

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

No. 58



**Christmas Sale!**  
Pages 14 & 32-33

## The Answers Issue

### How To Give The Gift of Health

What About Protein? / What About Calcium? / Is Alkalized Water Beneficial?  
Why Aren't Garden Foods Enough? / Fish Oil in The Hallelujah Diet? / What If I'm Pregnant?

Published by Rev. George Malkmus, Lit. D. & Hallelujah Acres / 900 S. Post Rd. Shelby NC 28152 / 704.481.1700 www.hacres.com

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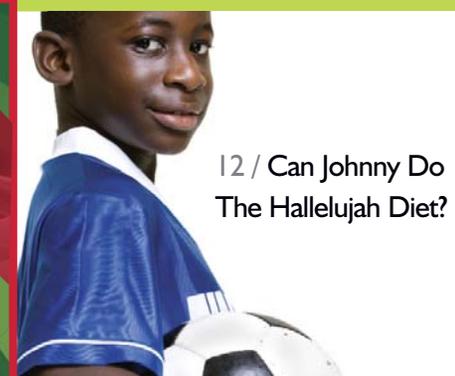
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# The Answers Issue | *How To Give the Gift of Health*

If you've ever been to a Saturday Seminar at Hallelujah Acres, you may recall hearing Rev. Malkmus speak about the day he realized that the Bible was not just a spiritual book.

After adopting a plant-based diet, something changed; the Bible verses Rev. Malkmus had read so many times before suddenly stopped him in his tracks. They now had meaning for physical health and healing, not only for spiritual health and eternity.

## Discovering The Gift

Many people discover God's gift of health and healing just like Rev. Malkmus did. It's like hearing the Gospel for the first time; the answer to all they have been searching for seems almost too simple to be true. Yet that's the beauty of it—that's the "gift."

*Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give.*  
- Matthew 10:8

Indeed, optimal health, like eternal life, is a free gift from God; in fact, these two gifts are quite similar. As with eternal life, all that is required to obtain optimal health is to "repent" and "walk in all His ways." That is, repent of giving in to our dietary temptations, and walk in the way He intended us to go in the beginning. This is precisely why The Hallelujah Diet is based on God's original diet for mankind in Genesis 1:29.

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

## Enduring The Journey

The journey that follows a decision to turn from the ways of the world in terms of diet is much the same as turning from sin. As with a new faith, starting a plant-based diet brings an initial euphoria. Suddenly going to the grocery store (like picking up your Bible) is an endless adventure. Foods in the produce section that you had passed by a thousand times (like Bible verses) suddenly have new possibilities because

you now understand the life force they can provide to you. It's an exciting time of connecting the pieces of truth that have always been there, but you simply failed to notice.

Then comes the plateau, hitting the wall, or being in the wilderness, however you want to term it. The initial excitement wears off and staying the course now requires discipline—yet to have discipline, a person must have the character of a disciple, which many have not yet developed at this point. As a result, this is when many new Christians (or newcomers to The Hallelujah Diet) fall off the wagon. If no one with experience is there to guide and encourage them, they begin to waver, dabble in their former lifestyle, and perhaps even abandon their "gift" altogether.

## Answering The Questions

Discipleship, like the Bible itself, has implications both in a spiritual sense and a physical sense: just as there is a responsibility to see that someone you introduce to the Gospel is nurtured to spiritual maturity, you need to be there for the person with whom you share God's gift of health and healing through a plant-based diet.

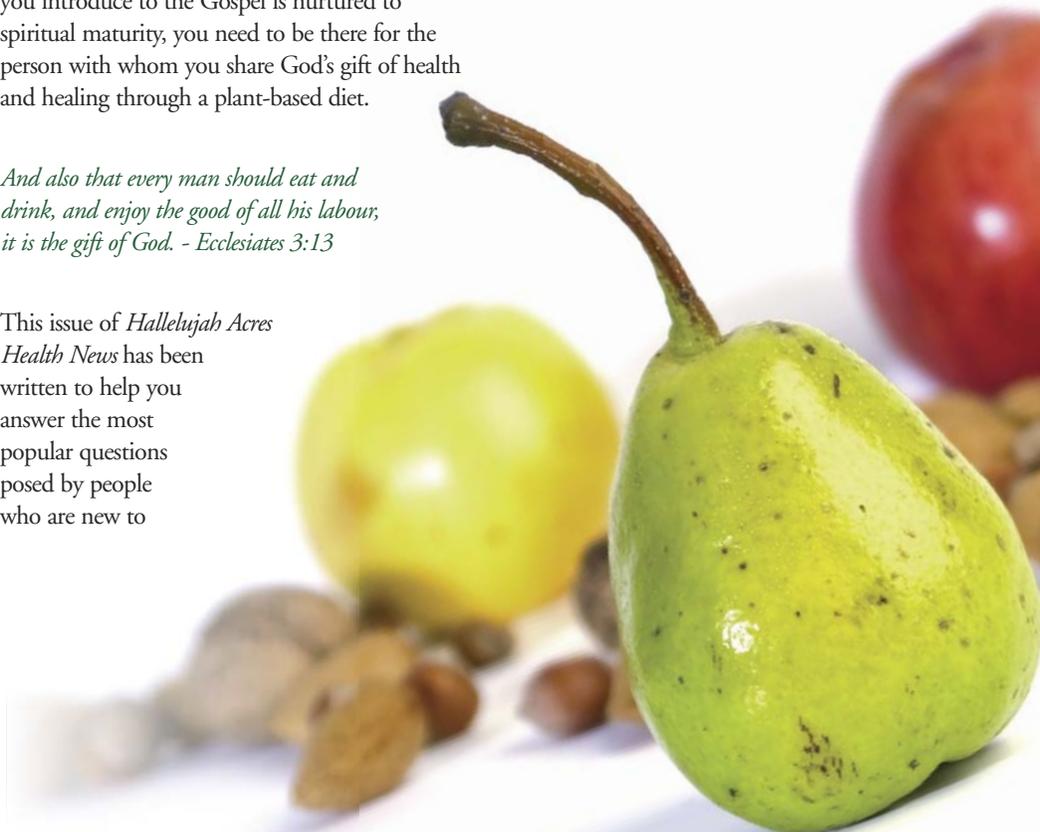
*And also that every man should eat and drink, and enjoy the good of all his labour, it is the gift of God.* - Ecclesiastes 3:13

This issue of *Hallelujah Acres Health News* has been written to help you answer the most popular questions posed by people who are new to

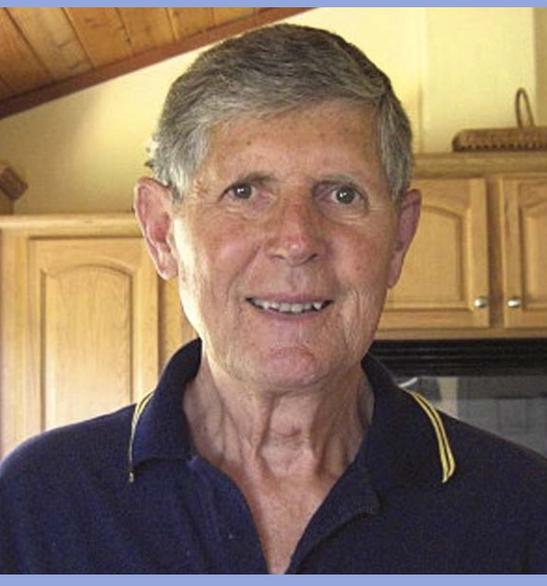
The Hallelujah Diet. By having the research behind the reasons why The Hallelujah Diet supports optimal health, you can provide sound answers to questions like:

- Where do you get your protein? (page 8)
- Where do you get your calcium? (page 9)
- Where does fish oil fit in? (page 10)
- Is this diet suitable for pregnant or nursing women? (page 12)
- Is alkalized or oxygenated water beneficial? (page 26)
- Why are raw foods so important? (page 26)

We at Hallelujah Acres want to thank you for helping us share the exciting news that optimal health is possible—in so doing, you are truly giving the gift of health. ■



# Why Did I Wait? The Answer Was 10 Minutes Away



*Al Jansen*

Al Jansen, now 74, is a retired United Methodist Minister living in sunny, southern California. In 1994, after a lifetime of answering people's questions about faith and God, he began having questions of own—about health, his prostate in particular.

Those questions led to an arduous journey of medical intervention that created even more questions, side effects, ill health, and despair. Ironically, the answers he was looking for were virtually next door.

"I was diagnosed with prostate cancer in May of 1994," Jansen explains. "I didn't have any symptoms, only an elevated PSA (prostate specific antigen) count. Still, I had my prostate surgically removed."

Removing the prostate seemed logical—remove the prostate and remove the problem. But two years later, Al began to experience a "biochemical recurrence": his PSA levels were rising despite the absence of a prostate gland (prostate cancer cells left behind after a prostatectomy can produce PSA just as a prostate gland can). The recurrence was the beginning of a roller

coaster ride that would see his PSA levels rise and fall, and force him to accept the only forms of treatment he knew, including hormone shots every three months. But the cancer was not Al's greatest problem.

"Through all this time, I never had actual symptoms of cancer. All of my difficulties were the result of side effects from treatment."

Al's battle (against both drugs and cancer) came to a head in April 2008 when his PSA count rose to its highest level ever—his doctor suggested it was time to consider chemotherapy. He sought a second opinion, only to be told the same thing. The regimen would be grueling: 10 treatments at 3-week intervals, a process he would likely have to repeat in a year's time.

"I had my first treatment in early May 2008," Al explains. "Three days later, I became very sick. I had just about all of the side effects possible. I was told that this kind of thing 'didn't usually happen' and that future treatments would include drugs to counter the effects."

Not wanting to find out if the next round would be any better, Al's prayers were answered when he ran into a friend at church who told him about the Hallelujah Acres Lifestyle Center in Fallbrook, California—a mere 10 miles from his home.

"As soon as I found out about the Hallelujah Acres Lifestyle Center, I booked a stay

immediately and told my oncologist that I wanted to wait three months before having another treatment. He reluctantly agreed.

"At the beginning of the retreat, I was 216 pounds (down from 222 when I had the chemo), weak and not able to eat the food we were preparing; but as the week progressed, I began to feel better. When I returned home, not only did I have a renewed sense of hope, my dear wife had already prepared our kitchen for our new lifestyle—and she switched to The Hallelujah Diet with me."

Lo and behold, the diet regimen worked much better for Al than the drug regimen. His scheduled PSA level readings went from 30 ng/mL (very high) to 23, 17, 7, and 3.

"When I went back to my doctor, he said I wouldn't need anymore chemo. Still, he ignored my comments about my diet and credited the success to my single chemo treatment three months prior. I didn't press the issue and neither did he."

After 14 months on The Hallelujah Diet, Al's weight has stabilized at a comfortable 185-190 pounds, and he says he has a lot of energy. More importantly, his PSA level is 0.65 ng/mL (his lowest reading ever). Not surprisingly, he's not on any medication either.

"Over these last 15 years, my medical treatments have held the cancer at bay—but my lifestyle changes have been doing much more than that. I only wish that I didn't have to become deathly ill before I was willing to make those changes. I don't know what the future holds, but I do know who holds the future." ■



There are four Hallelujah Acres Lifestyle Centers, located in California, Florida, Missouri, and North Carolina. The California location, where Al Jansen stayed, features three acres of lush tropical landscape, a lagoon-like swimming pool complete with a Jacuzzi, waterfall and slide, and a peaceful courtyard with wraparound terrace. Stay for two days, five days or even 10 days!

**For reservations, call toll-free (877) 728-1064.**  
[www.hallifestylecenters.com](http://www.hallifestylecenters.com)

**Definition of PSA / Prostate-specific antigen (PSA) is a protein produced by cells of the prostate gland.** / There can be different reasons for an elevated PSA level, including prostate cancer, benign prostate enlargement, inflammation, infection, age, and race.

