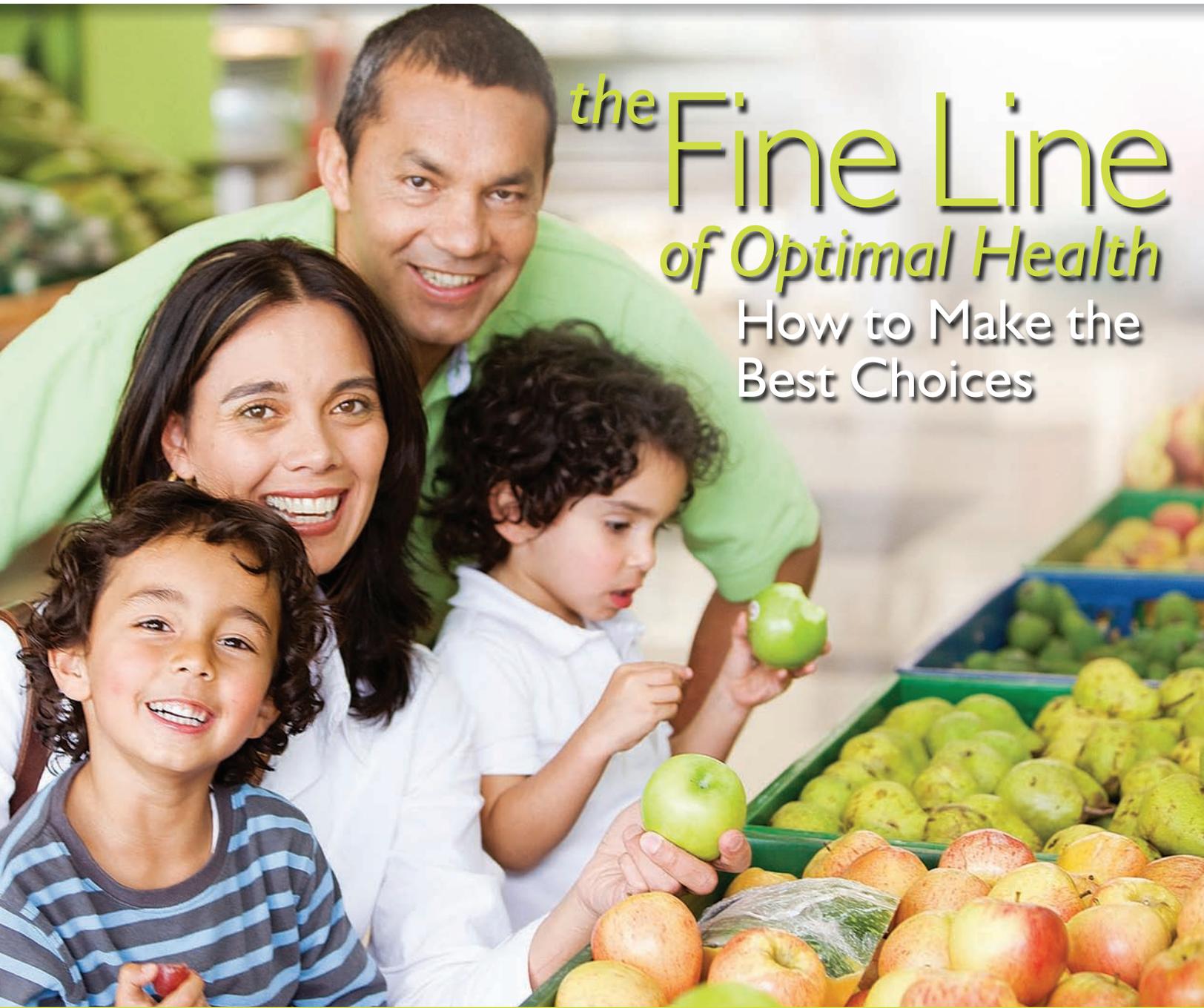


“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” 3 John 2

No. 56



the Fine Line of Optimal Health

How to Make the
Best Choices

Organic Or Not? / The World's Most Affordable Health Care

The Trouble With Soy / How to Read Food Labels / The Danger of Vaccines

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Executive Editor
Paul Malkmus, CEO of Hallelujah Acres

Managing Editor
Kim Nemunaitis, Chief Marketing Officer

Contributing Editors
Olin Idol, N.D., C.N.C., Vice President of Health
Michael Donaldson, PhD, Research Director, Hallelujah Acres Foundation

Marketing Manager / Jean Bennett

Product Manager / Joshua Grassle

Administrative Assistant / Sheila Van Dyke

Management Consultant / Scott Laird

Graphic Designer / Paula Yount

Photographer / Tera Wooten

In Canada / Hallelujah Acres Canada
16635 Yonge Street / Unit 24-B
Newmarket, Ontario / L3X 1V6
866.478.2224 / www.hacres.ca

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26 / The Fine Line of Immunization

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The Fine Line of Optimal Health

The Irony of Having Too Many “Healthy” Choices

Choosing between beneficial and harmful things was straightforward in the Garden of Eden: don't eat from the tree in the middle of the garden and you'll be fine. Today we have somewhat more complicated dietary decisions.

“I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live.”

Deuteronomy 30:19

On one hand, we have the easily identifiable “forbidden fruit” that we are not to touch; these are obvious things like fried foods, harmful meat and dairy proteins, refined foods, etc. But now, since commercial food companies have embraced customer demand for more “natural” ingredients, we have a different problem—too many choices that are gradually blurring the line between what is healthy and what is not.

Back to Basics

Essentially, these choices bring us right back to the conversation with the serpent in the Garden of Eden. We have someone telling us that the thing we know to be harmful to us is not really so—and we will fall into the same trap as Adam and Eve did if we ignore the spirit of God by listening to the deception.

The problem is that this deception is being handed to us on a silver platter, pitting the flesh against the spirit. The flesh desperately wants to believe that, since your favorite French fries are now organically grown, they're somehow good for you. Deep down in your spirit, you know this is not the case (poison is poison whether it's organic or not). Still, the battle ensues.

Physical Health for a Spiritual Mission

As John writes in Revelation regarding deception in end times, this calls for “wisdom” and “patience of the saints” (Rev. 13:10,18). This applies to physical health as well as to spiritual things; if we close our eyes to what is going on in our food supply and neglect to take responsibility for our physical health, we will not have the level of health necessary to fulfill the spiritual missions God assigns us—no wonder these confusing health decisions are upon us in these days! Make no mistake, your spiritual health is connected to your physical health, and those who do not discern the lies on either front will be “destroyed for a lack of knowledge” (Hosea 4:6).

“Therefore my people are gone into captivity, because they have no knowledge: and their honourable men are famished, and their multitude dried up with thirst.”

Isaiah 5:13

With this current state of deception in mind (and countless invitations to summer gatherings before you), we have dedicated this issue of Health News to helping you discern the “fine line of optimal health.” We at Hallelujah Acres truly want you to have optimal health, far above the status quo and even above that of what is considered “healthy.”

It's All About Choices

Indeed, having optimal health is more than avoiding bad foods. It's about making good choices in every aspect of your life—choices that determine whether your body is getting enough nutrients, whether your mind is less cluttered with the worries of everyday life, and whether your children are exposed to physical and spiritual toxins that can affect their future.

Even making the seemingly right choice can be the wrong one if you're ill-informed. This is especially true when it comes to product labels. For example, some labels are being deliberately written to deceive you into thinking that harmful substances like MSG are not contained because it is not listed as such, when in reality it is included under a different name. We'll show you what to look for.

Choosing how you deal with the pressures of our present economy can also have an effect on health. The concern of job and health benefit losses can cause undue stress and subsequent health deterioration. We'll show you how to weather the current economic climate with the best choices to maintain optimal health on a tight budget. We'll also show you how you can have the best health insurance policy in the world... for free.

Seeing The Fine Line

When you have the necessary knowledge, the fine line of optimal health becomes abundantly clear. Never stop learning and growing. Cling to what you know to be true in your spirit. Keep a watchful eye and you'll have the discernment to know deception when you see it. ■

The Fine Line of Graves' Disease

Jolie Arndt's Obvious Healing from a Not-So-Obvious Disease



Jolie, her husband Duane, and their three children live in New Brunswick, Canada. Duane is currently serving with the Canadian Forces in Afghanistan; please pray for his safe return home.



Jolie and her mom, Ruth Burt

During a routine appointment for my daughter in 2006, the doctor asked me if I had ever had my thyroid tested because she noticed that my eye was looking abnormal.

But I thought I was in decent health. I didn't think that my thyroid was out of synch because I had not lost an abnormal amount of weight, and there was nothing else drastic going on. In fact, I thought my eye abnormality was a hereditary condition, as my brother has a similar condition that has nothing to do with his thyroid. However, the doctor's concern got me thinking, and as a precaution, I went for blood work.

Sure enough, the test showed that I had a hyperthyroid condition. I was later diagnosed

with Graves' disease. In addition to an enlarged eye, the right side of my thyroid was three times larger than it should be, I had a rapid heart rate (resting pulse of 110+ bpm), parched skin, sore throat, and the list went on and on.

To deal with my Graves' disease, two paths were set before me. My treatment options were (1) do what the doctors wanted me to do: take drugs to treat my rapid heart rate and undergo radioactive treatment to kill my thyroid, followed by a life-long supply of little white pills to do what my missing thyroid could no longer do. Or (2) try to overcome it naturally.

Most people who know me would say that I just couldn't do what the doctors wanted. I am an "anti-medication" type of person; I always have been. I have a very high pain threshold, I would never take drugs for anything, not even when I gave birth. So, for me to be diagnosed with something like Graves' disease was a shock, not to mention being told that I would have to take medication for the rest of my life. As you can appreciate, this is just not something I was willing to do.

I didn't even consider any other treatment for my condition before considering The Hallelujah Diet. The reason is that I listened to my mother... she is a Hallelujah Acres Health Minister, and already had been for some time when I was diagnosed. I had seen her adopt The Hallelujah Diet to address some health issues, but I wasn't on board yet. After all, I was healthy; why would I need to change my diet? However, I always vowed that, if I needed to try the diet for health reasons, I would. Well, it didn't take long after life kicked me in the pants to realize that The Hallelujah Diet would be good for me too, not just for my mother.

When I told my doctor that I was planning to go on a vegan diet, she told me that it wouldn't matter; that eating differently would not affect my thyroid problem.

My doctor didn't think a vegan diet was going to "fix" anything, and was genuinely concerned that I did not want to explore her radioactive "treatment" options. Granted, she had reason to worry about me. As part of my thyroid condition, my rapid heart rate had the potential to cause a "thyroid storm", which essentially is a heart attack. So, I promised my doctor that I would monitor my heart rate to ensure it was not going out of control. If my resting heart rate went above 110 bpm, I promised I would

Definition of Graves' Disease

Graves' Disease is a type of autoimmune disease that causes over-activity of the thyroid gland, causing hyperthyroidism.

rush to the pharmacy for drugs—but also promised myself that I would faithfully follow The Hallelujah Diet for three months before giving up.

To be completely honest, I began to wonder if The Hallelujah Diet would really work, not because I doubted its validity, but because both my doctor and my specialist told me that it would have no effect. Not being one to back down from a challenge, I chose to follow mom's advice and change my diet.

Mom had me on The Hallelujah Diet in no time. After I quit eating the standard American diet overnight, she quickly provided me with BarleyMax, Vitamin B-12, Fiber Cleanse, Digestive Enzymes, and Probiotics. I was also given a juicer and lots of carrots. I was now equipped with an arsenal of natural, healthy products and was ready to wage war against Graves' disease. As it turns out, my decision had its benefits, because I did not need to wait three months to see results.

Within just a few days of making the diet change, my sore throat disappeared—I was amazed. Next, my heart rate began correcting itself; it began dropping 10 to 15 bpm every week until normal. My parched skin became well hydrated within the first couple of weeks. My bulging eye slowly returned to normal within a few months, and other physical issues I had that were not related to my thyroid also disappeared: arthritic joint pain, cracked heels, muscle soreness, just to name a few. But the final evidence that I was getting better would be my long-awaited thyroid ultrasound scheduled for nine months after my original diagnosis. Not surprisingly, the results showed I no longer had a thyroid problem of any kind.

Of course, when I reported back to my doctor she said "good for you." She would not acknowledge that the diet had anything to do with my improvement, even though it was obvious that diet was the only thing I had changed. She suggested that perhaps the condition just went away on its own, but that is certainly not one of the possibilities given to me when I was diagnosed!

