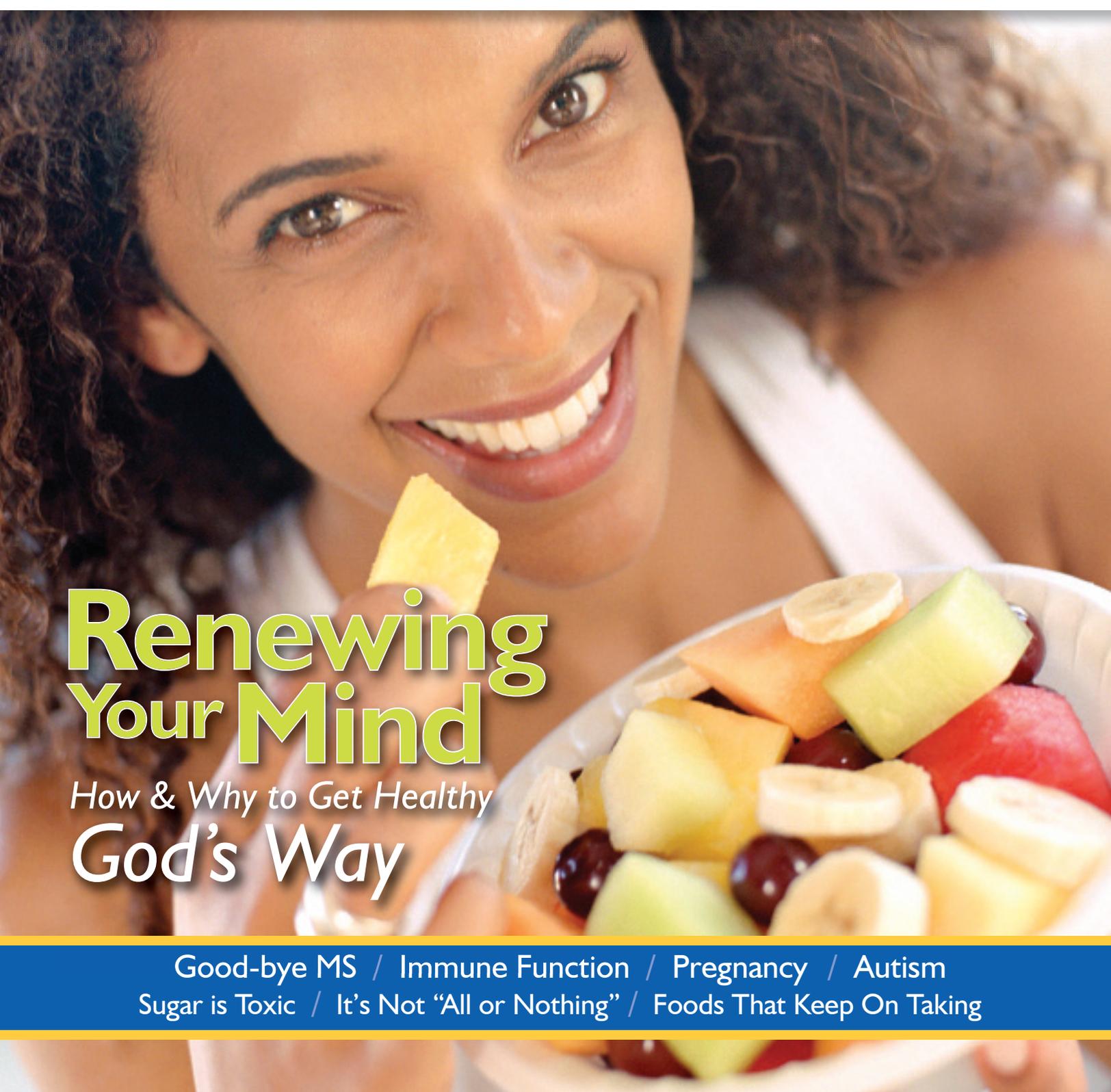


“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” 3 John 2

No. 55



Renewing Your Mind

*How & Why to Get Healthy
God's Way*

Good-bye MS / Immune Function / Pregnancy / Autism
Sugar is Toxic / It's Not "All or Nothing" / Foods That Keep On Taking

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Foods That Keep
On Taking



Renewing Your Mind

Do you remember the first time you heard about The Hallelujah Diet?

Remember the excitement and the newness of it all? It was so fresh and different, and if you're like many people, so foreign. And yet, it made perfect sense. It was like a light going on, one of those "ah ha" moments. You wanted to find out absolutely everything you could and tell everyone about it along the way. It was the beginning of a transformation—a renewing of your mind.

A Life-Changing Experience

In many ways, adopting a new diet is just like hearing the Gospel for the first time: the decision to accept it takes only a moment, but the transformation is ongoing. True, success and victory are yours the minute you say "yes", but your journey will not be without its struggles. Family and friends may not understand what you are doing, or why. Temptations may surround you, showing up when you're least prepared for them. Not to mention that pulling away from those things that are harmful to you can cause discomfort.

With all of the challenges that come with adopting something new, it should be no surprise that setbacks can and do happen; and that's OK. Think about it—have you ever had setbacks in your faith walk, The Hallelujah Diet, or both? It's normal. The honeymoon phase can't last forever; everyone

“And be not conformed to this world:
but be ye transformed by the
RENEWING OF YOUR MIND,
that ye may prove what is that good,
and acceptable, and perfect, will of God.”

Romans 12:2

comes to a plateau sooner or later. But it doesn't mean you should quit trying; and it certainly doesn't mean you should feel guilty. In fact, challenges and even failures can be of great benefit if you use the opportunity to grow and renew your mind.

Turning Failure Into Success

Think about Peter, the apostle. With all the newness and excitement of following the Messiah in flesh and blood, he set expectations for himself that he simply could not achieve. He said he would never turn his back on Jesus, but in less than a day after declaring his dedication, his willpower crumbled three times. Think of how he must have felt; utterly disgraced, a complete failure.

However, what seemed like failure at the time became a turning point that would make Peter one of the greatest examples of true faith. How did he do it? He came to the conclusion that he wasn't perfect; he got back up and tried again.

Peter turned his so-called "failures" into opportunities for growth. Though he made the same mistakes over and over again, he began to see things (and people) differently. These were times that enabled him to keep moving upward and onward, to re-connect,

re-focus and edge closer each day to the heart of his original intentions.

Renew Your Reasons

Take a moment to renew your mind to YOUR original intentions. What was the reason that you started The Hallelujah Diet in the first place? Was it to strengthen your immune system? Had you lost a loved one to poor eating habits? Or were you just sick and tired of being sick and tired? As many reasons as there are for starting The Hallelujah Diet, there are even more reasons to keep learning and renewing your mind to its ongoing benefits.

In fact, this issue of *Health News* is a perfect opportunity to renew your mind about so-called "incurable" diseases like MS and autism, what being on The Hallelujah Diet means, and where you can dine out—you'll be surprised! Plus, we'll explore the real truth behind immune function, diet during pregnancy, and why the world is renewing its mind to healthy sweeteners like stevia.

So get back to the heart of the matter. Be real with yourself. When difficulties arise, dust yourself off and dive back in. Re-connect and re-focus. Think about the reasons for living a healthy lifestyle—and you'll be transformed by the renewing of your mind. ▣

Success Story

"On August 29, 2007 I was diagnosed with breast cancer. After a lumpectomy, the doctor told me I would die if I did not do the chemo and radiation. I knew God had given me the faith to adopt The Hallelujah Diet, so I continued to have faith that my body could heal without those treatments. In June, 2008, just 10 months after adopting The Hallelujah Diet, my oncologist declared me in remission and was amazed that I looked so healthy and felt so good."

Linn B, California



From left to right: Michael and Monica Sustar; Sherry and Dave Orcutt

Good-bye Multiple Sclerosis!

The *Miracle* that Saved Michael Sustar's Ministry

As an evangelist with a music ministry, I travel quite a bit. So, when my feet began going numb about 10 years ago, I chalked it up to long days on the road; I thought it was just a pinched nerve. I went the usual route of seeing a chiropractor, but it didn't help much. With what I know today, I consider that numbness as the start of my battle with MS.

Definition of *Multiple Sclerosis*:

MS is a chronic progressive nervous disorder involving loss of myelin sheath around certain nerve fibers.

Four years ago, I began getting MS-type attacks in my hand. I would try writing, but my hand just wouldn't cooperate. Then it would go away and come back again without warning. I went to a neurologist to get tested and they said it could be MS, but advised me to "ride it out" to see what happens. Over time, similar symptoms spread and I began having to drag my leg. It was getting much more difficult to function from day to day as things began getting worse.

I had a spinal tap to confirm an MS diagnosis. When a spinal tap is performed, the fluid is supposed to have about 2 or 3 oligoclonal bands (spinal fluid markers that indicate an MS diagnosis); my fluid had 13. This confirmed that I had MS—a very aggressive form of it. My body was attacking itself. It was eating away at the myelin sheath, the "insulation" surrounding the nerve endings, leaving the nerve endings bare. Just like a bare electrical wire, the bare nerve endings began short-circuiting; confusing the signals between my brain and the part of my body I was trying to move.

These symptoms affected my left hand to the point that I would try to play the piano during worship service and my hand would just stop working.

I dealt with these symptoms for about another year; then in February 2008 I had an attack on my optic nerve, which I'd never had before. I couldn't see! My body went into exacerbation; it felt like millions of ants going up and down my spine and into my head. I got a fever, my blood pressure went through the roof, and then after about an hour, it all stopped. Four hours later, the whole process began again.

This didn't just happen once. It happened again and again for weeks and got so bad that I lost all my strength. The nerves in my hand felt like they had been shredded by a knife, and I thought that I was going to die. I couldn't work; I was stuck on the couch; it was horrible!

After going to several neurologists, I finally found one that was willing to do something right away. He was surprised that nothing had been done to this point, and said that my exacerbated condition had been causing irreversible damage to my nervous system for six weeks. I was given a drug called Solu-Medrol that stopped the attacks, but only temporarily. After 12 weeks, it started again.

I kept praying to God for an answer, but attacks kept coming.

All the while, my wife Monica (a registered nurse) was doing some research. She had talked to a lot of people who had said that drugs would slow down the attacks and give me a few more years before I ended up in a wheelchair, but that was the best-case scenario. I was devastated.

It was about this time that my mother-in-law came for a visit from Peru. She was shocked to see the condition that I was in, and wanted to help, but she didn't know how. Then, God's perfect timing happened. When she went back home, the Peruvian media was abuzz about a woman with MS named Rosa. Like me, Rosa had been diagnosed with MS, but she didn't want to go the regular medical route. She wanted to get well naturally—so badly in fact that she was willing to fly from Peru to the US to attend the Hallelujah Acres Lifestyle Center in Florida! Rosa, after applying the principles of the Genesis 1:29 diet for a year, was free of symptoms; her MS was gone!

Of course, we were very eager to speak with Rosa. So, through my mother-in-law, we were able to contact Rosa in Peru to hear her story first-hand. After learning all about Rosa's exciting experience, we went online to locate the Lifestyle Center in Florida and found that Dave Orcutt (the Lifestyle Center host) had been

healed of MS. God's reason for leading us in this direction was becoming clear; I figured, "if I'm going to any of the Lifestyle Centers, I'm going to Florida to find out what Dave did."

While we were contemplating a visit to the Lifestyle Center in Florida, I can truthfully say that I didn't really understand The Hallelujah Diet. I started saying, "I just don't understand how some lettuce and carrots is going to help me." My wife, on the other hand, felt that there was really more to it than that, and if we could just get to the Lifestyle Center, they could teach us how to do this. Her persistence convinced me, and we were on our way to Florida.

The first thing to improve was my eyesight. For about four months, I had to wear sunglasses when we taped our televised ministry because of all the bright lights on stage; the lights were hurting my eyes and it was driving me crazy. But on the second day at the Lifestyle Center, my wife noticed I didn't have my sunglasses on, even in the bright sunshine. For the first time in four months, the brightness wasn't hurting my eyes! At the end of the day, my wife remarked that I hadn't worn my sunglasses all day—that's when I noticed that something was different.

Throughout that week, we asked the Orcutts every question we could think of. They told us

the story of Dave's experience on The Hallelujah Diet. They had done everything they could for eight months but nothing seemed to be working; Dave's MS had not improved at all and they were ready to give up. But in that eighth month, he woke up one morning and said he could feel his thumb, which was a major accomplishment because it had been numb for a very long time. That was the week they were going to give up; today he's completely healed.

After only two days after arriving at the Lifestyle Center, things began to change for the better.

Dave's story (coupled with Rosa's story) gave us tremendous hope! When we came home, we changed everything about our diet. We went cold turkey [excuse the expression] and didn't cheat. We juiced every day and did everything we were supposed to do according to The Hallelujah Diet.

In a matter of three or four weeks, I noticed another improvement. I went up the stairs

to turn on the air conditioning, and I actually ran up the stairs. I stopped myself because I haven't been able to do that in two to three years. It scared me for a minute because I couldn't believe I actually ran up the stairs; I would usually stumble. So I did it again just to prove it to myself. Sure enough, I could do it.

After a few weeks of symptoms coming and going, I began to notice a real difference. By about 11 weeks into the diet, I improved so dramatically that we felt compelled to tell others about my healing. So, we came to Shelby to become Health Ministers.

Personally, I'm getting stronger and better every day. I'm able to walk farther without my leg dragging; I have more energy; I'm able to work at the church again; and I'm able to play the piano for 35 to 40 minutes without having my hand give out. To me, it's a miracle! I understand that God made our bodies to work this way, but I never would have believed that food itself could help rebuild the body.

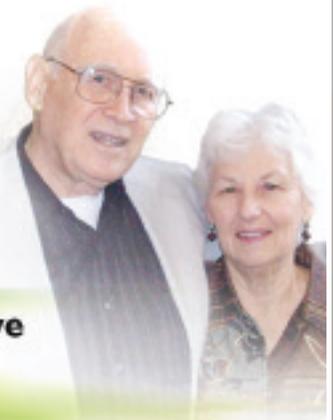
From a pastor's standpoint, it's just like Reverend Malkmus says: the church is just as sick as the world. We've got all these problems with illness, yet all the answers are right there in front of us in the Bible. ■

A Week or Two Could Change Your Life

"Two and a half years ago I had been diagnosed with multiple myeloma. We were given a two-week stay at a Hallelujah Acres Lifestyle Center by a friend. After just three days of learning about my self-healing body, I was convinced that the standard cancer treatment was not for me. For the last two years, I've been exercising, enjoying a new diet, juicing, and taking BarleyMax.

Tests show that the number of cancer cells have been steadily decreasing and I still have no outward symptoms of bone cancer."

~ Richard Smith, Phoenix, AZ



A five- or ten-day stay at a Hallelujah Acres Lifestyle Center is all it takes to start changing your health for the better! **DON'T WAIT!**

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The Miraculous Immune System

Sickness Is Not Normal by Olin Idol, N.D., C.N.C. and Antonio Jiminez, M.D.

While the human body is a miraculous creation itself, one of the specific marvels is the immune system.