# Why Aren't Garden Foods Enough?

Man's pursuit of "progress" has, ironically, set us back in terms of nutrients available from the same garden foods that grandpa used to eat. Manipulating nature with biotechnology, gluttonous public demand, overuse of herbicides and pesticides, and antibacterial overkill have left us with living food that is not as alive as it used to be.

It has been noted since the 1940s that yield increases produced by fertilization, irrigation, and other environmental means tend to decrease the concentrations of minerals in plants. In fact, a February 2009 study in the *Journal of Horticultural Science and Biotechnology* confirms that today's vegetables are indeed less nutritious, citing three kinds of evidence:

- Demand for more produce in a tighter timeframe means crops have less time to absorb nutrients, while artificial fertilizers interfere with the natural absorption process.
- Declines of 5% to 40% or more in some minerals in some vegetables, according to three recent studies of historical food composition data.
- Breeding efforts to increase crop yield have caused declines in protein, amino acids and several minerals, resulting in greater food volume with fewer nutrients per unit.

**"Past and ongoing efforts to increase yields, combined with apparent broad tradeoffs between yield and the concentrations of perhaps half of all essential nutrients, work against recent efforts to increase one or a few micronutrients in individual foods."**

Knowing these facts makes it easy to understand why so many people are deficient in one or more nutrients, no matter how much they try to get those nutrients exclusively from eating whole foods. Eating more as a means to increase nutrients is not feasible; the stomach can not efficiently handle the bulk of foods required—which is why Hallelujah Acres recommends other ways to get the nutrients you need.

## Juicing

Juicing fresh vegetables and greens is the most efficient way to get maximum nutrition to our cells. Juicing separates the juice—which contains virtually all nutrients—from the fiber. Drinking freshly extracted juice requires only a small fraction of the digestive effort needed to break down whole foods, thus nutrients are rushed to the bloodstream much more efficiently.

In *The Juicing Book*, author Steven Blauer writes, "Fresh juice is more than an excellent source of vitamins, minerals, enzymes, purified water, proteins, carbohydrates, and chlorophyll. Because it is in liquid form, fresh juice supplies nutrition that is not wasted to fuel its own digestion as it is with whole fruits, vegetables, and grasses. As a result, the body can quickly and easily make maximum use of all the nutrition that fresh juice offers."

The Hallelujah Diet is based upon the principles of Genesis 1:29, but comparing nutrients available today to what was available in the Garden of Eden—or even 50 years ago—is hardly apples-to-apples, so to speak.

Juicing also reduces your exposure to pesticides. Of course, choosing organic produce ensures that pesticide is not an issue, but if organic produce is not an option, you can rest assured that the juice you get from conventional produce will almost always have lower pesticide residue than the whole food itself. This is because pesticides tend to be hydrophobic organic chemicals, which means they stick to the pulp rather than remaining in the juice.

**Juicing makes the most of nutrients in an easy to assimilate form. Drinking one 8 oz glass of carrot juice will give you the equivalent of eating approximately 1 lb of carrots.**

## Supplements

Vitamins, minerals, enzymes, and beneficial bacteria all contribute to optimal health, and can all be acquired through supplements. Though not ideal, great strides have been made in recent years to effectively replace the nutrients that other technologies have stripped from the food supply.

But don't run out and buy supplements without being informed. Subtle differences can make a big difference. In the case of vitamin B12, for example, there are two kinds to look for: methylcobalamin and cyanocobalamin. Cyanocobalamin is cheaper, but is not found in nature, and must be converted by the body into methylcobalamin before it can be utilized. Methylcobalamin is a much better choice and is, in fact, the form of B12 used in Hallelujah Acres' B12-B6-Folic Acid supplement (see page 12).

**Do your homework before buying any supplements.**

You will find a wealth of trustworthy information on supplements at [www.hacres.com](http://www.hacres.com). ■



# Are You Living to Eat, *Or Eating to Live?*

by Rev. George Malkmus

**Whether you are living to eat or eating to live must be determined before you can obtain any help from this article. If your desire is to “Eat to Live” I can help you. If all you want to do is “Live to Eat,” there isn’t much hope for you unless you are willing to change your reason for eating. If you are not “Eating to Live” you will not only see your food costs remain unnecessarily high, but your health problems and Health Care costs will escalate.**

You may ask: *“What does my diet have to do with my food costs, physical problems I experience, and my Health Care costs?”* The answer is: EVERYTHING!

In our current economy, \$1 trillion goes to food companies, while \$2.7 trillion goes to the health care industry in an effort to undo the damage done by consuming unhealthy, so-called foods—not everything you place in your mouth is food. Nor does everything you place in your mouth nourish our body.

Webster’s Dictionary definition of the word “food” will hopefully help you better understand: “Any NOURISHING substance eaten, drunk, or otherwise taken into the body to SUSTAIN LIFE, PROVIDE ENERGY, PROMOTE GROWTH, etc.”

The food merchants do a masterful job making you think their products are real “food”. But in reality, most do not meet Webster’s criteria of what a food is.

**Do you realize that 90% of the money Americans spend on “food” goes toward non-food, manufactured, and processed foods?**

## **Why Do We Eat Such a High Percentage of Manufactured and Processed Foods?**

There are a number of reasons:

1. In 2006, 2,800 new candies, desserts, ice creams, and snacks were introduced into the marketplace, compared to 230 new fruit or vegetable products.
2. While the drug industry spends \$20 billion a year to promote drugs, the manufactured food industry spends twice that amount to convince you to buy highly processed convenience products.
3. Processed foods are addictive. The manufactured food industry has chemically altered their products to ensure you never tire of eating them. They are intentionally processed to be addictive.
4. The food additives in these non-foods cause people to not only eat them but also crave them. This causes people to want to eat ever more of them.
5. Most of these manufactured foods are loaded with unnatural substances such as refined sugar, corn syrup, salt, MSG, and others, which dramatically increase their addiction potential.

6. Refined sugar is added to most manufactured foods because it is (1) cheap, (2) a flavor enhancer, and (3) proven to be more addictive than cocaine!
7. Often, people who can't eat their favorite manufactured food feel they are being deprived, and will go to great lengths to obtain more—like sneaking out to an all-night drive-thru, for example.
8. Once a person has become addicted to these highly processed and stimulating foods, the garden foods God designed our bodies to be nourished with don't taste as good.

Our taste buds and natural instincts have been perverted by the manufactured foods of the food industry!

### Why Manufactured and Processed Foods Don't Satisfy Hunger

Let's say your taste buds had NOT been perverted by manufactured foods, and you had never eaten a banana before. Once you tasted it, you would probably think it was the most delicious food you had ever eaten! You may even ask for another. But after three or four bananas, what you first thought was the most delicious food you had ever eaten wouldn't seem so appealing. Now I want you to notice something. God used your mind and taste buds to instinctively cause you to eat the banana in the first place, so that you could obtain the nutrients contained within, which your body needed in order to satisfy its nutritional needs. However, after eating several, your body was satisfied and you no longer were hungry.

Now suppose I give you a bag of potato chips. How long do you think it will take you to be satisfied, and want to stop eating them? Will you eat two, four, six, eight, or will you have to eat the whole bag before you feel unpleasantly satiated? With processed foods, it takes a long time before you don't want to eat any more. Why?

It is because they have been chemically altered from their natural state. In their whole, natural, raw form, your body instinctively tells you when to stop eating. But because they have been processed, your altered taste buds don't tire of them. This is because the body has not received the nutrients needed to signal satisfaction.

Watch a child when given a piece of candy or a cookie. Are they satisfied with one piece or do they keep asking for more? And if denied more, watch how often the child will cry and possibly go into a tantrum. Now give them a banana and see how quickly they are satisfied and no longer desire more.

### Why Everyone Should Eat The Hallelujah Diet

1. Garden foods are the only foods God designed our physical bodies to have placed in them. God told us what foods we should eat in Genesis 1:29. And who would know better what foods we should nourish our bodies with than the Creator of our body?
2. Garden foods, in their living and raw form, are the only foods that satisfy our physical body's nutritional needs.
3. Garden foods not only nourish our bodies (and keep us from sickness), they are the only foods that disease-proof our bodies.
4. Garden foods make us strong and keep us healthy.
5. Manufactured and processed foods cannot do any of the above!
6. If everyone ate The Hallelujah Diet, health insurance would only be needed in case of accident.

### Let's Talk About Economics for a Moment

1. Almost everything you purchase that comes in a package (box, can, or container of any kind) is a non-food—a food incapable of properly nourishing your God-created physical body.

*Is the purchase of these foods a good investment?*

2. These manufactured foods do not contain the nutrients our body needs in order to be strong and healthy and capable of resisting sickness.

*Again, is the purchase of these foods a good investment?*

3. We are a sick nation because we eat the foods that make us sick. Other than for trauma, most of the \$2.7 trillion being spent annually on health care today is because people are putting foods into their body that make them sick. If everyone ate The Hallelujah Diet, it would save our nation literally trillions of dollars in health

care costs each year, to say nothing of the suffering it would eliminate.

*Is eating garden foods a good investment?*

### Eat Well, Stay Healthy and Save Money

1. The Hallelujah Diet is comprised of 85% raw, living, garden foods. These are the foods God designed our physical bodies to thrive on—and nutrient-for-nutrient, they are much less expensive than pre-packaged, manufactured foods.
2. The Hallelujah Diet is comprised of 15% cooked foods. These cooked garden foods provide nutrients, make it easier to achieve optimal caloric intake, as well as support the energy needs of the body. These cooked foods also make the diet more feasible. Children need about a 50% cooked food ratio.
3. Anything that comes in a container costs more than the original whole food from which it was made. Try to keep pre-processed and packaged foods to a minimum.
4. Garden foods will, in most instances, disease-proof your family. Now, think about all the money you currently spend treating the symptoms experienced because of eating manufactured foods: headaches, acid stomach, high blood pressure, high cholesterol, sleeplessness, fatigue, and the list goes on.
5. Consuming garden foods should stop the need (and thus the expense) for all over the counter and prescription drugs.

The next time you go grocery shopping, evaluate how many dollars you spend on whole, living, raw garden foods—the foods God designed your body to be nourished with. Then compare this against dollars you spend on manufactured non-foods, which have practically no nutritional value and create physical problems for which you need to spend additional dollars to remedy.

This evaluation will be a vivid forecaster of the health you and your family will experience as a result of eating what you have just purchased. Eating garden foods as much as possible will ensure that you can eat well, stay healthy, and save money in tough economic times. ■

# Where Do You Get Your Protein?

When you tell someone that you have switched to a 100% plant-based menu such as The Hallelujah Diet, usually the first question is about protein. It's an understandable question because, for the last several generations, we have been conditioned to believe that protein cannot come from vegetables. Even people who know better may say that plant protein is "lower quality" than meat protein—and technically they're right. The point they're missing, however, is that protein "quality" is not the goal.



## High Quality and Low Quality

Proteins that can be used most efficiently in the human body are referred to as "high quality" protein. Flesh of animals is deemed high quality in terms of human consumption because the protein in their bodies is most similar to protein in the human body, having roughly the same amount of each of the nine essential amino acids necessary for tissue growth (referred to as "essential" because the human body cannot manufacture them). Therefore, animal protein is utilized "efficiently" when ingested into the human body.

Plant protein is considered "lower quality" because, unlike animal protein, any one plant has limited quantities of one or more of these nine amino acids—but as long as you are getting enough calories through vegetables, fruits, nuts and seeds, it's virtually impossible to have a protein deficiency. A plant-based diet such as this will give you all the amino acids you need, by themselves or in combination with one another.

## Complete Protein?

Contrary to an outdated theory, you do NOT need to keep track of which foods have which amino acids; your body doesn't need your help to puzzle together a "complete protein" at every meal. Your body's incredible metabolic systems will automatically combine what you need from each food. The idea of combining proteins comes from a 1970s theory that was disproven in the 1990s by the same person who developed it (Frances Moore Lappe).