No one can deny what happened to me.
The only reason anything happened is
that I changed my diet.

Since then, any and all blood tests and routine checkups have confirmed I no longer have Graves' Disease and that my thyroid is perfectly normal. On my most recent visit to the specialist I was presented with a clean bill of health and informed that I no longer needed to see a specialist or undergo any further testing. I did find it interesting that my endocrinologist had very little knowledge of the vegan diet I used to restore my health, and she took detailed notes and questioned me extensively during my visits. Further proof (and I mean no disrespect) that doctors don't always know best.

So now, three years later, I can say with the utmost confidence that I AM HEALED! Not because my doctors sent me to the drug store or hospital in an effort to help my condition, but because God called me Back to the Garden – where I found true healing by eating garden foods. In fact, today I'm doing better than ever because I have recently made a commitment to get more active.

I'm exercising five days a week, taking BarleyMax every day (lots of it) and eating raw at least two meals every day. I have felt so much better since starting the Hallelujah Diet that there is no reason to go back.

I find that when you get all your ducks in a row, life feels pretty good. And that's because The Hallelujah Diet is not just about what you eat, it's about getting enough exercise, and spiritual food as well. It all works together. And by the way, that original prescription the doctor gave me for heart rate medication (which I never filled) makes a wonderful bookmark in Dr. Malkmus' book, *The Hallelujah Diet*. ■

Immerse Yourself in Optimal Health

Visit a Hallelujah Acres Lifestyle Center and you'll get much more than a retreat—you'll get a chance at a brand new life! Away from everyday stresses, you can immerse yourself in an environment of optimal health as you enrich your knowledge of health, food and lifestyle choices.

"For almost six years I had been suffering from pain in my stomach. But after just four days at the Hallelujah Acres Lifestyle Center in Lake Lure, the pain was gone and I am still pain-free!"
- Faye Lambeth, Florida

A ten-day, five-day or new two-day stay is all it takes to start changing your health for the better!

DON'T WAIT!

Visit www.halifestylecenters.com for schedules and more information.

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Lifestyle Centers

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Fallbrook, CA 877.728.1064
Plant City, FL 866.757.1771
Stanton, KY 877.220.0005

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



anyone of anything. Furthermore, “health insurance”, even the best and most expensive, does not have the ability to restore health! Only the body itself has the power to restore health!

Before health can ever be restored, we must realize that all healing is self-healing and that all healing comes from the inside out and cannot come from the outside in!

The World’s Most Affordable Health Care

Designed by God Himself by Rev. George Malkmus

Doctors and their drugs have never healed anyone of anything! Think about that statement for a moment. Do you agree with it? Here are a few questions to prompt some thought:

Do doctors have the ability to restore “health” to the diabetic?
Or does having “Health Insurance” even matter?

The answer to both is NO! Rather than the doctor restoring “health”, the doctor treats the symptoms with drugs and insulin. Then as the problem continues to worsen, what can the doctor offer besides the amputation of a limb, or blindness, or an early death? And does having even the very best “health insurance” available make a difference in the outcome?

Do doctors restore “health” to the person with high blood pressure?
Or does having “Health Insurance” even matter?

The answer to both again is NO! Rather than restoring “health”, the doctor treats the

symptom with drugs while telling the patient they must remain on these drugs for the rest of their life. And do not these drugs often cause new and often more serious problems? And then, as the arteries continue to clog, what does the doctor have to offer – heart by-pass, balloon therapy, stents? And do these modalities restore “health” to the patient, or only offer temporary relief while the patient often goes on to experience an early death due to a heart attack or stroke?

Do doctors restore “health” to the person suffering with arthritis?
Or does having “Health Insurance” even matter?

The answer once again is NO to both questions. Rather, the doctor treats the symptoms of arthritis with ever more powerful drugs in an effort to relieve the increasing pain and swelling as the arthritic sufferer continues to see their “health” decline, often resulting in surgery or a wheelchair.

I could continue to list almost every physical problem for which a person seeks a doctor’s help (other than accidents) and result would be the same—doctors and drugs never cure

While ingesting drugs can reduce symptoms, it is only the body itself that has the power to heal. This self-healing ability was placed into the genetic coding of that first human (Adam) by God, and is in the body of every human being – including yours and mine! If we are currently sick and want to be made whole, we must cooperate with the body so that this built-in self-healing can manifest. Doctors and their drugs only complicate the problem, making it more difficult for the body to heal itself.

“I will praise thee; for I am fearfully and wonderfully made;” that’s what the Bible tells us in Psalm 139:14. No one can properly understand or appreciate the human physical body, without first acknowledging the body’s origin and designer– GOD!

“And the Lord GOD formed man of the dust of the ground, and breathed into his nostrils the breath of LIFE; and man became a LIVING soul.” (Genesis 2:7) After GOD had created this earth “In the beginning GOD created the heaven and the earth” (Genesis 1:1); He now had the building materials with which to create man – “dust of the ground” (minerals).

Then in Genesis 2:7, using these dead minerals (dirt) as building material, “GOD formed man.” But this “GOD formed man” made “of the dust of the ground” was dead and lifeless, until GOD “breathed into his nostrils the breath of LIFE and man became a LIVING soul.”

Immediately after creating this first human (Adam), God places Adam in a garden: “And the Lord God planted a garden eastward of Eden; and there he put the man whom he had formed. And out of the ground made

the Lord God to grow every tree that is pleasant to the sight, and GOOD FOR FOOD.” (Genesis 2:8-9)

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

Friends, there is nothing more important for a person to know if they want to live a long and healthy life, than what we have just read!

The physical body we each possess is a “LIVING” (Genesis 2:7) organism, comprised of LIVING cells, designed by God to be nourished with LIVING food!

All the foods found in the garden into which God placed man, and which God told Adam to eat for “FOOD”, were LIVING plant foods. That is, they were all foods that grew in the garden (fruits, vegetables, seeds, and nuts), and in that raw form, these LIVING plants still contained their LIFE force (enzymes).

When we consume these LIVING foods God designed our bodies to be nourished with, our bodies have the nourishment and building materials needed to produce health! When we cook these LIVING garden foods, we destroy their LIFE force (enzymes), and thus that LIVING food is converted to a DEAD food by the heat. Dead food cannot properly nourish LIVING cells. Death cannot produce LIFE! This simple truth is the KEY to LIFE, HEALTH, and LONGEVITY! Every animal in the wild instinctively knows this truth and thus eats all its food RAW.

When we go outside the garden to obtain our food (consuming animal flesh or dairy, refined sugar, refined flour, refined table salt, caffeine, saturated and trans-fats, etc.), we are in danger of doing great harm to the physical body. Why? Because God created a physical body designed to function properly when it is provided the LIVING garden foods He (God) designed that body to be nourished with! And that body malfunctions when a person goes outside the garden to obtain their food.



Health Care

The Fine Line

Does health care really “care” for our health, or is it simply a means to manage chronic conditions with no promise of recovery? Medications can do nothing more than manage symptoms, and none gets to the root of the problem—toxicity and deficiency, the two keys to almost any disease that can be effectively addressed by nourishing our bodies the way God intended. True health care is a self-help system that begins at the grocery store.

Almost every physical problem man experiences (other than injury from accidents) is caused by a person putting something into their body in the form of food or drink (or drugs) that God never designed the physical body to ever have to contend with. Our body is similar to our automobile in a way: Our car runs smoothly and properly when provided the right grade of gasoline, but pings and knocks when given a low octane or contaminated fuel.

With this knowledge each person can now determine whether they want to “be in health” (3 John 2) or live in sickness. Here is how the Bible expresses this individual responsibility in Galatians 6:7: “Be not deceived; God is not mocked: for whatsoever a man (or woman) soweth, that shall he (or she) also reap.”



The Hallelujah Diet is based on Genesis 1:29, the very diet God told Adam and Eve they were to consume for food (see pages 19-22). These foods (especially the juices) provide the body with superior cell building materials the body uses to build a strong healthy body.

Millions of people around the world have adopted The Hallelujah Diet, and tens-of-thousands have reported back to us that after adopting The Hallelujah Diet, most all of their physical problems went away, and that they didn’t get sick anymore.

EVERY PHYSICAL PROBLEM HAS A CAUSE the Bible tells us in Proverbs 26:2: “. . . so the curse causeless shall not come.” This verse indicates that if we do not entertain the “CAUSE” of sickness, the “CURSE” (sickness) “will not come.” This explains why Christians are just as sick as non-Christians: “My people are destroyed for lack of knowledge.” (Hosea 4:6)

Don’t you think it is high time we got back to nourishing our bodies with the foods God told us we should nourish our bodies with in Genesis 1:29? Don’t you think it’s time we manifest the health God designed for each of us? Only you and you alone hold the key to your health! Will you choose to “be in health?” (3 John 2).

There is not a health insurance plan, provided by the private sector or government, no matter its cost, that can produce health. Only the body is capable of producing “health!” So if you want to save money on health care, why not try taking out a health insurance policy designed by God! You can save a lot of money by doing so. ■



Yes! You Can...

Afford to Be Healthy

by Paul & Ann Malkmus

As the national economy slows, people are tightening their purse strings, forgoing their summer vacations, eating out less, bringing movies home instead of going to the theaters, and trying to reduce their grocery budgets. Those who are losing their jobs (and the assurance of health insurance) are fearing catastrophic health care costs if their health should fail. But there truly is a silver lining in this whole scenario.

Fewer Dollars, Greater Health

While there are fewer dollars to spend, we may get more exercise, because we choose to walk or ride a bike instead of drive; we may spend more time with family around the dinner table instead of at the restaurant; and through it all, we may just learn at our next health check up that not only did we make it through this time of restraint, but our health actually improved!

Since we now have to prioritize how we spend our dollars, we can finally place our health in the forefront where it should have always been.

Did you know that cutting back on the cost of food doesn't necessarily mean cutting calories?

Between 2004 and 2006 the prices of very high calorie foods dropped by an average of 1.8%, while the prices of very low calorie foods increased by an average of 19.5%. Another study conducted by the Institute for Agriculture and Trade Policy reported that the cost of fruits and vegetables has increased 40% since 1985 while the cost of fats and sugars has declined.

The True Cost of Cheap Food

Sure, fats and sugars are cheap, but what will buying these high-calorie, low-nutrient foods actually "save" us in the long (or short) term? Perhaps the real question is, "what will it cost our health?"

The Agency for Healthcare Research and Quality ranked America's 10 most expensive medical conditions and several of the diseases topping the list—heart conditions, cancer, high blood pressure and Type 2 diabetes are either caused or aggravated by high-calorie, low-nutrient foods.

Health Insurance vs. Investing In Your Health

Consider that just one night in a hospital can cost from \$1,000-\$2,000. The average American will spend nearly \$8,000 this year in out-of-pocket health care expenses. This does not include their contributions from each of their paychecks toward their health

insurance coverage. If the average cost for covering a family is \$600 per month, then the total annual cost for health insurance is over \$7,000 (we neglect to consider this sum because it is automatically deducted from our paychecks, but it is part of the household income).

Reverend Malkmus discontinued carrying personal health insurance over 30 years ago. While we cannot recommend this for everyone, it is interesting that he chose to invest those funds into his health and has reaped the rewards substantially in all aspects of his life.

Affordability Is A Matter of Choice

Does it really cost more to eat healthy? Consider that a cup of morning coffee from Starbucks can cost \$2.00 to \$3.00. Compare that to a glass of BarleyMax—one of the most potent superfoods on the planet—that costs only \$0.32 per serving, or an 8 ounce glass of freshly extracted carrot juice that costs less than \$1.00. You're not only saving money, you're putting something into your body that actually feeds your cells instead of pulling nutrients out.

What about that gallon of milk, pound of meat, or bag of chips? Replace these with truly healthy foods like fresh fruits and vegetables, seeds and nuts and you'll find that your grocery bill may actually be less... and you won't have to worry about sickness and poor health.

If we think smarter, and consider that what we do in the heat of the moment can have a lifetime effect (whether positive or negative), we will soon realize a significant change not only in our bank accounts but in our future health care costs and quality of life. In other words, the choices we make today will have a certain impact on our tomorrow. ■

Sources: <http://diet.health.com> • www.fitsugar.com • www.pinnycohen.com
<http://EzineArticles.com>

Organic Or Not?