From the moment of conception, our tiny bodies are developing an immune system and creating special cells to keep us healthy. It is one of the most fascinating and complex systems of the human body, comprised of:

- lymphatic vessels and organs (lymph nodes, thymus, bone marrow, spleen, liver, pancreas, lungs, intestines and tonsils),
- white blood cells (neutrophils, eosinophils, basophils, lymphocytes, monocytes, etc.),
- specialized cells residing in various tissue (macrophages, mast cells, etc.), and
- specialized chemical factors.

How The Immune System Works

Immune system cells and the substances they make circulate through your body to protect it from germs that cause infections and disease; it helps keep invading germs out, or helps kill them if they do get into the body.

Though the immune system is constantly under attack and is influenced by a host of factors—psychological, neurological, nutritional, environmental, and endocrine factors to name a few—an immune system functioning as God intended keeps the body well and free of disease. If threatened, the components of the immune system communicate with each other, stimulating an appropriate immune system response that fights off invaders and disease.

Disease Is System Malfunction

When the immune system malfunctions, for whatever reason, we begin losing our health. Symptoms of lowered immunity in our bodies can include frequent colds and flu, herpes (cold sores), allergies, continual fatigue, candida yeast overgrowth, painful joints and muscles, parasite infections, psoriasis, eczema, and inflammatory disorders.

An improperly functioning immune system can even begin attack itself (instead of the invader), and result in what we would call autoimmune diseases. For example, in multiple sclerosis the immune system attacks the myelin sheath (the insulating envelope of the nerves – see pages 4-5). Other autoimmune diseases include rheumatoid arthritis, lupus, hypothyroidism (Hashimoto's thyroiditis), hyperthyroidism (Graves' disease), Crohn's disease, ulcerative colitis, type 1 diabetes, chronic fatigue syndromes, ankylosing spondylitis, autoimmune hepatitis, autoimmune kidney disease, polymyositis, scleroderma, and dozens more.

Immune system malfunction (disease) is primarily related to nutrition and environmental insults to the body (including from doctors and drugs).

Genes Are Not In Control

We often hear folks comment that they acquired a specific disease condition because it is in their genes. But a genetic tendency for some conditions does not mean those genes in control have to be expressed negatively, resulting in the development of the illness. So what really controls genes?

“For most genes to become active (to be expressed) something in nutrition triggers it, bad or good. Plant based nutrition beneficially affects gene activity. It can shut off or express ‘bad’ genes. Animal based food adversely affects gene activity. It can activate ‘bad’ genes.” (Dan E Chesnut, M.D.)

Nutrition Plays A Key Role

Nutrition is one of the most critical factors in supporting the immune system and controlling the expression of genes. An optimal plant-based diet nourishes the body with critical nutrients that promote optimal function of the immune system as it seeks to keep the body free of foreign invaders that have the potential to negatively influence the



expression of genes. By supplying plenty of raw fruits and vegetables, we provide nutrients to help the immune system function at its optimal level.

Just as there are foods that help the immune system, there are foods that burden it. Sugar, for example, can be one of the greatest detriments to the immune system (page 24).

Environmental Insults

Aside from sugar and other immune suppressing foods, there are many other factors in life that can burden your immune system:

Poor digestion – the digestive system ‘steals’ enzymes from the immune system, causing other problems; example: increased toxic load

Lack of essential fatty acids – lacking this nutritional element depresses immune function through its action with prostaglandins

Stress – increased cortisol knocks out cytokine pathways (cytokines are essential for cellular communication)

Hormone imbalance – depresses thymus gland (trains T-cells) and knocks out cytokine pathways

Toxins – causes free radicals that bind and knock out cytokines

Free radicals – a big deal; knocks out cytokines, promotes cell and gene mutations; associated with a multitude of problems

Antibiotic overuse – kills good bacteria that promote immune function; increases strength of remaining bacteria through bacterial mutation

Radiation – causes the worst free radicals which promotes damage to cells and cytokines

Other things that tend to depress immunity include: household cleaners, pesticides, chemical additives in food, and exposure to environmental pollutants. Lowered immunity results in impaired healing ability and lowered defense against infections.

How To Boost The Immune System

Sickness, an impaired immune system and the negative expression of genes is “normal” for those on the Standard American Diet (SAD) but certainly not optimal nor is it the way God designed these marvelous self-healing bodies to function.

The best way to boost immune function is with proper nutrition. Indeed, prayer, a healthy diet and a positive attitude and lifestyle are the tools we need to keep our immune systems healthy. But don’t take our word for it. Just try The Hallelujah Diet a trial for 60 days, write down all of the positive changes you notice, and then tell us and someone else about them as you experience the self-healing power of the body. ■

Foods that Keep on Taking Deficiency Disguised

by Michael Donaldson, PhD

Some foods have a great package of side effects and offer great benefits. Broccoli, Romaine lettuce, carrots, apples, blueberries—these foods have an abundance of phytochemicals that reward us in ways that will take us many years to uncover. And then there are those other foods... you know what I mean. Fudge, soda pop, sirloin steak, double cheese sausage and pepperoni pizza. These foods give a little and take a lot.



Animal Protein vs Smoking

Consider this: An international study found that there was a stronger correlation between animal protein intake and hip fractures than smoking and lung cancer.¹ Nations that typically got their calories and protein from plants had low rates of fractures. It is well known that animal protein causes an extra loss of calcium from the body, while plants provide a great deal of anions and alkalizing minerals. These results for animal protein apply to dairy products, even with all of its calcium. The Nurses’ Health Study revealed that women who drank two or more glasses of milk a day had a 45% increased risk of hip fracture.²



Refined Sugar

Refined sugar takes way more than it gives in terms of calories. Sugar depletes B vitamins (especially thiamine), chromium, and calcium from the body. Loss of thiamine contributes to diabetic neuropathy, and loss of chromium impairs our body’s response to sugar. Soda pop is a triple whammy with its phosphoric acid, caffeine, and sugar—very acidifying. Caffeine is bad for your bones, but it’s also bad for blood sugar control.³



Caffeine Is Liquid Stress

Caffeine could be called liquid stress. The stress response is a temporary reaction to a difficult situation. But if we are constantly stressed out we pump too much aldosterone and cortisol into our bodies and our adrenal glands give out. Chronic stress depletes B vitamins, especially pantothenic acid. Interestingly, the biochemist Roger Williams found that stressed lab animals deficient in pantothenic acid chose diets higher in sugar and water diluted with alcohol rather than plain water.⁴ Chronic stress also depletes our antioxidants. The adrenal cortex is the organ with the highest concentration of vitamin C in our body. Vitamin C is used to make adrenal hormones, and is also released in response to stress.⁵

So, what can we do? The best solution is to give up these foods that take from us and fill up on foods that give more than they take.

How can we deal with chronic stress? Eat an unrefined, plant-based diet, supplement wisely, and do not fear. We have not been given the spirit of fear, but the Spirit of sonship, by which we cry Daddy, to God, who will supply all of our needs as we trust in Him. ■

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Pregnancy & The Hallelujah Diet

Maximum Nutrition for Your Baby-to-be by Olin Idol, N.D., C.N.C.

“Lo, Children are an heritage of the Lord:
and the fruit of the womb is his reward.” Psalm 127:3



*Clockwise from the left:
Jennifer (Mom), Simon (5), Parker (9),
Joshua (Dad), Maya (3) and Brennen (1).*

“I found out I was pregnant one year after I changed to the Hallelujah Diet. My pregnancy and delivery went smoothly. I had no morning sickness, no strange food cravings, and I don’t remember much for mood swings. In fact, other than my belly getting larger, I didn’t feel any different. Everything went so well the first time, I chose the same path for my next three pregnancies. We now have four very healthy children—they’ve all been raised on The Hallelujah Diet and they love their vegetables!”

Jennifer Grassle

God’s plan for the procreation of the human race is through marriage, conception, and the rearing of healthy children. Our children are the future. There could be little if anything that is more important than bringing healthy children into the world, who are nurtured and reared according to Biblical principles.

Unfortunately, many young couples never realize God’s blessings of a marriage and a family with healthy children. We live in a toxic environment. Our foods (at best) are often nutritionally deficient and an ever-increasing number of young couples are unable to conceive and carry a fetus to full term. Over the past 15 years, numerous young couples who were at one time unable to conceive, have reported that, after following The Hallelujah Diet, for a period of time they were able to conceive, give birth to and raise one or more healthy children on the diet.

Statistics on infertility:

- Number of women ages 15-44 with impaired ability to have children: **6.1 million**
- Number of married couples that are infertile: **2.1 million**
- Number of women using infertility services: **9.3 million**

Source: *Fertility, Family Planning, and Women’s Health: New Data from the 1995 National Survey of Family Growth, Table 49*

We live in a world today where the human body is subjected to an untold number of toxins. The air we breathe is heavily polluted; our foods are subjected to numerous toxic chemicals, are nutritionally deficient, and even radiated in some instances. Our water is poisoned with fluoride and chlorine and numerous other chemicals. It is prudent for every young person to be aware of the impact these exposures have on their ability to enjoy optimal health and to have a healthy family. A well-planned plant-based diet, wise supplementation, optimal lifestyle factors and a healthy spiritual relationship go a long way in equipping the body to deal with the insults of modern day living while affording a young couple the best opportunity to have a healthy family.

The health of the potential mother and father prior to conception is critically important. When a healthy egg is fertilized by a healthy sperm, the opportunity of delivering a healthy baby is greatly enhanced. We have a generation of children today in which a very high percentage is overweight and obese. Children are being diagnosed with what was at one time adult onset diseases such as diabetes and cancer. The stage is often set by the diet and lifestyle of the hopeful parents, prior to conception, for a genetic tendency for these conditions to develop. By choosing an optimal plant-based diet prior to conception this genetic tendency doesn’t have to be expressed. Weight issues and early onset of diseases can be avoided.

The most important thing physically that hopeful parents can do for their future offspring is to develop optimal diet and lifestyle habits that will insure a healthy pregnancy.

These healthy habits must be instilled in the children from infancy to insure their children have the best opportunity for enjoying optimal health. Train up a child in the way he should go: and when he is old, he will not depart from it. (Proverbs 22:6) This Biblical principle applies to the physical as well as the spiritual.

The human body is nourished at the cellular level. As we often say: life begins and ends at the cellular level. With the union of the healthy egg and sperm at conception, a new life begins. This new life requires the very best we can offer nutritionally. It is critically important that we ensure a well-rounded plant-based diet is followed to provide maximum nutrition to the newly

developing fetus. Fresh vegetable juices, blended salads, green smoothies and discrete supplementation are crucial in insuring optimal nutrition reaches the body's cellular level.

In addition to as much organically grown plant-based foods as possible, the following areas are important to evaluate for proper supplementation:

- Normal B12 levels must be maintained by pregnant women to ensure optimal development of the nervous system. Supplementing with a good B12 supplement supplying 1,000 mcg of B12 in the methylcobalamin form is an inexpensive way to help meet the B12 needs. B12 status can be evaluated by a methylmalonic acid (MAA) screening of the urine.
- Attention should be given to omega-3 fats, especially DHA. DHA supplementation may be important to help insure this critical omega-3 fat is available for the development of the cell structure, the brain, and the retina of the eye. Omega-3s are anti-inflammatory and woefully deficient in the average person's diet. Flax seed, flax seed oil with DHA, and Udo's oil with DHA are excellent ways of insuring our omega-3 needs are met.

- Ensure generous exposure to the sunshine in the spring and summer months for production of the hormone D3 (referred to as vitamin D) and/or wise supplementation to insure optimal levels of D3 are maintained. Vitamin D3 is a fat soluble nutrient so it is wise to have blood levels of (25 (OH) D3) tested prior to supplementation.
- A good concentrated whole green food such as BarleyMax is important to supply nutrients, especially minerals and trace elements that may be missing from our foods due to poor growing conditions.
- Iodine is critical for an unborn baby's intelligence and supports a woman's reproductive health. Pregnancy puts a strain on a woman's iodine stores, so it is wise to use one drop or so a day of Iosol iodine.

There can be no substitute for an optimal diet and a well-grounded spiritual relationship with God for the beginning of a new and healthy family. I trust the Holy Spirit to guide you on your journey. ■

Pregnancy, Children, & The Hallelujah Diet

by Olin Idol, ND, CNC



Olin Idol, N.D., C.N.C., discusses these unique needs and provides practical advice to ensure that nutritional requirements are met.

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World renowned natural health author, doctor, and chiropractor.

Cindi Wood - "Frazzled Female" strategies to deal with daily pressures.
Brenda Cobb - Cancer survivor and director of the Living Foods Institute.

Rev. George Malkmus, Lt. D. - Hallelujah Acres founder & author of The Hallelujah Diet.
Olin Idol, N.D., C.N.C. - Hallelujah Acres' VP of Health and resident 'answer man'.

Help! Autism Stole Johnny!

Can I Bring Him Home Again? by Michael Donaldson, PhD

First off, I want to say thank you to all of you parents who have bravely stood against misinformation, your own fears, much resistance, and through the darkest hours of your lives to come through for your own children and bring them back from the clutches of autism. And thank you Dr. Bernard Rimland for giving your tireless efforts for these children. Though you are gone, your legacy goes on.

I am not the father of an autistic child. I have been spared, but not by genetic providence. I have seen

neurodevelopmental problems (language difficulties, mild learning disabilities, Asperger's Syndrome, and ADHD) in my siblings' children, so I know the susceptible genes are not far away. It could have been one of my children, but for a gentle midwife lending my wife and I a copy of *A Shot in the Dark*, plus our own interest in nutrition. Prevention is easier than recovery.

In the USA, the CDC tells us that one of every 95 boys has an autistic spectrum disorder; one of every 400 girls is likewise struck. One of every nine boys is diagnosed ADHD, as well as one of every 23 girls. Many more have subtle, less well-defined problems. These brain disorders are related and have similar underlying dysfunctional biology.

If you can understand and reverse autism, you have the key to every other chronic disease that afflicts mankind.

Causes for autism and every other chronic disease are quite similar, but are expressed differently depending on a person's genetic weaknesses and specific environmental exposures. Some are more severe, some are mild, some are sooner, some are later. But they all have the same roots: toxicity and deficiency.

Gut Microbial Imbalance

What has gone wrong to produce autism in our children? Though every child is a puzzle and fits together a little bit different, there are some things that are almost always present. First, the gut has a horrible imbalance of bacteria and yeast. Often there is bacterial overgrowth in the small intestine, which usually has very few beneficial bacteria.

Why does this matter? About 80% of our immune system lies right within the gut, and our gut has its own nervous system, connected to our brain. That's right. About 90% of the serotonin in us is produced by our gut, and all other classes of neurotransmitters found in our brain are also in our gut.¹ What is wrong in our gut has a huge impact on what is wrong in our head.

This gut imbalance has to be corrected for any healing to occur. Candida and pathogenic bacteria must not be fed (change of diet required). Refined sugar has to be eliminated. Inflammation has to be reduced. Fruits, vegetable juice, and omega-3 fats are all anti-inflammatory foods. For autistic children, even complex carbohydrates can cause trouble, which has given rise to the Specific Carbohydrate Diet limited in carbohydrates except fruit but rich in animal products. This may lead to healing, yet the vast weight of science indicates that long-term health requires a plant-based diet, so animal products eventually must be minimized.