Broccoli is one of nature's most potent super foods, and has more protein than steak (per 100 calories). Most of the calories in meat come from fat, but the calories in green veggies come from protein.

Source: *The Healing Power of NatureFoods, Health Bliss and Recipes for Health Bliss*, by Susan Smith Jones, PhD.

## What You Really Need

The heart of the matter is this: when speaking of protein, the word "quality" is being misunderstood. High protein quality means high protein efficiency, which results in faster body growth. Knowing this, it should come as no surprise that cancer grows rapidly on a diet high in "high quality" animal protein. Rather, the slow, steady synthesis of new protein derived from eating "low quality" plant protein is, in fact, the healthiest type of protein. It allows for a normal rate of body growth, rather than the hyper-growth we have been conditioned to pursue by inherited misinformation and the marketing efforts of the meat and dairy industries.

The concern of "getting enough" protein should really be a concern of getting too much! Abundant research has shown that a diet of 20% (animal) protein or more promotes cancer growth. A diet of 10% protein is considered optimal (even for children and body builders), but only 5-6% protein is actually needed to replace the protein your body uses. ■

Sources: USDA Nutrient Database for Standard Reference, Release 18, 2005 and manufacturers' information. • *The China Study* by T. Colin Campbell (pp 30-31, 308) [www.vegansociety.com/food/nutrition/protein.php](http://www.vegansociety.com/food/nutrition/protein.php) • [www.raw-food-health.net/VegetableProtein.html](http://www.raw-food-health.net/VegetableProtein.html)

## Get Your Protein Here!

Protein Content of Selected Vegan Foods

Food	Amount	Protein (g)	Protein (g/100 cal)
Lentils, cooked	1 cup	18	7.8
Black beans, cooked	1 cup	15	6.7
Kidney beans, cooked	1 cup	13	6.4
Chickpeas, cooked	1 cup	12	4.2
Baked beans	1 cup	12	5.0
Pinto beans, cooked	1 cup	12	5.7
Black-eyed peas, cooked	1 cup	11	6.2
Lima beans, cooked	1 cup	10	5.7
Quinoa, cooked	1 cup	9	3.5

Food	Amount	Protein (g)	Protein (g/100 cal)
Peas, cooked	1 cup	9	6.4
Spaghetti, cooked	1 cup	8	3.7
Almonds	1/4 cup	8	3.7
Bulgur wheat, cooked	1 cup	6	3.7
Sunflower seeds	1/4 cup	6	3.3
Cashews	1/4 cup	5	2.7
Almond butter	2 Tbsp	5	2.4
Brown rice, cooked	1 cup	5	2.1
Broccoli	1 cup	4	6.8
Potato, baked	1 med.(6 oz)	4	2.7



# Where Do You Get Your Calcium?

If you don't get your calcium from milk, cheese, yogurt or supplements, where in the world are you getting it from? This is one of the most popular questions people get from concerned friends and relatives when switching to a plant-based diet. The answer: it comes from the same place the cow got it from—plants.

Calcium is necessary for healthy bone and teeth, but cow's milk (though high in calcium) is not going to help. 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.<sup>1</sup>

The reason that dairy does not help is because it has too many other factors that get in the way of calcium absorption. The sodium and high amounts of animal protein in cow's milk not only prevent any positive calcium absorption, they actually cause renal excretion of calcium, negatively affecting the calcium balance of the body.<sup>2</sup> In fact, an international study found there was a stronger correlation between animal protein intake (including dairy) and hip fractures than smoking and lung cancer.<sup>3</sup> Ironically, rather than building bones, dairy actually increases bone loss.<sup>4</sup>

Good plant sources of calcium are the green and orange foods. Dark leafy greens are one obvious source.\* Nuts are a good source and sesame seeds, found in tahini, are outstanding.<sup>5</sup> A plant-based diet will supply all the calcium (and other minerals you need) to maintain excellent health.

## Mineral profile of foods commonly used as calcium sources. Data from USDA Release 12.

Food Item	Svg Size	Calories	Calcium (mg)
Almonds, raw	1/4 cup	209	94
Kale, raw	1 cup	34	90
Carrot juice	1 cup	94	57
Broccoli, raw	1 cup	25	42
Tahini, w/ hulled seeds	2 Tbsp	182	42
Romaine lettuce	2 cups	16	40
Sweet potato, cooked, peeled	1/2 cup	103	38

\* Spinach is high in calcium, but the calcium is bound to oxalates and therefore poorly absorbed.

Source: 1. Lanou A, Berkow S, Barnard N. Calcium, dairy products, and bone health in children and young adults: a reevaluation of the evidence. *Pediatrics*. 2005;115(3):736-43. • 2. Michael Donaldson PhD, *Hallelujah Acres Health News* issue #56. • 3. Frassetto L, Todd K, Morris R, Sebastian A. Worldwide incidence of hip fracture in elderly women: relation to consumption of animal and vegetable foods. *J Gerontol A Biol Sci Med Sci*. 2000;55(10):M585-92. • 4. Sellmeyer, DE et al. A high ratio of dietary animal to vegetable protein increases the rate of bone loss and the risk of fracture in postmenopausal women. Study of Osteoporotic Fractures Research Group. *Am J Clin Nutr*. 2001 Jan;73(1):118-22. • 5. Michael Donaldson PhD, *Hallelujah Acres Health News* issue #56.

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# Is There A Place for Fish Oil in The Hallelujah Diet?

by Olin Idol, ND, C.N.C.

**Our goal is to help people nourish their body in such a way that the innate self-healing provided by God functions optimally, allowing them to regain and maintain their health. While Genesis 1:29 is the fundamental basis of our teachings, we must take into consideration that many things have changed since the biblical days. It is impossible to get produce with the nutritional quality of biblical days, thus we rely on juicing many vegetables and BarleyMax to help increase our intake of valuable nutrients.**

## Responding To Research

Years ago, we learned through research conducted by Dr. Michael Donaldson (Research Director, Hallelujah Acres Foundation) that there was no B12 in a plant-based diet. In his research he found 47% of those tested who had been on the diet for at least 2 years were deficient in B12. Our questions were why and how to overcome that. Basically, we found that our friendly bacterium in our gut produces B12 (the same way animals get B12).

Unfortunately, many people are so deficient in beneficial bacteria that they can't produce the B12 they need. Thus, supplementation with B12 or a good probiotic supplement may be necessary for many people if they wish to achieve their goal of optimal health.

## Adjusting For Optimal Health

This is a prime example of how we must recognize the conditions under which we live today and adjust our nutritional intake to supply most ideally what the body requires for optimal function. As such, I personally would never discourage anyone from using well processed, clean fish oil that is free of heavy metals.

The benefit of the high levels of DHA justifies giving consideration to the overall benefit that fish oil provides in supporting the optimal function of the body at the cellular level.

Omega-3 fatty acids are essential for optimal health since every cell in our body requires them. They cannot be manufactured internally by our bodies. Like most vitamins, they must be supplied by dietary sources.

Dietary practices and food processing over the last few decades have lead to a far less than optimal intake of these critical essential fatty acids and an excessive intake of processed omega-6 fatty acids.

## Omega-3 and Omega-6

Omega-3 fats possess anti-inflammatory properties while omega-6 fats promote inflammation. Current research indicates that restoring the body's natural balance of omega-3 fats may improve the body's response to a host of potential medical conditions including coronary artery disease, depression, and bipolar disorders. A search on PubMed ([www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov)) under inflammation yields over 300,000 published articles demonstrating the vast amount of research being conducted in this area.

Implications of omega-3 deficiency are profound, including potential neurological complications for a developing fetus and a nursing infant if the mother is omega-3 deficient. Children who are deficient in omega-3 are not able to pay attention, tend to have poor control of impulsive behavior, and may be at a higher risk for depression.

Omega-6 fatty acids are readily available from a wide range of vegetable and seed oils (corn oil, sunflower oil, safflower oil, etc) while the omega-3 fatty acids are more difficult to obtain, especially in the standard American diet—which often contains 10 to 20 times more omega-6 fats than omega-3.

## A note from Rev. George Malkmus, Founder of Hallelujah Acres:



Here at Hallelujah Acres, we have discouraged the consumption of ALL flesh and dairy foods since our inception in

1992 because we have learned that they are the cause (or contributing cause) of most of the physical problems people experience today.

However, because we desire to provide the very best and most up-to-date information to those who look to Hallelujah Acres regarding how to optimally nourish our beautiful God created physical bodies, we are constantly evaluating health information. When we find something that can bring our health to a higher level, we feel it our duty to make that new information known, regardless of how some might receive or react to that new information.

In this article, Olin Idol will, I trust, answer any and all questions you might have concerning the subject of fish oil. Rhonda and I are now taking to heart the research that Olin Idol and Dr. Donaldson have done and have both added a daily serving of Pharmax Finest Pure Fish Oil to our diet.

Researchers generally agree that for optimal health, omega-3 and omega-6 fats should be consumed in approximately equal proportions.

## Implications For Vegetarians

According to Dr. Stoll in his book, *The Omega-3 Connection*, "The dry weight of an adult human brain is about 600 grams of lipid (fat) per kilogram, or an astounding 60%. The brain's needs are further complicated by its inability to use some forms of omega-3 fatty acid commonly found in the diet. Some organ systems can incorporate the shorter, 18-chain omega-3 precursor, called alpha-linolenic acid (ALA), found in green leafy vegetables, flaxseed, canola oil, and walnuts. But the human brain has an absolute requirement for the longer-chain omega-3 fatty acids: eicosapentanoic acid (EPA) and docosahexanoic acid (DHA), both found primarily in fish oil.

"The studies have been somewhat mixed, but it appears that adult humans cannot convert enough ALA to EPA and then to DHA. Newborns appear to be better able to transform ALA to the longer-chain omega-3s, but these conversions may still be inadequate to fill the huge need of young children for omega-3 fatty acids. Thus, some nutritional scientists believe we must consume the fish or fish oil – derived long-chain omega-3s directly for optimal brain health. Strict vegetarians likely have lower levels of the long-chain omega-3 fatty acids, EPA and DHA, than non-vegetarians, but may in the future be able to purchase both EPA and DHA supplements derived directly from algae."

## Addressing The Issues

Realizing the critical need for omega-3 fats in the diet, Hallelujah Acres has incorporated omega-3s from flaxseed oil since its early inception. As research in the last few years has demonstrated the crucial need for the long-chain DHA, a few years ago Hallelujah Acres began researching an optimal source of a good clean DHA supplement derived from algae. Various supplements were tested and most were found either deficient in the label claim or containing an undesirable degree of rancidity due to the processing. Our research

ultimately lead us to a uniquely processed and well stabilized DHA supplement produced by Pharmax LLC which we have made available for several years now. This enables a person to insure an optimal intake of the short-chain omega-3s along with the long-chain DHA. Most people appear to be able to efficiently produce the EPA from the omega-3s.

Considering the vast amount of research demonstrating the overwhelming benefit of a complete omega-3 formulation containing the short-chain omega-3s, the long-chain EPA and DHA components, Hallelujah Acres began researching more efficient and cost effective ways of including these essential fats in the diet.

## Technology Makes A Difference

With the advancements in scientific research the last few years, it is now possible to produce a clean fish oil (free of heavy metals), so highly refined that it contains the essential omega-3 fats along with the long-chain EPA and DHA in an optimal balance to support overall health. We can now add these essential fats to our dietary routine through Pharmax Finest Pure Fish Oil which provides 750 mg of DHA and 1050 mg of EPA, along with the short-chain omega-3s making a total of 2250 mg per 1 teaspoon serving at a very economical cost on a daily basis to insure our family members have an optimal intake of all of these essential fatty acids.

Consuming these refined oils provides the benefit of the long and short chain omega-3s without the negatives associated with eating fish.