How To Weigh The Marketing Pitch

The word “organic” is being robbed of its integrity these days. It’s being overused, and used out of context, in some cases, purely to justify higher prices. At worst, some food manufacturers are peddling it as a magic word to give the impression that known unhealthy products are now suddenly good for you — **but don’t be fooled.**

Though they are organically grown, pesticide-free and even GM-free, those low-sodium, high fiber tortilla chips are still deep fried and devoid of naturally occurring nutrients; and the organic, sustainably grown, fair trade cane juice in so-called “healthy” soda pop still constitutes a lot of sugar. As noble as the manufacturers’ efforts may be, toxic food is still toxic food (organic or not); the inherent negative health effects far outweigh any marginal benefit from using organic ingredients (see *How To Read Food Labels* on page 23).

Just because junk food is labeled organic doesn’t mean it’s healthy.

It’s confusing, especially for kids to whom junk food marketing is directed, because choosing organic seems like the right thing to do. After all, buying organic is supposed to mean that it’s healthy, plus it’s the way God intended us to eat. But perhaps we’re not looking at the issue the right way. It’s not whether a man made, processed food is organic that counts. What counts is that we’ve relied too much on processed foods in the first place, and have neglected naturally

occurring, whole foods as a better option—for which the word organic actually means something.

To be considered organic, foods must be produced without the use of sewer-sludge fertilizers, most synthetic fertilizers and pesticides, genetic engineering (biotechnology), growth hormones, irradiation and antibiotics... clearly a better choice than conventionally grown produce which could contain any or all of these things.

Unlike organic junk foods, organic whole foods do indeed have their benefits over their non-organic counterparts.

In April 2009, the Environmental Working Group (EWG) concluded a study of pesticide concentration in whole foods and published its findings as a *Shoppers Guide to Pesticides* (www.foodnews.org). The list gives some great, practical advice on which fresh fruits and vegetables you should purchase organic and which ones are okay even if they’re not organic. (See Figure 1.)

Peaches and apples had the most pesticides, with nine pesticides on a single sample.

Of course, not all organic produce is available in every season, in every city, so buying 100% organic is difficult, if not impossible. Buy organic when you can and, when it’s not possible, make sure to rinse the food well (which reduces much but not all pesticide) and peel if possible (though you will lose some nutrients to the compost pile).

Look for stickers on fruits and vegetables that ensure what you’re buying is organic. If the numbered product code has a “9” as the first number, it’s organic. For example, most conventionally grown bananas have a sticker with #4011, and organic varieties are numbered as #94011. Though you probably

won’t see many of them, a product code with “8” as the first number indicates the produce is genetically modified.

With a little common sense and a desire to get back to natural food as God intended, you can easily avoid the trap of assuming that all organic foods are equal. ▣

Sources: foodnews.org

Figure 1. Shopper’s Guide

DIRTY DOZEN [Buy These Organic]	CLEAN 15 [Lowest in Pesticides]
WORST	BEST
1 Peach	1 Onion
2 Apple	2 Avocado
3 Bell Pepper	3 Sweet Corn
4 Celery	4 Pineapple
5 Nectarine	5 Mango
6 Strawberries	6 Asparagus
7 Cherries	7 Sweet Peas
8 Kale	8 Kiwi
9 Lettuce	9 Cabbage
10 Grapes	10 Eggplant
11 Carrot	11 Papaya
12 Pear	12 Watermelon
	13 Broccoli
	14 Tomato
	15 Sweet Potato

EWG states that, “People who eat the 12 most contaminated fruits and vegetables consume an average of 10 pesticides a day. Those who eat the 15 least contaminated conventionally-grown fruits and vegetables ingest fewer than 2 pesticides daily.”

Not Milk?



The Not-So-Fine Line of Dairy Dangers

by Michael Donaldson, PhD

We have all been brought up in a society that highly esteems the white frothy fluid squeezed from the mammary glands of very large Holstein cows. We are told milk is good for you. Milk builds strong bones. Milk is an excellent source of calcium. Women need milk to prevent osteoporosis. Cow milk just about has super food status in the USA. Before we knew better, when our first little toddler didn't eat much dinner my wife didn't fret, because she at least drank her milk. She got some "good" nutrition. Or did she?

Why would we question this venerable food? What could be wrong with cow's milk? The question is initially raised because it isn't a natural food for people; many people worldwide are lactose intolerant. However, it is great stuff for a baby calf that is going to weigh almost 1,000 pounds on his first birthday. But it just isn't natural for us.

Got Osteoporosis?

For starters, let's look at international comparisons of dairy consumption and rates of osteoporosis. It turns out that countries like Sweden, New Zealand, and the United States that consume a lot of dairy products are also the very same countries that have high rates of osteoporosis. And countries that use almost no dairy products like Hong Kong and Singapore have lower rates of hip fractures.¹ Countries that have high consumption ratios of animal to plant protein also have high rates of hip fractures.² In a study of 1,035 community-dwelling elderly white women, those with a high ratio of animal to vegetable foods had a 3.7-fold higher risk of hip fracture.³ You can't drink 3 glasses of milk and have a low animal protein intake, so these studies apply to dairy products as well as meat.

Does milk help teenage girls achieve a higher peak bone mass? The message is really pushed strong at our teenage girls. No, it turns out that exercise is the most important

factor for achieving peak bone mass for girls⁴ and boys.⁵ Just like your muscles, strong bones require exercise and they only get as strong as they need to in order to withstand their customary load. If you increase their load, they will get stronger.

In a review of studies measuring dairy product and calcium intake and their relation to bone health in children and young adults the authors concluded, "in clinical, longitudinal, retrospective, and cross-sectional studies, neither increased consumption of dairy products, specifically, nor total dietary calcium consumption has shown even a modestly consistent benefit for child or young adult bone health."⁶ So, the whole idea that children need milk for strong bones is not supported by the science literature. It really was just a catchy advertising ploy; misleading, but catchy.

Studies have shown that fruits and vegetables contribute to a more alkaline body state, leading to less calcium loss and stronger bones.⁷⁻⁹

Weight-bearing exercise and vitamin D, coupled with a diet rich in dark leafy green vegetables will do far more for your bones than milk products.

Why doesn't milk help build strong bones? It is a rich source of protein and calcium, but your bones need more than protein and calcium to be strong. Cow milk has way too much calcium and hardly any magnesium. Also cow milk has a significant amount of sodium in it. Turns out people need almost as much magnesium as they do calcium. Cow milk really unbalances this ratio. An 8-ounce glass of cow milk provides about 300 mg of calcium and about 30 mg of magnesium. Sodium and high amounts of

animal protein, including the protein in cow milk, cause renal excretion of calcium, negatively affecting the calcium balance of the body. Calcium balance, not calcium intake is important.

Got Prostate Cancer?

Men who consume lots of milk have a higher risk of prostate cancer. This comes from the Physicians' Health Study and the European Prospective Investigation in Cancer and Nutrition.¹⁰ Men who consumed more than 600 mg/d of calcium from dairy products (two 8-ounce glasses of milk) had a statistically significant 32% increased risk of prostate cancer compared to men who consumed less than 150 mg/d of calcium from dairy products.¹¹

Got Crohn's?

Mycobacteria are very small bacteria that are hard to detect by normal culturing methods. Many cows are infected with mycobacterium avium subspecies paratuberculosis (MAP). A recent survey found 40% of the herds in Wisconsin and Michigan were infected, including all of the herds with more than 200 lactating cows.¹² The bacteria are shed in the feces and in the milk of the cows. Pasteurization does not kill all of these bacteria. About 3% of retail milk samples in the USA were positive for live mycobacteria, with numbers being higher in the summer. In southern England, about 7% of retail, pasteurized milk samples were positive for MAP, with 25% of milk samples being positive during peak seasons.¹³

Why is this important? This bacterium causes Johne's disease, an inflammatory bowel disease in cows. It is also positively linked to Crohn's disease in people.¹⁴ Although Crohn's disease is classified as an autoimmune disease, it appears that there is an infectious bacterial component to it as



Spilling the Beans

The Trouble with Soy

by Lorette C. Luzajic

serious endocrine disruptors, lowering testosterone, causing menstrual disorders, and cancer cell proliferation.

- Soy milk is far from a natural food: it is filled with rancid fats and high in sugar.
- Soy cheeses are largely made with hydrogenated oils (safety level of hydrogenated products? ZERO).

Some health problems that may be associated with soy foods are: bladder, prostate, colorectal, thyroid, and breast cancer; precancerous lesions; heart disease; type 2 diabetes; malnutrition; stunted growth; flatulence; pancreatic problems; low libido; early puberty; anemia; zinc deficiency; osteoporosis; intestinal damage; mal-absorption and leaky gut syndrome; kidney stones; allergies; infant death; immune system disruption; thyroid disease... and the list goes on.

This isn't the first time we've been concerned. Before the massive health movement of the late 80s and early 90s, all sorts of articles came out about soy safety. But hardly anyone liked the stuff anyhow, and vegetarians had yet to think of it as a food group. Soy decided to get a makeover, and save itself from the financial fallout that was nigh (when its dirty toxic margarine secrets would inevitably leak out).

"By 1985, there was a considerable body of research from U.S. Government and university laboratories and British government institutions warning of the health dangers of soy foods, particularly to high-risk consumers such as infants and vegetarian women," says Dianne Gregg, writer of *The Hidden Dangers of Soy*, and survivor of soy-related illness that nearly killed her.

Soy's first incarnation in North American consumption was also a health food imposter. After millenniums of wisdom where humans used butter or lard or olive oil, good enough for the Bible and good enough for the world, suddenly margarine was "heart healthy" and "cholesterol-lowering." But lately, studies started talking about how heart disease INCREASED from this new artificial fat, hydrogenated margarine, which our body cannot recognize. OF course it did. This was not a real food.

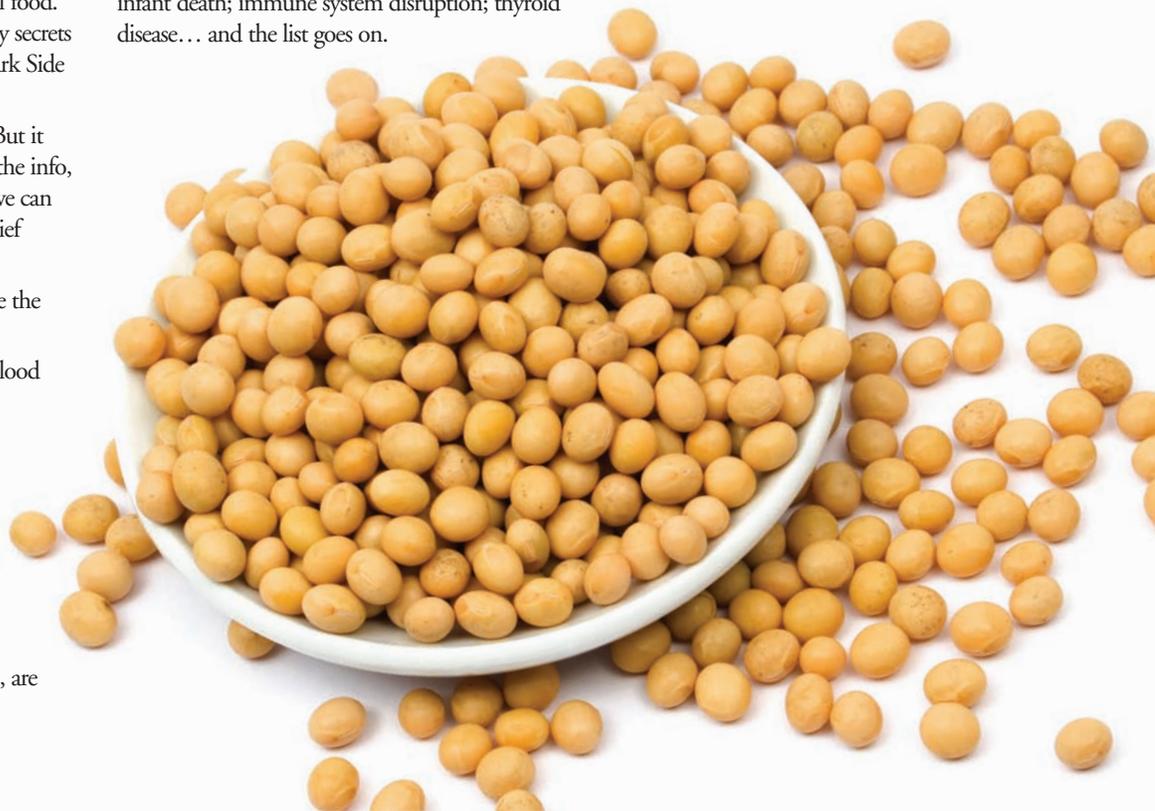
Sound familiar? It is. Those who perceive of soy as innocent and concerned for your health may be surprised at how big soy was in the hydrogenation revolution. Most hydrogenated oil was soy. Now, even junk makers like chips and fast food have pulled these artificial fats out of their products. Hydrogenated oils are liquid plastic and they are poisonous. Most governments place safe consumption levels at ZERO.