"The most dazzling experiences I have had observing the healing of problems in cognition, language, and human interaction in autistic children over the past 30 years have come from steps aimed at modifying gut flora."

—Sidney Baker, MD

Baker SM. Canaries and miners. *Altern Ther Health Med.* 14(6):24-6.

Overwhelmed Detoxification Pathways

Second, the autistic child usually has difficulty detoxifying all of the pesticides, fungicides, insecticides (which are neurotoxins), bacterial and fungal toxins, and heavy metals. Often there is a weakness, a single nucleotide polymorphism, in one or more genes that make some enzyme work not as effectively as it should. This results in accumulation of poison within the body.

Mercury, the second most toxic element on earth, is especially pernicious. It tends to accumulate in the central nervous system as a neurotoxin. Almost always there is mercury exposure somewhere, either from mom's shots in utero (RhoGam, flu shots), mom's amalgams, coal-fired electricity plants, ore mines, and yes, pediatric vaccines. Our autistic children get the same exposures as everyone else, but they aren't able to detoxify it, and so suffer tremendously.

Do vaccines cause autism? No, not directly. It is a web of interactions that finally plummets a child into full-blown autism. But they have often been the final trigger that broke the child's brain. The good news is that even vaccine damage is reversible.



A doctor can prescribe chelating agents specific for mercury or lead, or a product such as NDF made from micronized chlorella and cilantro can be used to gently and effectively chelate a wide variety of pollutants, including heavy metals. Detoxification pathways need support as well. Cruciferous vegetables are great for this. Paul Talalay's research group at John Hopkins has found that broccoli sprouts are an excellent way to upregulate production of glutathione.²

Food Allergies

Third, there are food allergies. These are caused by the microbial imbalance, lack of omega-3 fats, too much sugar, and probably many other factors that lead to a leaky gut (food allergies in most everybody are just symptoms of a leaky gut). Partially digested proteins from casein (a dairy protein), and gluten (a protein from wheat, rye, barley, triticale, kamut, and spelt) form caseomorphins and gluteomorphins, which are chemical substances which have opium-like activity in the brain. In other words, your autistic child could be on a drug trip induced by his diet. For a time, perhaps a lifetime, these gluten and dairy products must be avoided.

Inflammation

Autopsies of autistic children's brains revealed that inflammatory cytokines, produced by microglia and astroglia, the immune cells of the brain, were present in a pattern that is consistent with chronic, sustained inflammation.³ The inflammation could be from chronic infections, virus particles in the brain (live measles virus used for vaccinations), from toxic elements, or from a combination of several insults. Cleaning up chronic infections and toxins and adding effective doses of anti-inflammatory nutrients (cod liver oil and vitamin D would be great for this) could allow the brain to function right.⁴

Mitochondrial Damage

Fifth, the energy power plants of the cells have been damaged. This is common in most chronic diseases. Cellular energy is low, and oxidative stress is overwhelming at the subcellular level. Glutathione, the body's central antioxidant, is depleted in autism (see pages 12-13). Poor methylation can be part of the problem. Many autistic children have responded to higher levels of vitamin B6, folate, and methylcobalamin (B12), which overcome gene weaknesses in the folate and methylation cycles, which ultimately produce glutathione.

“We need to move beyond asking what drug will treat the symptoms, and instead ask what mechanism creates altered neurochemical or neurobiological function or systemic physiological change.”

—Jeffrey Bland, PhD

Bland. *Functional Medicine: The Way to Treat Autism Now*. Autism Advocate. 2008;(First Edition):26-31.

In the middle of all the mess of autism stands glutathione. This sticky, sulfur-containing molecule links together detoxification, oxidative stress, and inflammation. Most effective interventions end up boosting levels of glutathione. Rather than seeing autism defined as a disorder manifested by behavior, socialization, and communication (as if autism caused these things), we need to see that impaired detoxification, overwhelming oxidative stress, and chronic inflammation are the central issues that lead to what we call autism. Heal the body and the brain will get well, too!

It isn't enough to just do one intervention. Your children need to have you address all of the underlying biological dysfunctions before they will be well. But the results can be fantastic. *Defeat Autism Now!* (autism.com) has shown that recovery from autism is possible, and has testimonies and videos to prove it. It isn't so much a cure as it is recovery—recovery of function, recovery of health, recovery of relationships. Yes, you can! With God's help, by His empowering grace, (you will likely need all you can get), you can bring your Johnny home again! ■

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Renewing Your Mind

AUTISM

We need to renew our minds about what autism is. Instead of calling it a brain disease (autism is not a mental illness as many assume), we need to regard it as a whole body disease that affects the brain; a disease that responds to changes in diet and lifestyle so that it will STOP affecting the brain. Age at intervention has a direct impact on outcome; typically, the earlier a child is treated, the better the prognosis will be. The bottom line is that recovery from autism is real.



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New Science The Role of Glutathione (GSH) In Your Quest for Optimal Health

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

The discovery of glutathione (GSH), and more importantly, how to boost GSH production in the body is being hailed as one of the most significant health breakthroughs of all time—and there is now a simple and scientifically proven way to improve your body's ability to produce GSH at the cellular level by 300%.

GSH is the master antioxidant, produced in each cell of the body; it is needed and used in all the 50 trillion cells tens of thousands of times per second. It is a protein molecule that consists of the amino acids glycine, glutamate, and cysteine; not to mention there are at least 17 enzymes involved in the production, recycling, and storage of GSH.

GSH is Largely Ignored

Although there are more than 60,000 published papers on the beneficial effects of GSH replacement, it is still largely ignored by mainstream medicine. In the near future the importance of GSH will be widely recognized because it has the ability to boost the immune system and fight off the damage of free radicals on the cells.

GSH is more powerful than any of the other known antioxidants; vitamins C and E, beta-carotene and selenium for example. As such, GSH protects individual cells as well as the arteries, brain, heart, immune cells, kidneys,

liver, eyes and all other organs of the body against oxidative damage (caused by free radicals). This damage could lead to cellular malfunction and, ultimately, disease.

From Prescription for Nutritional Healing, by Phyllis Balch, CNC and James Balch, M.D. we learn that GSH “. . . is a powerful antioxidant that inhibits the formation of, and protects against cellular damage from free radicals. It helps to defend the body against damage from cigarette smoking, exposure to radiation, cancer chemotherapy, and toxins such as alcohol.”

As a detoxifier of heavy metals and drugs, GSH aids in the treatment of blood and liver disorders.”

Furthermore, Jimmy Gutman, M.D. states in his book, The Ultimate GSH Handbook, “Studies by leading experts on aging (Lang, Julius, Crews and others) suggest that elderly individuals with elevated GSH levels have a physical advantage over those with lower levels. Those with 20% higher blood levels experience approximately one-third the rate

of arthritis, high blood pressure, heart disease, circulatory difficulties and other various maladies than others.”

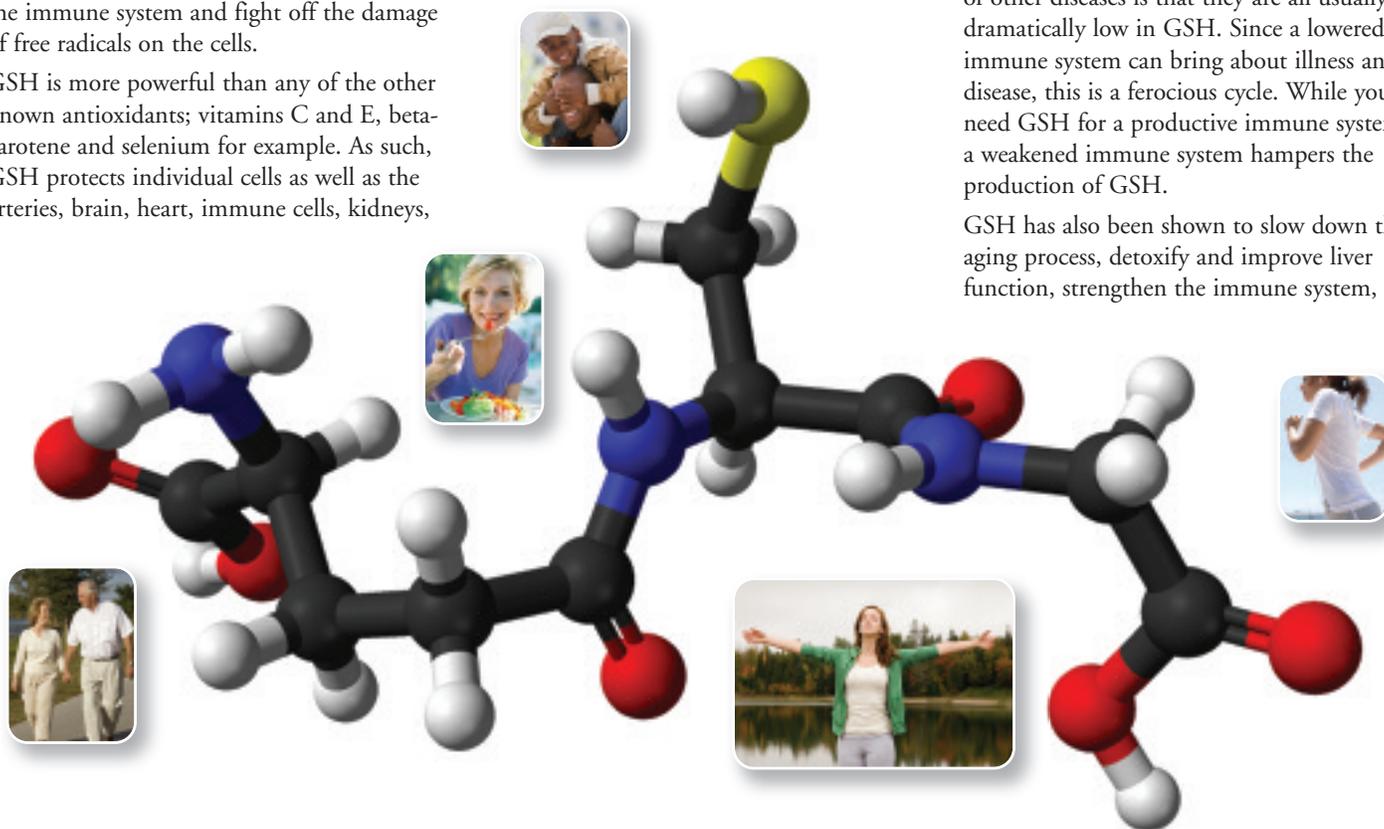
In his book, *What You Should Know About the Super Antioxidant Miracle* Dr. Earl Mindell states, “We literally cannot survive without this miraculous antioxidant.” Jean Carper, in her book, *Stop Aging Now!* states, “You must get your levels of GSH up if you want to keep your youth and live longer.”

GSH and the Immune System

GSH also plays a critical role in the immune system. According to Dr. Gustavo Bounous, one of the leading experts on GSH, “The limiting factor in the proper activity of our lymphocytes (a type of white blood cell in the immune system) is the availability of GSH.”

Individuals who have low levels of GSH are susceptible to chronic illness, and decreased levels of GSH can be brought about by continual stress upon the immune system. In fact, one common characteristic seen with patients diagnosed with Parkinson's, Alzheimer's, AIDS, MS, cancer, and a host of other diseases is that they are all usually dramatically low in GSH. Since a lowered immune system can bring about illness and disease, this is a ferocious cycle. While you need GSH for a productive immune system, a weakened immune system hampers the production of GSH.

GSH has also been shown to slow down the aging process, detoxify and improve liver function, strengthen the immune system,

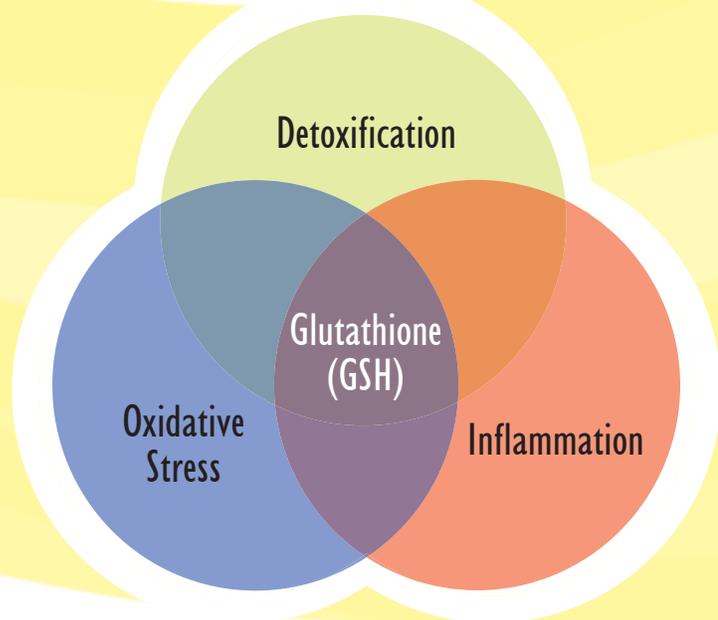


GSH works to help improve mental functions, increase energy, improve concentration, permit increased exercise, and improve heart and lung function.

and reduce the chances of developing cancer. In speaking of GSH's role as an antioxidant and detoxifier, Michael Murray, N.D. states, "This combination of detoxification and protection from free radicals results in GSH being one of the most important anticarcinogens and antioxidants in our cells, which means a deficiency is devastating.

GSH also works to help improve mental functions, increase energy, improve concentration, permit increased exercise, and improve heart and lung function.

So how do we end up with a GSH deficiency? When we are exposed to high levels of toxins, it is used up faster than it can be produced or absorbed from the diet. We then become much more susceptible to toxin-induced diseases, such as cancer.



While you need GSH for a productive immune system, a weakened immune system hampers the production of GSH.

GSH Levels Decline Over Time

Even during beneficial exercise, 40% of the GSH in the muscle is depleted in just 10 minutes! Without optimal levels of GSH, oxidative stress creates free radical damage and recovery is slow, leaving the muscle fatigued the next day. Furthermore, as we age, the body loses its ability to produce GSH by about 10 to 12% per decade after the age of 20. "The rate at which we age is directly correlated with the reduced concentrations of GSH in cellular fluids; as we grow older the GSH levels drop, resulting in a decreased ability to deactivate free radicals." (Balch and Balch)

All of these factors have an impact on the ability of each individual cell to produce energy, eliminate waste, and function optimally. The immune system is impaired and the innate self-healing of the body cannot function as it was designed to.

Unfortunately, GSH itself cannot simply be taken as a pill. It cannot be used in supplemental form with any significant benefit, as the protein molecule is broken down in the stomach environment and degraded so that it is no longer GSH. It used to be that the most efficient way of increasing GSH levels was by injection. Not only is this a short-term solution but also quite expensive.