## Other Options

Those who choose to avoid even the clean fish oil can still use flaxseed oil with added DHA, Udo's Oil with added DHA, or include the Pharmax DHA supplement in their health routine. However, it is important to be aware that these sources only provide approximately 100 mg of DHA per serving in contrast to the 750 mg of DHA found in Pharmax Finest Pure Fish Oil. For those of us desiring a higher intake of DHA, good clean fish oil offers an excellent option. I personally use Pharmax Finest Pure Fish Oil daily. ■

## Why Pharmax Fish Oil?

If you've ever purchased a Hallelujah Acres branded product such as BarleyMax or any of our supplements, you know that we take great care to ensure that what we carry is the very best possible. We take health seriously, both yours and ours. For this reason, we are confident in offering Pharmax Finest Pure Fish Oil as our first-ever fish oil supplement.

Pharmax Finest Pure Fish Oil is an ultra refined fish oil product that meets or exceeds all International Fish Oil Standards (IFOS) program approval guidelines. In fact, Pharmax insisted that this product be tested much more stringently than necessary to demonstrate its premium level of purity and safety.<sup>1</sup>

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- This product shows absolutely no evidence of mercury, arsenic, cadmium, lead or nickel.
- The Council for Responsible Nutrition's allowable maximum of PCBs is .09 of 1 part per million. This product tested at .000338 of 1 part per million.
- This product exceeds the label claim for omega-3 content.

Pharmax Finest Pure Fish Oil contains high concentrations of EPA and DHA, flavored with essential oil of orange, and has virtually no fish oil odor or taste.

Source:  
1. IFOS Approvals Program Consumer Report. Product: Finest Pure Fish Oil. Company: Pharmax



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# Should Pregnant or Nursing Moms Be On The Hallelujah Diet?

by Olin Idol, ND, C.N.C.

**One of the greatest joys a woman can experience in life is the fulfillment of her God given role in the procreation of the human race by giving birth to a healthy baby. Considering how important the role of childbearing is, we must determine what the best source of nutrition is for sustaining a healthy pregnancy, normal delivery, and a healthy infant.**

## Optimal Health For Both Parents

We know from the Word of God, in Genesis 1:29, that God's ideal nourishment for the human body is a diet consisting of primarily raw plant foods. Unfortunately, we no longer live in pristine days like those of biblical times, but God's principles have never changed. Since our environment and the quality of food, water, and air have diminished dramatically the past few decades, it is imperative that we make wise decisions regarding the nourishment for couples prior to and throughout pregnancy to insure a healthy pregnancy and delivery.

Prior to conception both husband and wife should be on The Hallelujah Diet to insure a healthy egg and sperm are available at conception. After conception, the pregnancy should be supported by a plant-based diet with a high percentage of raw foods and fresh vegetable juices. A little more good fats and protein (nuts, seeds, avocados, legumes and whole grains) may be included to meet the additional nutritional needs of pregnancy.

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As the pregnancy progresses, a higher percentage of cooked foods (25 to 35%) may be required to optimize the caloric intake.

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## Dietary Must-Haves

Essential complements to The Hallelujah Diet include BarleyMax (to insure an optimal intake of important vitamins, minerals, and trace elements), a sublingual B12 (methylcobalamin) supplement and a good source of omega-3 fats with DHA (a good clean fish oil such as Pharmax™ is optimal – see page 11). An abundance of sunshine for optimal levels of vitamin D or supplementation with vitamin D3 is crucial (see B-Flax-D page 35).

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It is also important to insure a good source of iodine in the diet by way of an abundance of sea vegetation or appropriate iodine supplementation.

---

The Standard American Diet (SAD) is woefully deficient in nutrition that is vital for supporting optimal health, let alone a healthy pregnancy with the additional needs of a developing fetus. Numerous couples have reported to Hallelujah Acres that they were unable to conceive on the SAD but after being on The Hallelujah Diet for a period of time were able to conceive, sustain a healthy pregnancy, and deliver a healthy Hallelujah baby!

## Post-natal Considerations

After delivery, the ideal nutrition for the infant is mother's breast milk. Mom will want to stay on the Hallelujah Diet in the same way she was during pregnancy to insure an optimal intake of essential nutrients for the development of the nursing infant. She is still eating for two but now the developing infant is growing at a rapid pace.

For those who may be concerned with the position of mainstream dieticians, in 2009 the American Dietetic Association's position paper on vegetarian diets stated, "Well-planned vegetarian diets are appropriate for individuals during all stages of the life cycle, including pregnancy, lactation, infancy, childhood, and adolescence, and for athletes."<sup>1</sup>

For your own personal health and that of future generations, I encourage you to thoroughly investigate The Hallelujah Diet and then commit to a minimum of 60 days on the diet to personally evaluate the benefit. You and your future generations will be glad you did! ■

References • 1. Craig WJ, Mangels AR; American Dietetic Association. Position of the American Dietetic Association: vegetarian diets. J Am Diet Assoc. 2009 Jul; 109(7):1266-82.

Lo, children are an heritage of the Lord: and the fruit of the womb is his reward.

Psalms 127:3



## B12, B6 and Folic Acid

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# Can Johnny Do The Hallelujah Diet?

by Michael Donaldson, PhD

*Mom wants to do The Hallelujah Diet and Dad is willing to go along, but what about Johnny? Can he do The Hallelujah Diet, too?*

What are the main concerns for Johnny? Will he get enough to eat? Is this diet balanced? Won't he be missing some nutrients? Will he get enough protein to grow tall and healthy (see page 8)? Won't he have weak bones without dairy products (see page 9)? How can he concentrate in school without breakfast? What do I do about school lunches? Can Johnny handle being different?

Let's start with the balance question. The American Dietetic Association, in their 2009 position paper on vegetarian diets, states that "appropriately planned vegetarian diets,

including total vegetarian or vegan diets, are healthful, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases. Well-planned vegetarian diets are appropriate for individuals during all stages of the lifecycle, including pregnancy, lactation, infancy, childhood, and adolescence, and for athletes."<sup>1</sup> In this same article the authors warn that fruitarian and raw food diets "can be low in energy, protein, some vitamins, and some minerals and cannot be recommended for infants and children."

So, how do we balance a mostly-raw all-plant diet for children? Johnny needs more calories and protein per bite than we do because he just doesn't eat as much. He doesn't need a fat-restricted diet. Avocados, nut butters, hummus, and other healthy full-fat spreads are very good for Johnny. Hallelujah Acres recommends a diet that is about 50% raw and 50% cooked for children. So, a breakfast of raw fruit and also a whole-grain cereal, hot or cold, is a good start. That will give Johnny the start he needs and he won't break down in tears an hour later due to hunger. We repeat the pattern with lunch and dinner.

Start the meal with a good portion of raw food, according to Johnny's appetite and then offer a cooked portion of healthy vegan food as well. In the Donaldson household (10 children), my wife and I have found that the raw food first helps them eat a good size portion, yet still leaves room for a more calorie-dense cooked food to help them get all of the nutrients they need. Of course, sometimes a child does get really full and won't eat any cooked food. That's OK, especially as they get older. But they may come back an hour later and have that cooked food. If the schedule permits, then that works fine.

*Will Johnny get enough protein on his version of The Hallelujah Diet?*

If Johnny is getting enough calories, then he will be getting enough protein as well, providing he isn't just eating fruit all day. Whole grain foods and beans provide sufficient protein for everybody, including children. Animal products are not necessary for protein.

Will Johnny have weak bones from not drinking milk? In children and adolescents drinking milk is **not** associated with stronger bones.<sup>2</sup> If Johnny plays lots of video games and watches TV he will have weak bones. It is exercise and activity and sunshine that builds strong bones in children, not calcium. If he eats a wide variety of natural plant foods he will get sufficient calcium, magnesium, trace minerals, and vitamin K to build much stronger bones than his peers. And playing outside will ensure optimal exposure to sunshine to produce the vitamin D that is essential for the body's utilization of calcium.

As Johnny grows the raw food portions grow, too. The youth in our home eat salads that are almost as big as Mom and Dad's salads (and some of my boys eat more than I do in the cooked portion of dinner as well). And that's OK because I am only going to grow wide if I eat like they do.

*Can Johnny handle being different? Can you?*

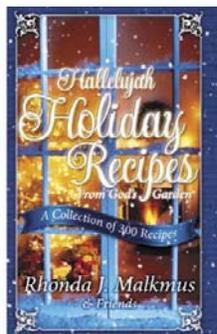
Teach him what you have learned about diet and health. Teach him how to make wise food choices away from home. And teach him to offer hope to others rather than judgment and condemnation.

So, yes, Johnny can do The Hallelujah Diet. Just don't be too restrictive with the cooked food, offer plenty of variety, and be a good example. After all, Johnny will grow up to be just like you. ▣



References • 1. Craig WJ, Mangels AR. Position of the American Dietetic Association: vegetarian diets. *J Am Diet Assoc.* 2009;109(7):1266-1282.  
2. Lanou A, Berkow S, Barnard N. Calcium, dairy products, and bone health in children and young adults: a reevaluation of the evidence. *Pediatrics.* 2005;115(3):736-43.

# Hallelujah Holiday Recipes



All recipes in this issue of *Hallelujah Acres Health News* can be found in

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## Holiday Crock-Pot Dressing

by Melanie Bittinger

- 4 cups Ezekiel Bread, cubed
- 2 cups onions, chopped
- 2 cups celery, chopped
- 1 cup fresh mushrooms, sliced (optional)
- ¼ cup parsley flakes
- 3 cups veggie soup stock
- optional: sea salt and black pepper to taste

Place all ingredients in a crock-pot and mix well. Top with ½ cup ground flaxseeds. Cook on high for 45 minutes, then 4-6 hours on low, or cook on high for 4 hours. Serves 3-4.



## Holiday "Eggnog"

- 2 cups almond milk
- 2 medium ripe bananas, peeled
- ¼ tsp pure vanilla
- dash of nutmeg
- optional: serve with cinnamon stick

Combine first 3 ingredients in blender. Blend until smooth. Serve immediately with a dash of nutmeg on top. Serves 2-3.

## Festivity Salad

by Tamima Levin

.....  
1 large carrot, grated  
1 large beet, grated  
1 large sweet apple, grated  
1 cup almonds (soaked overnight, drained,  
dehydrated and coarsely chopped)  
juice of 1 lemon

Toss veggies and nuts together in large bowl. Drizzle on lemon juice and mix well. Serve on a bed of torn lettuce leaves. Serves 2-3.



## Holiday Sweet Potato Soufflé

by Addy Glenna

4 sweet potatoes, peeled and cut into chunks  
1 orange, juiced  
2-3 Tbsp raw unfiltered honey (or to taste)  
¼ cup almond milk or rice milk  
2-3 Tbsp maple syrup (for topping)  
optional: drizzle additional maple syrup to  
serve, then garnish with pecans or walnuts  
and a sprig of parsley

Boil sweet potatoes until soft. Mash them and add the orange juice, honey, and milk. Mix thoroughly and put in a liquid lecithin\* lined casserole dish. Drizzle maple syrup over top and bake for about 30 minutes at 350 degrees or until heated through. Serves 4-6.

\* available in health food stores



**Nothing will benefit  
human health and increase  
chances for survival of life on  
Earth as much as the  
evolution to a vegetarian diet.**

*- Albert Einstein*

# What Are the Top Misconceptions of a Vegan Diet?

by Paul and Ann Malkmus

## *Concerns about vitamin B12 deficiency*

B12 plays a key role in the normal functioning of the brain and nervous system, and the formation of blood. A lack of it can lead to anemia and other problems. While this is certainly something to keep an eye on as a vegan, since the main sources of it are meat, eggs, and milk, there are other ways B12 can be added to your intake: through supplements, nutritional yeast, and fortified foods such as most cereals.

## *Vegetarians can't build muscle*

This is a persistent misconception based on the belief that a vegan diet doesn't provide enough protein and nutrients. Yes, you do need protein to build muscle, but vegetarians who eat a balanced and varied meat-free diet get a sufficient supply. In fact, there are many professional athletes, including award-winning bodybuilders, who follow vegetarian diets.

