



HALLELUJAH ACRES

HealthNews

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

Jan/Feb 2010 / No. 59

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Affects Your Wellness

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How to Take Charge of Your Health





HALLELUJAH ACRES

Hallelujah Acres Health News is 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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Personal Health Care Reform

How to Take Charge of Your Health

Every year, Consumer Reports® magazine ranks the best cars on the market according to their cost of ownership. Over the long run, it turns out that cheaper new cars actually cost more than their higher priced competitors; they break down more often, adding to their cost of ownership through repair bills. The same principle applies to your health.

If you continually cut corners with your health, you're going to pay for it later. You need to do your homework and find out how the decisions you make today are going to affect your health in the future. Like buying a car, you are ultimately responsible for your decision and the "repair bills" that may follow.

For example, buying low-nutrient, packaged and/or otherwise denatured foods is often more affordable than buying fresh, living foods and/or organic foods. But the long-term costs to your bank account (and your health) are not worth the short-term savings—chances are you'll end up spending more on sickness in the long run if you don't invest in good food up front.

That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive;
Ephesians 4:14

But food is just one piece of the wellness puzzle.

Taking charge of your own health also means turning away from the ways of the world so that you're not carried away by "every wind of doctrine" that comes along—both spiritually and in terms of your health.

When you hear a news story about the latest epidemic, do some investigation of your own before buying into the miracle cure. Weigh the evidence, search the internet, listen to counsel from people who see through the public panic and deception. And above all, ask the Great Physician for His prescription; pray and listen for the answer before making any health decisions you may regret later.

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

Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the LORD, and depart from evil. It shall be health to thy navel, and marrow to thy bones. Proverbs 3:5-8

Fortunately, it doesn't take long these days to see through health-related media hype. Today's technology has enabled everyone to have a voice, and those who know better are emailing friends, calling in to talk radio programs, posting internet blogs and creating websites to dispel fear faster and more effectively than ever—the wool cannot be pulled over everyone's eyes for very long anymore.

The recent H1N1 (swine flu) situation is a prime example of this. At first, news reports were plastered with photos of people in surgical masks (which, it turned out, didn't do much good anyway). Some 90,000 people in the US were going to die from this flu if something wasn't done—but don't worry, a vaccine was being developed.

Meanwhile, the beauty of viral media took over (sharing of information via the internet whose popularity spreads like a virus does). It all started when someone uploaded a 1976 episode of 60 Minutes on YouTube.com that exposed a similar swine flu scare. The video gained popularity like wildfire and people began questioning what they were hearing about the swine flu of 2009/2010. Eyebrows were being raised about "mandatory" vaccinations, and alternative health experienced an influx of attention. Slowly but surely, the truth about H1N1 was being revealed, and the rush to vaccinate turned into a rash of suspicion.

Getting the story straight and taking personal action to improve your health is the best way to achieve and maintain optimal health—and to avoid making uninformed decisions.

In this issue of Health News, we will equip you with information to begin a personal version of health care reform (regardless of what health care reform in Washington looks like). We'll explain:

- why vaccines are so dangerous;
- how dental amalgams (metallic fillings) affect health;
- how to recognize and avoid dehydration;
- what to expect when cleansing (detoxification);
- which deficiencies are most common and what they do to the body;
- the difference between freshly extracted juices and juice powders;
- and much more.

Once you get into the habit of researching the truth for yourself (and depending on God to lead your decisions), you will truly begin taking charge of your health. 🌱

Let's Start The New Year Right Make 2010 The Start of a

New Life

by Rev. George Malkmus, LitD

At the beginning of each New Year, many people make what are called "New Year's Resolutions". Why? Because, there are some things in their life they aren't happy with and they want to change them for the better.

Have you ever considered making a "New Year's Resolution" with regards to your health?

Permit me to ask you a question as we enter this New Year 2010: "Are you happy with your state of health?" Let's think about that for a moment. Do you exude energy, or are you just dragging through life? Is your mind clear and sharp, or has some fog settled in? Are you experiencing some high blood pressure or high cholesterol? Do you experience headaches, suffer with arthritic pain, or have diabetes? Or, or, or... whatever it might be?

Every Physical Problem We Experience Has A Cause

Are you aware that every physical problem has a CAUSE? That's what the Bible tells us in Proverbs 26:2 "So the curse CAUSELESS shall not come". And are you aware that by simply eliminating the cause of the physical problem, almost every physical problem you are experiencing can become a thing of the past?

Are you aware that almost every physical problem you are experiencing was caused by something you placed into your mouth in the form of food or drink and/or your failure to exercise your body sufficiently? If you are not happy with your state of health, let me encourage you to consider making a "New Year's Resolution" to improve your health.

Did You Know God Wants You To Be Healthy?

That's right! God wants you to be as healthy in your physical body as you are in your spiritual soul! Listen to what the Bible says about your health in 3 John 2: "Beloved, I wish above all things that thou prosper and be in HEALTH; even as thy soul prospereth."

That, my friend, is God's and my will for you! But in order to "be in health", each person must do their part! God does not shine down health upon some and not others. If a person wants to experience the health God desires for them, that individual must personally become an active participant in creating that health.

This truth is made abundantly clear in Galatians 6:7, where we read: "Be not deceived, God is not mocked, for whatsoever a man (or woman) soweth, that shall he (or she) also reap."

How To Live A Healthy Life

Living a healthy life is not a mystery. Rather, health is simply knowing a few basic truths, and then acting upon those truths. Here's the first prerequisite for a healthy body: Eat a healthy diet! Tens of thousands have written to tell me that after adopting The Hallelujah Diet, they recovered from over 170 different physical problems and didn't get sick any more.

Why does The Hallelujah Diet give such spectacular results? The answer to that question is a simple one. When God designed these physical bodies we each possess, He designed them to run on a certain grade of fuel (food). When we put the proper fuel into our bodies, our bodies run the way God designed them to run, but when we put the wrong fuel in, they do not run properly. It is that basic and simple!

The Automobile Engine Is A Good Example

Most people realize that for an automobile to run the way it was designed to run, it must have the correct octane of fuel, without contaminants, in its fuel tank. Put a low grade fuel in the fuel tank, and it will ping and knock. And we know that if we persist in putting a low octane fuel in the fuel tank, it can result in damage or even destroy the engine.

Well the same is true of our physical bodies. When we experience physical breakdown, it is almost always the body responding to the wrong fuel! That's



right, almost every physical problem we experience is the result of wrong fuel, whether it be extra pounds, high blood pressure, high cholesterol, diabetes, pimples, asthma, arthritis, cancer, colds, flu, osteoporosis, heart attacks, acid stomach, strokes, headaches, etc. When we stop putting the wrong fuel (bad food and drink) into our bodies and start putting in the right fuel (good food and drink—the fuel God designed these bodies to run on), the body will almost always automatically and quite quickly correct the physical problem or problems being experienced, and start functioning the way God designed.

What Is Proper Fuel For The Human Physical Body

God told us what fuel He designed these physical bodies to run on in Genesis 1:29: “And God said, Behold I have given you every herb bearing seed (vegetable), which is upon the face of all the earth, and every tree in the which is the fruit of a tree yielding seed; to you it shall be for meat (food).”

Some years ago a man wrote to tell me that after being on The Hallelujah Diet for only six months, he had lost 60 pounds in weight and 28 different physical problems had disappeared from his body. Recently, a Nigerian pastor wrote to tell me he had recovered from over 30 different physical problems after adopting The Hallelujah Diet.

Our experience here at Hallelujah Acres has shown that within 6 months or less, after a person adopts The Hallelujah Diet, a diet patterned after God’s Genesis 1:29 diet, more than 90% of all physical and even emotional problems are gone.

What Is The Hallelujah Diet

Well, really, The Hallelujah Diet is not a diet at all, but a LIFESTYLE. Typically, a diet is something a person does for a period of time to obtain a desired effect, and then the person reverts back to the old ways.

Following this approach, a person may experience improvement on a particular diet, but when they go back to the old ways of eating, the old problems usually return and sometimes with a vengeance. On the other hand, a lifestyle change is something we do for the rest of our lives, and that is really what The Hallelujah Diet is all about.

The Hallelujah Diet is the culmination of over 30 years of personal research, personal experiences, and listening to the testimonies of tens of thousands of others who have

shared with me what worked and what didn't work for them.

Through the years, I have had but one guiding light that kept me on the straight and narrow, and against which I weighed every modality – and what was that guiding light? It was the very diet God gave Adam in Genesis 1:29.

This diet consisted solely of all the raw fruits and raw vegetables, seeds and nuts, found in that Garden in which God placed that first created being, Adam. This original diet contained no animal products, no refined foods, no vitamin supplements, or chemical additives. So Genesis 1:29 became the foundation upon which I judged everything I was learning. If it fit the teachings of Genesis 1:29, I took heed to what was being said; if it didn't, I cast it aside.

**In the beginning,
I practiced and taught all
raw food, but later learned
that this was too difficult for
most people, and caused
accumulated toxins to exit
the body too rapidly.**

I also found that most people are so addicted to cooked food that totally giving it up was more than they could emotionally handle, and caused many people to throw in the towel.

Why Cooked Food Was Added To The Hallelujah Diet

To overcome this, some cooked food was added to The Hallelujah Diet, at the end of the evening meal, and this became a little reward for being good (eating raw) the rest of the day. And we found that even with this small amount of cooked food (15%), people were able to get the same or even better results than with the 100% raw food diet.

Thus, this little bit of cooked food at the end of the evening meal made the diet more feasible for the masses. And besides, there are some benefits to cooked foods. Some nutrients, such as lycopene in tomatoes, a powerful antioxidant, are more bioavailable when cooked.

There are other things built into The Hallelujah Diet that are extremely important. Every component has its reason for being there, and leaving out any one thing will usually reduce the effectiveness of the program.

For instance, it is almost impossible to get enough nutrients to the cellular level of the

body by simply eating raw fruits and vegetables, seeds and nuts, because we lose over 65% of the nutrients in the digestive process. So, on The Hallelujah Diet, we concentrate nutrients in the raw vegetable juices and BarleyMax.

By removing the fiber before putting the food into the body (as we do when we juice), we minimize the digestion needed. Thus, these concentrated nutrients can go more rapidly to cellular level without nutrient loss or energy drain. When we juice, over 90% of the nutrients reach cellular level, compared to less than 35% reaching cellular level when we send the whole food through the digestive tract.

We also found that the diet was very low in vitamin B12 and healthy fats, and so we added a sublingual vitamin B12 supplement and omega-3 fatty acid. And recently we realized most people were deficient in vitamin D3, and so that was added.

How To Begin The Hallelujah Diet

There are two ways to begin: 'cold turkey' or make slow changes over a period of time. 'Cold turkey' has proven to be the easiest and most effective way for the majority of people who have gone on our program. When a person goes on The Hallelujah Diet cold turkey, there is anywhere from a few days to a few weeks of potential detoxification -- maybe experiencing a mild headache, some nausea, fatigue, pimple outbreak, diarrhea, etc.

However, the majority of people (over 60%) do not even realize they are going through this detoxification process. Thus, and usually quite quickly, the person is on the other side, already experiencing increased energy and physical improvement. These rapid improvements become motivation to stay with the program.

Making slow changes is usually more traumatic, because each time we put into our body an addictive food—sugar, animal product, table salt, white flour product, caffeine, etc.—the body craves more of that addictive substance. This can cause a yo-yo effect, and people often become discouraged because they are trying to improve but not experiencing desired results.

So, as we start the New Year 2010, I trust many of you will join Rhonda and me on The Hallelujah Diet. You will find The Hallelujah Diet on pages 19-22 of this publication or you can access it on our all new website at www.hacres.com. 🌱

VACCINES

What You Should Know

by Russell Blaylock, MD

All of us, layman and medical professionals alike, have had engrained in our consciousness that the great epidemics of the world—smallpox, measles, mumps, whooping cough, polio, and rubella—virtually disappeared from the United States due to a mass vaccination campaign to wipe out these terrible diseases.

As is often the case in medicine, appearances and preconceived notions, when examined carefully, are often just not true. Neil Z. Miller, an intrepid medical journalist, carefully researched the subject and found to his surprise, as well as others, that in fact the incidence of death from all these diseases was falling dramatically in the developed world long before the mass vaccine programs started. What the proponents of vaccination did was take credit for the decline by a clever bit of statistical chart manipulation.

What we see is that deaths from polio, measles, whooping cough, and mumps were declining significantly before the vaccines were introduced. The vaccines merely caught the tail end of the natural decline. The same can be shown for all the childhood diseases. Those who have objectively examined these studies have concluded that it was a dramatic improvement in public health measures and diet that cause the decline.

We know, for example, that during wars, famine and other prolonged natural disasters, the incidence and severity of epidemics increases dramatically. This was responsible for the enormous death rates from the H1N1 flu virus during 1917-1918 at the end of WWI.