However, a new discovery by Robert Keller, M.D., Chairman, CEO & CSO Phoenix BioSciences, and practicing physician is revolutionizing the medical industry as it relates to GSH. Dr. Keller supposed that the decrease in production of GSH is much more rapid than stated in literature. He contributed much of this decline to the lack of nutrition available from our diet, the extensive load of toxins our body is subjected to from our environment, our water, our food, and our lifestyle.

With his knowledge of the value of optimal levels of GSH, (over a period of years and trial and error with his patients), he learned how to combine the building blocks of GSH into a GSH-stimulating supplement. Unlike taking a pill form of GSH itself, the product he developed (MAX GXL) is designed to pass through the digestive tract so that it is available for absorption into the body. Once absorbed, MAX GXL's synergistic blend of GSH building blocks cues every cell in the body to create more GSH on its own (*ie. natural production of GSH versus an artificial GSH pill or GSH injection*).

This simple and scientifically proven way to improve our body's ability to produce GSH is shown to increase GSH production at the cellular level by 300% and more over a three-month period of time.

In speaking of Dr. Keller's discovery, John Nelson, M.D, MPH, FACOG – Past President of the American Medical Association states, that it is "... the single most important breakthrough in health that I will witness in my life time. I believe it will revolutionize, change, and transform the practice of medicine world-wide and make Dr. Robert Keller more famous than Jonas Salk who created the polio vaccine."

For more information on GSH or MAX GXL contact Hallelujah Acres at **800.915.9355**. ■

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www.hacresmax.com
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Did You Know? **BarleyMax** is even better!

BarleyMax now has a darker, green color and a richer taste; the reason is superior, more consistent processing. One difference that makes this processing better is the use of carbon dioxide, which provides an inert atmosphere in the juice drier, making the powder more stable. The carbon dioxide dissipates as the powder falls to the bottom of the drier.

More attention to soil health also contributes to a better product. While there is an abundance of natural minerals in the ground, we take proactive measures to ensure an optimal crop and nutrition yield:

- Cycling the barley and alfalfa, with dormant times for the land.
- Implementing a healthy organic fertilization program that involves: growing the alfalfa and then “green chopping” it into the ground; composting with barley pulp (left over from juicing) and aged compost; and allowing this mixture to work in the soil over the winter.
- Irrigating from deep mineral-rich wells on the farm and from an aquifer in the area.
- Plants are harvested in the spring and autumn while they are young and tender to get a better crop yield and a superior nutritional product.

If you've ordered BarleyMax in the past few months, you may have noticed some changes.

Slight variances in color and taste are still possible because barley crops differ from field to field; the amount of rain or the temperature during the growing season can also be factors. However, these differences are natural and do not affect the nutritional quality. Still, some customers have expressed that the stronger taste is on the bitter side; we recommend a drop of liquid stevia extract per serving. Stevia will not interfere with nutritional uptake and is suitable for everyone, including children.

BarleyMax has a very high level of enzyme activity, which allows the body to easily assimilate the vitamins and minerals that it provides. It also contains balanced and rich amounts of macro and trace minerals, which provide building blocks for the body's living cells, tissues and organs. Plus, in a measure of total antioxidant capacity, BarleyMax is the leading barley juice of all the products we have tested. ■

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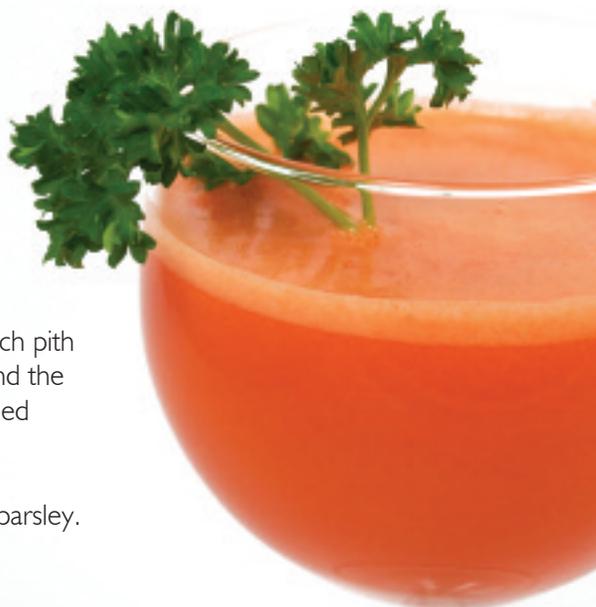
Better Carotene



- 1 carrot
- 2 oranges
- carrot greens or parsley

Peel the orange, leaving as much pith as possible. Juice the orange and the carrot, and stir in ice (use distilled water to make ice).

Garnish with carrot greens or parsley.



Pineapple Delight

Warming Up to Living Foods by Elysa Markowitz

- 1 pineapple
- 1 cup cilantro
- 2 green lettuce leaves

Juice the pineapple, cilantro (stems and all), and lettuce together. Serve in fancy glasses with ice (use distilled water to make ice).



Volcano Tomato



- 1 red pepper
- 1 tomato
- cabbage (3 oz)
- 1 tablespoon chopped parsley
- lime wedge

Juice the pepper, tomato and cabbage, and pour into a glass. Stir in the parsley with ice (use distilled water to make ice).

Garnish with a lime wedge.

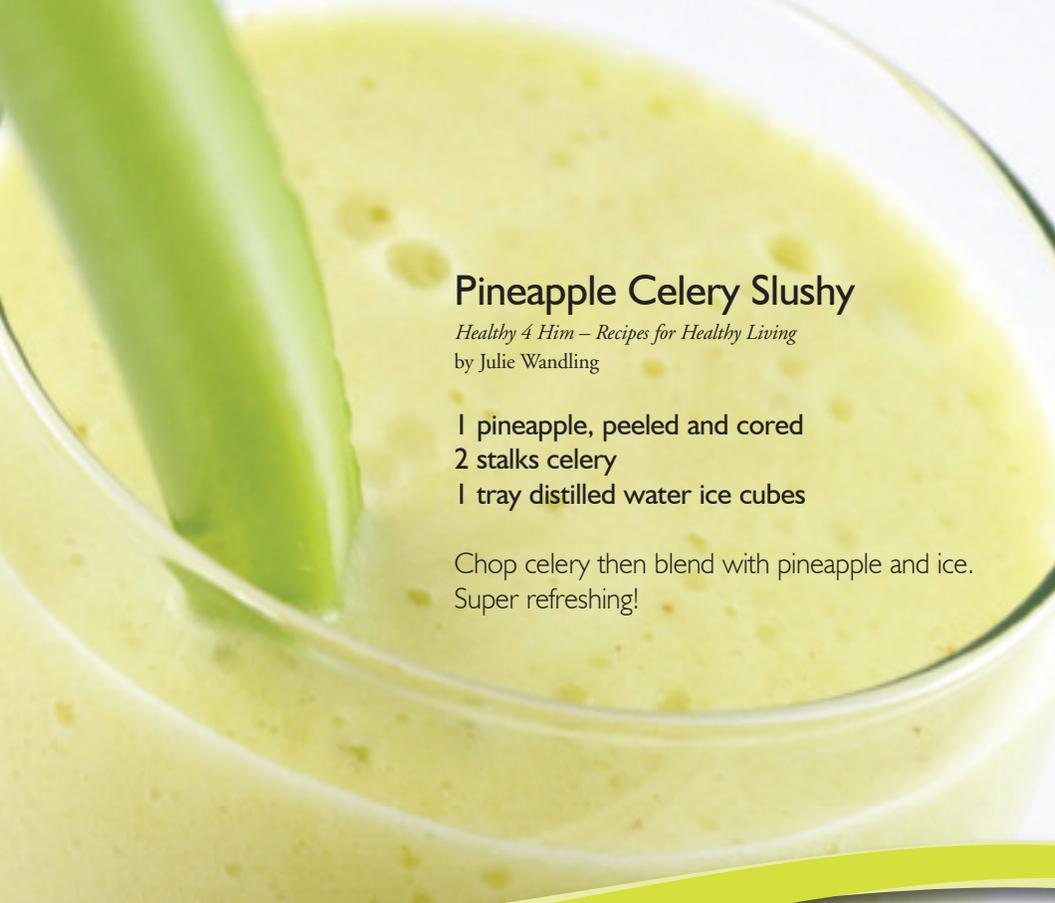


Banana Mango Smoothie

Healthy 4 Him – Recipes for Healthy Living
by Julie Wandling

- 2 bananas
- 1 mango
- 4 ice cubes
- ½ cup distilled water

Just blend and serve!



Pineapple Celery Slushy

Healthy 4 Him – Recipes for Healthy Living
by Julie Wandling

- 1 pineapple, peeled and cored
- 2 stalks celery
- 1 tray distilled water ice cubes

Chop celery then blend with pineapple and ice.
Super refreshing!



Strawberry Cream Pie

Warming Up to Living Foods by Elysa Markowitz

Crust:

- 2 cups almonds
- 4 to 6 pitted dates
- ½ cup raisins (optional)

Filling and sauce:

- 6 bananas
- 1 teaspoon grated lemon zest
- 1 pint strawberries
- ½ cup pitted dates
- 1 kiwi, sliced

Soak the almonds for 12 to 24 hours, then rinse. To make the crust, grind the almonds, dates, and raisins to the consistency of moist meal in a food processor fitted with an “s” blade. Press into a 9-inch glass pie plate, and either place in a dehydrator for 2 to 4 hours at 105°F or refrigerate for 1 to 2 hours. To make a sauce for the filling, process 2 of the bananas, the lemon zest, 4 of the strawberries, and ½ cup dates in a blender. Set aside. Line the crust with thin banana slices from 2 more of the bananas. Set about 1/3 of a banana and a few strawberries aside for garnish. Mash the remaining bananas with a fork, and dice the remaining strawberries. Combine the mashed bananas and diced strawberries in a bowl with ½ of the filling sauce, and spoon on top of the pie crust. Pour the remaining filling sauce on top of the mashed fruit, and garnish with rings of sliced kiwi, strawberries, and banana. Chill for 1 to 3 hours before serving.

Eggplant Pizza

Warming Up to Living Foods
by Elysa Markowitz



- 1 eggplant

Sauce:

- ½ cup dried tomatoes
- 2 to 3 tablespoons olive oil
- 1 glove garlic
- ¼ cup fresh basil
- 2 to 4 pitted dates

Toppings:

- 1 sliced avocado
- 1 cup grated yellow squash
- ½ cup grated carrot
- 4 tablespoons chopped fresh parsley

Peel and slice the eggplant into ½ inch thick rounds. Place in a dehydrator at 105°F. To make the sauce, soak the dried tomatoes in enough warm water to cover for 20 minutes, then pour the soaking water into a blender with the soaked tomatoes. Add the olive oil and crushed garlic, and puree. Add the basil and pitted dates, and puree again until creamy. Put the sauce on top of the sliced eggplant, and let dehydrate (or sun-dry) for 1 to 2 hours. Just before serving, decorate with toppings on each slice, return to the dehydrator to warm for 5 to 10 minutes.



Hallelujah Acres Success Stories



“Six years ago I was diagnosed with three tumors in my breast, then the cancer spread to my lungs, then to my head, and finally to my thyroid. I have been on herceptin treatments every three weeks because I have the HER2NU gene, which was found when I was diagnosed with breast cancer. The drug itself costs \$8,700 for every treatment. About a year ago, a wise man, who was in remission from bladder cancer, told me about you and your Hallelujah Diet. He told me he had adopted The Hallelujah Diet and that he now feels better than he has ever felt, and that he now walks three plus miles six days a week. I must say that he does not look his age of 78 years. Because of this man’s testimony, I started reading your books, Back to the Garden Magazine, and began The Hallelujah Diet. Since making the diet change, I have lost 75 pounds, the cancer has not reappeared in my breast, lungs or head, and the thyroid cancers have now gone down to two lobes and one of the two remaining is smaller. Now everyone says I look good. I was 44 years old when I was first diagnosed with cancer and I’m now 50, and work 40-plus hours each week. Look what eating the Hallelujah Diet has done for me! Why do we have to get sick before we look up Hallelujah Acres? I am glad the Lord steered me in your path!”

Betty, Portage, Maine

“Greetings Dr. Malkmus, I just wanted you to know that because of the information I received from you I have overcome high blood pressure, heart arrhythmia, obesity, and now sleep like a baby! I attended your seminar in Clinton, Iowa some years ago, but didn’t immediately connect with your message. Over time I bought a juicer and started half-heartedly to follow your advice. I have lost over 100 pounds, and walk one

to three miles a day. I also have my wife on the diet and she has overcome hip problems and acid reflux. Our Jack Russell Terrier also likes carrot juice and BarleyMax and he is one healthy dog! You have made a difference in our lives and I know your following will grow. Thanks again, and praise be to Yahweh and His plan for mankind!”

Jack & Emelda, Illinois

“Dear Rev. George, After being on The Hallelujah Diet for only six weeks my husband and I have lost 20 pounds each without trying, our eyesight has improved, our skin is clearer, we no longer need deodorant, and we have a healthy glow. We both have unbelievable energy and feel the best we have ever felt. We are sleeping 8 hours a night and waking up refreshed (prior to the diet change we struggled to sleep and often took Ambien.) However, the most amazing change is with our son Ethan. He is now five years old and has been allergic to cow milk since birth. He has also been allergic to various additives in food, so his diet has included mostly goat’s milk, fruits, veggies and some meat to help him maintain his weight. He has been to the hospital 10 times and has seen many specialists for his various symptoms. After difficult testing, he was diagnosed with severe reflux, asthma, eczema, and allergies. He has also had four surgeries and we have had to use the Heimlich maneuver on him 8-times due to reflux. After just six weeks on the Hallelujah Diet and after eliminating animal products, our precious son has no more symptoms of any kind! We are so excited; and are praising the Lord for this miraculous recovery and answer to prayers! Our son is normally covered with a rash and welts and now he doesn’t even have one spot. He used to vomit at least once a week, but hasn’t even one time since the diet change. His acid reflux, for which the doctor

prescribed Prilosec, starting at the age of two, is completely gone. One of our biggest concerns was trying to keep weight on his body, and since the diet change he has gained two pounds. He now has easy bowel movements daily and all the stomach pain, burping and burning is gone! Our son looks amazingly different and everyone that has prayed for him since birth is praising God because of the dramatic change in his health and appearance. Many others are starting The Hallelujah Diet themselves because of our precious son’s obvious health improvements. This is the first time he has gone six weeks without any medical intervention since he was born. Thank you so much for your work in the Lord’s name!”