## *Following a vegan diet leads to weight loss*

Unfortunately, simply cutting meat out of your diet is not a guaranteed way to lose weight. You need to burn more calories than you consume to shed pounds. You should also watch out for packaged and highly processed foods, which may be vegan (meaning they don't contain animal products) but may also be high in calories and low in nutritional value. For example, if your "vegan" diet consists of potato chips and protein bars, then you won't experience weight loss, and you won't reap the health benefits a plant-based diet provides.

## *A vegan diet can't meet a person's nutritional needs*

One of the most incorrect yet rampant misconceptions about veganism is that vegans don't get the nutrients they need, particularly protein and calcium. However, the truth is that vegans easily get enough plant-based protein and calcium, as well as other nutrients lacking in dairy and meat-based diets.

A vegan whose diet is balanced and varied (including plenty of leafy greens, broccoli, seeds, nuts, and whole grains) can more than adequately meet his or her nutritional needs. In fact,  $\frac{3}{4}$  cup of collard greens contains as much calcium as one cup of cow's milk, while three ounces of seitan, a wheat derivative, has 31 grams of protein – nearly three times as much protein as a piece of chicken the same size.

## *A vegan diet is a health compromise*

Another common misperception is that, by going vegan, a person compromises his or her health. Many people believe that vegans are weak, pale, and lack endurance. In reality, however, going vegan is usually one of the healthiest choices a person can make, since veganism aids in:

- **Digestion** – Plants require minimal processing by the digestive system, causing less stress to the system than animal products.
- **Meeting nutritional needs** – Plants contain abundant vitamins, minerals, and nutrients.
- **Regularity** – A well-balanced vegan diet is rich in the fiber that is essential to regularity.
- **Weight maintenance** – Vegans are more likely to have a healthy weight than people who consume animal products.

## *Vegans eat boring, bizarre, and hard to find and prepare foods*

If this were true, no one would be vegan! The truth is that there is an array of delicious, "normal," dairy- and meat-free foods. There are numerous ways to prepare fruits, vegetables, and grains, to create delicious, satisfying dishes – including vegan pizza, lasagna, and ice cream!

## *It is expensive to follow a vegan diet*

Given the increase in food prices, and the price discrepancy between organic and conventional vegetables, the misconception that being vegan is expensive is understandable. This perception is, however, incorrect: vegetables truly are cheaper than meat and most dairy and pre-processed foods. In addition to saving money on food costs, vegans cut long-term costs by decreasing the risk of diet-related health problems, such as obesity, heart problems, high blood pressure, and diabetes.

## *A vegan diet takes too much time to prepare foods*

In a hurry-up, rush, rush world, the most wonderful thing about vegan diets is the prep time can be as simple as washing off the piece of fruit or vegetable and take it with you out the door! The prep time for most vegan dishes is less than for the typical meat, potato, veggie and dessert meal. There is considerable flexibility in choosing how much time to spend preparing foods. ■

References: <http://www.docshop.com/2008/05/30/eat-your-veggies-vegetarian-and-vegan-diet-myths-exposed/>

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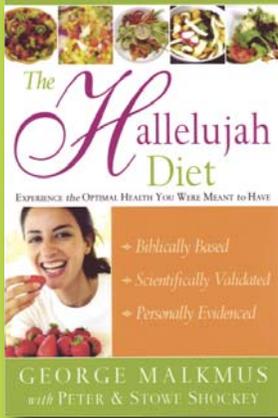


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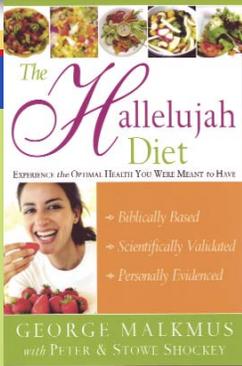
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# The Hallelujah Diet *Explained*



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 composed 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.

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## 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 pita pocket 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 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, including 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 Answers



## WHY NOT ALL RAW?

The 15% cooked starches found in The Hallelujah Diet, make it easier to meet both caloric and protein needs, without having to consume huge quantities of raw food. This cooked portion also helps increase energy, stabilizes body weight, helps keep people from feeling the cold in the wintertime, and helps to stop the desire to cheat.

# 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 composed 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 1/3 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.

# What if I Can't Do The Hallelujah Diet Perfectly?

by Michael Donaldson, PhD

One of the beauties of The Hallelujah Diet is that, in two pages (see pages 20-21), it lays out exactly how a person can start and stay on a program that feeds the body the living foods it needs to maintain and rebuild health. But there is a danger in doing this as well. Someone can read this and say to himself, "I can't do that," or "That's impossible!" and give up even making any attempt at improving his own health. In laying out the diet this way it can be perceived as being "set in stone" and even an all-or-nothing sort of program.

Does the Hallelujah Diet work if you bend "the rules" so that it fits your own life better?

For example, getting that BarleyMax in 30 minutes before a meal is optimal—but easy to forget. Should you go ahead and take some BarleyMax? Or should you skip it and try to remember better next time? Is it wasted if you take it right before your meal?

Nutritionally speaking, you still receive almost all of the benefits if you take BarleyMax right at the beginning of the meal. One of the main hindrances of absorption is the release of the nutrients from the inside of the plant cells. This has already been done for you with BarleyMax. So, go ahead and take the BarleyMax right at the beginning. It will begin to be digested and absorbed right away, even before you are done eating.

What if you would like your BarleyMax in apple juice, or orange juice instead of water or carrot juice? Wouldn't that be a lot easier? BarleyMax will still leave an alkaline ash, regardless of the acidity of the juice you take it with. The benefits of BarleyMax far outweigh the bit of acidity from the fruit juice.

What about waiting until noon to eat anything with fiber in it? Is this essential?

It is true that our bodies operate on a circadian 24-hour cycle and that a lot of cleansing takes place early in the morning. As the morning progresses, the body switches over to stronger digestion and assimilation. So, it would be best to wait until 10:00 a.m. or so to eat fiber for optimal cleansing to take place.

But, most people can't just stop at 10:00 a.m. and whip out their blender to make a fiber-rich smoothie. It works quite well, really, to make your smoothie in the morning before work and take your juice along with you for later in the morning. You will still get a lot of cleansing and a lot of good nutrition to get you going and keep you going through the morning.

What about cooked food before dinner? For breakfast? You thought that this was a rule that should never be broken.

Is this rule keeping you from adopting the Hallelujah Diet? Remember that these rules were meant to be guidelines for how best to implement this program of mostly raw foods. However, if a bowl of oatmeal works for you in the morning and you can stay almost raw for the rest of the day, then you will still get great results.

Make the rules work for you, rather than becoming their slave.

What if you can't stand straight carrot juice?

Some people love carrot juice, and others, well... Hey, the carrot isn't the only vegetable in the garden. It is sweet and not too expensive, but it isn't so packed with nutrition that it can't be substituted with something else. Leafy greens are by far more nutritious than carrots. Ever had a green juice with some lemon in it, or with some orange and lemon? Ever put a little bit of fresh orange juice in your carrot juice? (It's very good, you should try it.) There are lots of ways to make vegetable juice and it doesn't have to have carrot in it. Many people like carrot juice, but maybe that isn't you. Don't let that stand in your way of adopting The Hallelujah Diet.

This isn't the 100% club, so relax. Make changes that work for you at a pace that you can handle, so that the changes are lasting, not just a two-week experiment, just so you can say you tried it. The rewards and blessings are for those who persevere and make life-long changes in their diet and lifestyle. ■



# Is Everything in the Health Food Store “Healthy?”

by Dennis Daniel

In considering a diet and lifestyle change, we often find ourselves thinking that anything that is sold in a health food store is a viable alternative to standard American diet foods.

After all, if it is sold in a health food store, it must be the best product for us, right? These statements may be somewhat fallacious and, in this article, we will illustrate some examples of these fallacies and offer advice as to how you can ensure that you are making the proper choices in the selection of food items.

There are, of course, the obvious examples, such as free-range or grain-fed meats, milks, cheeses and eggs. Although these products may be healthier than the regular alternatives, they are nevertheless either animal products or the derivatives thereof. As such, they may not contain the high concentrations of chemicals and hormones that their non-free-range counterparts contain, but they are still quite high in animal protein.

There are others products sold in health food stores whose harm is perhaps not as obvious. For example, many snack foods are sweetened with cane juice. According to Nutritionist Vimlan VanDien “100 grams of dried cane juice is pretty much the same thing as 100 grams of other sweeteners, no matter what you call it... dehydrated cane juice is sugar. It simply sounds like a whole food.”

Another example would be foods that contain casein. These foods include certain non-dairy cheese substitutes. Casein is actually the ingredient that accounts for up to 80% of the protein in cow milk and dairy cheese. In fact, the word casein is from the Latin caseus, meaning “cheese.” Yet a third example would be packaged rice and nut milks. Much like the above-mentioned free-range meats, they are better for us than their dairy alternatives. However, most of these products have been pasteurized, meaning that they have been heated above the boiling point which destroys the nutritional enzymes in the product. Many of these products have also been “enriched” with synthetic vitamin products.

The solutions to these issues are simple – read the labels more carefully. In the case of the sweeteners, products sweetened with honey or molasses might be better. Try to avoid products containing casein or, in the case of the nut milks, find recipes to make your own cheeses or milks at home from ingredients with which you are more familiar. ■

## Will The Hallelujah Diet Cure My Disease?

The Hallelujah Diet will not cure any disease, nor will any other diet. Not even any one particular food or nutrient will do it; not resveratrol, or goji berries, or acai juice, or even BarleyMax. The only thing that can heal the human body—is the body itself. However, understanding what the body requires to initiate and optimize its amazing, self-healing attributes is the secret to wellness.

### Toxicity and Deficiency

Toxicity and deficiency are the roots of all disease. In contrast, when given the proper fuel (food), the human body can indeed prevent and even cure itself of disease. Proper nutrition enables our cells to function and reproduce at optimal levels, and to eliminate toxins efficiently. When individual cell function is impaired due to malnutrition (deficiency) and/or toxicity, the body is more susceptible to disease.

The best of all possible sources of nutrition for sustaining and healing our bodies is fresh fruits and vegetables; raw fruits are the best cleansers of the human body, and raw vegetables are the best feeders and healers. Raw vegetables are the best healers because they are higher in most nutritional content than fruit, especially mineral content. Raw fruits are great cleansers because they are quickly digested and their fiber is able to flush out our system.

Dealing with deficiency (proper nutrition) is just half the battle—the other half is eliminating toxicity, especially in the form of toxic food! Toxic food is any food that is void of nutrition; foods that are manufactured with additives, preservatives, and artificial ingredients; foods that sludge the digestive tract, depress the immune system, and excite the nervous system. For example:

- Animal products – meat and fish, eggs, processed meats and dairy products
- White flour products – pasta, breads, and cakes
- Refined white sugar products – candy bars, soda pop, and other sweets
- Refined salt – table salt and any packaged food containing salt

In addition, through the consumption of various legal drugs such as caffeine, nicotine, alcohol, artificial sweeteners, and prescription drugs, we continue adding to the burden as the body tries to get healthy. When we eliminate these toxic substances and replace them with nutritious foods and fresh juices, we give the body what it needs so that it will be able to heal itself regardless of the diagnosed disease. ■



# Doesn't Carrot Juice Have a Lot of Sugar?

by Michael Donaldson, PhD



An 8-ounce serving of carrot juice contains about 11 grams of sugar in it, or about three teaspoons. This is about half as much as soda pop or even apple or grape juice. It is about the amount of

sugar in half of a large apple. Is this a lot? No, it is an amount that you would encounter in many other foods as well.