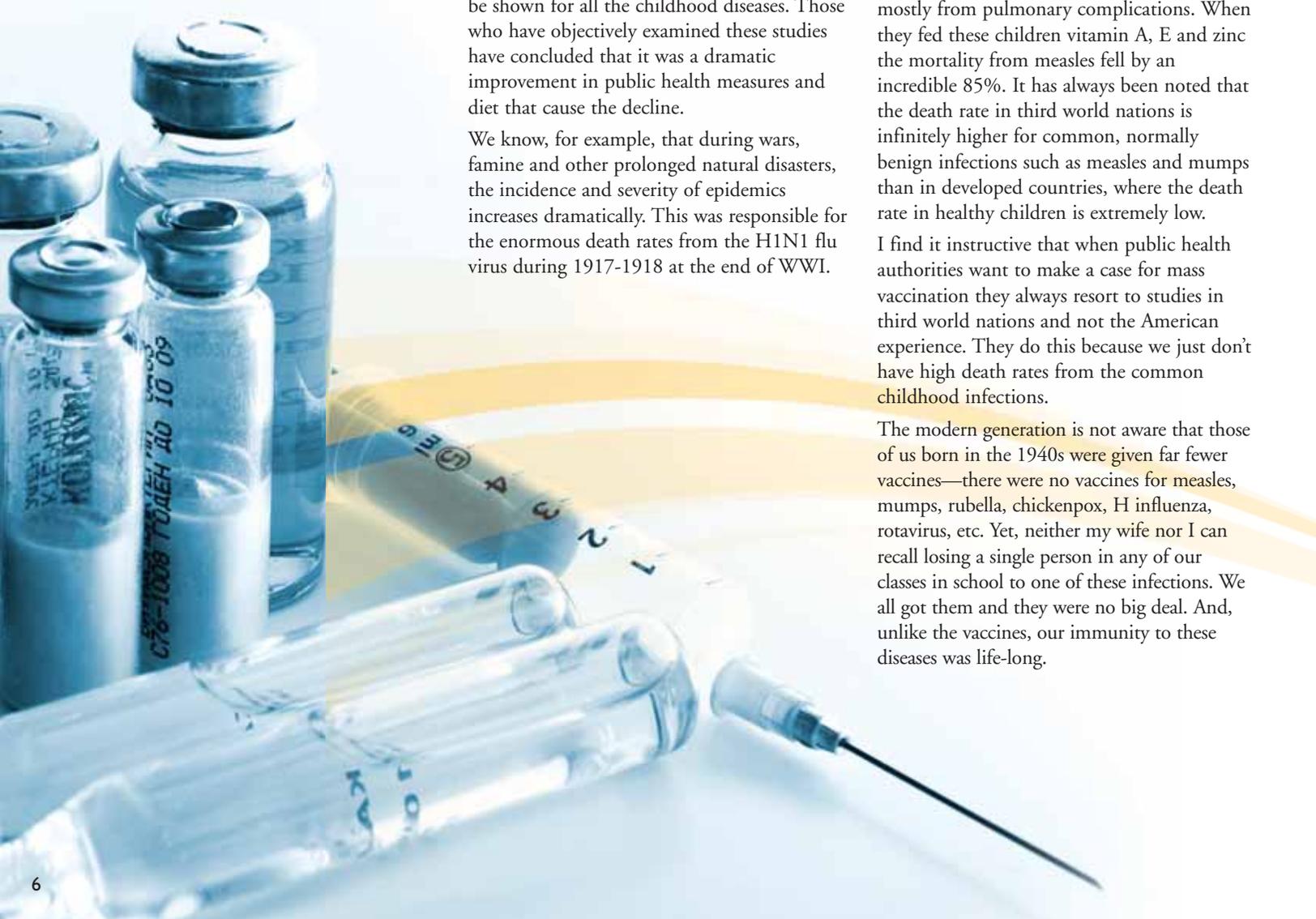
More soldiers died from infectious diseases during both the civil war and World War I than died from bullets and bombs.

A compelling amount of research shows that our resistance to infectious disease is highly dependent on our nutrition, and this makes sense because even a single nutrient deficiency can suppress immunity and raise one's mortality from infections.

A study in Africa found that children infected with measles had a very high death rate, mostly from pulmonary complications. When they fed these children vitamin A, E and zinc the mortality from measles fell by an incredible 85%. It has always been noted that the death rate in third world nations is infinitely higher for common, normally benign infections such as measles and mumps than in developed countries, where the death rate in healthy children is extremely low.

I find it instructive that when public health authorities want to make a case for mass vaccination they always resort to studies in third world nations and not the American experience. They do this because we just don't have high death rates from the common childhood infections.

The modern generation is not aware that those of us born in the 1940s were given far fewer vaccines—there were no vaccines for measles, mumps, rubella, chickenpox, H influenza, rotavirus, etc. Yet, neither my wife nor I can recall losing a single person in any of our classes in school to one of these infections. We all got them and they were no big deal. And, unlike the vaccines, our immunity to these diseases was life-long.



Vaccine Safety

So, you may ask, what is wrong with vaccinating all of us against these diseases? Wouldn't that give us even more protection? I would answer yes if two conditions could be met. First, that the vaccines were safe and second, that the immunity from the vaccines lasted a lifetime, as with natural infections. Vaccine makers have met neither of these conditions.

Several studies of common vaccines used both here in the United States and abroad were found to be infected with foreign viruses, bacteria or mycoplasma. One such study found that up to 60% of vaccines from several manufacturers were contaminated with pestivirus, a virus that can cause miscarriages in pregnant women and other diseases. Others have noted that because most of these vaccines are manufactured from viruses grown in animal tissue (and even cancer tissues), most are contaminated with dozens of other viruses, some of which can cause cancer or neurodegenerative diseases.

A recently discovered class of dangerous viruses, called stealth viruses, is particularly

frightening because they are so hard to detect by the usual safety methods. Vaccine companies do not test for these contaminants, including many other well-known dangerous viruses. Other studies have shown that several companies are using pooled human blood products or beef products that have a high risk of being contaminated with prions, mad cow disease.

Then there are the immune adjuvants, such as aluminum and squalene, which have been linked to a number of autoimmune diseases, neurodegenerative diseases and autism. While squalene cannot be used now, I expect it to soon gain FDA approval. Repeated injections with dozens of vaccines (the average 6-year-old child will have had 41 vaccines following the CDC's recommendations, which most states do) have been shown to cause abnormal development of the child's brain and neurodegeneration in the adult brain.

Every day the medical establishment finds another vaccine to add to the schedule of vaccines.

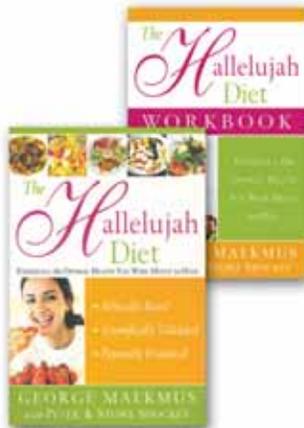
It is estimated that in the near future, by the time our children are adults, they will have had 150 vaccines.

There is growing evidence that this damages the immune system, making them more susceptible to infections and increasing the likelihood of severe reactions to mild diseases as a result. But then, this will create a demand for even more vaccines.

Today, a great many of our vaccines are being manufactured in China. The FDA is allowed to inspect these plants only once in 12 years, and then, they cannot enter the plant, they must take the Chinese officials word that things are safe. What we should have learned with the Gardasil, HepB and tetanus vaccine experience is that there is a great deal about these vaccines they do not know and discover only after the health of hundreds and even thousands are permanently ruined. 🌐

Dr. Russell Blaylock is a nationally recognized board-certified neurosurgeon, health practitioner, author, and lecturer. www.russellblaylockmd.com

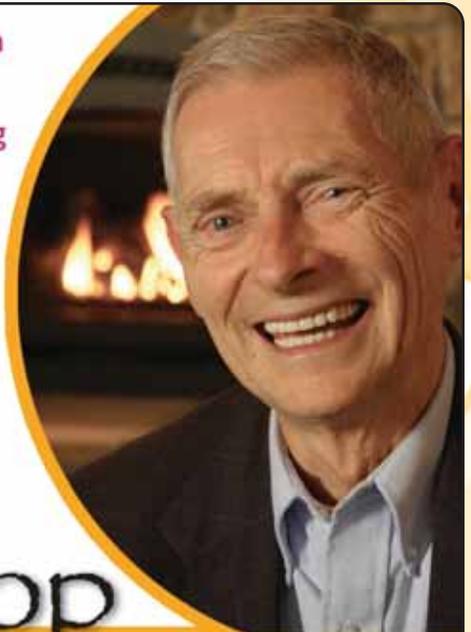
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Dental Health

A ROOT OF DISEASE



by Michael Donaldson, PhD

In the midst of improving our diets, dusting off our walking shoes, and managing our stress better, we think we have all of the bases covered to guarantee us ultimate health. Diet and lifestyle...check! Done.

But wait just a minute. Open wide. Look inside your mouth and tell me what you see. Any periodontal disease in there? Any amalgam (silver) fillings? Any root canal treated teeth? Any bridges? Any implants? Any metal at all? "Well of course," you say, "who doesn't? Do I have to take care of these things, too?"

Well, let's just say that the dentists have been making money by the mouthful, and they haven't really cared too much about your overall health, just your smile.

Amalgams

Let's start with the obvious—the “silver” fillings that our dentists and the American Dental Association (ADA) have assured us are safe. They are about 50% “silver”, as in quicksilver, or mercury. The ADA was actually created by dentists in 1859 to promote the use of amalgam fillings. It was and still is just a trade association to promote their services. Even then much was known about the harmful effects of mercury. It is amazing, really, that this toxic metal ever found a place in the human body.

Did your dentist ever tell you that amalgams are not really 50% mercury? The metal alloy that is mixed with mercury has silver, tin, copper, and maybe some gold, palladium, indium, selenium or zinc in it. But then this alloy is mixed with about an equal portion of mercury to form the amalgam that is placed in the mouth. So, the alloy doesn't have mercury in it, but the final amalgam sure does.

Can mercury come out of your amalgam fillings and harm you? Haven't you seen the smoking tooth video produced by the International Academy of Oral Medicine and Toxicology (IAOMT.org)? A 25-year-old tooth was warmed to body temperature or rubbed with a pencil eraser. In the background fluorescent screen the mercury vapor can be seen coming streaming off the tooth. Any chewing, rubbing, or hot liquids increase the rate of mercury vapor. A mercury vapor meter in any dental office dealing with amalgam fillings would be enough to make any dentist take extreme precautions, as he and his staff are the ones who are exposed to very high levels of mercury vapor every day.

Clearly, mercury comes out of the tooth. Does it cause harm? Mercury is the most toxic element on Earth besides plutonium. How could it not harm you? Mercury is easily taken into the body, but it is difficult to remove. Its toxic effects are widespread throughout the body.

When amalgam fillings were placed in a sheep, just 29 days later elevated levels (above the concentration in the blood) of mercury were found in the jaw bone, lungs, trachea, kidneys, liver, spleen, frontal cortex and thalamus region of the brain, and endocrine glands (adrenals, pituitary, pancreas, thyroid, and ovary).¹ This same test was done in a monkey with the same widespread poisoning.²

Seeing that mercury is deposited all over the body it is clear that chronic exposure will have toxic effects on multiple organs and systems. It turns out that mercury is so toxic and amalgams so dangerous, that, according to David Kennedy, DDS, the former president of the IAOMT, “if they have more than four

amalgam fillings in their mouth, the average person's saliva is so high in mercury they cannot legally spit in the toilet.”

What Do I Do?

I hope you are convinced that amalgams are toxic and remain toxic as long as you have them in your mouth. Mercury never should have been used in people for anything. Like lead, there is no safe level below which a toxic response is not seen. Some of the effects can be offset but not entirely eliminated by a very healthy diet and lifestyle.

So, what do you do? If you have health issues that appear related to toxic mercury exposure it seems like prompt removal would be a good idea. Talk to a biological dentist regarding your symptoms. If you have no issues, you might wait, but beware that you are likely slowly poisoning yourself.

Amalgams have always been about 50% mercury, but the amount of copper in the metal alloy was increased from low to high amounts in about 1960 to reduce the corrosion rate. The differences in rates of mercury vaporization may be as much as 50 times as high in the high copper amalgams compared to the low copper amalgams prior to 1960.³ The amount of silver, copper, and especially tin together affect the rate of mercury vaporization.^{4,5} If you have really old fillings they may not be so bad. However, since amalgams don't bond to the tooth but rather shrink away, it is possible over time for them to allow bacteria under a filling and create a cavity below an amalgam filling.

Testing for Mercury Toxicity

It is difficult to tell how much mercury is in a person. A chelator (DMPS or DMSA) challenge method can tell you if the body still has mercury in it, but it can't tell you how much is left. Mercury itself poisons the body, especially the kidneys, so that excretion of mercury and other heavy metals is impaired, so a simple urine or blood test really tells you nothing. Hair tests don't correlate with body burden either. The best test method is the urinary porphyrin profile test. This test measures the metabolic effects of mercury,

rather than mercury itself. Specific enzymes in the heme production pathway are blocked by mercury, leading to elevation of partly formed heme molecules, known as porphyrins. Measuring precoproporphyrins in the urine gives a clear indication of the body's metabolic mercury burden. The porphyrin profile test has been validated and is available from a few reputable laboratories (Laboratoire Philippe Auguste in Paris, France, Metametrix, and Great Plains Laboratory).

Safe Removal of Amalgams

Any dentist can remove an amalgam, but few know how to do it in a way that protects themselves, their staff, and the patient. But first, the patient must be in good condition before any protocol is done. This means a clean diet full of fruits and vegetables, fresh vegetable juices and lots of fiber-containing food. The Hallelujah Diet would be very helpful here as the body is provided with the materials to restore function to impaired systems, especially the liver and kidneys. Yeast overgrowth must be controlled. Candida won't be fully controlled until amalgams are removed, but it can be minimized. Using NDF, a micronized blend of cilantro and chlorella, will help safely lower the body's burden of mercury, which will likely improve the elimination pathways that must work well while amalgams are being removed. I would expect NDF to be helpful with candida as it will remove the heavy metal “shield” that the candida is using to protect itself.