Hundreds of doctors and scientists and consumer advocates worldwide are now expressing concern and caution over soy. But one has devoted her research in recent years to the alarming topic.

Dr. Kaayla T. Daniel is not a messenger for the dairy industry; she is a citizen and scientist concerned with faulty propaganda and real food. She exposed the soy industry's endless dirty secrets in her book *The Whole Soy Story: the Dark Side of America's Favorite Health Food*.

If only the problem were one little toxin. But it takes Daniel nearly 400 pages to cover all the info, plus 44 pages of study references, so that we can verify the sources for ourselves. Here's a brief overview of Daniel's findings:

- Soy contains goitrogens, which damage the thyroid.
- Soy contains lectins, which cause red blood cells to lump together and may trigger abnormal immunity responses.
- Soy contains oligosaccharides, sugars that cause bloating and gas.
- Soy contains oxalates, which prevent calcium absorption, cause painful kidney stones and vulvodynia, a vaginal disorder.
- Isoflavones, lauded as natural estrogens, are



Clearly soy, which still defends hydrogenation, did not then have our best health interests in mind, just profit. When the tide turned, they turned up the noise on how healthy soy is, and it became a health food, its history in margarine conveniently blotted from public consciousness.

While the health dangers are considerably ominous, not everyone is in immediate danger of death. But Dianne Gregg came within inches of her life.

Gregg had never been a vegetarian, but slim, health-conscious, and staring menopause head-on, she decided to take charge of her health and began eating soy. "I started to include soy protein drinks for breakfast, and protein bars as a snack. For eight years I was constantly nauseous, bloated, and gaining weight each year. I knew something was wrong but the doctors said it was normal and to accept that I was getting older. In April 2003, I had a soy veggie burger for dinner and that is what did me in. This was the first time I had one. The next morning I was rushed to the hospital because I thought I was having a heart attack? but I went into anaphylactic shock."

"After four days in the intensive care unit, the doctors diagnosed food poisoning, but I

didn't agree. By now I weighed 150lbs. That was more than I weighed in my ninth month of pregnancy!"

Dianne went home, and didn't eat much of anything for a while. When she recovered from her mystery illness, she started her day again with her soy health drink. She began having palpitations and other symptoms. Linking the reaction to the soy, she began her internet research, and found that in addition to very common and possibly deadly allergies, soy is implicated in hundreds of deadly or chronic diseases. Other consumers may not be linking their health problems with their health food. So Gregg wrote her book, *The Hidden Dangers of Soy* (www.hiddensoy.com).

"My intention was not to bash the soy industry but to make the public aware of what the Western version of soy contains, and that if they are not feeling like themselves, or are developing health issues, to try and eliminate soy and see if they don't feel better. In my book, I have testimonials from others with real horror stories that never attributed it to soy products."

Part of the 'hidden danger' is what's hidden. Gregg says that soy is hiding in everything from meat to chocolate to oil, so people hoping to avoid it don't usually do a good

job. "The number of processed and manufactured foods that contain soy ingredients today is astounding. It can be hard to find foods that don't contain soy flour, soy oil, lecithin (extracted from soy oil and used as an emulsifier in high-fat products), soy protein isolates and concentrates, textured vegetable protein (TVP), hydrolyzed vegetable protein (usually made from soy) or unidentified vegetable oils. Most of what is labeled 'vegetable oil' in the U.S. is actually soy oil, as are most margarines. Soy oil is the most widely used oil in the U.S., accounting for more than 75 percent of our total vegetable fats and oil intake. It's found in margarine, shortenings, frozen dinners, canned tuna, mayonnaise, breads, cookies, crackers, canned soup, breakfast cereals, and fast foods to name a few."

Gregg says many women keep eating soy in hope of the benefits, and end up with hypothyroidism. While contributors to the thyroid epidemic may include hormonal birth control products, fluoride content in water, stress, and sugar, soy's strength as an endocrine disruptor should not be underestimated. ■

References

www.gremolata.com. Used with permission. Lorette C. Luzajic is a freelance writer - www.thegiricanwrite.net.



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- Health Minister Training Participant*

Recipes

Giddy Up

2 carrots • 1 parsnip
2 celery sticks • 1 sweet potato
½ apple • ½ garlic clove

Juice all ingredients first. Then pour all into a blender with a few ice cubes (made with distilled water). Serve in a decorative glass and garnish with parsley.



Pineapple Julio

1/2 pineapple
1 large apple
1 generous handful of sprouts
(alfalfa, clover, broccoli, etc.)
1 cup unsweetened almond milk

Juice the pineapple, apple and sprouts. Blend almond milk, juice and a few ice cubes (made with distilled water) in a blender. Serve in a chilled glass.



Marinated Asparagus and Zucchini

Created by Jackie Graff / sproutraufood.org

1 bunch asparagus
1 zucchini shredded or spiral cut
1 red pepper sliced thin
zest of one lemon
¼ cup lemon juice (juice of 1 lemon)
¼ cup extra virgin olive oil
1 garlic clove minced
½ teaspoon unrefined sea salt

Hold the woody end of asparagus and thinly shave the whole stalks of asparagus with a vegetable peeler, cut off the tips, add spiral cut zucchini and marinate with lemon zest, lemon juice, olive oil, and unrefined sea salt. Serving suggestions: Save three stalks and tie a bow around them with a piece of red pepper, to lie on top of this salad.

For more great recipes
please visit our website:
www.hacres.com

Potato Chips

Created by the Nungessers
Adapted from *How We All Went Raw*,
available through Hallelujah Acres

6 red potatoes, thinly sliced (if you use
Russet potatoes, trim off green spots)
5 cups distilled water
Soak about 2-3 hours;
rinse and drain to remove starch.

In a bowl, add:

potato slices
¼ cup extra virgin cold pressed olive oil
1 teaspoon cayenne pepper
1-2 teaspoons unrefined sea salt (or to taste)
¼ cup Ume Plum vinegar
(or raw apple cider vinegar and unrefined sea salt to taste)

Marinate for 1 hour. Place chips on teflex sheets and dehydrate
11-12 hours at 105°F. / **TIP:** use a mandoline manual slicing tool (or electric meat slicer) for ease in fine slicing.



Bacon, Why Not?

Created by the Nungessers
Adapted from *How We All Went Raw*,
available through Hallelujah Acres

In a bowl, marinate:

1 large eggplant, thinly sliced lengthwise
¾ cup extra virgin cold pressed olive oil
1 teaspoon ground black pepper
2 tablespoons unheated honey
4 tablespoons Ume Plum Vinegar (or raw
apple cider vinegar and unrefined sea salt)

Marinate for 2 hours, place on teflex sheets and
dehydrate for 12 hours. Turn "bacon" over and
dehydrate for another 12 hours without the
teflex sheets. Bacon should be crispy.

TIP: Store in a sealed glass jar in the refrigerator.

Hallelujah Acres Success Stories



“Dear Brother Malkmus, I have just come from a very successful visit with my mother’s doctor and can’t hold back my excitement. I must tell you her story: on February 10, my mother called me, needing to go to the emergency room after vomiting for four days. I rushed her to the emergency room only to learn she had a huge growth in her abdomen. A cancer specialist and surgeon were brought in, and her oncologist told me they had found the largest tumor they had ever seen.

After a biopsy was performed, the tumor grew rapidly, adding another 50 pounds of weight in just one week. When the results from the pathology lab came back, we learned mom had a large b-cell lymphoma cancer and it was growing rapidly. At this point, mom was struggling to breathe because the growth, now awakened by the biopsy, was growing rapidly and pressing against her lungs. She was not able to eat or drink anything. Our family discussed our options and decided that chemo was our only choice. Just one round of chemo was very devastating to our very sick mother. Because of mother’s severe reaction to the chemotherapy, the doctor said there would be no more treatments because he didn’t think mother could survive them.

A few days later, the doctor came to mom’s room and told us that he was not sure she would live through the night. However, she remained in the hospital several weeks, trying to get enough strength to return home to die, for we were told that there was nothing more the doctors could do. When we finally took mom home, I immediately placed her on The Hallelujah Diet, knowing it could save her life if the tumor had not progressed too far, robbing us of the time needed for The Hallelujah Diet to work. The first two weeks of

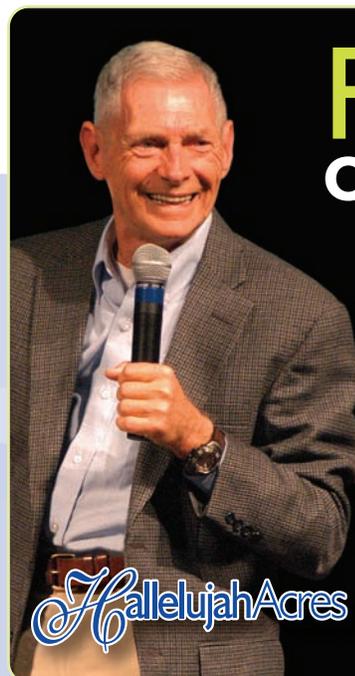
juicing gave us little hope, as we saw no change in mom’s condition, and then her doctor gave me a lecture regarding treating mom with nutrition. He was quite firm with me and very discouraging. He closed the conversation by saying: ‘Proper nutrition can’t cure anything, not even a headache! Don’t you think we doctors would have figured if nutrition worked a long time ago?’

The doctor’s words did not discourage me. Because I felt so sure in my heart that The Hallelujah Diet would work, I continued it, but with very little encouragement. By the third week, I began to see things that I thought were signs of improvement. By the end of the fourth week, I was pointing out to mom all the positive improvements in an effort to encourage her that she was indeed getting better. This is now the 5th week, and mom (who lives with my wife and I) is

going around the house doing household chores each day.

Today we took mom to her doctor, and watched him stammer and stumble all over himself trying to explain her very miraculous comeback. He is now a believer, and admitted that he was going to have to re-think his stand on nutrition and turned to me and said: ‘Don’t change a thing you are doing – keep it up!’ He then asked for The Hallelujah Acres website and said he was definitely going to check into the program, for he couldn’t deny what he was seeing. He wants us to bring mom back in six weeks so he can put her through a battery of tests to see if the cancer is either gone or has shrunk. Brother Malkmus, I don’t need the tests, although we will do them. I am already seeing the mom I have always known return to life. I’m thankful for your educational information and faithful work.”

Paul



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“Dear Rev. Malkmus, I agree almost totally with what you are saying about going the doctor route with cancer. My own sweet wife was ‘burned to death’ by the medical treatments the doctors used in an effort to stop the cancers growth. The money, slick deceptions, pressures, no guarantees, no evidence, side effects, attributing her death to cancer rather than the real cause – the treatments! Untreated cancer patients live as long as or longer than treated patients and are happier and healthier.”

Doug, Florida

“We LOVE you, Rev. Malkmus! Just wanted to let you know how much of a blessing you are! My friend Stacie and I have been having a ball discovering and sharing new recipes, comparing notes, sharing books, etc., and it has even drawn us closer together as sisters in Christ. I am now doing the ‘Get Healthy’ course in preparation for Health Minister training.

Can’t wait to meet you! In just one and a half months, my blood pressure has dropped from 140/90 to 100/65 and I have lost 13 pounds!”

Pat, New Jersey

“In July 2007 I had surgery for an enlarged prostate at which time doctors also removed a large bladder stone. When I received the surgeons report and laboratory results, it revealed the bladder stone was the result of my body having been highly acidic for many years.

“My wife did a lot of research and learned the importance of maintaining an alkaline diet. With this new knowledge I began to change my eating habits to a more alkaline diet. It was during the summer of 2008 my wife found The Hallelujah Diet at www.hacres.com.

“On The Hallelujah Diet I regained my health. Then I went into training for a marathon, which I ran in Chicago on

October 12, 2008. The Hallelujah Diet, along with BarleyMax, served me very well during this endurance event, and on the Hallelujah Diet I continue to gain optimum performance during my training and racing as an endurance athlete.