In our *Carrot Juice Glycemic Index Study* we determined the glycemic index of carrot juice to be 86.<sup>1</sup> This is in the medium range. However, the glycemic load from an 8-ounce serving of carrot juice is actually quite low, coming out to half of the glycemic load from eating two pieces of bread and about the same as eating a medium apple or orange.

What does it mean to say that carrot juice has a medium glycemic index rating, but a low glycemic load?

The glycemic index is standardized for the same amount of carbohydrate per food. So, it compares 50 grams of carrot juice carbohydrate with 50 grams of bread carbohydrate. The glycemic index tells me how fast a standardized portion of food turns into sugar in the blood stream. Some carbohydrates burn fast and some burn slow. The glycemic index helps make this distinction.

The glycemic load is the expected blood sugar response from a typical serving of a food, which is often less than 50 grams of carbohydrates. This is the "real world" measurement of the glycemic index. What is the typical blood sugar response from eating a typical serving of this particular food? For an 8-ounce glass of carrot juice the glycemic load is 46; two slices of bread is 92. Table 1 gives some comparisons of glycemic loads from common foods.

Tumors feed on sugar, without question. That is exactly how a PET scan works. The "hot spots" are areas of high glucose metabolism, which is equated with cancer. People with diabetes have a markedly higher risk of cancer as well.

Can people who are reversing cancer in their body handle carrot juice?

So, if you have cancer, is drinking carrot juice a good idea? Yes, carrot juice is such excellent cell food that it still is a good idea to drink it. It would be good for the carrot juice to be about 1/3 green vegetable juice for increased nutrition and a lower amount of sugar per serving. But many people have done quite well with straight carrot juice.

The issue of sugar and cancer has to do with glycemic response to foods as well as fasting glucose levels. It would be good to keep blood sugar in the normal range (< 120 mg/dL) even

after eating a meal, and keep fasting blood sugar near 75 mg/dL. This will reduce the amount of sugar available to feed a tumor.

In our carrot juice study people had more trouble with keeping blood sugar down after eating bread than they did with the large serving of carrot juice.

Grain products and starches are more of an issue for blood sugar than carrot juice or fruit. The Hallelujah Diet, rich in fruits, vegetables, and vegetable juice will tend to lower a person's fasting blood glucose and improve a person's response to carbohydrate foods as well. We found that a chromium supplement very significantly improved the blood sugar response for four of six volunteers who took 200 µg of chromium for one week, which is in agreement with many other reports as well.

So, drink your juice, eat your fruits, have your salad, but go easy on those starches.

References • 1. Donaldson M. The Effects of Carrot Juice on Blood Glucose Levels. Hallelujah Acres Foundation; 2001. Available at: [http://www.hacres.com/diet/research/carrot\\_juice\\_full.pdf](http://www.hacres.com/diet/research/carrot_juice_full.pdf).

Table 1:

Food Item	Weight (g)	Carb (g)	Sugar (g)	Svg size GI
Carrot Juice, 1 C	230	18	11	46
Medium Apple	138	21	17	35
Medium Orange	131	15	12	32
Medium Banana	118	28	22	55
Medium Sweet Potato	114	28	11	52
Medium Baked Potato	122	31	2	84
Whole Wheat Bread-Homemade, 2 slices	92	47	4	92

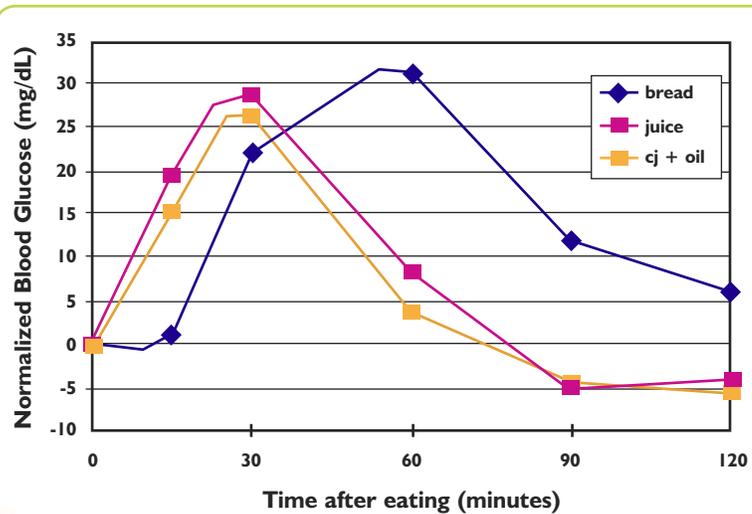


Figure 1. Average Glycemic Responses. Blood sugar values are normalized to fasting level for clarity of presentation. Values for carrot juice and carrot juice + oil are not corrected for lower carbohydrate load (30 g). Bread is a 50g carbohydrate portion. Juice is a 14.5 oz serving of carrot juice. cj + oil is 14.5 oz of carrot juice with 30 g of Udo's Oil.

# Is Alkalinized or Oxygenated Water Beneficial?

by Olin Idol, ND, C.N.C.



**Without question, the water source for most in America is polluted with chlorine, fluoride, and a host of environmental toxins. Water purification is of the utmost importance. Unfortunately, there is a great deal of hype (and confusion) surrounding the many methods of value-added water products—specifically oxygenated water and alkalinized water.**

## Does Water Really Need More Oxygen?

Oxygenated water is often advertised to contain 7 to 40 times more oxygen than ordinary water to enhance performance. However, any oxygen in a pressurized water bottle is going to be lost upon opening the bottle. Furthermore, a November 2003 research study concluded: “There were no significant differences in exercise results after participants drank either oxygenated or tap water for any measured variables.” The human body is designed by God to be oxygenated by obtaining oxygen from the air, not oxygen from water passing through the digestive system.

## Alkalinized Water Misses a Critical Step

Countertop water ionizer/alkalizer units claim enhanced health benefits due to the highly alkaline water they produce. What is not disclosed is the fact that these units do not purify water, they only have a carbon filter. Carbon filters do not remove fluoride, sulfates, nitrates, arsenic, aluminum, phosphates, detergents and many biological elements. Furthermore, electrolysis (the technology used in ionizer/alkalizer units) concentrates most of the conductive minerals to the alkaline water. This could lead to a heavy concentration of undesirable minerals such as calcium carbonate, which is often stored in tissues and may lead to kidney stones and arthritis if consumed over an extended period of time.

In an effort to make the most of an expensive investment in the alkalinizing unit, a person may actually consume more water, leading to greater hydration, from which a person will notice benefits. However, long-term use of impure water (even if alkaline) may lead to serious health challenges.

## A Better Option

Hallelujah Acres’ research indicates that distillation is the best possible option for purifying water. Adding 1 teaspoon of WaterMax (see page 34) per gallon will provide drinking water with an optimal pH of 8.0+/-, reduce the surface tension so that water works better, and improve the antioxidant activity of the water.

# Why Are Raw Foods So Important?



***The Hallelujah Diet recommends 85% raw food and only 15% cooked food—and all of it is vegan. The standard American diet has it backwards. At best, only 15% is raw food and 85% or more is cooked and/or processed, dead food mostly of animal origin. Is it any wonder that the serious diseases that plague Americans today can be prevented and reversed by supplying the body with the opposite diet?***

Raw food is alive; it’s God’s original diet for mankind’s living cells. Genesis 1:29 basically says we are to pick food that grows from the ground and eat it—it’s a raw, living, plant-based diet. Why? Our body’s cells are created as living organisms that require living food to regenerate at a stable or improved state.

## Enzymes

Living food contains living enzymes, the life force of all living organisms. Enzymes help digest food, which means raw foods help digest themselves. This supplies a greater amount of nutrients to the body because the foods are more easily assimilated than most cooked food. All raw foods contain enzymes, but the most powerful enzyme-rich foods are sprouted seeds, grains, and legumes.

## Cooked food Is Not Living Food

Cooking and virtually any required processing for packaged food involves raising heating above 107 degrees Fahrenheit. Since enzymes, the life force of all living organisms (including raw food), begin to die at this temperature, cooked or processed food simply cannot nourish living cells at same level that raw food can. However, some phytonutrients such as lycopene (in tomatoes) is more readily available in cooked foods; digestive enzymes can be taken with such foods to ensure efficient digestion. More information on why The Hallelujah Diet includes cooked foods can be found on page 21.

The bottom line is that the dense, living nutrients found in raw foods and their juices are what meet and satisfy our cells’ nutritional needs to produce abundant energy and vibrant health. Cells work better, energy is increased, and organs have the nutrients they need to operate at optimal levels—the picture of health.

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**\$300 per person / \$450 per couple**  
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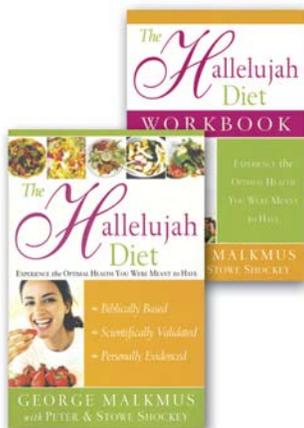
**Applicants are required to complete one of the following prerequisites:**

- 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**

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

**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

**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**

# Hallelujah Acres Success Stories

■ “I have always been on a quest to find truth and help set people free from their struggles or free them from disease, whether that be physical, emotional, or spiritual. Along with this desire to free people came a strong desire to find the CAUSE of their problem so that it could be removed. Ever since entering the nursing profession in my early 20s I found what I was taught was always about dealing with SYMPTOMS, and rarely about seeking the CAUSE. My journey took me through about 10 years of Internal Medicine and eventually I became a certified Diabetes Educator, attempting to educate clients in better lifestyle choices. While working and teaching in the areas of Internal Medicine I became involved in Pharmaceutical Research projects. This was a wonderful position financially, but I found something morally was missing – people were not getting healthier on these drugs. I eventually left the Medical System and went on my own to do independent contracts teaching and educating in lifestyle choices. About two years ago my interest in eating healthier, living healthier and giving healthier advice became my passion, as I went on a quest to find more TRUTH. When I first learned about Hallelujah Acres, I was excited to learn that they were teaching people about a healthier lifestyle and disease prevention from a Biblical perspective. Since both my husband and I were interested in helping more people, either get healthy, or stay healthier, we became excited about learning more about Hallelujah Acres. What Hallelujah Acres has done and is doing was just an answer to prayer. Through the years we have changed many things in our lives, but I am convinced that changing our diet and lifestyle to line up with Hallelujah Acres teachings is one of the best things we have ever done. We are now over 80% raw, juice regularly, exercise daily, and as a

result have more energy, less aches and pains, and have a renewed and positive outlook on life. I am eager to complete Health Minister training and get started on a journey that will allow us to share some of God's truths, both spiritually and physically, with thousands of people. LET THE JOURNEY BEGIN!”

*Cheryl M., R.N., Alberta, Canada*

■ “In 1993 I had been diagnosed with a bi-polar disorder and was taking Lithium. There was a homeopathic doctor speaking about natural healing at our local library. I attended, bought a Champion Juicer, started juicing, and saw my bi-polar disorder simply go away. Then about 5 years ago I bought a Vita-Mix blender, but had pretty well stopped using both machines, that is until January 2007 when I started attending Health Minister Lois Anderson's ‘Get Healthy! Stay Balanced’ classes. Since adopting the Hallelujah Diet I have lost 11 pounds and gone from a size 16 to a size 12. I now look and feel so much younger and am enjoying all the nice comments I am getting from others. I am coming to Health Minister training because I want to help others lose weight, get rid of their illnesses, stay healthy, and learn about Jesus. I learned about Hallelujah Acres when I saw a poster on the bulletin board at our local college.”