At the dentist's office, assuming you found a holistic mercury-free dentist, you should find a high volume air evacuation system with mercury trapping technology to protect you and the staff from mercury vapor. Of course a rubber dam would be used to keep chunks of amalgam from being swallowed. Drapes over the face and clothing and goggles give another layer of protection. The staff may use air masks that filter out mercury. A special drill to shatter or slice the old amalgam would be great, rather than using a high speed drill to grind the old amalgam. Keeping the drill speed lower and cool cuts down on mercury vapor. Activated charcoal can be used to bind metal particles in the mouth. A couple of teaspoons of activated charcoal should be taken orally with water before beginning the

whole procedure. Some offices will make an intravenous drip of vitamin C available to help chelate any mercury that gets into the bloodstream. Dr. Hal Huggins says intravenous vitamin C is preferable to taking oral vitamin C, as this can interfere with the anesthesia and cause pain.⁶ Biocompatibility testing for the restoration material can be helpful. Large restorations can be made of ceramic right in the dental office with a CEREC machine. It is important that your biochemistry is compatible with the ceramics being used by this machine as the restoration is difficult to remove later on.

The amalgam replacement procedure stirs up a lot of mercury, so it is important to keep detoxification pathways open and moving for the next few days. Extra water and fiber are important. Some light exercise to move the lymph around would keep body fluids from getting stagnant. Adequate blood circulation will help the liver and kidneys remove the mercury and other heavy metals from the body. A few good doses of NDF will help bind and remove mercury that is in the bloodstream and intestinal tract so that it is not reabsorbed. Extra vitamin C will also help clean the bloodstream from mercury.

After people have their amalgams removed it can take several months for their urine mercury levels to decrease to levels of those who don't have amalgams.⁷ Using NDF will help cleanse the body of the mercury that has accumulated over time. The porphyrin profile test can help you know when your metabolism is free from the influence of residual mercury.

Beyond Amalgams

Even though we have covered amalgam fillings, mercury testing, and safe amalgam replacements, there are other issues in the mouth—root canals, jaw cavitations, periodontal disease, oral pathology and cancer, the use of oral bisphosphonate drugs, fluoride treatments, safe restorations (bridges vs. implants) and metals in the mouth. All of these contribute to our overall health and disease, perhaps more than we think. It will take another generation of true biological dentistry to uncover all of the mouth-health connections that we currently suffer from. We will cover these in a future article. 🌱

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WHY EATING RIGHT IS NOT ENOUGH

Whole Body Health Has Many Factors

Exercise & Stress Management

In Psalm 139:14, the psalmist writes, “I will praise thee; for I am fearfully and wonderfully made...” (KJV). It has been stated that the human body is indeed the most miraculous “machine” there is. It actually becomes stronger with usage. When we exercise, muscle tissue becomes weak and actually “breaks down.” In order to heal this weak and broken muscle tissue, our bodies then perform an overcorrection task by rebuilding the tissue stronger than it was before we exercised. Eating healthy can help provide us with the energy we need to exercise, but it is the exercise itself that ultimately builds up our muscle tissue and aids our immune systems in fighting disease.

The second issue we will deal with is that of stress management. Since it has been clinically proven that psychological stress is a contributing cause of many physical conditions, it is vitally important that we learn how best to deal with it. There are a number of factors that affect the circumstances in our lives, but it is how we approach these factors that determines whether they become stressful situations for us.

Forgiveness

First of all, it is imperative that we forgive, both others and ourselves. Harboring animosity and ill feelings can limit our ability to move forward in

life. When we are wronged, we often feel that we must “get even”. However, we often find that the effort exerted in doing so could have been so much more positively directed toward accomplishing something peaceful, thus virtually eliminating a potentially stressful situation.

An example of a person who refused to allow circumstances to dictate his psychological well-being is the Apostle Paul. Many times he was unjustly persecuted by his enemies and, eventually, by many of his friends as well. In II Timothy 1:15 he says, “This thou knowest, that all they which are in Asia be turned away from me;” (KJV).

After suffering much hardship in order to minister to these people, it would have been easy for Paul to be angry and bitter when they forsook him. However, by forgiving them and realizing that God was ultimately in control, he was able to move forward with the things of God and finish his ministry strong.

Get Your Rest

Secondly, we must make certain that we are getting plenty of rest. The mind’s ability to deal appropriately with stress factors can become quite limited if our bodies are fatigued. Those of us who have had small children know that they become very grumpy when they are tired. Likewise, adolescents and adults also have trouble adequately approaching stressful situations when their bodies lack rest. Most medical professionals recommend 7 to 8 hours of uninterrupted sleep per night. Many in both the medical and psychological fields also find benefits in taking time during the day to get alone with oneself, relax, breathe deeply and allow the mind to rest from the stress factors of the day.

Let Go & Let God

Thirdly, it is necessary to place our full and undivided trust in God in order to help combat stress. In Philippians 4:6, the Bible tells us to “Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.” (KJV). If we truly believe this verse, and apply it, we will often find that the stress factors that invade our daily lives seem to not affect us as negatively as they do when we do not turn these situations over to our Heavenly Father.

Eating properly is imperative to a healthy lifestyle. However, diet alone is not enough to achieve ultimate health. Both a healthy diet and lifestyle will incorporate a strong body and a stress-free mind. 🍌

At Hallelujah Acres, most of our research and teaching deal with diet-related issues, as well they should. The majority of us lacked knowledge about these issues prior to being introduced to The Hallelujah Diet. While a diet change is a vital part of our overall effort to improve our health, it is certainly not the only alteration we should make.

Rev. Malkmus makes it abundantly clear in his seminars and teachings that diet change is only half of the equation. The other half is ensuring that our bodies receive sufficient physical exercise. Upon further research, we would contend that there exists yet a third element to optimum health: the ability to manage stress.



Fresh Juice or Powder?

by Michael Donaldson, PhD

Quality Is The Key

Life is full, and getting fuller for most of us. Time is like a snowball, it grows and moves faster the older we get. So we have to prioritize our time to get things done. If we didn't have to juice, we would have more time for other things. Can juice powder replace fresh juice? If so, which powders are the most important?

Obviously, not all powders are equal. Some have a very fresh flavor while others have a distinct "cooked" flavor to them. It doesn't make sense to spend money on a juice powder that isn't any better than cooked vegetables. You can cook your own vegetables. What you really want in a juice powder is a raw juice, an enzymatically-rich juice, one that has as much of the enzyme activity preserved as possible. You want a juice powder that is convenient, but has all of the richness and vitality of a fresh juice.

There are a few juice powders like this, but they are rather rare. It isn't so hard to grow excellent produce that is organic, but there are only a few juice processors who make an enzyme-rich juice.

The Type of Processing Matters

Typical spray drying processes expose the juice to a high temperature briefly and dehydrate the atomized juice with a stream of hot gas. This leads to some product degradation and loss of essential oils from the product. Freeze drying starts with a frozen juice and, under very low pressure, the liquid is sublimed from the juice until a powder remains. At a laboratory scale it is used successfully for many biological products, but in a large-scale juice powder operation, the energy costs are so high that a concentration step is first employed before the juice is frozen.

Heat is the main method for concentrating juice, thus sacrificing some quality for cost

savings. It isn't cost-effective to freeze dry single strength juice. Also, towards the end of the freeze drying process, the temperatures usually are increased to finish drying the powder, again sacrificing product quality for process time and cost constraints.

Unfortunately, most fruit powders and carrot juice powders are freeze dried powders. I have not found a freeze dried powder yet that has enough enzyme activity in it to call it a living juice powder. They are cheaper than an enzymatically active juice powder, but you get what you pay for in this case.

Which Plant Makes the Best Juice Powder?

If I had to pick one juice powder, I would pick one that is not easily replaced by anything I could do myself—barley grass juice powder. The cereal grasses are a separate class of plant foods that bring nutrients and growth factor-inducing ingredients that are not present in other plants. Cereal grasses cannot be easily replaced by other foods. So, they make an obvious choice for a juice powder. And growing your own wheat grass

isn't quite the same. There are a lot of complex nutrients that arise from a grass that grows slowly outdoors in the early spring or late fall that cannot be obtained from a tray of wheat grass grown in seven days. So, this makes a good first choice for a juice powder.

The careful growing of the barley grass and processing of BarleyMax is second to none. Its unique processing is barely above body temperature, and that only for a few seconds. Enzymatic activity is preserved as much as possible through this process, and may be over 80% or 90% for many enzymes.

For those who want carrot juice and beet juice without the trouble of juicing several times a week, there is only one viable option—CarrotJuiceMax and BeetMax from Hallelujah Acres. These powders are processed the same way as BarleyMax except that brown rice syrup solids are necessary to dry these high-sugar juices. Yet these two products maintain the enzyme activity and flavor of fresh raw carrot and beet juice. They are the next best thing to making fresh juice yourself. 🌱





Johnny, Get Moving!

by Michael Donaldson, PhD

The natural state of children is moving. Or sleeping. Motion tends to be a constant companion of young children. It is only as we train them to sit still (and it does take training, especially for little boys) that the motion dies down to a slow crawl.

What happens on a rainy day when you leave your boys in the house all day? If your house is at least a little bit like mine, then it might get a bit noisy and wild. Boys need room to run, play, hoop it up, and to get out the willies. My mom tells me that this was true for me, for my brother, and it's true for my five boys. They are, by nature, physical and active.

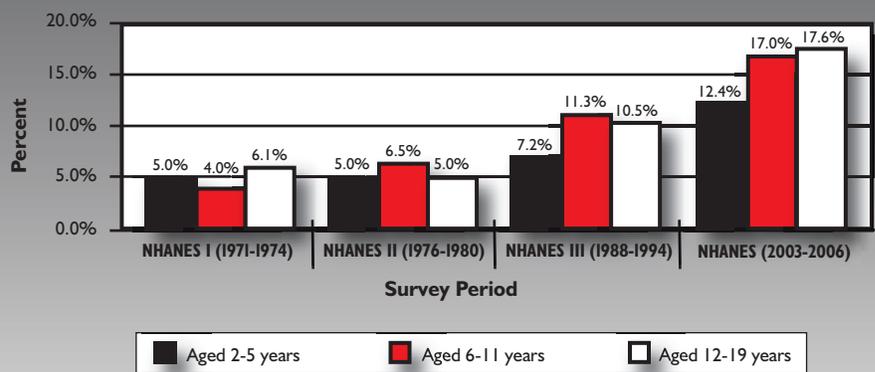
So, what ever happened that we have to plead with Johnny to go get some exercise? What has gotten so suppressed that he doesn't want to go outside and play?

What's Ever Happened to Exercise?

There are a few factors involved. First, there are TV and video games, both of which are sedentary, require no creativity, and impart values that are dubious at best. A Kaiser Family Foundation survey found that TV contributed more than just sedentary time. The average child is exposed to about 40,000 commercials during a year.¹ Commercials for junk food, snacks, breakfast cereals and every other invented food marketed towards children. They wouldn't spend all of this money on advertising if it didn't work, right?

Second, there is the comfort of air conditioning. Even children prefer to be comfortable compared to sweating it out in the park. When my family and I visited Miami in August we were appalled that no one actually goes outside there. It was hot, too hot.

Prevalence of Obesity* Among U.S. Children and Adolescents (Aged 2 - 19 Years)
National Health and Nutrition Examination Surveys



* Sex-and age-specific BMI \geq 95th percentile based on the CDC growth charts.

Source: www.cdc.gov/obesity/childhood/prevalence.html

Thankfully there was a swimming pool available to us. When it's hot outside, make water available.

Third, there are too many unsafe urban areas with no safe place for children just to go and play outside. Just being able to run out the front door and safely play for a couple of hours in this generation is a luxury, whereas it was something that happened every day of the week for the previous generation. A survey of mothers found that 70% of the mothers reported playing outdoors every day when they were young, compared to only 31% of their children.² Over half of the mothers remembered staying outside for 3 or more hours at a time, whereas only about 22% of their children do so.

Fourth, there are too many tightly structured, timed family schedules that don't have room for free play outside. Someone has to be home for children to play safely outside. Children need free play time, not just structured, adult-coached ball games.

Fifth, could it be that lack of fitness creates even less desire for physical activity? Does the barrier to get up and get out there get higher? Sure it does. Physical fitness is a positively reinforcing cycle and physical unfitness is a negatively reinforcing cycle. Children that sit all day long in school tend to come home and sit for even more time. Activity should be built into the school day.

Does junk food play a role, too? Junk food and fitness don't go together. Food needs to feed the body what it needs to be strong, resilient, quick, and sharp. A junk food diet will weaken the body, make it more susceptible to sickness and injury, both of which further limit fitness.

So What Can We Do?

First, turn off the TV. I've said it before, but it bears repeating. Turn off the TV. The TV can be used to instill positive values, if you view it together once in a while. Go and DO something. Go together and build something with Johnny. Disciple him. Don't let the TV do it. And while you're at it, sell your XBOX, PlayStation, Wii—whatever it is, sell it. Take the money and invest it in something that requires physical activity. Get something you and your children like to do that requires movement. Life is too short to waste it on video games.

Of course, you must get rid of the junk food. Johnny can do The Hallelujah Diet (see *Health News* Issue #58), and so can you. There is nothing like being full of energy to help you get out there and get moving.

Do you have to worry about portion control for Johnny? If Johnny eats the fresh foods first at meals, it is hardly an issue. Just make sure he gets a portion of raw food first. If you serve wholesome foods, He will eat according to true hunger, not wide-eyed appetite. Wholesome foods satisfy hunger but do not stimulate appetite abnormally. One apple tastes great, and two are good, but a child won't eat apples until he is stuffed uncomfortably. But give a boy a bag of potato chips and watch them disappear until he can eat no more.

It's up to you to create an environment for Johnny that is conducive to physical activity. The benefits are lifelong and start right now. Better sleep, better self-image, ready to learn, feeling less stressed, and having a strong body that can fulfill whatever mission God has in store for the future. All we have to do is create the right environment, feed Johnny real food, and he will naturally be active. 🌸

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Recipes

Waistline-Friendly



More on the Way!

All recipes in this issue of *Hallelujah Acres Health News* are just of the recipes we are compiling for our new project in 2010. Stay tuned.

Hallelujah Sorbet

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Fruit is the healthiest dessert, but somehow, an apple or orange can seem a bit boring. For a creamy, thick, gooey dessert, try fruit sorbet. Not only is it luscious but low in calories, guilt-free, high in nutrients and completely satisfying.