“My passion is to serve the Lord Jesus Christ and to help others grow in the grace and knowledge of our Lord and Savior. As Hallelujah Acres trained Health Minister, my mission is the perfect combination of helping others with issues of the body and the soul. As a Health Minister I am able to help both believers and non-believers become aligned with God’s plan for vibrant health through proper nutrition. Being a Health Minister is also an open door to present the Gospel to non-believers in a loving and caring environment.

“I was raised in a Roman Catholic family and believed in God since early childhood. Then throughout high school and

continued on the next page



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Hallelujah Acres Success Stories

continued from the previous page

especially college, I began to doubt my faith in God because of the continual teaching of secular humanism and evolutionary philosophy. During my senior year at the University of Nebraska, I was faced with a crisis of faith and began a desperate search for truth and meaning in life. By the grace of God and the illumination of the Holy Spirit I repented of my sin and trusted Jesus Christ as my Savior on November 24, 1972.

“Since then I have been disciplined in the faith and have practiced walking in the light with Christ. God has blessed me with many opportunities and challenges to continue to depend on Him daily. To help me stay on the

path He has blessed me with a wonderful wife and five beautiful children. I have also had the privilege to study the Word of God and earn two seminary degrees and serve Christ in full time ministry. My goal in life is to live for Christ, love Him more, and help others grow in the grace and knowledge of our Lord Jesus Christ.”

**John
Centennial, Colorado**

“When I incorporated The Hallelujah Diet into my lifestyle about one year ago I considered my health to be generally good. I chose to adopt The Hallelujah Diet primarily for preventative measures, to avoid sickness and disease, and also to attain peak or maximum health. Since adopting the diet, the major change I have

noticed is that my skin is smoother and less dry. In addition, after undergoing the mild initial detoxification experienced immediately after adopting the diet, I have not experienced a single cold or sinus infection, problems I used to experience regularly during fall and winter months while on the SAD diet.

“I believe that The Hallelujah Diet has been well established as the sensible choice for most people to experience significant improvements in their health and sense of well-being. I can think of nothing better than pointing people in the right direction for good health – without major cost and hardship – as people continually experience using conventional medical approaches.”

**Robert
Pass, Oregon**

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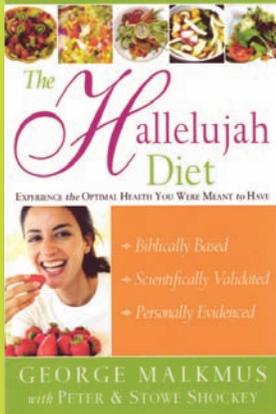
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Start Today!

Experience Healthy Living from a Biblical Perspective!

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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.



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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.

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"I would like to thank you so much for the blessing of this health seminar. I feel like I have been given a gift and want more and more information."

- Val Adams



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

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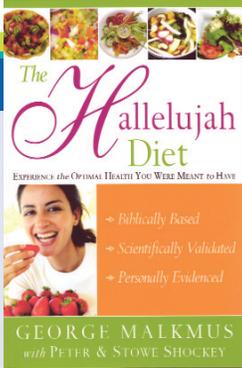
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The Hallelujah Diet *Explained*



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.

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The Fine Line

Moderation

The saying "everything in moderation" holds true on The Hallelujah Diet. God created a variety of foods for a reason—their characteristics work in concert to promote optimal health. Over-consumption of a single food because it offers a particular benefit may sound like a good idea, but doing so can never duplicate the overall health benefits of variety.

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

Aggressively Supporting the Body's Innate Self-healing

Since most of us make little preparation for our health until facing a chronic condition, we may be in need of a much more aggressive approach to quickly equip the body so that it can perform radical healing in a crisis.

For this situation, we recommend The Hallelujah Recovery Diet, which is identical to The Hallelujah Diet but increases the number of servings of an optimally processed barley juice powder (fiber-free 100% juice powder processed at low temperatures to retain heat sensitive nutrients and live enzymes) and the number of servings of vegetable juice (2/3 carrot and 1/2 greens).

For example:

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

Juicing is the most efficient way to nourish the body at cellular level. Consuming a vegetable or barley juice drink on an hourly basis will provide the body with powerful nutrition in an easy to assimilate form. These 12, hourly juices provide the body with a broad spectrum of naturally occurring vitamins, minerals and trace elements often missing from our foods, that the body uses to rebuild the body's self healing ability.

In addition to aggressive juicing, those using diet aggressively to support the body's self-healing have often implemented many of the following:

- Using a good probiotic supplement aggressively for 3 to 4 weeks by taking up to 24 billion CFUs three to four times daily to help in rebuilding a healthy balance of intestinal flora. Afterwards, many choose to continue a maintenance serving of 1 to 2 capsules daily.
- Using a good digestive enzyme with each juice and 2 to 4 with each meal for the first 3 to 4 weeks to maximize the absorption of nutrients from foods so that the body receives the most nutrition available from these foods.
- The use of curcumin, the biologically active extract of the turmeric spice, can help supply the body with an abundance of free radical fighting nutrients.
- Iodine supplementation to support the thyroid and the immune system.
- When following a plant-based diet, it is important to insure that a good source of essential fats is available. Taking 1 to 2 tablespoons of flax seed oil or 3 to 4 tablespoons of ground flax seed daily (if dealing with prostate issues, research indicates the use of flax seed rather than the oil may be more advantageous) will help meet the essential fat needs of the body.
- It is also important to avoid a B12 deficiency by taking a sublingual B12 supplement (the active methylcobalamin form) daily.
- As the body begins cleansing it is important that the toxins are eliminated timely and efficiently through optimal bowel function (2 to 3 well-formed stools daily). A good fiber supplement may be helpful in achieving optimal bowel function.
- Stress can have a detrimental impact on the body's ability to heal and should be eliminated.
- Ample amounts of sunshine are important for optimal production of vitamin D. If adequate sunshine is not possible, a vitamin D3 supplement can help meet the body's need for vitamin D. It is wise to have vitamin D levels tested prior to supplementation. Contact Hallelujah Acres for details regarding the availability of an inexpensive option for determining vitamin D levels.

It may take as long as 12 to 18 months of following an aggressive nutrition plan to provide the body with the best opportunity for rebuilding.

Discerning The Fine Line of Honesty

How To Read Food Labels

In March 2009, Country of Origin Labeling (COOL) laws took effect to help US consumers determine where their food is coming from. Unfortunately, it has done nothing to curb the growing concern of disguising harmful ingredients under assumed names. As consumers have become wiser about food additives, manufacturers of processed foods have pulled out all the stops to make labeling more deceptive than ever.

Wording such as all natural, no added sugar, no preservatives and the like are no guarantee that the food in the package is safe.

Read Everything On The Label

A phrase such as “no added sugar” may mean nothing if other ingredients (such as dried fruit, for example) are high in natural sugar in the first place. Furthermore, “all natural” may rule out chemical additives, but the sum total of all the ingredients may result in a fatty, cholesterol laden, high calorie, low nutrient, yet “all natural” empty food.

Reading all ingredients on any packaged food should be common practice for anyone looking to improve their health. Generally, the shorter the ingredient list, the better. Long ingredient lists are the result of a snowball effect: one ingredient is not stable without the other, or may require some creative chemistry to meld with a host of other ingredients in order to give the product its desired taste or texture. The result is an arduous list of chemical additives few laymen can interpret.

If the ingredient list goes on and on, it's probably not something you want.

Think about an ingredient list like a recipe—because that's what it is. And simple, wholesome recipes have no need for ingredients tagged with terms like enriched, artificial, or may contain; nor do they need to mislead by using chemical names instead of being honest.



The Many Names of MSG

Honesty in labeling has indeed become a hot topic, specifically labels that contain MSG—or hide behind other names to mask the truth that MSG is actually an ingredient.

MSG has raised the ire of wise consumers for good reason. It is an addictive, flavor enhancing excitotoxin, a highly concentrated amino acid that becomes a deadly toxin to the body's nerve cell receptors and neurons, literally exciting them to death. Most people know to avoid MSG, but the reasons why are lesser known. It has been implicated as a possible cause for ailments such as asthma, migraine headaches, heart irregularities, autism, ADHD, retina damage, seizures, and even blindness and brain damage.

Simply looking for “MSG” or “monosodium glutamate” on the label doesn't cut it anymore.

Even if you never purchase foods containing MSG, you still may have foods in your cupboard with hidden forms of MSG, namely natural flavorings, hydrolyzed protein, or spices. In fact, MSG is known by a host of aliases including:

autolyzed yeast • calcium caseinate • gelatin glutamate • glutamic acid • hydrolyzed corn gluten • hydrolyzed protein • hydrolyzed soy protein • monopotassium glutamate monosodium glutamate • pea protein • plant protein extract • sodium caseinate • textured protein • yeast extract • yeast food yeast nutrient

Make Sure You Understand

One of the best resources Hallelujah Acres has found that can help you decipher product labels is a book called *Food Additives: A Shopper's Guide to What's Safe & What's Not!* It's pocket-sized, so you can carry it to the store with you and literally look up ingredients you find on a label to determine if the product is safe to buy (see below).

As a general rule, choose products that are made from whole foods, with few or no preservatives, and with little to no artificial sounding ingredients. Remember, the shorter the ingredient list, the better. ▣

Sources: courant.com • examiner.com • ezhealthydiet.com • freedieting.com • msgtruth.org • Food Additives: What's Safe & What's Not by Christine Hoza Farlow, D.C.



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

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How To Read Health Product Labels

Understanding What You're Reading

by Olin Idol, ND, C.N.C. and Michael Donaldson, PhD

Thousands of people take nutrition products on a daily basis, but few people know what is actually in them. We want to take a brief look at supplement and nutrition labels to help you better understand what they do and do not reveal about the product they are on.

We will identify the difference in the use of the "Nutrition Facts" and "Supplement Facts", but will focus on the Nutrition Facts panel as related to the whole food concentrated juice powders offered by Hallelujah Acres.

Why Health Products Are Labeled

In 1994, congress passed the Dietary Supplement Health and Education Act (DSHEA) in an effort to establish a framework for assuring safety of nutrition supplements. DSHEA created a category of products (vitamins, minerals, herbs & botanicals, amino acids, and other dietary substances) that fall under the regulation of the FDA. This act requires ingredient and nutrition labeling of these products and established the use of claims and nutrition support statements on both the product label and supporting material.

The FDA regulates dietary supplements, such as Hallelujah Acres Digestive Enzymes, Probiotics, Bio Curcumin, etc under different regulations than those covering "conventional" foods and drugs. The supplement manufacturer is responsible to insure that their product label information is truthful and not misleading while conforming to specific guidelines.

Supplement Facts

You will note in the example below that the Hallelujah Acres B12/B6/Folic Acid Dietary Supplement label has a Supplement Facts panel, enclosed in a box, which specifies the serving size and how many servings are in the container. The next category identifies the amount of each of the supplemental ingredients by weight provided in a serving and the percent of the Daily Value the serving provides. Below the box you will find any additional ingredients listed that are used in the supplement for flavor, and processing.

You will note that the amounts of the three vitamins in this supplement are much higher than what you would encounter in any food product. This is because this supplement is designed to be used by certain people under specific conditions to help optimize their health. It has a very limited range of nutrients in it, but they are present in high quantities to meet a very specific need. This is generally true of all supplements.

Nutrition Facts

Food labeling is required for most prepared foods, as well as food concentrates such as Hallelujah Acres BarleyMax, New Generation Carrot Juice Max, and Beet Max—note that these products are actually whole foods and not supplements. Thus, the label carries a Nutrition Facts panel. See the panel from the Hallelujah Acres BarleyMax label on the following page.

You will notice some of the information contained in the Nutrition Facts panel is comparable to that found in the Supplement Facts panel of supplements such as the serving size, servings per container and the amount per serving of various macro and micro nutrients. All foods provide calories, usually some amount of fat, carbohydrates and an array of vitamins and minerals. The amount of each of these nutrients provided per serving is given as percentage of Daily Values. The lower portion of the panel

Hallelujah Acres® B12, B6 and Folic Acid Dietary Supplement contains Methylcobalamin, the preferred form of vitamin B12. Methylcobalamin is active in the body immediately upon absorption while the cyanocobalamin form must be converted to an active form prior to utilization. Numerous studies suggest that vitamin B12, vitamin B6 and folic acid play an important role in optimizing homocysteine levels in the body. Some studies suggests that supplementation with vitamins B12, B6 and folic acid may support cardiovascular health.*

Suggested Use: 1 tablet daily or as directed by a health care professional. For best results dissolve under the tongue.

This is a vegetarian product. Store tightly closed in a cool, dry place. Keep out of reach of children.

*This statement has not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure or prevent any disease.