*Lorraine*

■ “When I first learned about The Hallelujah Diet, I started juicing. Amazingly, almost immediately, my cravings for chocolate, which I had experienced since I was a very young child, simply disappeared. Then I had to give back the juicer, which had only been loaned me, and when I stopped juicing, my cravings for chocolate came back and I started eating

If you would like to submit a testimony, please email it to [testimonies@hacres.com](mailto: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

chocolate again. When the juicer I had ordered arrived 3 weeks later, I began juicing again and my cravings for chocolate again immediately went away, and I have been chocolate free and soda free since the fall of 2006. I then decided to stop drinking coffee, another toxic stimulant, and when I did, my migraines went away. I now am enjoying the new me. I no longer feel drained in the afternoon and love the feeling of being more alert and much more aware. I had always felt that God must have put something on this earth to heal us, but thought it must be herbs; old Indian techniques putting stuff on wounds to draw out the poison; vitamins, etc., but now I know true healing comes through simply changing what we eat!"

*Darlene*

■ "My wife has lived this Hallelujah Diet way of eating flawlessly before me for many years, but I wanted no part of it. I liked my meat! Finally, a little over a month ago, sick and overweight, I decided to give The Hallelujah Diet a try. I have now been on The Hallelujah Diet for just 30 days and have already lost 30 pounds. When I started the diet I weighed 300 pounds and am now down to 270 and still losing, and am already seeing other physical problems just going away, and I am feeling so much better. I used to think that I couldn't give up meat, but now I purposely go past the meat counter in the grocery store to remind me how gross that dead flesh looks and how much physical damage it has caused my body. Now that I have finally made the diet change I wonder why it took me so long to finally do what I should have done years ago. It is hard to believe that in just one month I have lost 30 pounds, seen numerous physical problems simply go away, and I have my energy back!"

*Mike A., Port Edwards, Wisconsin*

■ "Dr. Malkmus: In spite of the opposition to your message, I want to encourage you! Thank you for trusting Hallelujah Acres and all its related ministries unto God, and thank you for giving Him all the glory. I am confident God will continue to work through you and Hallelujah Acres to bring wellness to the Christian community."

*Harvey C.*

"I have been on The Hallelujah Diet less than 3 months and my weight has dropped 40 pounds, my cholesterol has dropped from 480 to 230, and I'm very happy! I have a juicer and am enjoying making a lot of new recipes for myself and friends, and take some of them to church for covered dish dinners."

*Ann-Elizabeth*

■ "Dear Dr. Malkmus: I have read your books, some of them several times, while purchasing numerous copies and given them as gifts. I have strictly lived The Hallelujah Diet for 4 years. Before making the diet change I suffered with cancer and had many other physical problems, but God showed me through your revelations how to correct these problems and I no longer suffer from them. After years of suffering, going to doctors, taking their drugs, and experiencing much pain, I am now pain free. I am now 85% raw and 50 years old. I was diagnosed 9 years ago with a rare brain tumor. I have not had it monitored since adopting The Hallelujah Diet, but truly believe it is now benign and that if it were not for The Hallelujah Diet the tumor would have continued to grow and caused my death. I thank God every day for you."

*Brenda S., White Bluff, Tennessee*

■ "Oh my goodness, Rev. Malkmus! I have been on The Hallelujah Diet for only 17 days and have already lost 20 pounds! But the most AMAZING thing is that I have restored menstruation – something that hasn't happened in 5 years! As a baby I was allergic to formula and was placed on soy milk, which I have learned from your Health Tips could be the cause of my thyroid issues. Anyway, I had figured that the thyroid medication the doctors prescribed for me in my mid 30s, must have 'messed up' things on the inside. It feels like a miracle, and in only 17 days since making this lifestyle change! I heard about Hallelujah Acres nearly 2 years ago and tried the diet off and on, but never faithfully, that is, until 17 days ago. Besides the weight loss and getting my period back, I have incredible energy and stamina. I have been getting up at 4:30 A.M. to walk and then I begin a long day – sometimes not getting back home till 10:00 P.M. – yet I still have abundant energy, even at the end of my long day. I will never go back to eating the SAD diet ever again! Thank you so much for your passion in telling others about God's way to eat so that 'we don't have to be sick!'"

*Mary Ann*

## Got Questions? Get Answers Here.

"I love these forums, its is so encouraging and people are very friendly and helpful. Knowing that there are other people doing this and being able to communicate with them really helps. I look forward to checking the forums everyday. It is also wonderful to talk about our faith and not get blasted and ridiculed and love the clean atmosphere. Thank you, thank you, thank you."

### New! Online Support Community

Our new forums website is up and running at  
[www.hacresforums.com](http://www.hacresforums.com)

Ask questions, share recipes, get advice from others on The Hallelujah Diet, and get to know some of the employees here at Hallelujah Acres. You can also share your testimony, read sections of The Hallelujah Health Tip weekly email, keep track of our events in Shelby, North Carolina and find out when Hallelujah Acres events are coming to a city near you.



# 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 - Nov. 6 • Dec. 4 • Jan. 1 • Feb. 5**

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

**Saturdays - Nov. 7 • Dec. 5 • Jan. 2 • Feb. 6**

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

**Saturdays - Nov. 7 • Dec. 5 • Jan. 2 • Feb. 6**

*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. Nov. 16-17 • March 8-9**

*Hallelujah Acres Diet & Lifestyle 2-Day Workshop*  
\$125 per person (includes books) • Registration starts Noon Monday

**Wed.-Fri. Nov. 18-20 • March 10-12**

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

**Sat. Nov. 21**

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

For more information call us toll-free  
at **800.915.9355** or visit [www.hacres.com](http://www.hacres.com)



# LIVE! Webinars

**What's a webinar?** Short for Web-based seminar, a webinar is a seminar that is transmitted in real time over the internet. The participant "attends" the seminar from their home computer. Their computer screen displays the presenter's notes just like a projection screen would in a live seminar, and their computer speakers transmit the presenter's voice.

- **Rev George Malkmus: 75 Years Young** / Thu. Nov. 5 • 1:30 p.m. EST  
Join us for a LIVE (and lively) discussion with the founder of Hallelujah Acres!
- **What's So Special About BarleyMax?** / Thu. Dec. 10 • 1:30 p.m. EST  
It's green, living and OH so nourishing. Find out what's so special about BarleyMax.
- **60 Days to a Hallelujah Waistline** / Thu. Jan. 7 • 1:30 p.m. EST  
Discover all the benefits a simple change in diet can make.
- **Your Hallelujah Waistline: 30 Days to Go** / Thu. Feb. 4 • 1:30 p.m. EST  
You are half way there. We'll help you finish your 60 day challenge strong!



# EVENTS AT HALLELUJAH ACRES

*in Canada*



## **New Location!**

**Grand Opening Celebration!**

**Nov. 12, 13 & 14**

**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!**

**Hallelujah Acres**  
**CANADA**

**New Location Now Open!**

**2 Queen Elizabeth Blvd.**

**Toronto, Ontario • M8Z 1L8**

**866.478.2224 • [www.hacres.ca](http://www.hacres.ca)**

### **“In the Kitchen with Judy” Gourmet Vegetarian Food Prep Classes**

We prepare 5-6 recipes around the theme. Classes are held one Saturday a month from 11:00 am until 3:00 pm. Cost is \$45.00 per person (discount for second person in the same family).

#### **November 28**

**Our Hallelujah Christmas Celebration**

Prepare some exciting, not-so-traditional holiday recipes such as Cranberry Orzo Salad, Almond Nog, Bok Choy Celebration Salad, Coconut Macaroons, and more!

#### **January 16**

**Start the New Year Healthy**

We'll help you keep those New Year's resolutions and prepare some great foods you can take along to work, shopping, school, or wherever your busy life takes you!

### **“Get Healthy Stay Balanced” 3-Day Retreat**

#### **Mar. 25-26-27**

Immerse yourself into The Hallelujah Diet while you learn the steps to change your life and food choices. Attend one day (\$75.00 each day) or invest in all three days to turn your lifestyle around for better health!

**One Day: \$85**

**Three Days: \$250**

(special discount for couples)

#### **Exercise with Judy**

A one-hour fitness class offered 4 days a week, featuring an assortment of exercise routines indoors and outdoors.

#### **Monday & Tuesday**

**Walking Club at 8:00 am**

Come and walk your way to better health (includes a BarleyMax shot before the walk and refreshing carrot juice after)

**Cost is \$5.00 per person.**

#### **Wednesday & Thursday**

**Exercise Group at 6:30 pm**

Release your stress at the end of the day (includes a veggie juice before the exercise and a scrumptious salad after)

**Cost is \$12.00 per person.**

**Pre-register for any of the above classes now: 866.478.2224 or email [jfleming@hacres.com](mailto:jfleming@hacres.com)**

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

# Give a Gift of Health Christmas Specials from Hallelujah Acres!



## Teecino® Coffee Alternative

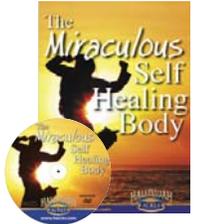
11 oz. packages (makes appr. 62 cups of coffee per package)

#919	Java	(regular \$9.55)	<b>\$8.97</b>
#921	Organic Maya Chai	(regular \$9.55)	<b>\$8.97</b>
#922	Organic Maya Caffé	(regular \$9.55)	<b>\$8.97</b>
#923	Vanilla Nut	(regular \$9.55)	<b>\$8.97</b>
#925	Hazelnut	(regular \$9.55)	<b>\$8.97</b>
#929	Almond Amaretto	(regular \$9.55)	<b>\$8.97</b>

Sample packs (makes two to three cups)

#919A	Java - Sample Pack	(regular \$1.45)	<b>\$.97</b>
#921A	Organic Maya Chai - Sample Pack	(regular \$1.45)	<b>\$.97</b>
#922A	Organic Maya Caffé - Sample Pack	(regular \$1.45)	<b>\$.97</b>
#923A	Vanilla Nut - Sample Pack	(regular \$1.45)	<b>\$.97</b>
#925A	Hazelnut - Sample Pack	(regular \$1.45)	<b>\$.97</b>
#929A	Almond Amaretto - Sample Pack	(regular \$1.45)	<b>\$.97</b>

## The Miraculous Self-Healing Body DVD



#219DVD  
34 min. (reg. \$17.95) **\$12.97**



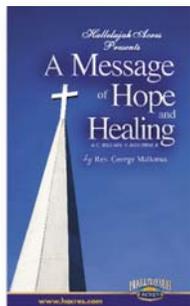
**Food Additives:**  
A Shoppers's Guide to What's Safe and What's Not

**SAVE!**

#323 Paperback, 80 pages  
(reg. \$7.95) **\$3.97**

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

by Rev. George Malkmus, Lit. D.



(Formerly You Don't Have to be Sick)  
This booklet summarizes The Hallelujah Diet, while answering Biblical health questions.

#206 (regular \$3.95) **\$2.97**

Paperback, 49 pages



## Great Stocking Stuffer!

### Living Food Survival Bars

#444-L 1 bar (regular \$2.95) **\$2.47**  
#444-L BOX12 12 bars (regular \$33.95) **\$26.97**

### Vanilla Nut Goodee Bars

#444-V 1 bar (regular \$1.65) **\$1.47**  
#444-VBOX20 20 bars (regular \$27.95) **\$24.97**

### Maple Nut Royale Bars

#444 1 bar (regular \$1.65) **\$1.47**  
#444-BOX20 20 bars (regular \$27.95) **\$24.97**

To order, call toll free **800.915.9355** or order online at [www.hacres.com](http://www.hacres.com)  
**FREE SHIPPING on orders of \$150 or more! (\$300 for Health Ministers)** • All sale prices on pages 32-33 expire January 15, 2010.



## Foods Alive Snack Crackers

All varieties 4 oz.