- 1 frozen ripe banana
- 1 1/2 cups frozen blueberries*
- 1 tsp vanilla flavor (optional)
- 1 Tbsp agave nectar (optional)
- 1/2 cup room temperature water or more if needed to get sorbet to desired consistency

Place all ingredient in a blender and cream. If blender stalls, add more water. You can eat this for breakfast, dinner, snack or dessert—yum! Serves 1-2.

*To change flavors, in place of blueberries, use frozen strawberries, mango, pineapple, peaches or raspberries.



Easy Ambrosia

Take advantage of winter citrus crops with this easy, mouth-watering dish!

- 1 grapefruit without peel and seeds, chopped
- 2 oranges without peel and seeds, chopped
- 1/4 cup shredded coconut
- 1/2 inch piece of ginger minced (optional)

Mix all ingredients together. Serve in a glass bowl to impress. Serves 2.



Raw Spinach Soup

Getting loads of green vegetables is a key to vibrant health and curbing cravings. This emerald green soup is an ideal appetizer or a great alternative to a green smoothie or blended salad.

- 1 large red bell pepper
- 2 big handfuls of spinach
- 10 walnut halves (preferably soaked overnight & drained)
- 2 Tbsp lemon juice
- 1 large cucumber
- 1 cup water
- sea salt and black pepper to taste

Cut bell pepper into quarters. Keep seeds and discard stem. Put bell pepper with seeds, spinach, walnuts, lemon juice, water, salt and black pepper into the blender and process until walnuts have been creamed. Cut cucumbers into small chunks and put them in a serving bowl. Pour spinach soup mixture over cucumbers and stir. Serves 2.

Flax Bread

When trying to lose weight, grains should be kept to a minimum. Instead of bread, try flax bread. It will give you your omega-3 fatty acids for the day, fill you up, and help sweep out your colon.

- 2 cups ground flax seeds
- 2 cups water
- 2 apples, peeled, cored and quartered
- 1/2 tsp cinnamon
- 1 cup raisins

Grind flax seeds. Put apples, cinnamon and water in a blender and blend well. Pour apple/water mixture into the bowl. Add ground flax seeds. Add raisins in the bowl. Be sure there are no large clumps of raisins that are stuck together. Stir together all ingredients. Let stand for around 30 minutes. Spoon 1/3 of the mixture onto a teflex sheet. Spread it out with the back of a spoon or with your fingers (approx. 1/8" thick, but no holes). As you spread, too many raisins may end up on the edges; push them into the middle. Dehydrate at 105 degrees for at least 2 hours. Then flip bread over onto a mesh sheet and peel teflex sheet away from bread. Leave bread in for another hour and 45 minutes to 2 hours depending on how dry you like your bread. The thicker the bread, the longer it will take to dehydrate. Don't let it get too crispy. If left supple, you can use it as a wrap.

Makes 10 servings with approx. 3 Tbsp of flax seeds per serving.

Why Raw? These same ingredients cooked would not give you the purity of the complementary flavors.



Hallelujah Acres Success Stories

■ “Dear Rev. Malkmus, My name is Rhonda and I can’t thank you enough for not giving up on your vision. On May 6th I attended my very first healthy lifestyle class hosted by a Hallelujah Acres Health Minister in my church. By May 8th I had cleaned out my kitchen and was ready to start my new lifestyle. I traded in my microwave and french fryer for a juicer, dehydrator, and food processor. I did not ease my way into the Hallelujah lifestyle, but jumped in headlong. Eight weeks later, I had already lost 30 pounds and felt like I was 20 years old again, instead of my actual age of 43. I have never felt so healthy! All I can say is thank you, thank you, thank you. Rev. Malkmus, I’m a single mother who is about to marry off my youngest daughter. Now that I will be on my own, I would love nothing more than to become a Health Minister for Hallelujah Acres, but also be employed there at Hallelujah Acres. This has become more than a lifestyle change for me, but a passion. I can’t get enough of your materials to study. I can’t tell you enough how God has blessed every step of this lifestyle change. I’m so excited to start the next phase of my life, especially since I know it is in the perfect will of God. Again, thank you! I am eternally grateful!”

Rhonda W., Goldsboro, North Carolina

■ “Because of my husband’s heart problems, and the whole family’s need for better health, our entire family started The Hallelujah Diet on April 9. After only 3 months on the diet, my husband had lost 45 pounds; his blood pressure is now good; his cholesterol is getting better; his skin cancers have gone away; and the plantar wart on his foot is almost gone. Hallelujah! Our 15-year-old son has lost 35 pounds, has become

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

Please put the type of testimony on the subject line.

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

less lethargic, and his skin acne problems are clearing up. Our 12-year-old daughter has not lost any weight. She is 86 pounds and doesn’t need to lose any. But we have watched an ear infection go away rapidly since she started the diet. Apparently those who need to lose weight will, and those who don’t, won’t on The Hallelujah Diet. I have lost 20 pounds and was headed for further weight loss, but now there is a baby coming and suppose further weight loss will have to be put on hold. My constipation is clearing up, and I am watching a skin cancer on my face go away. My husband and I are now both 43 years young.”

Lamilla, Huntsville, Alabama

■ “Dear George, Thank you for your devotion to teach the world about healthy eating. I am writing from Machakos District in the Eastern part of Kenya. I adopted The Hallelujah Diet 3 years ago and as a result, my arthritis has cleared, my varicose veins are gone, as are my hemorrhoids, and I have lost weight. I am so happy about these improvements in my health and I am telling others about the diet. Those who choose to adopt The Hallelujah Diet are also seeing the diet work for them. May our mighty Almighty God richly bless you, your family, and the Hallelujah Acres ministry.”

Catherine N., Kenya, Africa

■ “Dear Rev. Malkmus, I attended the Hallelujah Acres Lifestyle Center in June, and my body has been totally revived. Prior to coming to the Lifestyle Center, I had been crying out to the Lord for years over my eating habits (giving up, crying out, repenting) and then repeating the cycle. Years ago, I went to a revival and came home so revived in my spirit. Now, after my stay at the Lifestyle Center, I feel the same way about my health. Since adopting The Hallelujah Diet, I have lost 14 pounds, once again have energy, and no longer have to take afternoon naps. I am now walking over 2 miles each day and my knees don’t hurt anymore. But the thing that has really impressed my husband is that I don’t snore anymore! Because of my snoring, we had not been able to sleep in the same room for over 12 years. I want to thank you and Rhonda for your willingness to tell others the truth about health. May God bless you.”

Linda B.

■ “Dear Dr. Malkmus: I am a retired minister of the Gospel. Using The Hallelujah Diet, God worked a miracle after a massive removal of squamous cell carcinoma, called right neck disectomy. The surgeon removed my right jugular vein, right tonsil, right saliva gland, 37 lymph nodes, four malignant tumors, and scraped my right shoulder tendon to the size of a noodle, saving the use of my right arm which was in doubt, and overhauling my throat. After stopping radiation with the 14th treatment of 33 assigned for me to take, I turned to The Hallelujah Diet through the guidance of a Christian nurse at the hospital at the time. Within 10 days of making the diet change, God started turning my health around. I shared my testimony at Health Minister Training in November 2000, and then you printed my testimony in *Back to the Garden*. In the 9 years of being on The Hallelujah Diet, I have told hundreds of people about the diet, and seen marvelous things happen in the bodies and lives of those who adopted the diet, and the death of others who started the diet, but stopped, saying they could not give up their SAD diet. That is not only “sad” but also pathetic. I am now 76 years old and I am in great health, teaching several courses in Florida Real Estate Licensing. Dr. Malkmus, keep on doing what you are doing. The depth, breadth, and extent of your labors will not be known until we stand before our Creator and Savior at the Judgment. I tell people that I am so healthy now that when I sneeze, three people get healed! God bless you richly.”

Health Minister Rex Eaton, Florida

■ “Dear Rev. Malkmus, I am an African American. I am watching people of color in Dayton die daily. Our obituaries are full of young 30, 40, and 50-year-olds dying at an alarming rate. If I can achieve the level of health that I know is ordered by the Lord, perhaps I can be an example for them to follow. I met you when you were in Kettering, Ohio in September 2006, and I want to let you know what an honor and blessing it was to meet you. I have been on and off The Hallelujah Diet for some time now. I feel so much better when I stick with the diet. At your seminar I was highly impressed by your knowledge, your energy, your humility, and your desire to change the world. It is so sad to see so many sick people letting the doctors kill them with medications. There are so many who are overweight, suffering with so many health problems, it breaks my heart. I have asthma, and my wife, who means well, suggests I go to the doctor. I thought about going to the doctor and then remembered what you said: ‘What is the doctor going to do for you

besides give you another drug?’ I know what I need to do, and that is totally commit myself to The Hallelujah Diet. If I will do that, not only will I be able to eliminate my asthma, but I will also be able to be an example to my wife and others, showing them the blessings of following The Hallelujah Diet. Well, I started the diet again today, and no matter who tries to talk me out of it, I plan to stick with it. I am sick and tired of being sick and tired. Thank you for sharing this wonderful Hallelujah Diet, and for your faith and strength in Christ. Hopefully I can meet you again someday with a good report.”

Robert W., Dayton, Ohio

■ “My story begins in October 2000 when I was diagnosed with malignant melanoma cancer on my shoulder. The doctor told my wife and I to take a trip, because people with malignant melanomas don’t live very long. In November, I had surgery to remove the melanoma. During that surgery, they took a big chunk of my shoulder. Several weeks later, I was diagnosed with non-Hodgkin’s lymphoma. Thankfully, the oncologist said he would wait a bit before giving me chemotherapy. We prayed that God would give us a better answer than chemotherapy, and in answer to that prayer, a friend came by and told us about The Hallelujah Diet. Both Judy and I immediately went on the diet 100%. When I made my next visit to my oncologist, my doctor was amazed at how well I was looking and informed me that my blood work was great. My oncologist continues to monitor my blood to this day and now believes it was The Hallelujah Diet, along with God, that restored my health. Judy and I have a friend who had stage-4 non-Hodgkin’s lymphoma; she refused all medical treatments, adopted The Hallelujah Diet, and is monitored by my oncologist, because her first oncologist wouldn’t have anything to do with her unless she agreed to chemo and radiation. In fact, her first oncologist said she would die quickly without his treatments. But she didn’t die, and has been living healthily for seven years now. As I have continued on The Hallelujah Diet, my health has continued to improve from other illnesses as well: I no longer see my doctor for osteoarthritis because, as a result of the diet change, I no longer have arthritis in my hands, feet, back and neck; I no longer have ear wax—and boy did I ever have a lot of it! My asthma is also gone and, at the time of the diet change, I was on two inhalers and it was getting worse; my eyes have gotten better and my glasses have been weakened; my dandruff went away, and the bald spot on the back of my head is growing new hair; and my body odor is gone. At 75 years of age, I

have very few aches and pains, and I am still working every day and still going strong. My immune system is working so well since adopting The Hallelujah Diet that I haven’t had any colds, the flu, or headaches.”

John R., Jupiter, Florida

In early September 2008 I found out I had cancer of the anal canal—I guess Farah Fawcett and I have something in common after all! After telling me the tumor was a stage-2 malignant squamous cell carcinoma, the doctor told I would have to have a complete (and irreversible) colostomy. A little red flag went up in my brain that said, “No thank you – I guess it’s time to go on The Hallelujah Diet!” I had heard about the diet several years earlier while watching a Christian television program with Rev. George Malkmus as a guest. I dabbled with juicing and ordered a few BarleyMax products over the next few years but did not make any major changes to my diet or lifestyle. Then came the diagnosis. I believe God was telling me, “Stop telling other people to change their diet! You do it!” One month into the diet I called to inquire about going to the Hallelujah Acres Lifestyle Center in Plant City, FL and spoke with Sherry Orcutt. After that conversation I convinced my husband we needed to attend so I could fully implement this lifestyle without getting frustrated at my lack of knowledge about preparing food in a different way. That week changed my life. After returning home I heard from my second round of doctors that the “standard treatment” is chemo and radiation for my kind of cancer. I told them about MY plans to treat with diet change and nutrition – and they just stared back at me. Finally one of them said, “Why don’t you want treatment?” I answered, “Because I don’t really want poison injected in me or my insides burned.” They just didn’t get it! Then we went home and watched a video that I ordered from Hallelujah Acres that had just arrived called “Healing Cancer from Inside Out.” That video convinced me I was on to something. I then contacted Dr. Ernest Cohn in Wilkesboro, NC. He did some extensive testing (heavy metals test, live blood cell analysis, blood work, stool test, and more tests I hadn’t heard of before) to help determine the root cause so I could address the cancer pro-actively. He also sought out a local surgeon for me that, after examination said he could just remove the tumor and leave my plumbing in tact! Hallelujah! Two weeks after beginning Dr. Cohn’s IV vitamin therapy in November 2008, I had a 4-hour surgery that completely removed the tumor with clear margins. I bounced back within two days and only spent

2 nights in the hospital (to the surgeon’s amazement) feeling great and never needing any pain medication. I credit the diet and juicing (and my almighty God & Savior Jesus Christ) to my rapid recovery and high energy levels. CANCER FREE FEELS GREAT!!! Since then I have continued with my I.V. vitamin therapy, supplement regime recommended by Dr. Cohn and the Hallelujah Diet. Regular check-ups continue to show my CANCER IS GONE and I FEEL GREAT!

Jill Hargis, Florida

■ “Dear Dr. Malkmus, My family and I have been on The Hallelujah Diet for 3 years now, and I cannot think of a better way to eat! The Hallelujah Diet has made such a difference in our lives – we just don’t get sick anymore! Hallelujah!”