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B₁₂ B₆ AND FOLIC ACID
DIETARY SUPPLEMENT

HALLELUJAH ACRES

60 Sublingual Tablets

Supplement Facts		
Serving Size: 1 Tablet		
Servings Per Container: 60		
Amount Per Serving		%DV
Vitamin B ₆ (as Pyridoxine HCl)	25 mg	1,250%
Vitamin B ₁₂ (as Methylcobalamin)	1,000 mcg	16,667%
Folic Acid	400 mcg	100%

Other Ingredients: Fructose, Mannitol, Natural Cherry Flavor, Microcrystalline Cellulose, Sodium Starch Glycolate, Stearic Acid, Magnesium Stearate, Silica.

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provides the Daily Values of specific components based on a 2,000 calorie diet.

BarleyMax is so balanced it is likely you could sustain life with this one food for an extended period of time.

Important Points

Whole living foods are not supplements. Foods must supply everything that our bodies need to maintain life, not just a few specific nutrients. This includes known and unknown substances that our bodies need to live. This is why nutrients in living foods are found in a synergistic blend with a vast array of other nutrients in small quantities. It is this broad range of synergistic nutrients (many of which are not yet identified) that have such a powerful impact on the marvelous self-healing human body.

In reviewing the BarleyMax label, you will only find a very few of the vitamins and minerals that are provided by this remarkable whole food. Many of the nutrients naturally occur in such small amounts that they do not meet the labeling criteria for inclusion in the Nutrition Facts. However, the nutrition in BarleyMax is so balanced it is likely that you could sustain life with this one food for an extended period of time. You couldn't do that with a man-made vitamin and mineral supplement.



Also, as a food, there is no physical danger of consuming too much of our living food concentrate powders. Supplements almost always have a limit to how much you can safely consume (B12 and vitamin C might be the exceptions). Foods can be eaten until satisfied, and living food concentrate powders are indeed "foods".

The three Hallelujah Acres living food concentrate powders are from organically grown grasses and vegetables that are harvested at the peak of nutrition for

immediate juicing and drying at a low temperature so the heat sensitive nutrients and enzymes are not destroyed. This proprietary processing allows for maximum nutritional value at the time the powders are consumed or reconstituted in water. They are the closest thing to fresh juices available. ■

BarleyMax® is a certified organic whole-food concentrate made from the juice of young barley grass and alfalfa. **BarleyMax** is kept enzymatically alive due to low temperature processing that does not damage the heat sensitive nutrients. **BarleyMax** has a broad spectrum of naturally occurring vitamins, minerals, amino acids, and trace minerals in a natural form that is easily assimilated. For more information visit us at www.hacres.com.

Suggested Uses: **BarleyMax**® is best taken on an empty stomach, or 20 to 30 minutes before meals. Mix one level teaspoon of **BarleyMax** in approximately 4 ounces of purified water or apple juice (also can be mixed with **CarrotJuiceMax**® and **BeetMax**). **BarleyMax** is easier to mix in liquids by shaking rather than stirring. Take 2-3 times per day or more if nutritional needs are higher. If detoxification is uncomfortable start with smaller servings and build slowly. Contains no artificial colors or preservatives.

Contain no gluten, fiber, or fillers.

BarleyMax is a Kosher Food.

BarleyMax is a 100% Vegetarian Product.

This Product is Grown and Packaged in the USA.

BarleyMax is a product of Hallelujah Acres, Inc. 900 S. Post Road Shelby, NC 28152 www.hacres.com 1-800-915-9355



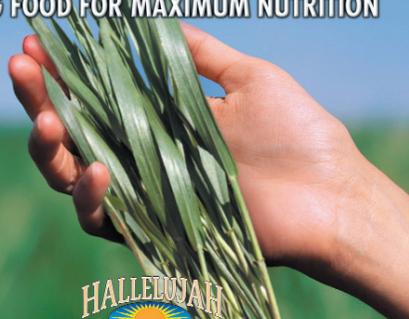
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Use by:
Lot #:

A HALLELUJAH ACRES® LIVING FOOD

CERTIFIED ORGANIC
BARLEYMAX®
LIVING FOOD FOR MAXIMUM NUTRITION



Net Wt 8.5 oz 240 g

Nutrition Facts

Serving Size 1 Level Teaspoon (2g)
Servings per Container 120

Amount per Serving
Calories 6

	%Daily Value*
Total Fat 0 g	0%
Sodium 10 mg	0%
Potassium 130 mg	4%
Total Carbohydrates <1	0%
Protein 0.7 g	

Vitamin A (100% as beta carotene)	12%
Vitamin C	6%
Calcium	2%
Iron	1%
Riboflavin	2%
Vitamin B6	2%
Folate	8%
Magnesium	2%
Manganese	6%
Molybdenum	6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total carbohydrate		300 g	375 g
Dietary fiber		25 g	30 g

Ingredients: Powdered juice from organically grown barley leaves, and organically grown alfalfa.

BarleyMax has not been evaluated by the Food and Drug Administration (FDA).

BarleyMax is not intended for the treatment, reversal, prevention, or cure of disease.

Note: As with any natural plant product, nutritional values will vary from batch to batch.

The Fine Line of Immunization

Johnny and His 88 Vaccines



by Michael Donaldson, PhD

We are told that vaccines protect our children from deadly childhood infectious diseases. We are told that vaccines have wiped out polio, small pox, measles, mumps, and now even chicken pox and the swine flu. We are told that they do no harm, or that the chance of a slight reaction are about one in a million— but we need to check the facts carefully.

Vaccine Safety

An analysis of the passive VAERS (Vaccine Adverse Events Recording System) database showed that from mid-1999 to Jan 4, 2004

there were 128,035 adverse vaccine events reported and 2,093 deaths associated with vaccinations in the USA.¹ Since this system catches maybe 1 to 10% of the real injuries and deaths, the numbers are likely much higher.

Vaccine safety studies are not always done in the same population that gets the vaccine. The safety of the hepatitis B vaccine was tested in five- to ten-year-olds, but the shot is administered to newborn babies. The babies are the real safety trial. Safety studies are short term as well. Vaccines are tested for a few weeks, but the autoimmune diseases and neurodegenerative diseases now associated with vaccines do not show up until months or years later.

Vaccine Efficacy

While it is true that some childhood diseases are very serious and require vigilance and medical treatment in some cases, death from childhood diseases declined long before vaccines were introduced (see Figure 1). No vaccine ever was made for typhoid or scarlet fever, but they disappeared as well.

Sanitation and improved living conditions have a much greater role in disease eradication than vaccination.

Now, it is true that vaccines do decrease the incidence of disease. Modern campaigns

with chicken pox vaccine and Haemophilus influenzae type b have drastically reduced the incidence of these diseases. But no one was dying from these infections at all. No one was dying from measles or mumps or rubella either. The modern excuse for these vaccines is the cost of lost work time caring for a sick child.

Vaccines are not about mortality, but about having someone miss work to take care of Johnny when he gets sick.

Another question is whether these vaccines will actually protect someone when they need it. Giving a newborn a hepatitis B vaccine will not protect him if he chooses an immoral lifestyle as a teenager. The protection will have worn off. This vaccine makes no sense.

Vaccine Ingredients

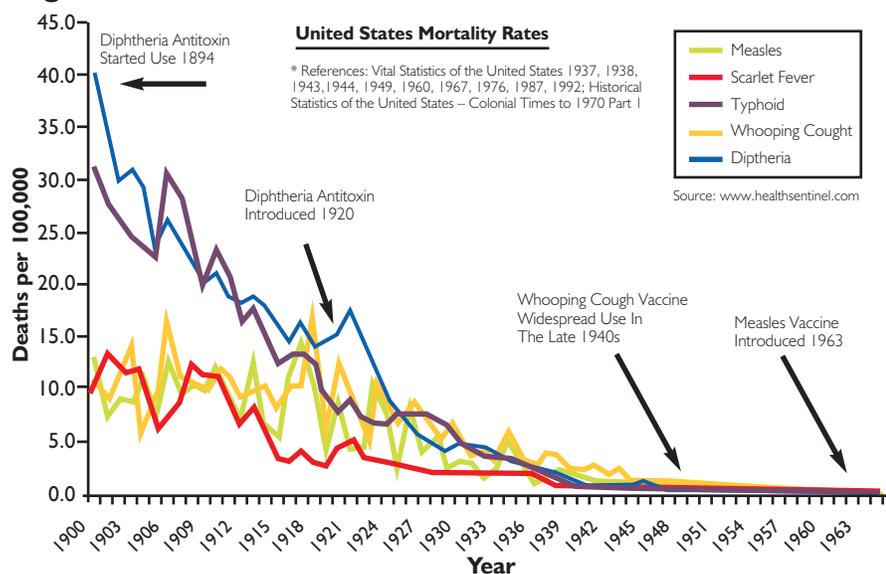
We commonly think that vaccines are just a bit of weakened virus or bacterial cell wall polysaccharide and a bit of saline. The truth is that other viruses and nanobacteria are common contaminants in vaccines.

The polio vaccine given in the late 50s and early 60s was contaminated with SV-40 virus, which came from the Rhesus monkey kidney cells in which the polio virus was cultured. Though the cancer-SV-40 link is highly controversial and officially denied, SV-40 DNA has been found in several rare cancers, including mesothelioma (cancer of the lining of the lungs, usually associated with asbestos exposure), certain rare brain cancers, and bone cancers. Sixty-two research reports from 30 laboratories around the world have found SV-40 virus DNA in human tissues and tumors.²

Along with possible bacterial and viral contaminants there are other dangerous ingredients in vaccines.

Adjuvants, especially aluminum, are added to vaccines make the body respond more vigorously and create a stronger antibody response. Vaccines traditionally contained thimerosal, a preservative that is 50% mercury by weight. Only public outcry got them removed from the routine children's vaccines. The flu vaccine still contains thimerosal. But even when mercury is removed, the aluminum or other immunostimulating substance will remain.

Figure 1.



Vaccine Reactions

According to the National Vaccine Information Center, common vaccine reactions include high fever, swelling at the injection site, high pitched screaming, collapse/shock, excessive sleepiness, convulsion, brain inflammation (vaccines are all neurotoxic), behavior changes, and mental/physical regression.³

Though autism is a multi-factorial disease that results from genetic and environmental interactions (see Hallelujah Acres Health News issue #55), one of the huge triggers is vaccinations. The temporal rise in autism and other neurodevelopmental disorders is correlated with the amount of mercury in children's vaccines. As the thimerosal was removed from vaccines in 1999, reports of neurodevelopmental disorders to the VAERS database decreased.⁴ Andrew Wakefield, a British gastroenterologist, found clear evidence linking the MMR shot to gastrointestinal inflammation, hyperplasia, and autism.⁵ All of these connections are officially denied, but the data is there.

On July 7-8, 2000 a secret meeting was held at the Simpsonwood Conference Center in Georgia to discuss a study of the government's own Vaccine Safety Datalink database. The study, headed by Thomas Verstraeten, showed a statistically significant link between thimerosal and neurodevelopmental disorders.⁶ The transcript of the meeting, when obtained by the Freedom of Information Act, revealed a major vaccine cover-up taking place to protect the CDC's vaccination program.

While discussing how to "handle" the report demonstrating a link between thimerosal and neurodevelopmental disorders, Dr. John Clements, a representative from the WHO stated this at the meeting, "...perhaps this study should not have been done at all, because the outcome of it could have, to some extent, been predicted and we have all reached this point now where we are left hanging.." (about what to do with the results) He goes on to say, "I know how we handle it from here is extremely problematic..." After some words about scientists doing work for the sake of pure science he states, "My mandate as I sit here in this group is to make sure at the end of the day that 100,000,000 are immunized with DTP, Hepatitis B and if possible Hib, this year, next year and for many years to come, and that will have to be with Thimerosal containing vaccines unless a

miracle occurs and an alternative is found quickly and is tried and found to be safe."⁷ Apparently multiple doses of mercury and neurodevelopmental diseases are less of a problem for Dr. Clements than infectious diseases.

It is not surprising that when the final report was published in the journal Pediatrics the statistically significant links had disappeared and vaccines were declared once again to be safe.⁸ However, when independent researchers were allowed to look at the same database they again found statistically significant links between thimerosal exposure and neurodegenerative diseases.⁹

Vaccination Schedule

The schedule for vaccinations is getting more and more packed with multiple vaccines being given simultaneously. There are 15 vaccines containing 28 different antigens. The pneumococcal vaccine has seven different antigens in it. With multiple dosing there are now 88 antigenic exposures, mostly injected, before the age of 6. In 1985 there were 33. And more vaccinations are coming down the pipeline.