- #1003 BBQ
- #1004 Onion Garlic
- #1005 Italian Zest
- #1006 Mustard (regular \$5.99) **\$4.97**

## Urban Rebounding System



**SAVE! OVER \$19.00!**

#812 (regular \$99.95) **\$79.97**  
with Power Pack DVD and stabilizer bar



### Showerwise Shower Filtration System with FREE Showerhead

**SAVE! OVER \$9.00!**

#535 includes free shower head (regular \$59.95) **\$49.97**

## Organic Sprouting Seeds

- #360 Salad Mix (regular \$6.99) **\$6.47**
- #530 Bean Mix (regular \$6.99) **\$6.47**

## Sprouting Field Chart

#361 (regular \$7.95) **\$5.97**

## Sprouting Bags

#359 (regular \$7.95) **\$7.47**



## Automatic Nut Milk Maker



**SAVE! OVER \$19.00!**

#344 Capacity approx. 1 quart (regular \$119.00) **\$99.97**

## Waterwise 8800 Water Distiller



**SAVE! OVER \$49.00!**

#500US8 (white) (regular \$399.00) **\$349.97**

**NEW!**

## Hallelujah Acres Jackets

Full-zip, lightweight spring / fall style in all men's and women's sizes. Navy blue with logo. (Specify size when ordering)



#ADVCLJ764N (men's) Navy with Logo **\$44.95**

#ADVCLL764N (women's) Navy with Logo **\$44.95**

## Tribest Personal Blender



#584 4 blend-n-serve cups (regular \$79.95) **\$69.97**

## Champion Juicer

**SAVE! OVER \$29.00!**

- #510AHA (almond)
- #510WHA (white)
- #510BHA (black) (regular \$249.95) **\$219.97**

# WaterMax



WaterMax alkalizes distilled water provides minerals in amounts and forms that support the body, raises the pH to a healthy alkaline level, increases the antioxidant potential of the water, and improves its hydrating ability.

## 10% OFF!

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

*Offer ends January 15, 2010.*

**#339** 8 oz. bottle **Now! \$29.65**

**Re-mineralizes up to 48 gallons of water.**

## Taming Aggressive Water

Recent studies show that, while drinking low mineral water (i.e. 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.

**Table I. Comparison of Water Properties.**

Water	pH *	ORP **	TDS ***	Surface Tension**
Distilled Water	6.11	162.67	0.90	76.8 Dynes/cm
Evian (French Alps mineral water)	7.66	150.27	373.33	NA
ConcenTrace Trace Mineral Drops	6.40	153.17	191.33	76.9 Dynes/cm
Willard Water, Formula XXX	9.45	33.63	97.13	76.5 Dynes/cm
WaterMax	8.19	67.17	202.00	75.5 Dynes/cm

\*Highest number is best. \*\*Lowest number is best. \*\*\*Highest number is best.

**Ingredients: Water, Sea Water Concentrate (99.5% of sodium removed), sodium meta silicate, sulfated castor oil, calcium chloride, magnesium sulfate.**

*Caution: Hallelujah Acres does not recommend the long-term storage of re-mineralized water. Consume within a few weeks after mixing.*

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. • Products, prices, and availability subject to change

## Benefits of WaterMax

Drinking plenty of clean water is an essential part of living a healthy lifestyle, which is why The Hallelujah Acres Foundation developed WaterMax to help you get the most from your drinking water. WaterMax will enhance any water, but is especially important to use with distilled water.

- Raises the pH of water to 8.0 or higher, turning it into a healthy alkaline drink.
- Makes your water an antioxidant by improving the oxidation-reduction potential (ORP). ORP measures the balance between antioxidants (with reducing ability) and oxidants. The higher the ORP the fewer antioxidants are present.
- Significantly improves the mineral content (measured by total dissolved solids – TDS), supplying the body with a natural balance of more than 70 ionic minerals and trace elements from the sea (except the sodium). The sea is the best source of trace minerals that may not be in our land-based foods.
- Changes the structure (surface tension) of water so that it is absorbed more easily. This means that it is a better carrier of nutrients into your cells and waste out of your cells.

## New Findings Shed Light on Water

The nature of science is never to stop questioning. For the most part, this works to our benefit. New research is conducted, new ideas surface, new evidence comes to light, and as is often the case, the old way of thinking is proven to be, at the very least, ineffective or at worst, harmful.

In the case of distilled water, we fall somewhere in between in the research findings. Recent studies show, that while drinking low mineral 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.

## Get The Facts

After conducting extensive tests, Michael Donaldson PhD of The Hallelujah Acres Foundation concluded that WaterMax alkalizes the water, provides essential minerals for drinking water in amounts and forms that benefit the body, and improve the hydrating ability of your water.

**For more information about WaterMax and water purification, please visit our “Should people drink distilled water” section of our FAQs at [www.hacres.com](http://www.hacres.com).**

A Hallelujah Acres product.



To order, call toll free **800.915.9355** or order online at **[www.hacres.com](http://www.hacres.com)**  
**FREE SHIPPING on orders of \$150 or more! (\$300 for Health Ministers) • Prices on pages 34-35 (except BarleyMax) expire Jan. 15, 2010.**



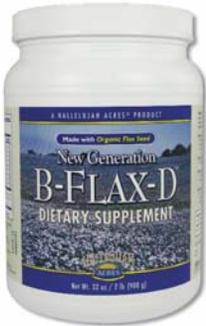
## BarleyMax 10% OFF!

This offer INCLUDES retail, Health Ministers and wholesale; no limits. Offer ends December 31, 2009.

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)	(regular \$39.95)	<b>\$35.95</b>
#440	4.2 oz. powder (60 servings)	(regular \$24.95)	<b>\$22.45</b>
#442	240 ct. vegetarian capsules (60 servings)	(regular \$33.95)	<b>\$30.55</b>
#453	(alfalfa-free) 8.5 oz powder (120 servings)	(regular \$39.95)	<b>\$35.95</b>

To download a research brochure on the how BarleyMax protects DNA visit <http://www.hacres.com/pdf/BarleyMax-Protects-DNA.pdf>



## 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		<b>\$21.95</b>
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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		<b>\$29.95</b>
#445-C	240 ct. vegetarian capsules		<b>\$29.95</b>



## 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!

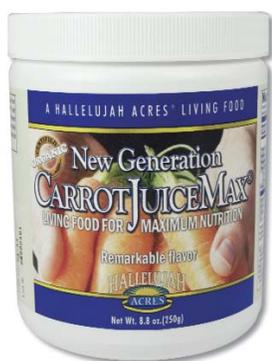
- **The Hallelujah Diet** book
- **Fiber Cleanse** by Hallelujah Acres (powder or capsule)
- **Digestive Enzymes** by Hallelujah Acres
- **BarleyMax** by Hallelujah Acres (powder or capsule)

#KIT880 powder supplements **\$99.95**

#KIT881 capsule supplements **\$99.95**

**Start Today!**

Juice on the Go!



## Carrot JuiceMax

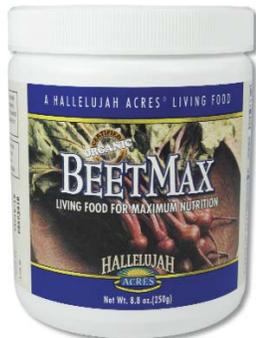
Carrot JuiceMax by Hallelujah Acres is the only raw, unpasteurized carrot juice powder on the market—making it the only product of its kind with live enzymes. Instead of using high heat pasteurization (which kills live enzymes), the juice from more than 25 lbs of 100% organic carrots used in each jar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

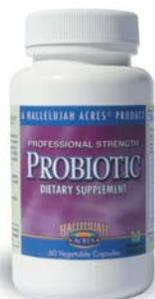
Another great fresh vegetable juice substitute you can use is BeetMax by Hallelujah Acres, a juice powder made from organic beets, using the same proprietary dehydration process used for BarleyMax and Carrot JuiceMax. Betanin, the unique antioxidant pigment in beets, protects the body from free radical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

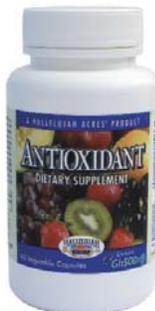


## Probiotics

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



## Antioxidant

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

#455 60 ct. vegetarian capsules \$27.95



## 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. 

To order, call toll free **800.915.9355** or order online at [www.hacres.com](http://www.hacres.com)  
**FREE SHIPPING on orders of \$150 or more! (\$300 for Health Ministers)** • All sale prices on pages 36-37 expire January 15, 2010.



## 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

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.

#449 60 ct. vegetarian capsules

\$24.95



## Digestive Enzymes

Live enzymes help improve digestion and the absorption of nutrients from the foods we eat, and contain a significant amount of probiotics to maintain a good balance of friendly bacteria.

#339 8 oz. bottle

\$32.95

For a downloadable research brochure on the efficacy of digestive enzymes visit [www.hacres.com/diet/research/enzyme\\_TNO\\_brochure.pdf](http://www.hacres.com/diet/research/enzyme_TNO_brochure.pdf)



## B12, B6 and Folic Acid

B12 is an essential nutrient not found in plant-based foods. This supplement contains methylcobalamin, the preferred form of vitamin B12.

#450 60 ct. vegetarian tablets

\$14.95

## Monthly Support Kit



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

SAVE up to \$9.90!

INCLUDES:  
BarleyMax (8.5 oz) powder or 240 veg. capsules  
B-Flax-D (32 oz powder)  
Digestive Enzymes (90 veg. capsules)

#KIT882 powder (BarleyMax) \$74.95

#KIT883 capsules (BarleyMax) \$74.95

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**PLUS!** - If your total is more than \$100 per shipment, shipping is FREE every time!



Call 800.915.9355 to sign up for AutoShip now! Retail customers only. Valid only in lower 48 states.



# FREE On the Road Tour!

Hallelujah Acres founder Rev. George Malkmus is heading to **Florida** to bring you his famous **God's Way to Ultimate Health Seminar!** Join us and discover how your diet can make you sick; which are the perfect foods that God gave to mankind; and how to restore your health naturally.



## **PLUS! Where Do I Go From Here\***

with Paul & Ann Malkmus

**After the seminar,** you can learn the best way to start The Hallelujah Diet with our new class, *Where Do I Go From Here* featuring Hallelujah Acres CEO Paul Malkmus & Director of Education Ann Malkmus.

**Thursday, January 14 / Tallahassee, Florida**

**Saturday, January 16 / Tampa, Florida • PLUS! Where Do I Go From Here class**

**Sunday, January 17 / Fort Meyers, Florida • PLUS! Where Do I Go From Here class**

**Thursday, January 21 / Fort Lauderdale, Florida**

**Saturday, January 23 / Orlando, Florida • PLUS! Where Do I Go From Here class**

**Sunday, January 24 / Jacksonville, Florida • PLUS! Where Do I Go From Here class**

\* Where Do I Go From Here class (with Paul & Ann Malkmus) available at extra charge.

**Call 800.915.9355 or visit [www.hacres.com](http://www.hacres.com) for updated venues and times.**

## Health Minister Training COMING TO YOU!



**We're taking our Health Minister Training program on the road!**

You'll get the same training and certification as you would during Health Minister Training at our international headquarters, plus prerequisite training is included!

**February 17-20**

Tampa, Florida

**March 24-26**

Southern California

Call for pricing and information for your area.

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*"Thank you for putting together such a God-honoring, people-benefiting program and ministry."  
- Health Minister Training Participant*

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Note: Products, Prices, and Availability Subject to Change. Except where specified, prices in this magazine are effective through January 15, 2010

Keycode: **HN58** Your Health Minister PIN# \_\_\_\_\_ Customer # \_\_\_\_\_



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

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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

Qty.	Item#	Item Name	Price Each	Total
<b>Method of Payment</b> <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			<b>Sub-Total</b>	
<b>Card Number</b> _____ <b>Security Code</b> _____ <b>Card Exp. Date</b> _____ <b>Signature</b> _____			<b>Local State Sales Tax</b> (NC & SC residents only)	
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**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.

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

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**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](http://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 Authorization number(s).
- 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.
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Offer expires January 15, 2010.



Keycode: HN58



## 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

**Nov. 7 / Dec. 5 / Jan. 2 / Feb. 6 / Mar. 6**

**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 30.

← 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 30.

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