Elize, Western Australia



HALLELUJAH ACRES

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NATURAL HEALTH CARE IS YOUR RESPONSIBILITY

Why The Medical Profession Resists Natural Therapies by Dr. James Howenstine

In 1902 Sir William Osler stated “The greater the ignorance the greater the dogmatism”. At this time, approximately 40% of U.S. citizens have taken the responsibility for their health care into their own hands and are taking vitamins and supplements that they feel will preserve their health and help them avoid illness.

The significant fall in death rates from heart disease (585 to 268 per 100,000) and strokes (181 to 62) almost certainly reflects the benefits of these supplements. There are no pharmaceutical drugs that reverse the causes for this disease (arteriosclerosis) [free radical damage, atrocious diets, and exposure to a multitude of very toxic substances mercury, xenoestrogens, fluoride, chlorine, pesticides, herbicides, aluminum].

There are many good reasons why physicians have not started to use natural therapies:

- Physicians receive no education in medical school about the merits of natural treatments. Medical meetings and medical journals are heavily subsidized by the pharmaceutical industry so no information about the virtues of natural treatments will be brought forth in these arenas. Review articles about diseases will either omit information about natural therapies or the material about natural treatments will be presented in such a biased or negative way that no physician would want to use it.
- Most physicians believe that the only valid therapies are pharmaceutical and everything else is a scam. I was in this camp for more than 30 years.
- Powerful governmental agencies exist to protect the earnings of the pharmaceutical industry and are not very interested in the health status of the general populace. Money wins out, so dangerous therapies are released

on the public without any attempt to prove safety (genetically modified foods, irradiation of food, fluoridation of water, vaccines etc).

- Supposed tax-free foundations concerned about public health set up research studies to disprove the value of natural therapies which is easy to do by using impotent products, stopping the study before sufficient time has elapsed, and using statistics to skew the results. Unfortunately some research scientists can be bought. When these unfavorable results come forth, they are widely disseminated on television and other media by skilled public relations experts to convince the public there is no value in the substances they are using. The key to unraveling the truth about these sordid pieces of research lies in discovering whose funds set up the foundation (aluminum, tobacco, agribusiness etc).
- Physicians who decide to try natural substances are forced to learn new skills, which is not easy.
- Inertia can be a strong influence. When things are going well for physicians, why would they want to rock the boat? Human nature tends to oppose change so medical advances often take 50 or more years until they are implemented.
- Several alternative medical practitioners have been badly harassed by governmental authorities (Dr. Stanislaw Burzynski, Dr. Max Gerson, Dr. Carl Reich, Dr. Royal Rife etc) forcing them to leave the country or defend themselves in expensive lawsuits to avoid losing their licenses. A leader in natural health, Dr. Jonathan Wright, had his office ransacked by Gestapo-like federal agents who seized all his patient records.
- There is a legal concept that is widely appreciated by physicians as a way to avoid lawsuits. This concept is you are at risk if you are using treatments that your colleagues are not using. Naturally this impedes change!

In the light of all the negative influences mentioned above it is not surprising that so few MDs and other practitioners have embraced natural therapies. However, truth always dispels darkness and lies. When the general public learns that most oncologists would refuse to take chemotherapy if they developed cancer fewer persons will consent to this dangerous therapy.

The future for natural products appears to lie with the continuing education of the general public about the virtue of natural approaches to health problems.

Word of mouth about successful results can be a powerful factor promoting change. As this proceeds the revenue of drug companies will fall. Many pharmaceutical firms are already positioning themselves for these changes by buying natural health product companies. Unfortunately this certain progress in medicine will, of necessity, come without benefit of the medical profession and medical schools who will probably be unable to shed their strong bondage to the pharmaceutical industry. The pharmaceutical approach to medicine, with the exception of antibiotics, does not prevent or cure diseases. ☀

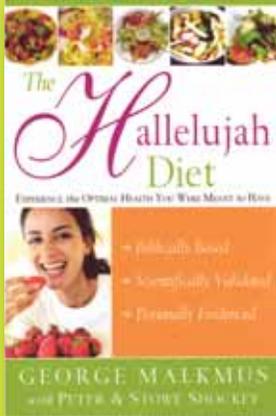
Dr. James A. Howenstine is a board certified specialist in internal medicine who spent 34 years caring for office and hospital patients. After 4 years of personal study he became convinced that natural products are safer, more effective, and less expensive than pharmaceutical drugs. This research led to the publication of his book A Physicians Guide To Natural Health Products That Work.

© Dr. James Howenstine. Used with permission. Source: www.avalonhealthinfo.com/articles/233/1/Why-Do-Americans-Have-Such-Poor-Health/Page1.html

Start Today!

Experience Healthy Living from a Biblical Perspective!

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



LEARN

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



CLEANSE

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



REBUILD

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

Become a
Health Minister

March 10-12



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

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

\$300 per person / \$450 per couple

(includes Health Minister Resource Kit, valued at \$50)

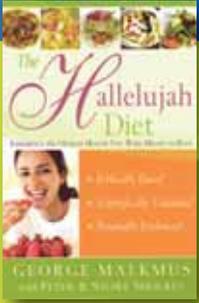
\$50 for re-attending Health Ministers *(Resource Kit not included)*

Applicants are required to complete one of the following prerequisites:

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

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

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.

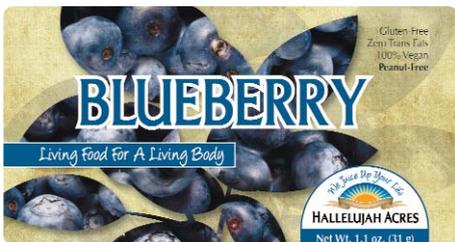
Liquid Intake

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).



SNACK BARS

AVAILABLE JANUARY 15



Pecan Pie

Yes, it really tastes like pecan pie! This new concept of a classic southern favorite will impress even the most discriminating pie connoisseur.

#FDGLF0110 1.1 oz **\$1.95**

Mocha Coconut

Attention gourmet coffee lovers... you won't believe your taste buds! Take a bite and enjoy a forbidden flavor—without breaking The Hallelujah Diet!

#FDGLF0111 1.1 oz **\$1.95**

Orange Cranberry Delight

This delicious combination of tangy cranberries, orange zest and a mellow blend of spices are sure to be a new family favorite.

#FDGLF0112 1.1 oz **\$1.95**

Blueberry

Bursting with juicy summer fruit, this chewy, cookie-like treat could very well rival even grandma's recipe!

#FDGLF0113 1.1 oz **\$1.95**

Hallelujah Acres snack bars are dehydrated at low temperatures to preserve living enzymes.

To order, call toll free **800.915.9355** or order online at www.hacres.com

SO GOOD YOU WON'T BELIEVE THEY'RE GOOD FOR YOU!

Available
Jan. 15!

BARLEYMAX

FLAVORS



Who says superior nutrition can't taste great? **NEW BarleyMax Berry** and **BarleyMax Mint** are proof that you can have the best of both worlds. Many people who have tasted these new varieties say they can't even taste the barleygrass – which was exactly the idea!

If you consider regular BarleyMax an “acquired taste”, you'll love the pleasant, sweet taste of these two new varieties. Both contain a high level of enzymatic activity necessary for building new, strong, healthy and vital cells, plus a superior blend of:

- **Vitamins A, E, and folate**
- **Protein**
- **Minerals including zinc, manganese, calcium, magnesium, iron, phosphorus and potassium**
- **Essential amino acids**
- **Chlorophyll**
- **Flavonoids**
- **Many trace elements**

The flavorings used in **NEW BarleyMax Berry** and **BarleyMax Mint** are all organic, and carefully researched and tested to harmonize with The Hallelujah Diet. Best of all, you'll love the taste!

#SPTRC0510

8.5 oz Barley Max Mint (120 servings) **\$41.95**

#SPTRC0511

8.5 oz BarleyMax Berry (120 servings) **\$41.95**



To order, call toll free
800.915.9355
or order online at
www.hacres.com



Available
Jan. 15!



FIBER CLEANSE FLAVORS

Cleansing can be a challenging process—but now it can taste good! **NEW Fiber Cleanse Lemon** and **Fiber Cleanse Green Apple** offer sensitive palates a much milder, pleasant taste, with all the same powerful cleansing action of original Fiber Cleanse.

Fiber Cleanse assists the body's detoxification efforts by helping to cleanse the colon and restore optimal bowel function with a balanced blend of 28 herbs in a psyllium and stabilized flax seed base. These herbs are divided into six classes, each with a specific purpose:

- **Bulk-forming, mucilaginous herbs**
- **Anti-parasitic herbs**
- **Volatile oil-containing herbs**
- **Herbs with diuretic action**
- **Herbs with stimulating laxative effects**
- **Herbs that are rich in a specific vitamin or mineral or digestive aid**

We think these are the best tasting, best working cleansing supplements you can buy... **satisfaction guaranteed!**

#SPTRC0520

16 oz lemon powder **\$32.95**

#SPTRC0521

16 oz green apple powder **\$32.95**

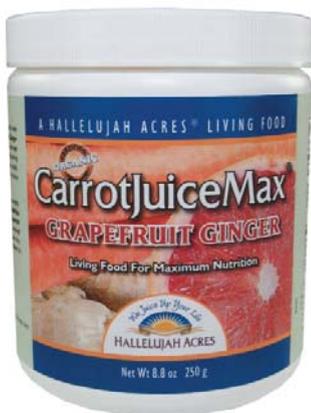


Available
Jan. 15!

Introducing!

CARROTJUICEMAX

Grapefruit-Ginger



The best just keeps getting better!

CarrotJuiceMax is the only raw, unpasteurized carrot juice powder available—and now it's the only one with the great taste of organic grapefruit and ginger. It's an entirely new taste the whole family will love!

It's Like Nothing You've Ever Tasted!

How good does it taste? Ask your kids! CarrotJuiceMax with grapefruit and ginger has a delightfully sweet, punch-like flavor with a refreshing burst of citrus. Plus, you'll get all the nutrition of our regular CarrotJuiceMax—the only juice powder of its kind kept enzymatically alive! Try it as a soft drink the next time you have guests... seriously! It's that good!

- Carrots used are grown on certified organic farms under rigorous conditions
- No sweeteners or artificial ingredients
- Proprietary drying process ensures minimum degradation of color, flavor, aroma, enzymes, and nutrition
- Organic grapefruit and ginger flavoring is natural, organic and vegan

#SPTRC0530 8.8 oz. powder \$41.95

Now In Capsules!

BeetMax & CarrotJuiceMax

Many people have been asking for them—and they're finally ready! Hallelujah Acres is please to offer BeetMax and CarrotJuiceMax (original flavor) in capsules, **available January 15**. These juice powders are the same as the originals, and the 100% vegan capsules are the same ones we use for our other supplements.

#SPTRC0540 BeetMax 240 veg. cap. \$32.95

#SPTRC0531 CarrotJuiceMax 240 veg. cap. \$34.95

To order, call toll free **800.915.9355**
or order online at www.hacres.com



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.

George Malkmus'
Hallelujah Health Tip



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

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



DECISIONS

Non-smoking campaigns have long equated the decision to smoke each cigarette with taking a few minutes off your lifespan. The same principle applies to food—make sure you carefully consider each food item, no matter how seemingly insignificant. In the long run, the decisions you make will add up.

Personal Health Care Reform

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.

The Science of Cleansing

Why Getting Healthy Feels So Lousy

by Paul and Ann Malkmus

Cleansing (or detoxification as it is infamously known) is the first step toward taking charge of your own health—and that first step can be a doozy!

However, if you've experienced it before, you know that the long-term benefits of dietary cleansing far outweigh the short-term discomfort.

But why does it have to feel so lousy? For one thing, you're ridding your body of something that doesn't want to let go. Like an addiction to alcohol, caffeine or nicotine, the body will develop an addiction to improper food because the cells are never satisfied, creating a roller coaster ride of energy highs and crashes.

Secondly, when you begin removing improper foods, and nourishing your body with proper foods, your nutritionally stable body will begin dumping toxins from organs and fatty tissues into the bloodstream for elimination. Interestingly, this mechanism may cause the very symptoms a particular toxin is known for.

When someone quits drinking coffee, for example, caffeine will be released from fatty tissues and organs into the bloodstream, causing the same nervousness, headaches and mood swings one might expect after

drinking too much coffee. Going salt-free will cause excess salt to exit through the skin and kidneys and may cause a temporary rise in blood pressure, which excess salt is known for. Eliminating sugar may make a person feel hyperactive until energy levels adjust to a sugar-free diet; short-term depression may also result, mimicking a "sugar crash".

Fortunately, eliminating the toxins is just one half of the equation—by eating an abundance of fresh fruits and vegetables during cleansing, the uncomfortable symptoms can be decreased dramatically. Easing symptoms with proper food is fine, but don't try to stop them with medication; the symptoms will only come back with a vengeance.