Michele, Indiana

“My name is Patricia D., and I want to take a moment to thank Rev. Malkmus and all his associates at Hallelujah Acres for all the work they are doing. I have been so blessed. Five years ago, at the age of 37, after having experienced irregular pap smears for years prior, my gynecologist told me that I had carcinoma in situ (cancer), level 3, in my cervix, and that it had spread to the surrounding areas. My gynecologist urged that I take immediate action and have surgery to remove significant portions of my cervix. This news was especially difficult for me to hear, as I still had hopes of having children. It was at this low time in my life that my mom kindly shared with me information regarding The Hallelujah Acres Diet, and I decided to give the diet a try before considering the surgery route. Reluctantly, my doctor agreed to give me one month before proceeding with surgery. I immediately called a Hallelujah Acres trained Health Minister who lived in my area. Carmie graciously answered all of my

continued on the next page

Hallelujah Acres Success Stories

questions and patiently day after day answered all my questions when I was struggling to figure out what to eat, and provide answers to the many other concerns I had. I also carefully read Rev. Malkmus' book God's Way to Ultimate Health that was so helpful. AFTER ONLY ONE MONTH of doing the diet perfectly, with a focus on drinking lots of fresh vegetable juices every day, my doctor did a biopsy that revealed that the carcinoma was no longer present and that the cells in my cervix were only moderately dysplastic. WITHIN THAT FIRST MONTH many other good things came about due to making the diet change: I began to lose weight; I started having enough energy to begin exercising moderately; my bad breath, which I had since a child, simply disappeared; body odor was gone; my mind was much clearer, my moods less erratic, and PMS symptoms lessened considerably; I stopped having restless leg syndrome; and I slept soundly through the night, waking up refreshed in the morning. I remember thinking that even if I did require surgery, I would never go back to the SAD diet I was on prior to The Hallelujah Diet – I felt so healthy and I was so happy. AFTER FIVE MONTHS ON THE DIET, my doctor diagnosed me as being completely well. She then went on to tell me that there was nothing she could attribute my healing to, except for my change in diet and exercise. Numerous other good things happened as well during those five months: I dropped from a size 14 to a size 6; I had more energy than I had ever had in my life; and I went from a high risk HPV to no HPV whatsoever, nor have irregular pap smears returned; my gums firmed and I no longer have loose teeth (previously I had experienced gum recession for years and

had two gum surgeries), and my dentist could hardly believe the improvement in my teeth, with no plaque, and the excellent condition of my gums; my vision tests revealed 'unexplained' significant improvement; and I was much better able to control stress and focus on the most important parts of my life, including my spiritual life, my family, and my friends. FOUR YEARS AFTER ADOPTING THE HALLELUJAH DIET, I am a size 4 and rarely ever get sick. While I vary between the 'recovery' Hallelujah Diet and the 'maintenance' Hallelujah Diet, I always have my raw vegetable juices every day and eat lots of raw vegetables throughout the day. My work colleagues and my friends have all been inspired by the positive changes in my life and many of them have made adjustments to their diets as a result. I am always enthusiastic to share my story with anyone who I believe might benefit from my experience – and many have benefited. Thank you again, Rev. Malkmus, for the insights you and your assistants have given me about what it means to feed one's body with healthy, living foods. I am very grateful to you and to God.

Patricia D.

"Dear Rev. George, You and your wife are such a blessing to us! Thank you for sharing the message that the Lord has for us. God has removed the veil from our eyes and now we see how to obtain and maintain health so clearly. This Hallelujah Diet will enable us to minister much further into the future without the distraction of health issues. My husband and I have only been on the diet a few weeks but noticed a difference instantly in our energy levels and have both lost six pounds without trying. Also, our five year old loves you, George. He has asked to watch your Green Star Juicer video over and over again, and pretends he is Rev. George. He

tells everyone who comes to see us about the 'dual gears.' It has been a breeze to get him to drink carrot juice because he is so excited about the Green Star after watching the video. Can you believe I picked up your 'The Hallelujah Diet' book in Wal-Mart and that was the first time we had ever heard about Hallelujah Acres. I wasn't even looking for a book and didn't think we had health issues, but the Lord directed me right to that book, I bought it and I read it through that very night and we went on The Hallelujah Diet the next morning. We are planning on coming to Hallelujah Acres and I look forward to shaking your hand."

Michele

"After we came for Health Minister Training we started a program to help people in our church. Every couple of weeks we do a one-day, six-hour program that is a condensed version of things we learned at the Hallelujah Acres Lifestyle Center in Florida and at the Health Minister Training. We've had over 60 people come through our one-day classes since December 2008. In fact, we've set up a special email address (sustarhealth@aol.com) because so many people are asking about our program and about what happened to me.

We're already getting some incredible testimonies, too. A man in our program had a blood sugar level around 400, and medication wasn't helping. But since he went on the Hallelujah Diet, he's been waking up with blood sugar readings of 150. He also mentioned that he had neuropathy in his feet and was experiencing a lot of pain; that's gone, too! Plus, we're getting testimonies of weight loss, diabetes disappearing, lower blood pressure, you name it."

Michael S., Arizona

If you would like to submit a testimony, please email it to testimonies@hacres.com.

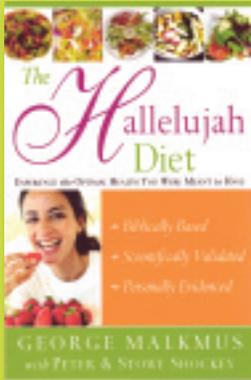
Please put the type of testimony on the subject line.

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

Start Today!

Experience Healthy Living
from a Biblical Perspective!

You've discovered God's way to ultimate health. As you begin your journey to healthy living, we encourage you to **use this four-page section** as a reference guide to the basics of The Hallelujah Diet.



LEARN

To help you understand why you need to change your diet and how to begin the process, we recommend reading *The Hallelujah Diet* by Rev. George Malkmus.



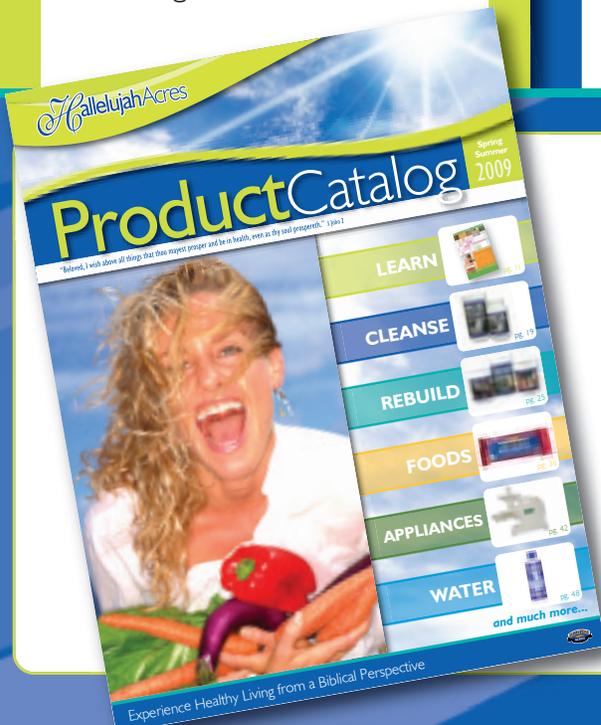
CLEANSE

Using Fiber Cleanse as a dietary supplement for the first 60 to 90 days of The Hallelujah Diet will help to restore optimal bowel activity. The digestive enzyme supplement will help improve digestion and the absorption of nutrients from foods.



REBUILD

The most efficient and potent means of rebuilding your body at the cellular level is juicing. BarleyMax is a fiber-free, 100% organic barley grass juice dried to a powder form, giving you one of the widest spectrums of naturally occurring nutrients available in a single source.



New! Product Catalog

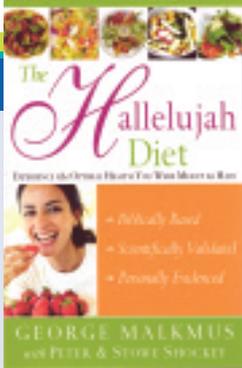
Our **Spring/Summer 2009 Product & Event Catalog** is now available. We are very excited about the new products and features we are offering:

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- **NEW** sprouting equipment
- **NEW** exercise equipment
- **NEW** money-saving kits ... and more!

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DOWNLOAD it at **www.hacres.com**

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The Hallelujah Diet *Explained*



The Hallelujah Diet by Rev. George Malkmus

Why are the majority of prayers in our churches for healing? Why aren't people receiving their healing? Could it be that there are natural laws in God's Word that govern our health?

God's Word shows us how to live—including how to achieve and maintain perfect health. When we don't follow God's natural laws, our bodies do not receive proper nutrition, or are unable to remove toxins, the results of which are sickness and disease. But when we choose to follow God's natural laws, we can restore proper nutrients and enable our bodies to be self-healing as He created them to be.

The Hallelujah Diet follows a ratio of 85% raw, uncooked, and unprocessed food and 15% cooked food.

The 85% Raw Portion

This portion of The Hallelujah Diet is comprised exclusively of the garden foods God told us in the Bible, in Genesis 1:29, that we were to eat. The dense living nutrients found in raw foods and their juices produce abundant energy and vibrant health while satisfying our cells' nutritional needs so a person no longer needs to struggle with uncontrollable hunger.



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 beans

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 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 15% Cooked Portion

Cooked foods follow the raw salad at lunch or evening meals, and can prove 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: Cooked and unsweetened frozen fruits

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

Oils: Vegan 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, agave nectar (use very sparingly)

Vegetables: Steamed or wok-cooked fresh or frozen vegetables, baked white, yellow or sweet potatoes, squash, etc.

Liquid Intake

Hydration is vitally important. We encourage the intake of at least 1/2 ounce of liquids per pound of body weight daily. We get this through the water in our raw foods, our vegetable juices, and purified water (distilled water is best, but should be re-mineralized and alkalized with WaterMax for long-term use).



A Day on The Hallelujah Diet



Breakfast

Upon rising, take one serving of BarleyMax, either in capsule or powder form (powder form is best if consumed dry). You may

take the powder dry, allowing it to dissolve in the mouth or by mixing it with a few ounces of purified water or fresh vegetable juice. It is best not to consume food containing fiber first thing in the morning, as fiber hinders the body's cleansing and eliminating efforts which continue for several hours after rising.

If a person feels the need of something with fiber at breakfast, a piece of fruit or a fruit smoothie could be eaten and, if necessary, some whole grain cereal with almond or rice milk.

NOTE: Children need more than BarleyMax for breakfast; after BarleyMax, a breakfast of raw fruit and whole grain (hot or cold) cereals would be a good choice. Children need a diet consisting of about 50% raw foods and 50% cooked foods to insure adequate caloric intake. Children are growing rapidly. They need more good fats and proteins than adults and they may need more frequent meals.



Mid-Morning

Drink an 8 oz glass of fresh vegetable juice (two-thirds carrot and one-third 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.

Thirty minutes later is an excellent time to use Fiber Cleanse as directed, B-Flax-D, or freshly ground flax seed to help maintain optimal bowel function. If a person did not have any fiber food for breakfast, a fruit smoothie is an excellent way to take their ground flax seed or B-Flax-D.

For those who need to stabilize blood sugar, or keep hunger under control and support body weight, some celery sticks, broccoli, or cauliflower florets, etc., spread with almond butter could be consumed.



Lunch

At least 20 minutes before lunch have another serving of BarleyMax, as at breakfast. If fruit has been consumed during the morning hours, have a vegetable salad. Too

much fruit in a day is not advised, and though the sugar is natural, too much sugar can cause problems. (Fruits cleanse the body, while vegetables feed the body.)

While we prefer to keep the lunch meal raw, a little cooked food at noon is fine, especially if a person wants to gain weight. A whole grain pitapocket filled with veggies makes a nice meal for those who would like some cooked food at lunchtime.



Mid-Afternoon

Drink an 8 oz glass of carrot/vegetable juice. If juice is not available, a serving of CarrotJuiceMax and BarleyMax, or some carrot or celery sticks would be next best.



Supper

At least 20 minutes before supper, have another serving of BarleyMax. Then have a LARGE

green salad comprised of leaf lettuce (never head lettuce as it has very little nutritional value) along with a variety of vegetables, including some avocado or ground seeds or nuts. A blended salad, when practical, comprised of all the veggies that would go into a regular salad plus additional greens (spinach, kale, etc.) increases nutrient value tremendously.

After the salad comes the cooked food portion. This could be steamed veggies, baked sweet potato, whole grains, whole grain pasta, squash (baked or steamed), or beans.



Evening

If desired, enjoy a piece of juicy fresh fruit or a glass of freshly extracted apple or pear juice, or a glass of 100% organic apple or grape juice. It is best to not

consume anything containing fiber after the supper hour.

Hallelujah Acres
HEALTH TIP



Every week, more than 40,000 people receive Rev. Malkmus' FREE email Health Tips.

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



Renewing Your Mind

THE WORD "DIET"

Society has taken the word "diet" out of context—it has come to mean a quick way to get superficial results. But in its true sense, diet is at the core of determining health or sickness. Renew your mind to the definition of diet and you'll see that The Hallelujah Diet is simple, sensible, and treats the body to the food that supports a lifetime of nutritional balance.

Foods to Avoid

What most people do not realize is that almost every physical problem they experience (other than accidents) has a diet-related cause. Because our physical body is designed by God to be nourished with living (raw) foods, it is imperative that the greatest percentage of our daily food intake be comprised of raw foods—and that we avoid the foods that are causing the problems in the first place.

Beverages: Alcohol, coffee (grain coffees like Pero and Roma are good), teas containing caffeine (caffeine-free herb teas are fine), carbonated beverages and soft drinks, all artificial and sugar containing drinks, sport drinks, and all juices containing preservatives, refined salt, sugar, and artificial sweeteners should be avoided. (Refined sugar suppresses the immune system and prevents its ability to protect us from germs, viruses, and bad bacteria. One 12 oz soft drink contains approximately 11 teaspoons of sugar and if consumed daily for one year, adds 15 pounds of weight.)

Dairy: All milk, cheese, eggs, ice cream, whipped toppings, and non-dairy creamers. (Cow milk and cheese are some of the most dangerous foods we can place into our body. Read Dr. T. Colin Campbell's book, *The China Study*, for documentation.)

Soy Milk and other Soy Products: Most soy products should be avoided. Soy is high in estrogen. The estrogen in soy formulas has been known to cause baby girls to develop breast buds as young as two years of age, and the age of puberty, which should be past the age of 15 years, is now as early as 8, 9, and 10 years. The growth hormones in animal flesh and dairy are also contributing to this problem. Estrogen can be a contributing factor in all female cancers, and the high protein content of soy can actually feed cancers.

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

Grains: Refined, bleached flour products, most cold breakfast cereals, and white rice. (Refined grains are devoid of fiber and thus one of the leading causes of constipation. Animal-source foods are also totally devoid of fiber.)

Meats: Beef, pork, fish, chicken, turkey, hamburgers, hot dogs, bacon, sausage, bologna, etc. (All animal-source foods are harmful to the body and are the cause of up to 90% of all physical problems. Eliminating animal source foods can practically eliminate any fear of ever experiencing a heart attack, stroke, cardiovascular problems, cancer, diabetes, osteoporosis, heartburn, gout, acid stomach, and the list goes on and on.)

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

Oils: All lard, margarine, shortenings, and anything containing hydrogenated oils or trans fats.

Seasonings: Refined table salt and any seasonings containing it. Refined table salt is almost pure sodium and chloride and is a leading cause of high blood pressure. (Celtic or Eden Sea Salt, a natural, unrefined salt from the sea, is a good choice.)