Vaccine Alternatives

So, if you choose not to get vaccines are you putting your child at risk of serious disease and death? Death rates due to infectious children diseases are vanishingly small.

In the 1940s Dr. Fred Klenner routinely cured polio and other viral diseases with intravenous vitamin C. He published his results of 60 consecutive polio cases completely normalized in three to five days in 1949.¹⁰ There's no reason this couldn't be done today.

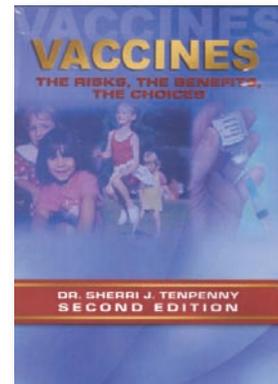
I invite you to explore this topic further. The videos by Dr. Sherri Tenpenny are very insightful, as well as the book Vaccinations Deception and Tragedy by Michael Dye. Do your own research and don't make an uninformed decision. In places of poor sanitation, poor water quality, and lack of nutritious foods vaccines may or may not make more sense as a stop-gap public health measure until sanitation can be improved. But even in developing countries it is criminal to knowingly poison children's minds with mercury and aluminum.

However, with excellent sanitation and access to highly nutritious foods the self-healing mechanism built into our marvelous created bodies can be fully expressed. In this

case the benefits of vaccines appear to be much less compared to the risks of adverse reactions and contamination from unwanted vaccine ingredients. You get to make a choice. Exemptions from vaccinations are available in all 50 states of the USA. ■

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Vaccines, The Risks, Benefits and Choices

With over 6000 hours of meticulous research, Dr. Sherri J. Tenpenny delivers an eye-opening, breakthrough seminar that will challenge your view on vaccines.

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or order online at
www.hacres.com

A Hallelujah Acres publication. 

2009 Women's Retreat at Hallelujah Acres

Restoring God's Temple – Oct. 22-24 by Rhonda Malkmus

About 12 years ago, when I first approached George about doing a Women's Retreat at Hallelujah Acres, he smiled and said: "no woman would travel across the country to attend a three day retreat at Hallelujah Acres." He was shocked when our first Women's Retreat in 1999 proved to be the largest event ever hosted by Hallelujah Acres up until that time!

Over the years, many women from all walks of life, from many different faiths and from many countries have gathered at Hallelujah Acres to make the Women's Retreat one of the most fantastic events each year. I'm thrilled to have the privilege of hosting each retreat and count it a blessing to be able to meet the precious women God sends our way! Allow me to share with you the wonderful speakers that will bless, encourage and enlighten those who attend.

All will want to hear my beloved husband, **Rev. George Malkmus**, share his famous God's Way To Ultimate Health Seminar, even if it has been heard before. George's enthusiasm and love of life are contagious and he is always adding new knowledge he has gleaned from his never-ending research!

Our own **Olin Idol** has been with Hallelujah Acres for 14 years and is the Vice President of Health. Olin has authored one of our most popular books, *Pregnancy, Children and the Hallelujah Diet*. He is a gifted teacher who will enlighten those attending on the many facets of The Hallelujah Diet.

Dr. Joel Robbins has been operating his Health and Wellness practice in Tulsa, OK since 1978. His goal is to find truth

concerning health and disease and then pass this knowledge on to sincere health seekers, so they too can have the gift of health. You will be delighted and inspired to learn from this gifted man.

To some of you, **Ann Malkmus**, Education Director at Hallelujah Acres, and her assistant **Melody Hord** have become favorites around here for their *Where Do We Go From Here?* culinary classes. You will be amazed as they prepare raw foods like you've never tasted before, and yes... there will be samples!

Cindi Wood, *The Frazzled Female* is an author, speaker, and entrepreneur. Cindi is also a wife, mother of two . . . and prime material for stress overload! With a degree in education from Gardner Webb University, she has accumulated over 20 years of



Restoring God's Temple

Hosted by Rhonda Malkmus

2009 Hallelujah Acres Women's Retreat
October 22nd-24th

*"But now, O Lord, thou art our father,
we are the clay, and thou our potter; and we all
are the work of thy hand." - Isaiah 64:8*

Register early and save \$50
Registration by Oct 1: \$99 • Registration after Oct 1: \$149

For more information or to register:
800.915.9355 • www.hacres.com

Hallelujah Acres

FEATURED SPEAKERS

Rev. George Malkmus, Lit. D.
Author & Founder of Hallelujah Acres
Olin Idol, N.D., C.N.C.
Hallelujah Acres' VP of Health

Joel Robbins, M.D., D.C., N.D.
World renowned natural health author
Cindi Wood
Author of *The Frazzled Female*
Brenda Cobb
Director of the Living Foods Institute

WORSHIP

Patrice Djerejian
Internationally recognized contralto
Jackie Pegram
Women of the Bible presentation: Rahab

experience working with adults and children, helping them to learn to combat stress by managing time, developing a sense of humor, learning to organize and, above all, teaching them to develop a closer relationship with Jesus Christ.

Brenda Cobb, Founder and Director of The Living Foods Institute, overcame breast and cervical cancer without the use of drugs or surgery by following the simple principles of detoxification and nutrition. She also got rid of allergies, acid reflux, indigestion, arthritis, obesity, age or liver spots, and gray hair. Her eyesight even improved! She looks and feels 10 years younger than she did 10 years ago. Brenda now devotes her life to educating others in this wonderful truth.

Jackie Pegram, Bible story impersonator will help us set the tone for our retreat, you will remember her dynamic presentation of “Rahab” for the rest of your life!

The special music of gifted **Patrice Djerejian** will bless your soul! Patrice is a young and gifted contralto who performs actively in the United States and Europe, is gaining international recognition for her radiant stage presence and captivating voice.

Beverley Coad has graciously agreed to be our Mistress of Ceremonies again this year. She is the wife of Graeme Coad, whom you may know from other events at Hallelujah Acres. Beverley is a well-known public speaker and Deputy U.S. Coordinator of Lydia Fellowship International. If you’ve ever met Beverley, you’ll be excited to visit with her again, if not you’ll delight in meeting her!

So, mark your calendars, tell your friends and make your reservations early! I’m looking forward to having you come and renew your spirit with us at the Hallelujah Acres Women’s Retreat! Until then, may the good Lord bless and keep you! ■



Food Replacements

Making the Transition from Harmful to Healthy

Nothing beats naturally occurring plant foods—still, man has tried, only to end up with processed poisons that show up at every summer picnic. Fortunately, there are creative ways to break the mold. Rather than simply denying yourself the standard fare that 99% of your friends and family will be eating at summertime events, replace it with something whole, natural, and healthy.

INSTEAD OF THIS...

USE THIS...

White sugar

Honey, maple syrup, molasses, fruit juice, dates and other dried fruits

Cake, cookies, candy, other sugar-laden desserts

White fruit spreads, fresh or dried fruits, homemade bake goods with natural sweeteners, desserts sweetened with fruits and cooked fruits

White flour

Whole grain flours (whole wheat, oat, buckwheat)

White flour bread, pasta and pastries

Whole grain breads, pastas, brown rice

White rice

Brown rice

Refined, processed cereals

Whole grain cereals (oatmeal, hot cereals, muesli, granola)

Table salt

Unrefined sea salt, herbs, other seasonings

Roasted nuts/seeds, potato chips, pretzels

Unsalted (or lightly seasoned) raw nuts, seeds, popcorn, baked chips, rice cakes

Peanut butter

Almond butter, cashew butter

Conventional raisins

Organically-grown raisins

White distilled vinegar

Raw apple cider vinegar, lemon juice

Packaged dips and dressings

Hummus, other homemade dips and dressings

Refined and/or hydrogenated oils

Extra virgin olive oil, cold-pressed unrefined sunflower oil, flax oil, coconut oil

Margarine

Coconut oil/butter, flax butter

Fried foods

Raw, steamed, baked sautéed, stir fried

Canned goods (sugar, salt, additives)

Fresh fruits or vegetables, beans cooked from dry, canned goods with only natural ingredients

Instant, packaged, convenience foods

Smoothies, baked potatoes, muffins, homemade snack mix, etc.

Ice cream, frozen yogurt, milkshakes

Smoothies, sorbets, carob shake

Milk

Nut milks, banana milk, rice milk

Soft drinks (sugar and chemicals)

Natural fruit/vegetable juices, water, herbal teas

Stimulating beverages (coffee, tea, hot cocoa)

Herbal teas, roast grain beverages, juices, water

See recipes on pages 15 - 16 for great alternatives to summertime drinks, snacks and veggie dip. This article contains excerpts from Kim Wilson’s book *Everyday Wholesome Eating* (item #382), available through Hallelujah Acres.

Hallelujah Acres Success Stories



“Several years ago I sought help from Angela, my pastor’s wife, who is also a Hallelujah Acres trained Health Minister, after my daughter had been diagnosed with colitis, and the doctors could not find a drug that would help her condition. Angela talked to us about how the foods we were eating caused physical problems, and how by eating the way God told us to eat in Genesis 1:29 could actually bring healing to our bodies.

I was so excited, yet unsure at the time, and so we registered for some classes Angela was teaching in our church. I told my daughter that if what we learned resulted in it being necessary for her to change her diet to get well; I would change my eating habits also, because I knew that it would be impossible for her to handle the diet change without support at her young age. At the time, I had no idea that what we would learn would not only drastically change my daughter’s life and health, but mine as well.

After only a few weeks on The Hallelujah Diet, both my daughter and I started noticing improvements in our health. The symptoms of my daughter’s colitis started dissipating and I noticed that I had more energy. After only three months on the diet, my daughter’s symptoms of colitis were completely GONE and I, who had suffered all my life with severe allergies, had experienced not a single attack! It has now been over a year and a half since I

changed my outlook on food (thanks to you Hallelujah Acres), and I can testify that eating according to God’s plan will bring healing to the body. Never in my life have I gone so long without being sick since my earliest childhood memories and I plan on maintaining this lifestyle for the duration of my life!

I came to Health Minister training because I believe the Lord is opening the door for me to help others understand why we get sick, and show them how they too can obtain health, just like my daughter and I obtained health, by eating God’s way.”

*Health Minister Melissa Duncan,
Griffin, Georgia*

“I wrote a couple months ago, giving my own testimony of how The Hallelujah Diet had helped me, but now I write to you on behalf of my mother. She wanted me to express her appreciation to you for what you are doing for others! God is using you in such a mighty way. My mother underwent heart surgery (had three stents put in) and as a result, suffered a small stroke and was very close to having a heart attack. Her blood pressure was 230 over 150, and sometimes higher. She suffered with acid reflux and a hernia, and she could hardly swallow. She was close to 250 pounds and had back pain, cysts, swelling in her feet and legs, terrible migraines and mood swings.

When first starting The Hallelujah Diet, she was on 22 medications. In just under one year, on the Hallelujah Diet, she was able to reduce her medications to just three! No more chest pains; no more migraines; acid reflux gone; hernia gone; cysts gone! She doesn’t have leg and feet swelling anymore and her blood pressure is now 120 over 70. She has lost over 30 pounds and now has abundant energy! Her doctors are amazed and told her to keep doing what she is doing. One of her doctors is a Christian and said he had heard of The Hallelujah Diet, encouraged her to stay on it, and said she is doing the right thing!

She went today for her first day of training for hospice—it has been her dream to show the love and compassion of Christ to the elderly and sick, and she is spreading your message about God’s Way to Ultimate Health everywhere she goes. God’s diet has added 20 years to my mom’s life. She is 53 and looks like she did when she was in her thirties! Now she is giving back because of what God has done for her through The Hallelujah Diet, and through your faithfulness, Dr. Malkmus. My family is forever thankful to you for doing what God has called you to do. You are in our prayers. Please continue to go forth into all the world, renewing minds as to the truth that sets the captives free.”