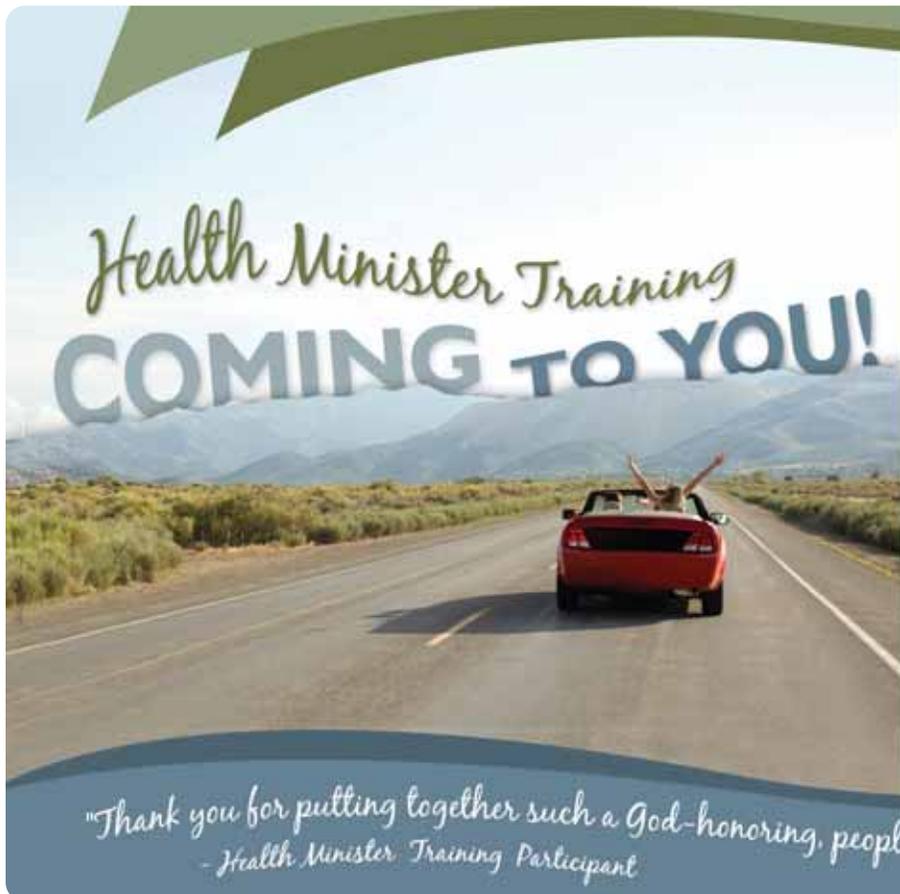
Let the body do its work and follow its cues. If you need to rest (as with diarrhea), take it easy. If it feels better to get up and move (as with constipation), include some moderate exercise. Sunshine and fresh air will also aid in cleansing. Above all, get the rest you need, with as much privacy as possible.

The good news is that, once you've begun the cleansing process, it's a short road to having a clean slate to begin rebuilding your body on a solid foundation. 🌱

Source:
www.rawfoodexplained.com/symptoms-during-dietary-transition/some-unpleasant-symptoms-and-their-causes.html



Let the
body do its
work and
follow
its cues.



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!

APRIL 7-10
Tampa, Florida

Call for pricing and information for your area.
800.915.9355

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



Due to today's degraded and polluted environment and much lower nutritional value of our produce, there are areas we must consciously be aware of and insure we meet the nutritional needs of the body.

As we seek to take charge of our health we need to be aware of several different factors that contribute to optimal health. Recognizing the body's need for pure air, pure water, an abundance of sunshine and exercise, in this brief article we want to focus on the nutritional needs that may be overlooked even with the best of diets in today's world. We must take responsibility for insuring the body has all of the nutrients that are essential for supporting optimal health and the innate self-healing God has programmed within our bodies.

DEFICIENCIES & SUPPLEMENTATION

by Olin Idol, ND, CNC

Nutritional deficiency and internal toxicity are the underlying causes of almost all disease and illness. To successfully take control of our health, we must be sure we meet the nutritional needs of the body that fall outside our daily food intake, and that we support the detoxification process.

God designed our bodies to live in harmony with our environment. Unfortunately, man has negatively impacted his environment and moved against God's natural laws. The Hallelujah Diet addresses both deficiency and toxicity, and seeks to provide optimal conditions for supporting the body's innate self-healing in a fallen world.

Fiber Cleanse



When transitioning from the SAD (standard American diet) onto a living foods diet, one of the first things the body will do is begin to eliminate toxins. It is essential for those toxins to be eliminated timely and efficiently to prevent re-absorption. The colon is the primary means of elimination and should be functioning optimally with two to three good bowel movements daily.

Many people have a problem establishing optimal bowel function. Hallelujah Acres has formulated Fiber Cleanse to help support optimal bowel function and the detoxification of the other eliminative organs of the body. One of the most important steps in taking charge of your health is insuring you support the detoxification processes of the body.

BarleyMax



BarleyMax is an essential component of The Hallelujah Diet. We use it to insure a more optimal intake of essential nutrients, especially trace elements that are missing from our food (even organically grown food). Barley grass and alfalfa are organically grown in organically composted soils to

insure the highest level of natural occurring nutrients possible. The grasses are harvested at the peak of nutrition, juiced and condensed to a powder at a low temperature so the enzymes and heat-sensitive nutrients are not destroyed. It contains virtually no fiber and no fillers. BarleyMax is 100% pure juice powder! It is the most nutrient dense food we consume on a daily basis.

Vitamin B12



Vitamin B12 is crucial for optimal health and is not found in a plant-based diet. The human body is host to over 400 different species of bacteria (flora) that normally live in harmony within and perform valuable functions—one of which is the production of vitamin B12. Lack of B12 would not have been an issue in Biblical days due to the diet and

lifestyle that supported a healthy balance of friendly bacteria in the intestinal tract. Today, however, that balance is often disrupted, allowing pathogenic bacteria to overrun the body while the beneficial flora is depleted, resulting in a B12 deficiency.

B12 deficiency can lead to anemia as well as nerve damage. A blood test is not always accurate in evaluating B12 levels. The methylmalonic acid (MMA) urine screening is the most accurate test to determine B12 sufficiency. Considering the prevalence of B12 deficiency (in our B12 study we found almost 50% of those tested to be deficient) the simplest way of insuring optimal levels of B12 is by using a sublingual B12 supplement (the methylcobalamin form of B12 is the bio-available form). A supplement such as the Hallelujah Acres sublingual B12-B6-Folic Acid supplement not only supplies an ample amount B12 (methylcobalamin) but with the combination of B6 and folic acid, also supports optimal homocysteine levels.

One other option to help insure optimal levels of B12 is to insure a good balance of friendly bacteria in the colon by way of supplementing with a good probiotics supplement and/or eating an abundance of raw fermented vegetables. By keeping a health balance of friendly flora, we not only enable the production of the necessary B12 but we help support the body in creating an environment that discourages the overgrowth of potentially pathogenic bacteria and support optimal immune function.

Essential Fatty Acids



Essential Fatty Acids (EFAs) are fatty acids that are essential for health and cannot be made by the body. They must be supplied through the diet. They are found in high concentrations in the brain and are required

for normal transmission of nerve impulses. A deficiency of EFAs can lead to impaired learning and memory.

EFAs are an essential component of the membrane that surrounds each and every cell in the body. EFAs are essential for rebuilding and producing new cells. The cell membrane controls the flow of nutrients into the cell and the flow of toxins out of the cell for elimination. So, you can see a deficiency in EFAs could have a major impact in any area of the body.

In the early 1900s, the intake of the two essential fatty acids (omega-6 and omega-3) was about equal. But with today's use of oils in processed foods and low levels of omega-3s in our diet, the intake of omega-6 is now 20 to 25 times that of omega-3.¹

While both omega-6 and omega-3 are essential, omega-6 is readily available; we need to focus on the omega-3s to insure an optimal intake. It is also worth noting that excessive omega-6 tends to

produce inflammation while an optimal intake of omega-3 reduces inflammation.

The SAD as well as a plant-based diet is low in omega-3s unless we place a special emphasis on including them in the diet.

Omega-3s are readily available in flax seed, chia seed, and walnuts. These natural sources of omega-3 also provide valuable health promoting plant lignins. Flax seed oil provides a 4-to-1 ratio of omega-3 to omega-6 while Udo's Oil provides a 2-to-1 ratio of omega-3 to omega-6. When using one of these oils, it is important to use them with added DHA to insure a dietary source of this long chain component of the omega-3 EFAs since the afore mentioned foods do not supply DHA. We will discuss the importance of DHA at another time.

A good clean fish oil (properly processed and free of heavy metals) such as Pharmax Finest Pure Fish Oil is also an excellent way to insure an optimal intake of EFAs along with the natural occurring DHA found in fish oils. One teaspoon of this oil provides a whopping 750 mg of DHA for those desiring a higher intake of DHA.



Vitamin D3

While vitamin D is not really a vitamin but rather a hormone it is essential for optimal health. New research is published almost daily on the critically important role of optimal

blood levels of vitamin D in supporting a healthy immune function and optimal health.

The current recommended daily allowance (RDA) of 200 to 600 IU is now believed to be woefully insufficient to support optimal health. Less than optimal levels of vitamin D are associated with autoimmune conditions such as MS, diabetes, and Crohn's disease. Most cancers, osteoporosis, respiratory infections, and depression may also be associated with less than optimal levels of vitamin D. Adequate vitamin D is the most important nutrient your body needs to stay healthy and avoid colds and influenza this winter.²

"Because vitamin D is so cheap and so clearly reduces all-cause mortality, I can say this with great certainty: Vitamin D represents the single most cost-effective medical intervention in the United States."

- Dr. Greg Plotnikoff, Medical Director, Penny George Institute for Health and Healing, Abbott Northwestern Hospital in Minneapolis

Under optimal conditions, God designed our bodies to produce all of the vitamin D that is required to support optimal health; but we live in far less than optimal conditions today. With optimal exposure to the sun, the UVB rays of the sunshine converts the cholesterol in the skin to vitamin D3, which is then metabolized by the body to the active form.

Most people no longer spend enough time in the sunshine to maintain optimal levels of vitamin D. During the fall, winter, and early spring in the Northern Hemisphere, the UVB rays of the sun are insufficient to produce vitamin D even if the body is exposed to the sunshine. And, in the summer time, the use of sunscreens hinders the production of this essential hormone.

Optimal blood levels of vitamin are 50 ng/ml and above. If unsure about your vitamin D status you can use the Hallelujah Acres Blood Chemistry Screening (request the form from our customer service center) to have your vitamin D levels checked in most areas of the US for only \$35.00. It may be prudent to consider supplementation if your levels are less than optimal. ☼

Sources:
1. A Physician's Guide to Natural Health Products, James Howenstine, M.D.
2. <http://drtenpenny.com/default.aspx>



EVENTS AT HALLELUJAH ACRES

in Shelby NC



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

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

Make it a **Hallelujah Weekend**

Spend the first weekend of the month with us!

Fridays - Feb. 5 • Mar. 5 • Apr. 2

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

Saturdays - Feb. 6 • Mar. 6 • Apr. 3

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

Saturdays - Feb. 6 • Mar. 6 • Apr. 3

Where Do I Go From Here?

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

Mon.-Tue. March 8-9

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

Wed.-Fri. March 10-12

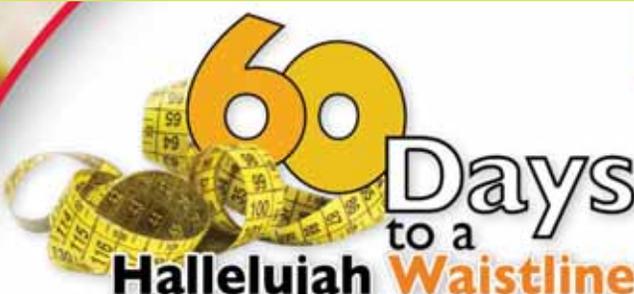
Health Minister Training 3-Day Course
\$300 per person • \$450 per couple

Sat. March 13 Raw Food Revival with The Graffs

\$200 per person • 10 a.m. to 6 p.m.

More events *On The Road* see page 34.





60 Days to a Hallelujah Waistline

A Challenge to Reveal a Slimmer Sleeker YOU!!

Starts January 7, 2010



WEEKLY WEBINARS
to answer your questions

DAILY EMAIL TIPS
to keep YOU motivated

IT'S ALL FREE!

INSIGHTFUL INSTRUCTION
on how to break free from cravings
and lose unwanted pounds

Register for 60 Days to a Hallelujah Waistline!
www.hacres.com/60days





EVENTS AT HALLELUJAH ACRES in Canada



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

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

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

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



HALLELUJAH ACRES

Canada

2 Queen Elizabeth Blvd.
Toronto, Ontario • M8Z 1L8
866.478.2224 • www.hacres.ca

For more information or to pre-register for any of the above classes call 866.478.2224 or email jfleming@hacres.com Schedule subject to change without notice. Please call for updates.

“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).

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!

During the rest of 2010 we will be “traveling around the world” looking at the foods from eight different regions. Judy will have some interesting facts about the area as well as a wonderful assortment of 6 course dinners you can enjoy with us then take the recipes home and share with your family and friends. Come and join us!

- Feb. 20 – African Safari
- Mar. 13 – Italian Classics
- Apr. 10 – Mexican Fiesta
- May 15 – Oriental Bazaar
- June 26 – Middle Eastern Market
- July 10 – Pacific Island Paradise
- Aug. 14 – Indian Curry Festival
- Sept. 11 – European Buffet

“Get Healthy Stay Balanced” 3-Day Retreat

Mar. 25-26-27

May 27-28-29

July 22-23-24

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, drop-in fitness class including rebounding, aerobics, resistance training, and more. Includes veggie juice before exercise time and a scrumptious salad after.

**Cost: \$12 per person
(7th class free!)**

Wednesday & Thursday

Drop in between
6:00 pm and 8:00 pm

Saturday Mornings

Twice a month drop in
between 10:00 am and
1:00 pm (call for details)

Come Walk With Me

Come and walk your way to better health. Includes a BarleyMax shot before the class and a refreshing carrot juice after.

**Cost: \$5 per person
(7th class free!)**



The renovations are complete!

What's New at Hallelujah Acres



Hallelujah Acres Smoothie Bar



Hallelujah Acres Store

As you may have heard, an electrical fire broke out just a few hours after the Saturday Seminar in May 2009. Only one office was burned, but smoke filled the entire main building.

The mess forced us to temporarily relocate our administration staff (and the Hallelujah Acres Store) into our shipping and warehouse building next door. Meanwhile, the entire interior of the main building was given an overhaul.

We also took the opportunity to make some changes to the building to make it more functional for our visitors—now you can attend seminars, learn food prep, shop, enjoy a meal, and even buy a lot at The Villages all under one roof!