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

Sweets: All refined white or brown sugar (brown sugar is simply refined white sugar with some molasses added for color), sugar syrups, chocolate (carob is a wonderful chocolate substitute), candy, gum, cookies, donuts, cakes, pies, or other products containing refined sugars or artificial sweeteners (acceptable sweeteners include raw unfiltered honey, stevia, agave nectar, and pure maple syrup).

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

All Drugs: Though these are not foods, most are addictive and very destructive within the body: alcohol, nicotine, marijuana, caffeine, cocaine, heroin, etc., along with many over the counter and doctor prescribed drugs.

Do not discontinue doctor prescribed drugs without doctor's permission.

The Hallelujah Recovery Diet

The Hallelujah Recovery Diet is identical to The Hallelujah Diet but increases the number of servings of BarleyMax from three to six, and the number of vegetable juices from two to six.

For example:

- Start with a BarleyMax at 7:00 a.m.
- Then a vegetable juice at 8:00 a.m.
- Have another BarleyMax at 9:00 a.m.
- Alternate the two juices every other hour (skip juice during the lunch and supper hour).

These juices provide the body with the building materials it so desperately needs to carry out the functions God designed. On this Recovery Diet, fruit should be kept to a minimum so that intake does not exceed 15% of the total diet.

High Antioxidant Vegetable Juices

Carrot juice is a rich source of beta carotene, a precursor to vitamin A which is an antioxidant that neutralizes free radicals. This action helps reduce inflammation and the potential for various physical problems.

Used as a base, carrot juice can be mixed with the juices of other vegetables known for their high antioxidant content*, such as spinach, bell pepper, turnip greens and beetroot to create an Antioxidant Super Juice!

*Pellegriani, N et al. Total Antioxidant Capacity of Plant Foods, Beverages and Oils Consumed in Italy Assessed by Three Different In Vitro Assays. *J. Nutr.* 133:2812-2819.



FOOD CHOICES

Renewing Your Mind

Just because you opt for a vegan diet doesn't mean you have fewer food choices—it just means being more creative and renewing your mind to the possibilities. Professional chefs do it all the time, combining ingredients in ways no one has ever considered. Start by analyzing your favorite foods on the "foods to avoid" list; determine which characteristics of that food are appealing you, then mimic those characteristics using beneficial foods. Start with basic vegan recipes and expand your horizons. Try different ingredients, buy exotic plant foods you've never heard of, experiment with preparation techniques, and above all—have fun! You'll be nourishing your body the way God intended, with health and wellness as an added benefit.

FREE HealthSeminar

Come and discover God's simple, Biblical model for physical health and healing.
Includes food sampling, food prep and juicing demos, lectures, and video clips!

May 5 – 7 / 6:30 p.m.

Altoona, Wisconsin

Chippewa Valley
Seventh-day Adventist Church,
919 10th St. W.

May 11, 12, 14 / 6:30 p.m.

St. Peter, Minnesota

Jesus Assembly of God Church,
722 Sunrise Dr.

May 18, 20, 21 / 7:00 p.m.

Freeport, Illinois

St. Mary Parish Center,
725 S. State Ave.



Bring family and friends.

Space is limited, register today! **800.915.9355**

To book this seminar in your area, please call (828) 894-5074.

Presented by directors of the
Hallelujah Acres Lifestyle Centers Chet
Cook, and Bev Cook (B.A., N.D., C.H.C.)



FREE On the Road Tour!

Hallelujah Acres founder Rev. George Malkmus is heading *on the road!* Join us and discover how your diet can make you sick; which are the perfect foods that God gave to mankind; and how to restore your health naturally.

Thursday, May 7 / 6 p.m. / Huntsville, Alabama

University of Alabama at Huntsville (UAH), 301 Sparkman Drive • For information call (256) 882-2330

Saturday, May 9 / 10 a.m. / Fort Worth, Texas

Baptist Temple, 3300 W Seminary • For information call (817) 723-4273

Sunday, May 10 / 9 a.m. / Houston, Texas

Redeemed Christian Church of God Restoration Chapel, 13406 Beechnut St. • For information call (281) 495-4424

Monday, May 11 / 6:30 p.m. / Jackson, Tennessee

West Jackson Baptist Church, 580 Oil Well Road • For information call (877) 200-0862

Wednesday, May 13 / 7 p.m. / Knoxville, Tennessee

Gallaher Memorial Baptist Church, 219 S. Gallaher View Rd. • For information call (865) 851-6538

Saturday, June 13 / 10 a.m. / Canton, Ohio

Deliverance Christian Church, 2130 – 31st Street NW • For information call (330) 353-4879

Sunday, June 14 / 6:30 p.m. / Chicago, Illinois

The F.O.G. Ministries located at The Cornerstone Center, 1111 North Wells • For information call (312) 929-9725

Monday, June 15 / 7 p.m. / Forest Park, Illinois

Living Word Christian Center, 7600 W. Roosevelt Road • For information call (708) 697-5313

Wednesday, June 17 / Cincinnati, Ohio

Please check the online calendar for updated time and specific location at www.hacres.com



Toxicity

Refined Sugar: HOW SWEET IS IT?

Disease is almost always caused by a combination of **toxicity and deficiency**. Toxins, by definition, are poisons; and no matter how you look at it, refined sugar is a poison. Period.

Sugar is a poison in the most literal sense of the word: “a substance that, when introduced or absorbed by a living organism, causes death or injury” (Oxford American Dictionaries).

Though most people consider refined sugar harmless (and laugh at the notion that it’s dangerous) it is believed to be a root cause of many common health problems: hypoglycemia, high cholesterol, indigestion, myopia, seborrhea dermatitis, gout, hyperactivity, lack of concentration, depression, and anxiety.

Furthermore, since refined sugar is rapidly converted in the blood to fat (triglycerides), it promotes obesity, risk of heart disease, and diabetes. For example, many people blame fat for their health problems instead of sugar. Even though the media portrays fat as the main culprit in the development of several diseases (e.g., heart disease), sugar appears to be the real villain. W. D. Ringsdorf, DMD, MS, co-author of *Psychodietetics*, says that, “Sugar raises blood pressure. Sugar mixed with animal fats leads to atherosclerosis and by increasing the stickiness (viscosity) of the blood, it increases the possibility of blood clots.”

Refined sugar is also devoid of vitamins, minerals, or fiber, which means it’s not only a toxin, but also plays a role in deficiency—thus, it is the perfect recipe for disease.

It drains and leaches the body of precious vitamins and minerals through the demand that its digestion, detoxification and elimination make upon one’s entire system. Taken every day, sugar produces a continuously over-acid condition, requiring

more and more minerals from deep in the body to rectify the resulting acid/alkaline imbalance. Finally, in order to protect the blood, so much calcium is taken from the bones and teeth that decay and general weakening begin. This is why sugar is known to greatly increase the risk of dental decay.

Sugar is also a highly addictive substance; and it’s no wonder. Think about it—if you refine coca leaves, you get a drug called cocaine. If you refine poppy extract, you get a drug called opium (heroin). And if you refine sugarcane, you get a drug called sugar.

History shows that refined sugar was considered a high society party drug in the middle ages.

Today, sugar’s highly addictive nature, like a party drug, is causing deceptive, yet devastating effects across the western world. Truthfully, there is sugar in the standard American breakfast (cereal, pancakes, toast), lunch (salad dressing, soda pop, condiments), and dinner (pizza sauce, and virtually all restaurant food)... sugar is everywhere. It’s just that sometimes it is called “carbohydrates”.

In fact, all carbohydrates are ultimately sugar. Your body must break down any carbohydrate to glucose, before it can be “burned” for energy. So, since all carbohydrates eventually end up as a sugar, what defines their difference? The rate at which the sugar enters the bloodstream,

better known as the glycemic index (the lower the number, the better).

For example, recent media attention has created some confusion about what high fructose corn syrup (HFCS) actually is. HFCS is being touted as a “natural sugar” like fructose. Fructose is a natural fruit sugar and is indeed low on the glycemic index, but HFCS is not the same as fructose. Due to its processing, HFCS is actually only 14% fructose and has a glycemic index of 89, which is only slightly less than that of refined white sugar (92). In contrast, natural fructose is 32, or almost 1/3 that of HFCS.

Simply put, changing the quality of your carbohydrates can change the quality of your health and life. And while you may not be able to avoid all sugars, it’s best to be informed on which sugars (or alternative sweeteners) pose the least amount of threat to your health (see Figure 1). Limit your consumption of sugars overall, and avoid processed foods to the best of your ability—sugar and many other health prohibiting ingredients are almost always found in processed foods. Make sure you can read and UNDERSTAND the label. After all, what you don’t know CAN hurt you. ■

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Nexus Magazine, Volume 7, Number 1 (December 1999 - January 2000)



Figure 1: VARIOUS SWEETNERS

RECOMMENDED

Type	Source
Dried fruit puree	Dried fruits like apricots, dates, prunes, figs and cranberries
Fruit juice	Fresh fruit such as apples, grape, pears, peach, apricot
Maple syrup	Sap of maple tree
Maple sugar	Maple Syrup that undergoes dehydration (sucrose)
Stevia liquid or powder	Dried stevia leaves/extract
Honey	Bees extract it from flower nectars (glucose and fructose)

TRANSITIONAL

Type	Source
Just Like Sugar	Chicory Root based
Rapadura	Sugar cane juice
Sucanat	Sugar cane juice
Blackstrap molasses	By-product of sugar refining process
Barley malt extract	Made from sprouted barley
Xylitol	Made from berries, corn husks, oats, and mushrooms and birch trees

AVOID

Type	Source
Organic unrefined sugar	Sugar cane
Barley, wheat syrups	Barley, wheat
Turbinado sugar	Raw cane sugar that has been steam-cleaned
Brown sugar	White sugar dyed with molasses, 95% sucrose
White table sugar	Made from sugar cane and beets. 25% is produced using charred animal bones
Splenda	Created from Sucralose
High Fructose Corn Syrup	Corn
Aspartame	Labs (artificial sweetener such as Equal)
Saccharin	Labs (artificial sweetener such as NutraSweet)





EVENTS AT HALLELUJAH ACRES

in Shelby NC



Make it a Hallelujah Weekend

Spend the first weekend of the month with us!

Fridays - May 1 • June 5 • July 3 • July 31

An Evening of Food Prep with Rhonda Malkmus
6 p.m. to 8 p.m. • \$30 per person

Saturdays - May 2 • June 6 • July 4

God's Way to Ultimate Health Seminar — FREE
10 a.m. to 1 p.m.

Saturdays - May 2 • June 6 • July 4

Where Do I Go From Here?

\$45 per person • \$10 for spouse or children aged 13-17
Children under 12 admitted free with adult • 1:30 p.m. to 4:30 p.m.

Mon.-Tue. July 13-14

Hallelujah Acres Diet & Lifestyle 2-Day Workshop
\$99 per person (without books) • \$125 per person (with books)
Registration starts Noon Monday

Wed.-Fri. July 15-17

Health Minister Training 3-Day Course
\$300 per person • \$450 per couple

Sat. July 18

Raw Food Revival with The Graffs
\$200 per person • 10 a.m. to 6 p.m.

Schedule subject to change without notice. Please call for updates.

For more information call us at toll-free
at **800.915.9355** or visit www.hacres.com

LIVE Webinars

What Does It Mean To Be On The Hallelujah Diet?

Thu. May 21 • 1:30 p.m. Eastern

Find out the MANY ways you can implement nutritional excellence into your busy life.

It's Beach Time! Thu. June 25 • 1:30 p.m. Eastern

Release those extra pounds to reveal a sleek, beautiful you!

The No Pain Total Body Exercise Solution

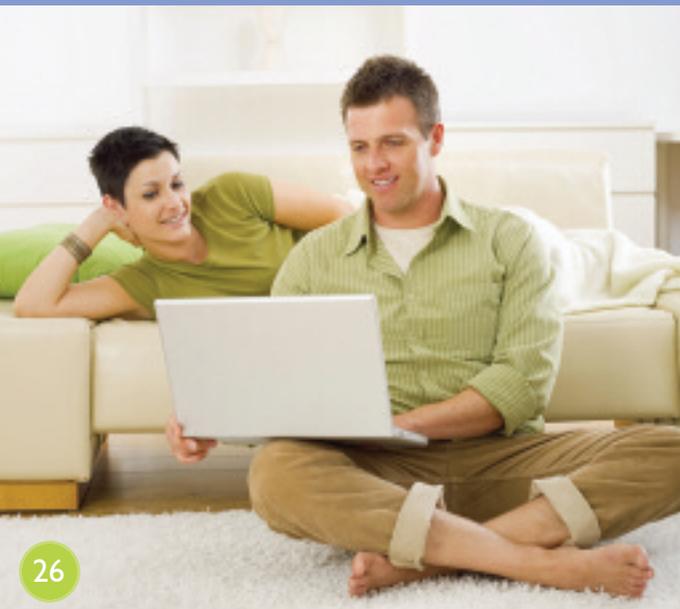
Thu. July 23 • 1:30 p.m. Eastern

Learn about the healthy benefits of this fun, innovative, total body exercise.

Quenching Your Thirst Thu. August 20 • 1:30 p.m. Eastern

Confused about the best water to drink? Let us clear the waters for you!

For more information or to register for LIVE Webinars, please visit www.hacres.com and click on "News and Upcoming Events."





EVENTS AT HALLELUJAH ACRES

in Canada



Hallelujah Acres Canada is a one-stop Canadian connection for Hallelujah Acres products and services.

Serving as the product distribution centre for all of Canada, we also offer education, support and resources without having to cross the border.

We have the knowledge and the experience of being on The Hallelujah Diet to answer any of your questions and to offer sound information. We have classes suitable for everyone, whether you're just curious or a seasoned health pro; and our product selection includes everything you need to maintain optimal health.

Your well-being is our first priority—we want to empower you to make your body self-healing as God created it to be!



16635 Yonge Street, Unit 24B, • Newmarket, ON L3X 1V6
www.hacres.ca

Pre-register for any of the above classes now: 866.478.2224 or 905.853.7014 (local or from U.S.)

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- Menu Planning, Shopping for Healthy Food, Kitchen Organization
- The Foods to Avoid for Improved Health

Class 2

- The Importance of Nourishing and Cleansing the body
- How Fresh Air, Exercise, Water & Sunshine are necessary for Optimal Health

Class 3

- How to manage your Stress and Emotions to have Better Mental Health
- How the Spiritual wellbeing is important for Better Health

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Sprouting Made Easy

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June 20

Summer Soups

Try out new recipes for Cool Summer Soups and Salads!

July 18

Let's Have a Picnic

Join us for a gourmet picnic including melon smoothies, fruit kabobs, veggie burgers, deviled avocados and more!

August 15

Back to School Lunches

Simple, convenient recipes for box lunches you can make for the whole family the night before.

September 19

Blended Smoothies, Salads and Dressings

Use a Vita Mix blender and a personal blender to make tasty recipes for a melon cooler, Hallelujah V-8, carrot ginger dressing, and more!

October 3

Our Thanksgiving Dinner

November 28

Our Hallelujah Christmas Celebration

Schedule subject to change without notice. Please call for updates.