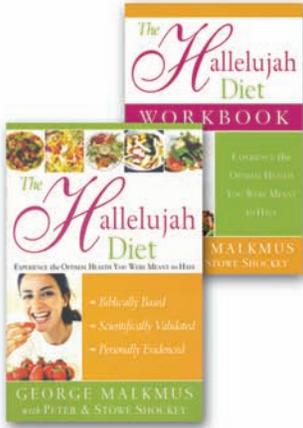
Aundrea, Burnet, Texas

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

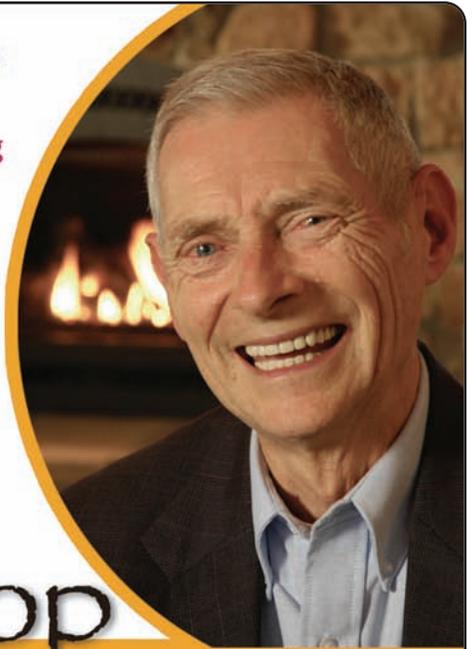
OPEN TO ALL!



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

Hallelujah Acres Diet & Lifestyle

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.

Become a
Health Minister

July 15-17 • November 18-20



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

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



EVENTS AT HALLELUJAH ACRES

in Shelby NC



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

Make it a Hallelujah Weekend

Spend the first weekend of the month with us!

Fridays - July 31 • Sept 4 • Oct. 2

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

Saturdays - Aug 1 • Sept 5 • Oct. 3

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

Saturdays - Aug 1 • Sept 5 • Oct. 3

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
\$125 per person (includes 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.

Thur.-Sat. Oct. 22-24

2009 Hallelujah Acres Women's Retreat
See page 28 for details.

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

LIVE Webinars

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!

Fighting Disease: One Recipe at a Time

Thu. September 24 • 1:30 p.m. Eastern

Fantastic recipes that provide the nutrients your body needs to combat disease!

For information or to register, 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.)

“Get Healthy Stay Balanced” Workshops

Change your lifestyle for better health! We'll watch informative videos, listen to lecture and prepare delicious food!

\$75 per class

Class 1

- Raw Food, Juicing and Enzymes
- 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

Three-day Workshops:

(10 a.m. to 5 p.m. each day)

Aug. 27-28 & 29

Oct. 29-30 & 31

One-day Workshops:

(10 a.m. to 4 p.m. each day)

Sept. 26 • Nov. 14

Dec. 5

Themed Gourmet Food Prep Classes

We prepare five recipes around the theme. Workshops are 11:00 a.m. to 3:00 p.m.

\$40 each

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

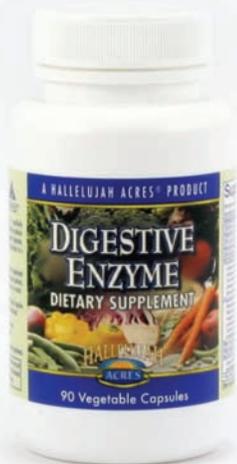
Our Thanksgiving Dinner

November 28

Our Hallelujah Christmas Celebration

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

Limited Time Only! Digestive Enzymes



Hallelujah Acres' Digestive Enzymes supplement is specifically formulated with live enzymes that help improve digestion and the absorption of nutrients from foods on The Hallelujah Diet.

10% OFF!

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

Offer ends September 15, 2009.

#447 90 ct. veg. caps. **Now! \$22.45**

What Are Enzymes?

Enzymes are special proteins found in raw food and within the human body; enzymes help your body digest foods. The importance of enzymes cannot be over-emphasized because enzymes are the life-energy of everything that is living. As important as they are, enzymes are also the most fragile nutrient, as they are the first nutrients to be lost in the cooking process. Enzymes begin to die at 107°F, and are completely destroyed at 122°F. Since water boils at 212°F and baking begins at about 250°F, all enzymes are lost almost immediately from the start of any cooking process, even in steaming vegetables.

Enzymes in Cooked Food vs Raw Food

When you lose all the enzymes in a food that has been cooked, you are losing more than just enzymes. They are involved in a synergistic sort of way in helping all vitamins, minerals and amino acids (protein) to be absorbed into the body. Loss of enzymes in food will have an impact on the vitality and absorbability of all other major nutrients in that food. Raw foods, on the other hand, do contain some enzymes, which help them auto-digest. This is part of the reason why raw foods are beneficial, because they sometimes require less energy to digest. However, even in raw foods, these enzymes are not always that abundant.

Why Take Digestive Enzymes?

The underlying premise for taking a digestive enzyme supplement is the capacity for better nutrient absorption through enhanced digestion. Foods that are difficult to digest stress the digestive tract, but enzyme

Hallelujah Acres Digestive Enzymes Supplement Facts

Serving Size: 2 capsules
Servings per Container: 45

Amount Per Serving		% Daily Value
Calcium (as calcium amino acid chelate)	1.5 mg	< 2%
Magnesium (as magnesium amino acid chelate)	.3 mg	< 2%
Zinc (as zinc amino acid chelate)	1 mg	7%
Manganese (as manganese amino acid chelate)	.4 mg	20%
Chromium (as chromium amino acid chelate)	40 mcg	33%
Proprietary Enzyme Blend	240 mg	†
Proprietary Probiotic Blend	86 mg	†
Beet root juice powder	80 mg	†
Kelp algae (Ascophyllum nodosum)	40 mg	†
BioCore Lipo®	6 mg	

† Daily Value not established.

supplementation can relieve that stress and reduce the body's work load; energy can go to other activities besides digesting food. Tests by National Enzyme Company (NEC) not only validate the use of digestive enzymes in cases of impaired digestion, but also show that most healthy adults can benefit by using a digestive enzyme supplement. (To see the study at www.hacres.com, click Shop Online and search for Digestive Enzymes) Furthermore, the unique formulation of Hallelujah Acres' Digestive Enzymes supplement contains a significant amount of probiotics to help maintain a good balance of friendly bacteria.

Studies have shown that supplemental enzymes are beneficial with even raw foods, because the concentration of enzymes is higher and they work in a wider pH range than most raw food enzymes.

What Makes Hallelujah Acres' Digestive Enzymes Unique?

Multiple enzymes in combination have often yielded the best results. Each enzyme works on a particular substrate molecule. However, several different types of enzymes are actually required to break down carbohydrates, and several more for proteins, and another set of enzymes for fats. Getting the right combination of enzymes is key to successfully improving digestion—this is exactly why Hallelujah Acres' Digestive Enzyme contains a proprietary blend of several, specific enzymes to maximize absorption of foods recommended on The Hallelujah Diet. Research has shown that these enzymes substantially increase the level of digestion in the lumen of the small intestine and bioaccessibility of proteins and carbohydrates. These results not only validate the use of digestive enzymes in cases of impaired digestion, but also show that most healthy adults can benefit by using a digestive enzyme supplement.

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



B-Flax-D

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

#460	2 lb. powder	\$21.95
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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



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

Start Today!

A Hallelujah Acres product. 

Juice on the Go!



Carrot JuiceMax

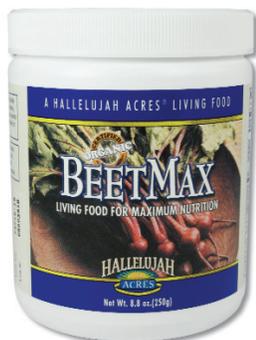
Carrot JuiceMax by Hallelujah Acres is the only raw, unpasteurized carrot juice powder on the market—making it the only product of its kind with live enzymes. Instead of using high heat pasteurization (which kills live enzymes), the juice from more than 25 lbs of 100% organic carrots used in each jar of Carrot JuiceMax is dried at low temperatures.

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**



BeetMax

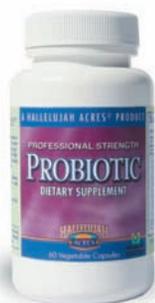
Another great fresh vegetable juice substitute you can use is BeetMax by Hallelujah Acres, a juice powder made from organic beets, using the same proprietary dehydration process used for BarleyMax and Carrot JuiceMax. Betanin, the unique antioxidant pigment in beets, protects the body from free radical damage.

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**



Probiotics

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

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

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



B12, B6 and Folic Acid

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

#450 60 ct. vegetarian tablets **\$14.95**



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**

A Hallelujah Acres product.



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

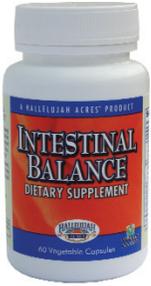


New Generation Bio-Curcumin

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



Intestinal Balance

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



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

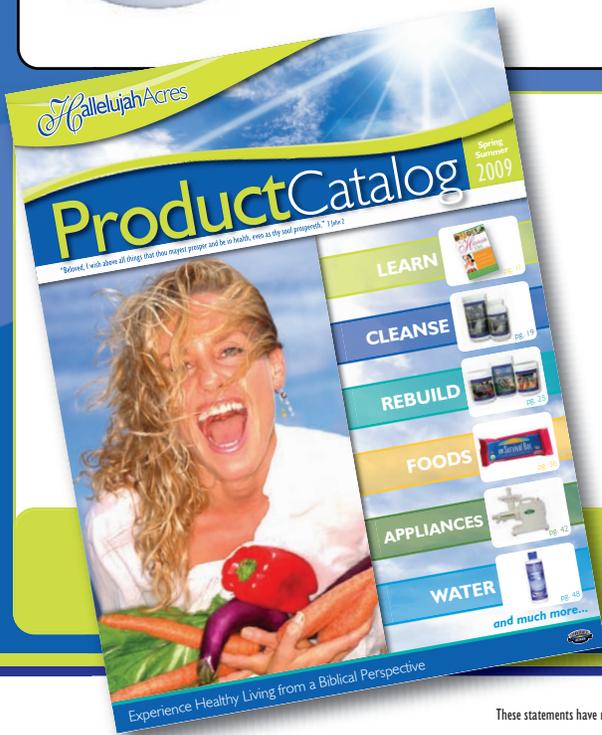


Antioxidant

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

#455 60 ct. vegetarian capsules

\$27.95



Spring/Summer 2009 Product Catalog

Learn about our products including:

**Automatic nut milk maker / Sprouting equipment / Exercise equipment
Money-saving kits ... and more!**

Call **800.915.9355** or **DOWNLOAD IT** at www.hacres.com

You can order from this catalog 24 hours a day online or call toll-free weekdays 8 a.m. to 8 p.m. or Saturdays 9 a.m. to 4 p.m. Eastern

Free!

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

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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	

International Orders: US Currency only, and please inquire about extra shipping costs. 1.800.915.9355

Shipping & Handling Charges: \$5.00 for all orders under \$50.00. For orders over \$50.00 shipping will be 10% of subtotal of all items. A handling charge of \$1.00 will be applied to each order. Outside Continental U.S., call for international rates.

Sales Tax: North Carolina & South Carolina residents, please calculate sales tax based on subtotal amount.

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.

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

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

30 Day Satisfaction Guaranteed Return Policy

Please contact Customer Service at 1-800-915-9355 for Full Return Policy or go to www.hacres.com and click on Return Policy.

- Retail customers can return supplement(s) for a full refund (less shipping and handling) within 30 days from invoice date.
- Only one (1) open container of any product is eligible for a full refund. All other returns of the same product must be factory sealed.
- Unopened books (original condition), CDs and DVDs (unopened), small appliances and accessories (new condition), and exercise equipment in original packaging can be returned to Hallelujah Acres within 30 days of delivery date for full purchase price.
- Hallelujah Acres will refund shipping fees for "Return(s)" resulting from a Hallelujah Acres error.
- Non-refundable items: personal hygiene products, food products, Max GXL and Max WLX products, gift certificates.
- Return(s) require RMA# (Return Material Authorization number). Please contact Customer Service at 1-800-915-9355 for RMA# and shipping instructions.
- Only items listed on original invoice will receive Return(s) not packaged per instructions above.
- Item(s) returned must include manufacturer's manuals, warranty card, accessories, and Packing List copy.
- 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.
- Hallelujah Acres reserves the right to refuse Return(s) not packaged per instructions above.
- Number each box if more than one box is shipped.
- No refunds or credits will be issued until the item(s) has been received and processed. Refund amount will be determined upon inspection of returned item(s).
- Allow three to four weeks for returns to be processed.



Credit Card Orders Call:
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Mon. - Fri., 8:00 a.m. - 8:00 p.m. EDT
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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: HN56



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

July 4 / Aug. 1 / Sept. 5 / Oct. 3 / Nov. 7 / Dec. 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 32.

← 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 32.

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