All the while, we managed to complete infrastructure for Phase I of The Villages of Hallelujah Acres, and even re-invented ourselves with new branding—it's definitely been busy around here!

Hallelujah Acres
900 S. Post Rd.
Shelby NC 28152
704.481.1700
www.hacres.com

☀ The New Store

www.hacres.com/about/store

The front entrance to our main building has been totally restructured. The walls to the old store have been removed, as have the walls to the office to the right of the previous front entrance. The store now includes the space that was once the store, the lobby, and the front office area, making the new store almost three times its previous size! The Grand Re-opening was held on October 13, 2009.

There are many new product offerings, more fresh produce, and new shelves that make shopping much easier. The most exciting addition however is our top notch fresh juice and smoothie bar (ironically, it sits exactly where the fire started). The spacious new configuration allows customers to walk directly into the store from the front entrance, order the juice and/or smoothie of their choice, then shop while their selection is being prepared.

☀ The New Café

www.hacres.com/about/cafe

Perhaps the most anticipated renovation is our brand new restaurant! If you've been to our old café, you may remember the salad bar in the hallway and two small eating rooms... let's just say we've kicked it up a notch.

We hired an executive chef, knocked out walls to make a larger, more inviting dining room, and totally revamped our menu to offer sit-down table service featuring delectable, all-new Hallelujah Diet creations—it's a one-of-a-kind experience!

☀ The Auditorium

www.hacres.com/education/event-calendar

We also made some changes to the auditorium, where most of our large events are held, including our first-of-the-month Saturday Seminars. The auditorium has brand new carpeting, tile flooring and lighting. The audio/visual booth has been totally reconstructed and the stage lighting is being upgraded.

The most significant change to the auditorium is the all-new "kitchen stadium" (as our staff has nicknamed it) which has been constructed on the east side of the auditorium (see photo below). It's a fully functional TV studio-like kitchen and classroom facility we are now using for our culinary classes. This kitchen replaces the one in our warehouse building, where classes were previously held.



☀ The Villages

www.hacres.com/about/villages

The Lord has definitely blessed The Villages of Hallelujah Acres. The present economy has forced many housing developments to stop cold—but not The Villages. Over the last few months, Phase I has been completed and is now ready for new homebuyers to start building! The roads are paved, the sidewalks are in, the charming streetlights are aglow, and cable, phone, internet, and gas lines are ready to go.

Only a few base price lots are left, so if you've been thinking about living in a place where optimal health and vitality are encouraged and supported, give us a call! See page 33 for more information.



☀ New Website

www.hacres.com

If you have ever visited our old website, you will be glad to know we have a new one! Our web development team has spent countless hours creating an entirely new site at www.hacres.com. It's much more user-friendly and includes many innovative features.

We also have a new online ordering system that features a simplified shopping experience, making purchases much quicker and easier.

☀ The New Logo

Hallelujah Acres and The Villages of Hallelujah Acres have new corporate branding. We wanted to bring our brand into the present and let newcomers know what we are all about: *We Juice Up Your Life!* You'll begin to see a lot more of this new look in coming months.



Are You Dehydrated?

How To
Eliminate
Unnecessary
Health Hassles

We all know that it's important to get an adequate amount of water each day; but did you know that our bodies need more water today than our grandparents did?

Even if you don't partake of water-depleting substances like alcohol, tobacco and salty processed foods, you're likely subject to pollution, stress and working in dry, indoor air. All of these things necessitate greater water intake than generations before us—but most of us don't know it, much less do anything about it. As a result, dehydration has become a silent epidemic. It is a major, underlying cause of many common ailments in addition to causing decrements in physical, visuomotor, psychomotor, and cognitive performance.¹

Part of the problem is that we don't know what dehydration looks like. Some symptoms are so subtle you'd never know anything was going on, while others are so acute that they cause people to check into the hospital thinking they have H1N1 (the swine flu).

In fact, the vast majority of hospitalizations for suspected H1N1 infection have been for dehydration, requiring simple IV fluid treatments and minimal care.² Spotting the symptoms of dehydration beforehand can help you avoid the unnecessary expense and hassle of going to the emergency room.

Signs of acute dehydration are somewhat obvious: thirst, dry mouth, hunger, dark urine, loss of energy, fainting, chills, sweating, weakness and so on. As in the case of mistaken H1N1, some rest and water (ingested slowly) in the early stages can solve the issue. Coconut water is also considered a safe and useful means of rehydration, because it is a rich source of natural electrolytes.³ Electrolytes are needed for the body to regain energy after exercise or illness.

Perhaps more sinister than acute dehydration, however, is chronic dehydration. As mentioned above, the simple mistake of not getting enough water can eventually cause complex problems⁴ such as:

Fatigue, energy loss and acidification -

Dehydration slows enzymatic activity, causing an imbalance in the acid/alkaline balance, a symptom of which is fatigue.

Constipation, digestive disorders, diverticulitis, strained organs -

When water is in short supply in the body, the colon will act to restrict unnecessary water loss through the stools. Colon muscles will contract to squeeze out and subsequently reabsorb water back into circulation. This can result in harder stools, weakened colon walls, and as a result, small pockets known as diverticuli. Since the water that the colon reabsorbs back into circulation is not filtered water, but wastewater, it must then be filtered by the liver and the kidneys, placing additional strain on these organs.⁵

High and low blood pressure - When dehydrated, the body's blood volume is not enough to completely fill all arteries, veins and capillaries.

Obesity - We may overeat when dehydrated because our body craves food rich in water; thirst is commonly confused with hunger.

Eczema - Without adequate water, your body cannot sweat enough water to dilute toxins. As a result, these toxins irritate the skin.

Cholesterol - Dehydration can dry out your cells; in an effort to prevent this, your body produces more cholesterol.

Cystitis, urinary infections - Water is necessary to sufficiently dilute toxins in urine or else they will attack the urinary mucous membranes.

Rheumatism - As with urinary infections, dehydration increases the concentration of toxins in the body; rheumatoid pain will increase in direct proportion to the concentration of toxins.

Premature aging - A newborn's body is 80% liquid but declines to more than 70% in adulthood and continues to decline with age.

Most people with these symptoms don't even realize that dehydration may be the underlying cause of their troubles. But just drinking liquids in general won't solve the problem; coffee, soda and alcohol just make it worse. You need to get proper liquids in adequate amounts—and The Hallelujah Diet has both.

The raw foods and juices in the 85% raw portion of The Hallelujah Diet contain abundant water in its purest form—living foods (all fruits and vegetables are sources of electrolytes too). Of course, a supply of purified water is also recommended (re-mineralized distilled water is best as dehydration causes both a shortage of water and minerals). Drinking water a half-hour before eating will also help the process of food digestion, easing its effect on your cells.⁶

Each person's need for hydration is different, but a good rule of thumb is to get at least ½ ounce of liquids per pound of body weight daily, and to keep an eye on early signs that you may not be getting enough. ☪

Sources: 1. Grandjean AC, Grandjean NR. Dehydration and Cognitive Performance. *J Am Coll Nutr.* 2007 Oct;26(5 Suppl):549S-554S. / 2. The *Blaylock Wellness Report*, October 2009. / 3. www.cocotap.com/nutrition.htm / 4. *The Water Prescription*, by Christopher Vasey, N.D. / 5. *Dangers of Chronic Dehydration* by Albert Grazi, MS, ND / 6. *Your Body's Many Cries for Water* by F. Batmanghelidj, MD

Simple Eating

Are You A Prince Or A Pauper?

by Dennis Daniel

Having been raised in the South, I was always taught that it was extremely important to consume a large quantity of food at every meal. I still recall my grandmother continuing to pile food on my plate with the exclamation, "You must eat more. You haven't eaten enough to keep a bird alive." Then, after having thoroughly gluttonized myself and somehow being able to practically roll away from the table, she would stop me as I left the dining room with the inquiry, "Are you sure you got enough to eat?"

Not to discriminate against Southerners and certainly not to discriminate against Southern grandmothers, we now know that consuming massive quantities of food, particularly the high fat foods that we were given, is not the key to healthy eating. There has developed a relationship between having a "good old meat and potatoes meal that will really stick to your ribs" and health. With 17-18% of teens now being classified as obese (and a large number of adults being overweight as well), we are finding that perhaps we have stuck too many meats and potatoes to our ribs.

What Happened to Healthy Eating?

In the beginning, God placed man and woman in the Garden of Eden with a specific diet plan: to consume the fruits and vegetables that He provided for them, in moderation of course. Even though man sinned against God spiritually, he continued to adhere to God's diet plan for approximately 1,700 years. When God found it necessary to destroy the Earth on account of man's excessive sin, the fruits and vegetables on Earth became innocent victims. It was only after this situation arose that God allowed man to consume animal flesh. However, man developed such an addiction to this animal flesh, and in such hardy portions, that he not only continued to consume it, his value system changed to the point that the consumption of animal flesh came to be considered a sign of prominence and wealth.

The History of Rich Food

We read in the Bible that Abraham was considered a wealthy man because of his ownership of a large quantity of livestock. Even God's omnipotence came to be measured in these terms. Psalm 50:10 states, "For every beast of the forest is mine, and the cattle upon a thousand hills." (KJV). By the time of Daniel, the King of Babylon, desiring to raise the young Hebrew men to be upstanding Babylonian citizens, required them to be fed "a daily portion of the king's meat, and the wine which he drank" (Daniel 1:5, KJV), supposing this diet to be not only healthy for these men, but the food of prominence as well. By the Middle Ages, these bountiful portions of animal flesh had become so popular that they were considered the "food of princes" as opposed to a moderate plant-based diet, which was thought to be the "food of paupers". To gain a modern-day perspective of this line of reasoning, simply attend a local Renaissance Festival and ask for a fresh garden salad. Chances are you will be sadly disappointed, unless you suddenly decide to change your selection to a huge turkey leg!

The aforementioned way of thinking has unfortunately continued even into our modern culture as evidenced by the experiences with my grandmother that I shared earlier. We now know, however, that it is not how much we eat, but what we eat that truly makes the difference. In his book *Eat to Live*, Dr. Joel Fuhrman uses the equation "H = N/C, or Health = Nutrients/Calories" as a guide to what and how much we should eat.

High Calorie Or High Nutrient

High calorie foods come in three forms: carbohydrates, fats and proteins. High nutrient foods come in four forms: vitamins, minerals, fibers and phytochemicals. Dr. Fuhrman states that, in order to achieve optimal health, we should be consuming a much higher proportion of the high-nutrient foods than the high-calorie foods. Rev. Malkmus tells us in his God's Way to Ultimate Health seminar that the average American is hungry, then full, then hungry again because he/she is filling up on the wrong foods. If we eat the proper diet in moderation, our appetites will be satisfied and our bodies will not be as hungry. Dr. Fuhrman describes this process by stating, "In fact, if you consume sufficient nutrients and fiber, you will become biochemically filled (nutrients) and mechanically filled (fiber), and your desire to consume calories will be blunted or turned down."

Eating enormous "rib-sticking" meat and potato meals, or the "food of princes" is neither as satisfying nor as beneficial as consuming smaller amounts of plant-based foods, the traditional "food of paupers". Let's try the pauper lifestyle for a change. 🌱

Dennis Daniel is part of the marketing department at Hallelujah Acres. Dennis and his wife Sheri have been on The Hallelujah Diet for some time and enjoy helping people transition away from poor eating habits.



How Are They Now?

Success Story Updates



Jerrod Sessler { 10 Years Cancer-Free }

In 1999, NASCAR driver Jerrod Sessler had a dime-sized, discolored mole removed that turned out to be cancerous (melanoma). Due to the aggressive nature of the cancer, the doctors told him that he had a 5% chance of survival, or perhaps a 20% chance if he submitted to traditional therapies of chemo and radiation.

On Christmas day of that year, Jerrod and his family sat down to watch the *God's Way To Ultimate Health* video. The Holy Spirit convicted Jerrod and he immediately began The Hallelujah Diet instead of going with traditional cancer therapy.

"In the next three months, I lost a lot of extra pounds, and didn't do any chemical treatments," Jerrod recalls. "I did go in for check ups and every time they'd see me losing weight, feeling good and tell me to keep doing whatever I was doing."

After two years, Jerrod decided that he didn't want to do the check ups any longer. He realized that the CT scans he was receiving at those check ups were toxic, hampering his recovery. He has not been to the doctor since; that was 8 years ago.

Today, Jerrod and his wife Nikki have three healthy, vaccine-free kids on The Hallelujah Diet—which is a dream come true, as Jerrod's doctors has warned that if he had received cancer treatments, they would affect his ability to father any children. In between parenting duties, Jerrod and Nikki are educating and coaching people on the importance of a plant-based diet for optimal health.

"Over the years, our family has really noticed how well our immune systems are functioning," Jerrod says. "A few times over the last decade, we've noticed a mild sore throat or an insignificant snuffle for a day or two while everyone around us is laid out for a week with a major cold or flu. It's not hard to see that The Hallelujah Diet works. We're to the point now where, you get so used to feeling good that having something wrong is very odd."

In celebration of being 10 years cancer-free, Jerrod has written a book that is intended as a coaching manual for people wanting to use diet as a means to overcome symptoms of disease. The book, *5% Chance* includes a foreword by Rev. George Malkmus, and is available for purchase from Hallelujah Acres. ☺



5% Chance by Jerrod Sessler

#BKJDD0101

\$16.99

To order, call toll free **800.915.9355**
or order online at www.hacres.com

Michael Sustar

{ MRI Result Shows Diet Helped MS }

Michael Sustar is a young pastor in Phoenix, Arizona with a gift for music—a gift that was almost devastated by MS. Four years ago he began having symptoms of MS that would affect his fingers, preventing him from playing the piano. His condition worsened, and all medical opinions said he would be in a wheelchair within a few years.