Yes! You Can... Dine Out!

by Ann Malkmus

Dining out should be part of your healthy lifestyle. Eating out on a vegan diet is a great treat and can help you discover new foods that add variety to your diet; what better way to share your healthy eating lifestyle with friends and family!

In any kind of restaurant, take a look at all the vegetables being offered in other entrees on the menu; ask your waiter to place them uncooked on a nice bed of spinach or romaine with a side of oil and balsamic vinegar dressing. You will find that salad is likely going to be huge and filled with color.

Italian - A cheeseless pizza is a great option; pile it high with veggies and tomato sauce. Whole wheat pasta with a variety of vegetables in marinara sauce always makes a tasty, healthful vegan meal.

Chinese - Chinese restaurants frequently offer several vegan options on the regular menu, so dining out at these places should not be difficult. Broth-based soups are

often a safe bet. Pair a vegetable soup with some brown rice and you'll have a healthful, satisfying meal. Beware of hot-and-sour soups, however, because they often contain beaten egg and chicken broth.

Japanese - Japanese restaurants offer quite a variety of vegan-friendly dishes. Options may include vegetable-based sushi (avocado or cucumber rolls are perhaps the most common), and miso soup (miso is a paste made from fermented vegan ingredients).

Mexican - Vegan fare in this type of cookery can be more difficult to find due to the

abundance of fat and cheese. Seemingly harmless side dishes of beans and even vegetables and tortillas are often cooked in lard and/or smothered in cheese. Ask how the vegetables are cooked. If you request that oil be used, you can make a meal out of veggie fajitas. Request extra salsa, guacamole, or pico de gallo instead of cheese and sour cream.

If you don't want to make so many special requests simply order black bean soup with a few tortillas chips and a side of guacamole.

American - Many diners and restaurants that serve American fare now offer a veggie burger. Be sure to ask for no mayo or cheese and request that the bun be left un-buttered.

Other options include a veggie sandwich (no cheese or mayo please!) or a self-constructed veggie plate consisting of a variety of sides such as steamed vegetables and a baked potato.

Dining out as a vegan is not impossible. With a few requests and a little research, you can enjoy meals with your friends and family even at the most conventional of restaurants. If the meal suggestions above don't appeal to you, there is another option—ask the chef! Often if you explain your food preferences, the chef will seize the opportunity to display some creativity. The dish created will likely be the envy of the table! ■

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What's Hot!

Stevia Popularity is Skyrocketing!



Stevia has long been a customer favorite at health food stores; and now, thanks to a recent overturned ruling, it is predicted to become the country's premier no-calorie sweetener.

The Wiser Consumer

After years—in some cases, decades—of public suspicion regarding artificial sweeteners like saccharin, aspartame and sucralose, the truth has been revealed. Thanks to whistle-blowing blogs, e-newsletters, and websites, health conscious consumers are not buying it anymore (the

chemically sweetened products or the “harmless” claims). Coca-Cola and PepsiCo have taken note and are now protecting their profits by making all-natural stevia extract the next sugarless starlet. Not to mention, Japanese and Korean markets have been using stevia to sweeten soft drinks for 20 years.

Stevia is a naturally sweet plant native to Paraguay. Its leaves, if simply cut and sifted, can be 30 times sweeter than sugar and have no calories. The sweetness comes from calorie-free glycosides in the stevia leaf; commercially produced extracts can be 200 to 300 times sweeter than sugar. Two drops of the liquid or one packet of powder are as sweet as two teaspoons of sugar—with zero calories, zero carbs and zero glycemic index, which means it will not raise blood sugar levels.

Now More Than A Supplement

Until recently, stevia was available only as a “dietary supplement” in the US; it had been in

question since the 1970s and outright banned by the FDA in 1991 because of toxicity concerns (initial testing involved extremely high doses). However, DSHEA (the Dietary Supplement Health and Education Act) overturned the ruling three years later, allowing stevia to be sold as a dietary supplement. Now approved in the US as a natural sweetener (December 2008), stevia is available in crystallized packet form and in soft drinks.

Despite the concerns regarding toxicity, stevia can actually help with toxicity. The Indian tribes of South America have used stevia as a digestive aid and have also applied it topically for years to help wound healing.

Furthermore, clinical studies have shown it can increase glucose tolerance and decrease blood sugar levels.

Hallelujah Diet Friendly

Stevia is a recommended sweetener for those on the Hallelujah Diet (as are raw, unfiltered honey, rice syrup, un sulphured molasses, carob, pure maple syrup and dates). It can be used in cooking, baking, beverages—and even in BarleyMax! Take note that, like all natural sweeteners on The Hallelujah Diet, stevia should be used sparingly. ■

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A Community for Healthy Living

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P.O. Box 2388, Shelby, NC 28151

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Eat Your Way to Vibrant Health!

by Susan Smith Jones, PhD

12 Super Foods

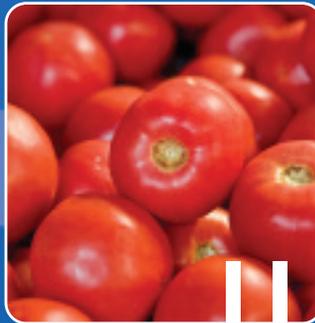
Age-defying, heart-strengthening, cancer-busting, energy-boosting and body-slimming!

Get your new, healthy lifestyle off to a great start

- 1. Parsnips** - The nutritional components in parsnips help strengthen hair and nails and improve skin quality. People with acne or skin disorders will appreciate the skin-flattering benefits of their unique balance of potassium, phosphorus and vitamin C.
- 2. Avocados** - Avocados have more protein than any other fruit. Sometimes known as “nature’s butter,” they have only about a quarter of the fat calories contained in the same weight of dairy butter. Ounce for ounce, they also provide more heart-healthy monounsaturated fat, vitamin E, folate, potassium and fiber than other fruits. They also exceed other fruits as a source of the powerful antioxidant lutein, which appears to protect arteries from hardening and the eyes from cataracts and macular degeneration.
- 3. Pomegranates** - Pomegranates are packed full of disease-fighting antioxidants. Some studies suggest that they offer almost three times more than established antioxidant sources such as green tea, red wine, blueberry juice and cranberry juice. They also contain potassium, fiber, vitamin C and niacin, all of which contribute to increased energy and good health, and have been shown to reduce plaque build-up in arteries by up to 44%.
- 4. Bananas** - Fiber from green, unripe bananas reduces bad cholesterol and increases the good by as much as 30%, while a ripe banana is one of the

- best ways to soothe an upset stomach. Bananas are a wonderful source of energy, can relieve heartburn, and will also help decrease the risk of stroke. And with the possible exception of strawberries, no other fresh fruit is higher in minerals.
- 5. Broccoli** - Broccoli has almost twice as much protein as steak: 11.2 g per 100 calories compared with only 5.4 g. (Most of the calories in meat come from fat, but the calories in green veggies come from protein.) Broccoli is one of nature’s most potent super foods. It has been proved effective against cancer, heart disease and a host of other serious conditions. Its powerful sulforaphane content delivers a double punch to cancer-causing chemicals — destroying any carcinogenic compounds that you have ingested, then creating enzymes that eat up any carcinogens left over from that reaction — and it also contains indole-3-carbinol, which helps your body to metabolize estrogen, potentially warding off breast cancer.
 - 6. Apples** - Current studies suggest that eating apples regularly reduces the risk of stroke and your chances of dying from a heart attack. They lower cholesterol and also appear to decrease the risk of lung cancer. Eating them whole, with the skin on, provides the highest level of nutritional value.
 - 7. Parsley** - This common herb is a powerhouse of the nutrients that rejuvenate and detoxify. Include it when you make fresh juice. Nibble a few leaves when you want your breath to be sweeter. Chop it into salads, soups, sandwiches

- and pasta dishes. Parsley is also a stress-buster, and studies have shown it to be effective in reducing depression, lowering cholesterol and strengthening kidneys. Many herbalists recommend parsley to relieve the symptoms of rheumatism and PMS.
- 8. Cinnamon** - This ancient spice (obtained from the bark of Asian evergreens) and highly versatile flavoring helps to relieve bloating and stabilize blood sugar. Cinnamon contains methylhydroxy chalcone polymer (MHCP), which speeds up the processing of sugar in your body. So putting cinnamon sticks in your tea or water, or sprinkling just a tiny amount on desserts, fruits, cereal and into smoothies, will make your insulin release much more efficient, which may slow aging and help ward off diabetes and obesity.
 - 9. Oats** - Oats contain twice as much protein as brown rice and are an excellent source of complex carbohydrates to maintain energy levels. They improve your resistance to stress, help to regulate the thyroid, soothe the nervous and digestive systems, reduce cigarette cravings and stabilize blood sugar levels.
 - 10. Garlic** - Garlic is a rich source of the sulphur compounds that keep your body chemistry in balance, fighting infections, slowing down the production of cholesterol and lowering blood pressure. There is even evidence



that garlic helps to fight cancer and improves the action of the liver and the gall bladder. Add garlic to your cooking and salad dressings, or roast unpeeled cloves for 40-45 minutes, then peel and mash them into purées and sauces.

11. Tomatoes – Tomatoes are jam-packed with nutrients and phytochemicals, which boost the body’s immune defenses. Whether in soups, sauces or salads, tomatoes are rich in vitamins C and B and also contain lots of lycopene, which appears to act as a protective factor against cancer (and may also benefit the heart). Cooked tomatoes contain more lycopene than raw, and most of the nutritional value is contained in the skin, so, ounce for ounce, cherry tomatoes are more nutritious than large ones.

12. Almonds - Two ounces of almonds give you more than 50% of your daily magnesium requirement, a mineral that’s important for heart health. Eating almonds every day for at least a month has been shown to reduce cholesterol and lower other risk factors for heart disease. A study also suggests that they may reduce the risk of colon cancer. □



Renewing Your Mind

SUPER FOODS

All foods are not equal. Some are full of calories and void of nutrition, while others are low on calories and so packed with nutrition that they earn the title of “super food”. Renew your mind about the difference between food volume versus nutritional potency—you don’t need a lot of food to get a lot of nutrition. For example, blueberries are often considered a super food because they contain significant amounts of antioxidants, anthocyanins, vitamin C, manganese, and dietary fiber with relatively few calories. Super foods are the best whole foods out there, but not one is a magic bullet; make sure you include many different super foods to help maintain optimal health.



It's Not

“All or Nothing”

Even Small Changes Yield Health Benefits

by Dennis Daniel

Many of us believe that the Hallelujah Diet is indeed the greatest diet plan available today. Not only is it beneficial for weight issues, it also promotes an exercise regimen that helps to strengthen our bodies and a plan to assist us in rebuilding our body's natural immune system to fight and overcome disease.

Most “diet plans” on the market deal primarily with losing weight with very little or no concession made for exercise and/or immunity building programs to improve overall health. In fact, most people who adopt The Hallelujah Diet do so in order to thwart the effects of some type of physical issue. Weight loss, we have found, is simply an added benefit.

Is there a gray area?

Many people, however, when first exposed to the parameters of The Hallelujah Diet tend to feel that they may be somewhat extreme and, as such, difficult to adhere to. When Rev. Malkmus teaches us that we should consume a diet consisting of approximately 85% raw food and 15% cooked food, the thought often arises, “How can I do that?” We are, as a society, basically addicted to cooked food. Is there,

we might ask, a gray area or a transition procedure? Happily, we can answer that question with a resounding “yes!”

The power of a smoothie

We have found, in many instances, that making only a minor diet change can result in improved health. I can give you a good example. A couple of friends of mine have a son who was diagnosed with ADHD. He was prescribed Ritalin. After taking the drug for some time, his behavior showed no significant improvement. After attending a God's Way to Ultimate Health seminar at Hallelujah Acres and learning about the “brain power smoothie” recipe on our website, they decided to serve one of these to their son every morning. Even though the young man was addicted to the SAD (Standard American Diet) he enjoyed the taste of the smoothies because they were made with (among other ingredients) fresh blueberries and a vanilla-flavored supplement called Nutritional Essentials®.

Within days, my friends reported that their son's teachers began to telephone them and ask what new “medication” he was on. Not only was his behavior much improved, so was his concentration and overall work ethic. Many of his teachers stated that they

were certain the Ritalin did not cause his rather sudden improvement because most children tend to become overly relaxed, perhaps even lethargic, under the influence of this particular medication. Their son, on the other hand, had begun to show more interest in his schoolwork and his interaction with other children had become much more pleasant. Keep in mind that this young man's parents did not change his entire diet; they simply began serving him a fruit smoothie.

Was this young man on the Hallelujah Diet? To the degree that a particular need in his life was addressed, we could answer “yes.” Although he changed only a minute portion of his diet, he experienced an improvement in his overall health.

Work your way up

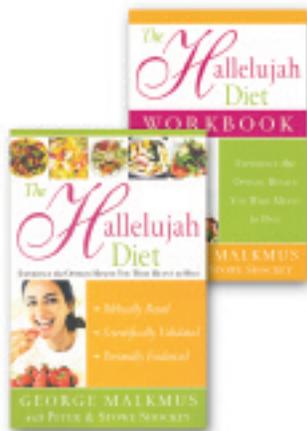
You may not feel that you can make a total transformation of your diet to the 85% raw, 15% cooked diet that Hallelujah Acres recommends. You may not feel that you can walk several miles a week or indulge in resistance training exercises. Many people have experienced significant health improvements by starting slowly and gradually working up to the recommended parameters of The Hallelujah Diet. Rev. Malkmus relates often that, when he first met Rhonda, she could barely walk to the end of the driveway without severe pain. However, each day she walked “a little further, a little faster” and by the end of one year, she was speed-walking four miles in under an hour.

Minor changes make a major difference.

Are there minor changes you can make? Can you give up one soda each day? That equates to 77 fewer teaspoons of sugar per week or an astonishing 3.2 fewer pounds of sugar per month! Can you give up those three, quarter-pound hamburgers per week? That is equivalent to eliminating approximately two pounds of saturated fat from your diet each month. Can you walk a quarter mile, three times a week? That equates to over three miles per month.

As you can see, to whatever degree you can change your diet, you should begin to experience improvements in your health. These improvements will likely inspire you to make further changes, resulting in further health benefits. ■

OPEN TO ALL!



Spend two memorable days with Rev. Malkmus, including presentations on dead food/living food, Biblical foundations of The Hallelujah Diet, the importance of exercise, and much more!

This course is a prerequisite option for Health Minister Training.

\$125 per person



2-day Workshop

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July 13-14 • November 16-17

Training takes place at the Hallelujah Acres International Headquarters in Shelby, NC. For more information, call **800.915.9355** or visit www.hacres.com

Schedule subject to change without notice. Please call for updates.

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If you have a passion to share your interest in nutrition, health and the wonders of the self-healing body, then Health Minister Training is for you! During this three-day event, you will discover:

- Health-related principles that verify The Hallelujah Diet
- How to reach those who desperately need the message
- Where to share your new knowledge

\$300 per person / \$450 per couple
(includes Health Minister Resource Kit, valued at \$50)
\$50 for re-attending Health Ministers
(Resource Kit not included)

Applicants are required to complete one of the following prerequisites:

- Hallelujah Acres Diet & Lifestyle 2-day Workshop
- Hallelujah Acres Lifestyle Center 5- or 10-day stay
- Get Healthy! Stay Balanced course

Training takes place at the Hallelujah Acres International Headquarters in Shelby, NC. For more information, call **800.915.9355** or visit www.hacres.com

B-Flax-D™

B-Flax-D by Hallelujah Acres contains a rich source of both soluble and insoluble fiber, plus a wealth of vitamins and minerals to help achieve and maintain excellent health.

Insoluble fiber from flax holds water and increases bulk, which helps to maintain optimal bowel function. Soluble fiber also helps absorb cholesterol, which keeps it from being reabsorbed from the intestine. It also keeps beneficial colon bacteria in balance, and keeps the colon in good working order. Soluble fiber also has benefits for those with diabetes: it slows down the absorption of glucose from food, thus reducing the glycemic response to carbohydrate foods.

Flax also contains naturally occurring calcium, chromium, magnesium, phosphorus, and zinc in beneficial amounts. Approximately 57% of the fat in the flaxseed in B-Flax-D are ALA (μ -linolenic acid); research has shown that ALA helps stabilize the electric patterns in the heart, which can prevent arrhythmias.

Regular use of B-Flax-D will ensure that a person gets a sufficient amount of Vitamin B12, which is important for healthy cell production, such as red blood cells, which contain the hemoglobin responsible for transporting oxygen throughout the body; B12 deficiency has been linked to anemia. Vitamin B12 also aids in cell formation and cellular longevity.

A single serving of B-Flax-D contains 990 mcg of the methylcobalamin form of B12, which has been found to be cancer-protective in animal studies. It has also been linked to the production of acetylcholine, a neurotransmitter that assists memory and learning.

Sunshine is the best source of Vitamin D, a pro-hormone that is essential for strong bones and a healthy body. However, getting adequate levels of UV light from sunshine to produce the proper level of Vitamin D in the body is not always possible, making supplementation with a product like B-Flax-D a wise choice.

The main action of Vitamin D is to regulate the absorption of calcium in the small intestine. Optimal levels of Vitamin D (40-100 ng/mL) can increase calcium absorption by 65% (compared to a low "normal" level).



10% OFF!

This offer INCLUDES wholesale, retail and Health Ministers; no limits.

Offer ends July 15, 2009.

#460 2 lb. powder \$21.95

B-Flax-D Ingredients:

- **Organic Cold-milled Flaxseed**
 - Valuable source of soluble and insoluble fiber
 - Provides Omega-3 essential fats, and many other nutrients to help achieve and maintain optimal bowel function
- **Seleno Yeast**
 - A source of selenium, a mineral with powerful anti-viral and disease-fighting properties.*
- **Vitamin D (cholecalciferol-2,000 IU)**
 - Assists the body in the absorption of minerals like calcium
- **Vitamin B12 (methylcobalamin 990 mcg)**
 - B12 has been shown to prevent nerve damage
 - B12 aids healthy cell formation
- **Zinc Gluconate**
- **Vitamin B6 (pyridoxine hydrochloride)**
- **No artificial colors or preservatives**

Hallelujah Acres New Generation B-Flax-D Supplement Facts

Serving Size: ¼ Cup (30 g)
Servings per Container: 30

Amount Per Serving	% Daily Value*
Calories	140
Calories from fat	110
Total Fat	12 g 18%
Saturated Fat	1 g 5%
Monounsaturated Fat	2.4 g
Polyunsaturated Fat	8.7 g
Total Carbohydrates	8 g 3%
Dietary Fiber	7 g 28%
Protein	7 g
Vitamin D	2,000 IU 500%

Amount Per Serving	% Daily Value*
Vitamin K	10 mcg 15%
Niacin	1.5 mg 8%
Vitamin B6	3 mg 150%
Vitamin B12	990 mcg 16,500%
Pantothenic Acid	2 mg 20%
Calcium	120 mg 12%
Iron	1.5 mg 8%
Phosphorus	265 mg 25%
Magnesium	120 mg 30%
Zinc	7.5 mg 50%
Selenium	165 mcg 235%

Amount Per Serving	% Daily Value*
Copper	0.3 mg 15%
Manganese	2.4 mg 120%
Chromium	30 mcg 25%
Potassium	330 mg 10%
Linoleic Acid	1.7 g †
Alpha Linolenic Acid	6.8 g †
Lignan precursor secoisolariciresinol	110 mg †

† Daily Value not established.
* Percent Daily Values are based on a 2,000 calorie diet.

A Hallelujah Acres product. 



BarleyMax

BarleyMax is a one-of-a-kind, 100% organic and filler-free juice powder made from mineral-rich organic barley and alfalfa, offering one of the widest spectrums of naturally occurring nutrients available in a single source.

#441	8.5 oz. powder (120 servings)	\$37.95
#440	4.2 oz. powder (60 servings)	\$23.95
#442	240 ct. vegetarian capsules (60 servings)	\$32.95
#453	(alfalfa-free) 8.5 oz powder (120 servings)	\$37.95

A Hallelujah Acres product. 



Digestive Enzymes

Contains live enzymes that help improve digestion and the absorption of nutrients from the foods we eat. Also contains a significant amount of probiotics to maintain a good balance of friendly bacteria.

#447	90 ct. vegetarian capsules	\$24.95
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A Hallelujah Acres product. 



Fiber Cleanse

Fiber Cleanse is recommended during the first two to three months of The Hallelujah Diet to assist detoxification and help restore optimal bowel function. Contains 28 herbs in a psyllium and flax seed base.

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

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Start Today!

NEW! Quick Start Kit

Learn, cleanse, and rebuild all in one kit!

You'll get all you need to begin The Hallelujah Diet right away. Includes *The Hallelujah Diet* book, plus Hallelujah Acres' Fiber Cleanse product, and BarleyMax—one of the most potent superfood supplements on the planet!

- **The Hallelujah Diet** book
- **Fiber Cleanse** by Hallelujah Acres (powder or capsule)
- **Digestive Enzymes** by Hallelujah Acres
- **BarleyMax** by Hallelujah Acres (powder or capsule)

#KIT880	powder supplements	\$99.95
#KIT881	capsule supplements	\$99.95

A Hallelujah Acres product. 



Carrot JuiceMax

Carrot JuiceMax by Hallelujah Acres is the only raw, unpasteurized carrot juice powder on the market—making it the only product of its kind with live enzymes. Instead of using high heat pasteurization (which kills live enzymes), the juice from more than 25 lbs of 100% organic carrots used in each jar of Carrot JuiceMax is dried at low temperatures. Low temperature dehydration provides a remarkable fresh carrot flavor, while retaining critical heat sensitive nutrients and the live enzymes necessary for your body to effectively absorb those nutrients.

One tablespoon per serving, equivalent to 4 ounces of fresh carrot juice.

Ingredients: Powdered juice from organically grown carrots, and brown rice syrup solids. Carrot JuiceMax is a kosher food. Carrot JuiceMax is a 100% vegetarian product. Contains no artificial colors, preservatives or fillers.

#461 8.8 oz. powder \$39.95



Probiotics

The Hallelujah Acres Probiotic is a well-formulated and stable probiotic supplement that (a) survives the acid/bile conditions of the intestinal tract and (b) aids in maintaining a healthy balance of “friendly” flora.

#458 Professional Strength Probiotics \$29.95
60 vegetarian capsules (provides 24 billion CFU)

#446 Regular Strength Probiotics \$24.95
90 vegetarian capsules (provides 2.8 billion CFU)



B12, B6 and Folic Acid

B12 is an essential nutrient not found in plant-based foods. This supplement contains methylcobalamin, the preferred form of vitamin B12. The use of dulse, chlorella, nori, blue-green algae, and spirulina have been promoted for their plant-based vitamin B12 content, but have been shown to contain almost all analogues of vitamin B12, which are not active in the human body.

#450 60 ct. vegetarian tablets \$14.95



BeetMax

Another great fresh vegetable juice substitute you can use is BeetMax by Hallelujah Acres, a juice powder made from organic beets, using the same proprietary dehydration process used for BarleyMax and Carrot JuiceMax. 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.

One level teaspoon per serving.

Ingredients: Powdered juice from organically grown beets, and brown rice syrup solids. BeetMax is a kosher food. BeetMax is a 100% vegetarian product. Contains no artificial colors, preservatives or fillers.

#451 8.8 oz. powder \$32.95



Serrapeptase

The prime cause of western diseases is now considered to be chronic inflammation caused by eating starchy carbohydrates, processed, microwaved and generally overcooked foods. This is measured by the rise in C-Reactive proteins after eating such foods.

Serrapeptase is one of the best anti-inflammatory enzymes available. Serrapeptase by Hallelujah Acres is a powerful proteolytic enzyme.

#454 60 ct. vegetarian capsules \$24.95





Balanced Woman

Many women experience hormonal imbalances due to a lack of progesterone and an excess of estrogen in the body.

#443 2 oz. dispensing pump \$24.95

A Hallelujah Acres product.



New Generation Bio-Curcumin

A powerful anti-oxidant and anti-inflammatory agent, curcumin is the active ingredient in the spice turmeric. Traditional uses include: antioxidant, anti-inflammatory, anti-bacterial, anti-rheumatic, anti-carcinogenic and hepato protective.

#457 60 ct. vegetarian capsules \$29.95

A Hallelujah Acres product.



Watermax

Recent studies show that, while drinking low mineral water (ie distilled water) will not wreak major damage on the body immediately, over time, it can strip the body of vital minerals such as calcium, potassium, and magnesium, among others. WaterMax alkalizes distilled water, provides minerals in amounts and forms that benefit the body, provides antioxidants, and improves its hydrating ability.

#339 8 oz. bottle \$32.95

A Hallelujah Acres product.



Antioxidant

Includes antioxidant vitamins various minerals, plus botanicals, antioxidant nutrients and countless other phytonutrients.

#455 60 ct. vegetarian capsules \$27.95

A Hallelujah Acres product.



Intestinal Balance

This unique supplement contains a proprietary blend of ingredients that packs a powerful punch for your health. Intestinal Balance contains a proprietary blend of botanicals, probiotics, and enzymes to provide support for the intestinal tract, thus discouraging yeast formation, while naturally strengthening the immune system. Hallelujah Acres' Intestinal Balance formula contains enzymes that attack the cell walls of bacteria so that they are vulnerable to the body's natural defense mechanisms.

#449 60 ct. vegetarian capsules \$24.95

A Hallelujah Acres product.



New! Product Catalog

Our **Spring/Summer 2009 Product & Event Catalog** is now available. We are very excited about the new products and features we are offering:

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- **NEW** sprouting equipment
- **NEW** exercise equipment
- **NEW** money-saving kits ... and more!

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DOWNLOAD it at **www.hacres.com**

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New! Monthly Support Kit

Get all the essentials delivered to you every month! Includes one-month supplies of everything you need to support optimal health.

Start Today!

SAVE
up to
\$9.90!



Monthly Support Kit includes:

- **BarleyMax**
BarleyMax by Hallelujah Acres is an exceptionally pure, one-of-a-kind super food. Mineral-rich organic barley and alfalfa are used to make a fresh tasting, 100% organic and filler-free juice powder that gives you one of the widest spectrums of naturally occurring nutrients available in a single source. **8.5 oz. powder or 240 veg. capsules**
- **B-Flax-D**
Formulated specifically for long-term use, B-Flax-D by Hallelujah Acres includes a rich, 100% vegetarian source of both soluble and insoluble fiber, plus a wealth of vitamins and minerals to help achieve and maintain excellent health. Includes sufficient levels of vitamin B12, vitamin D, vitamin K and more! **32 oz. powder**
- **Digestive Enzymes**
Our Digestive Enzymes supplement contains live enzymes that help improve digestion and the absorption of nutrients from foods. 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. This supplement also contains the same amount of probiotics as our Hallelujah Acres Regular Strength Probiotic supplement to maintain a good balance of friendly flora in the intestines. **90 veg. capsules**

#KIT882 powder (BarleyMax) \$74.95

#KIT883 capsules (BarleyMax) \$74.95

To order, call toll free

800.915.9355

or order online at www.hacres.com

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Qty.	Item#	Item Name	Price Each	Total
Method of Payment <input type="checkbox"/> Check <input type="checkbox"/> Money Order <input type="checkbox"/> VISA <input type="checkbox"/> MC <input type="checkbox"/> Discover <input type="checkbox"/> American Express			Sub-Total	
Card Number _____ Security Code _____ Card Exp. Date _____ Signature _____			Local State Sales Tax (NC & SC residents only)	
			Shipping (10% of Subtotal)	
			Handling	+1.00
			TOTAL	

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Additional Charges apply to shipments over 1 lb. (16 oz.) going to a P.O. Box. In order to avoid these additional charges, please provide a physical street address or call for a shipping quote.

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- Return(s) require RMA# (Return Material Authorization number). Please contact Customer Service at 1-800-915-9355 for RMA# and shipping instructions.
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- Please use original package for return when possible.
- Please record RMA number on outside of box(es).
- Returns must be received within 10 business days after RMA number is issued.
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- Allow three to four weeks for returns to be processed.



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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)

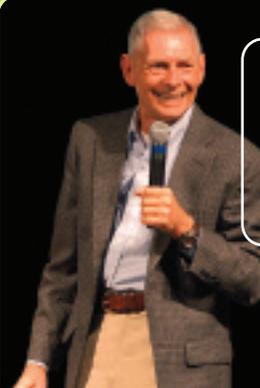
- Auto-immune Disorder - Arthritis, Lupus, Fibromyalgia
- Cancer Candida Depression Allergies
- Obesity Heart Disease Osteoporosis Diabetes
- None Other

Customer Service Hours: 1.800.915.9355
Mon. - Fri. 8:00 a.m. to 8:00 p.m., Sat. 9:00 a.m. to 4:00 p.m. EDT.

Products, prices, and availability subject to change.



Keycode: WHN55



God's Way to Ultimate Health

FREE
Saturday Seminar
presented by Rev. George Malkmus

Seminar is held the first Saturday of
every month at 10 a.m.

Whether you're battling a life-threatening disease or you simply want to achieve optimal health, this FREE 3-hour seminar will enlighten and inspire you to take that first step to self-healing. Along with a few hundred other attendees, listen to Rev. George Malkmus, Lit. D., founder of Hallelujah Acres, as he tells you why your diet and lifestyle can make you sick or feel great. Take back your health by living the lifestyle you were designed for.

2009 Saturday Seminar Schedule

Hallelujah Acres International Headquarters, Shelby, NC

May 2 / June 6 / July 4 / Aug. 1 / Sept. 5

First Saturday of every month at 10:00 a.m.



Experience the Tastes and Aromas of The Hallelujah Diet

← Friday evening **before** the Seminar



An Evening of Food Prep with Rhonda Malkmus

Learn a variety of food preparation techniques and recipes! See page 26.

← Saturday **after** the Seminar

"Where Do I Go From Here?" Class

Spend a few hours with us to learn how to implement The Hallelujah Diet at home! See page 26.

Schedule subject to change without notice. Please call for updates.