Then, through his mother-in-law in Peru, he found out about the Hallelujah Acres Lifestyle Center in Florida, where the center's owner (Dave Orcutt) had been healed of MS himself. After visiting the Lifestyle Center and practicing what he learned, Michael's symptoms began to fade away; today he can play the piano for an entire church service!

Michael and his wife Monica became Hallelujah Acres Health Ministers and are now hastily spreading the truth of God's original diet for mankind in Genesis 1:29. In fact, the wonderful opportunity to do so recently became more blessing than they bargained for.

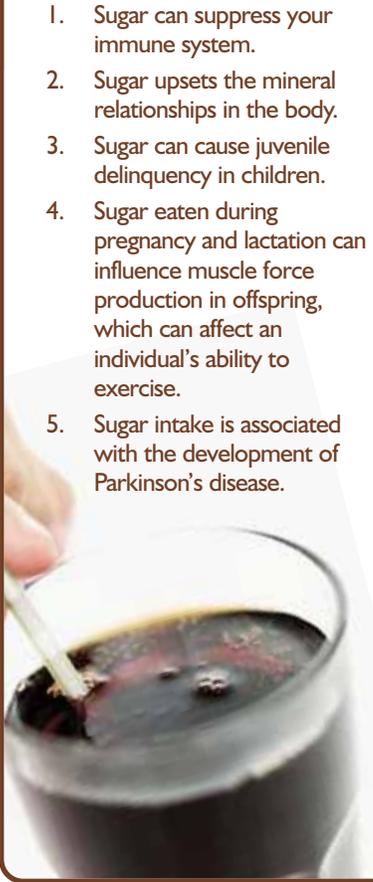
A few months ago, exactly one year after he had adopted The Hallelujah Diet, Michael went for an MRI to make sure things were still on track. The six lesions on his brain (which indicated MS) that showed up on two separate MRIs when he was first diagnosed had been reduced to two, and even those lesions were now barely detectable. His doctor declared that there was "no active disease" in his brain at all! As if that wasn't enough good news, Michael told another doctor about the results; this doctor informed Michael that the results of his condition were "a gold mine."

"He told me that, because I had documented MRI results of my condition from both before and after I changed my diet—and because changing my diet was the only thing I did—I was the first person he had ever encountered with solid evidence that diet alone can reverse disease," Michael says. "He said that he had the connections to put me on tour to speak to thousands of doctors every weekend, teaching them how to reverse disease with diet. He even asked if my wife (a registered nurse) was ready to quit her job because this opportunity would be all we'd need."

As this is a "weekends-only" opportunity, Michael and Monica are now prayerfully considering what this means for their congregation in Phoenix and for the thousands of people who are patients of the doctors they have the opportunity to speak to across the country. To contact Michael, email sustarhealth@aol.com. ☺



33 WAYS SUGAR RUINS YOUR HEALTH



1. Sugar can suppress your immune system.
2. Sugar upsets the mineral relationships in the body.
3. Sugar can cause juvenile delinquency in children.
4. Sugar eaten during pregnancy and lactation can influence muscle force production in offspring, which can affect an individual's ability to exercise.
5. Sugar intake is associated with the development of Parkinson's disease.
6. Sugar can cause two blood proteins – albumin and lipoproteins – to function less effectively, which may reduce the body's ability to handle fat and cholesterol.
7. Sugar can increase reactive oxygen species (ROS), which can damage cells and tissues.
8. Sugar can cause hyperactivity, anxiety, inability to concentrate and crankiness in children.
9. Sugar can produce a significant rise in triglycerides.
10. Sugar reduces the body's ability to defend against bacterial infection.
11. Sugar causes a decline in tissue elasticity and function – the more sugar you eat, the more elasticity and function you lose.
12. Sugar reduces high-density lipoproteins (HDL).
13. Sugar can lead to chromium deficiency.
14. Sugar can lead to ovarian cancer.
15. Sugar can increase fasting levels of glucose.
16. Sugar causes copper deficiency.
17. Sugar interferes with the body's absorption of calcium and magnesium.
18. Sugar may make eyes more vulnerable to age-related macular degeneration.
19. Sugar raises the level of neurotransmitters: dopamine, serotonin, and norepinephrine.
20. Sugar can cause hypoglycemia.
21. Sugar can lead to an acidic digestive tract.
22. Sugar can cause a rapid rise of adrenaline levels in children.
23. Sugar is frequently malabsorbed in patients with functional bowel disease.
24. Sugar can cause premature aging.
25. Sugar can lead to alcoholism.
26. Sugar can cause tooth decay.
27. Sugar can lead to obesity.
28. Sugar increases the risk of Crohn's disease and ulcerative colitis.
29. Sugar can cause gastric or duodenal ulcers.
30. Sugar can cause arthritis.
31. Sugar can cause learning disorders in school children.
32. Sugar assists the uncontrolled growth of *Candida Albicans* (yeast infections).
33. Sugar can cause gallstones.

Excerpted from *Suicide by Sugar* by Nancy Appleton, PhD and G.N. Jacobs. Used with permission.



YES! I am interested—please send more information on The Villages of Hallelujah Acres

MAIL TO: The Villages of Hallelujah Acres, P.O. Box 2388, Shelby, NC 28151

Name: _____

Address: _____

Phone: _____

Email: _____



Right next door to Hallelujah Acres, The Villages is a place where you can build your dream home from \$130,000, plant that organic garden you've always wanted, walk along a peaceful lake with stunning views—a place where neighbors share your enthusiasm for health and vitality. *The only thing missing is you.*

Act now for limited time incentives!

The Villages of HALLELUJAH ACRES

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On the Road!

We're bringing our most popular educational events to you!
For more information visit www.hacres.com/education/on-the-road



FREE ON THE ROAD TOUR! WITH REV. GEORGE MALKMUS

You haven't had a proper introduction to The Hallelujah Diet if you haven't seen Rev. George Malkmus in person!

This on-the-road version of his famous first-Saturday-of-the-month seminar explains how your diet can make you sick; which are the perfect foods that God gave to mankind; and how to restore your health naturally.

Thursday, January 14 (6:00 pm) - Tallahassee, Florida

Saturday, January 16 (10:00 am) - Tampa, Florida

Sunday, January 17 (2:00 pm) - Naples, Florida

Thursday, January 21 (6:00 pm) - Plantation, Florida

Saturday, January 23 (10:00 am) - Kissimmee, Florida

Sunday, January 24 (2:00 pm) - Jacksonville, Florida

Saturday, February 20 (10:00 am) - Lexington, South Carolina

Call 800.915.9355 or visit www.hacres.com for updated venues and times.

Featuring
Hallelujah Acres CEO
Paul Malkmus, and
Director of Education
Ann Malkmus.

WHERE DO I GO FROM HERE? WITH PAUL & ANN MALKMUS

After Rev. Malkmus' seminar, you can learn the best way to start The Hallelujah Diet with our new class, *Where Do I Go From Here*. It's a fun, humorous look at how The Hallelujah Diet is a flexible concept that can suit any lifestyle, no matter who you are! You will get practical ideas on how to prepare your kitchen and your food, while maintaining a busy lifestyle. Plus, you will learn what to order when eating out and what to bring to those potluck dinners!

(Offered for a minimal charge.)



Saturday, January 16 (3:00 pm) - Tampa, Florida

Monday, January 18 (6:00 pm) - Naples, Florida

Saturday, January 23 (3:00 pm) - Kissimmee, Florida

Monday, January 25 (6:00 pm) - Jacksonville, Florida

Thursday, January 28 (6:00 pm) - Plantation, Florida

Call 800.915.9355 or visit www.hacres.com for updated location information.

JANUARY 2010

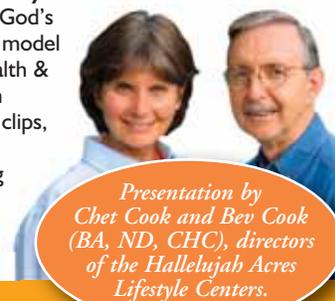
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	● REV. GEORGE MALKMUS ● PAUL & ANN MALKMUS					

FEBRUARY 2010

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	● REV. GEORGE MALKMUS ● BEV & CHET COOK					

3 DAYS TO HEALTH WITH BEV & CHET COOK

You'll love this enlightening 3-day presentation. **You'll discover why it's not normal to be sick!** Discover God's simple, Biblical model for physical health & healing through lectures, video clips, food prep and sampling, juicing demos and more!



*Presentation by
Chet Cook and Bev Cook
(BA, ND, CHC), directors
of the Hallelujah Acres
Lifestyle Centers.*

Monday-Tuesday-Thursday,
February 1, 2 and 4 - Itasca, Texas

Monday-Tuesday-Thursday,
February 15, 16 and 18
Tampa, Florida

Monday-Tuesday-Thursday,
February 22, 23 and 25
Fort Lauderdale, Florida

Call 800.915.9355 for more
information and to register.

Superior Nutrition for only 99¢ a Day!*



Where else can you get an exceptionally pure, one-of-a-kind super food for just 99¢ a day? Superior nutrition doesn't have to be expensive—in fact, BarleyMax is arguably the best value for the best quality, live enzyme juice powder on the market!

* Based on regular BarleyMax 8.5 oz price (\$39.95 / 120 servings per container x 3 servings per day)

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.

#SPTRC0441	8.5 oz. powder (120 servings)	\$39.95
#SPTRC0440	4.2 oz. powder (60 servings)	\$34.95
#SPTRC0442	240 ct. vegetarian capsules (60 servings)	\$30.55
#SPTRC0453	(alfalfa-free) 8.5 oz powder (120 servings)	\$39.95

NEW FLAVORS! Available January 15, 2010



BarleyMax Mint

A refreshing burst of spearmint! Great for kids and for those who prefer a more spirited flavor than regular BarleyMax.

#SPTRC0510 8.5 oz. mint powder (120 servings) **\$41.95**



BarleyMax Berry

Juicy flavors of the berry patch provide a rich, fruity flavor—some are even calling it BarleyMax punch! You'll love it!

#SPTRC0511 8.5 oz. berry powder (120 servings) **\$41.95**



Unique Growing Conditions

Our mountain-grown, organic barley and alfalfa crops are planted on 900 acres of mineral-rich volcanic lakebed soil at an elevation of

5,000 feet to promote slower growth and incredible nutritional content.

The grass juice from this land has by far the highest solids content (BRIX) of any similar products, indicating the mineral-richness of the soil. The nutritional excellence of barley grass has been revered since ancient times; and alfalfa is one of the most mineral-rich foods in the world, thanks to roots that grow as deep as 130 feet into the ground.

These crops are fertilized naturally with alfalfa chop and barley pulp (left over from juicing), and other organically-approved soil amendments and irrigated with deep source groundwater for maximum nutrient uptake.

We also practice crop rotation, allowing the soil to lie fallow every couple of years to rest and recharge.



Living Enzymes

Using a patented drying process, finely strained juice from these grasses is gently dehydrated at just 98°F to lock in nutritional potency

and retain the highest enzyme activity of any juice powder you can buy.

The result is a fresh tasting, 100% organic and filler-free juice powder that gives you one of the widest spectrums of naturally occurring nutrients available in a single source.



Superior Nutrition

BarleyMax provides a superior blend of vitamins A, E, and folate, protein, minerals including zinc, manganese, calcium, magnesium, iron, phosphorus

and potassium, essential amino acids, chlorophyll, flavonoids, many trace elements, antioxidants, plus a high level of enzymatic

activity that is necessary for building new, strong, healthy and vital cells in your body.

- Natural enzymes are preserved. As a result, the life force of the barley grass and alfalfa are retained for maximum health benefit.
- Naturally occurring vitamins are never isolated but always found in food as living complexes. These complexes are easily assimilated at the cellular level, when consumed through raw food sources like BarleyMax.
- Rich amounts of macro and trace minerals in balanced proportions give more cofactors for higher enzyme activity. Our research indicates BarleyMax has higher vitamin content than similar products.
- An excellent source of antioxidants to help the body defend itself from free radicals, which play a large role in disease and aging. In a measure of total antioxidant capacity, BarleyMax® is the leading barley juice of all the products we have tested.
- Contains chlorophyll, which has been shown to: accelerate the healing of wounds with no toxic side effects; protect against chemicals and radiation; and promote intestinal regularity.

To order, call toll free **800.915.9355** or order online at www.hacres.com



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.

#SPTRC0460 2 lb. powder \$21.95



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.

#SPTRC0445 16 oz. powder \$29.95

#SPTRC0446 240 ct. veg. cap. \$29.95



Watermax

Recent studies show that, while drinking low mineral water (i.e. distilled water) will, over an extended period of time, strip the body of vital minerals such as calcium, potassium, and magnesium, among others. WaterMax alkalizes distilled water, provides minerals in amounts and forms that benefit the body, provides antioxidants, and improves its hydrating ability.

#SPFLD0339 8 oz. bottle

\$32.95



Living Food Survival Bars

#FDGLD0446 1 bar \$2.95

Box of 12 bars \$33.95

Vanilla Nut Goodee Bars

#FDGLF0445 1 bar \$1.65

Box of 20 bars \$27.95

Maple Nut Royale Bars

#FDGLF0444 1 bar \$1.65

Box of 20 bars \$27.95



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!

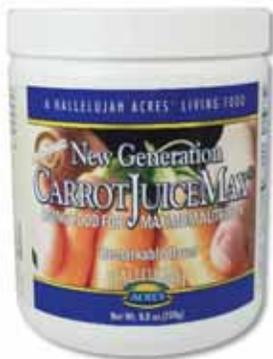
- **The Hallelujah Diet** book
- **Fiber Cleanse** by Hallelujah Acres (powder or capsule)
- **Digestive Enzymes** by Hallelujah Acres
- **BarleyMax** by Hallelujah Acres (powder or capsule)

#KTHLH0880 powder supplements \$99.95

#KTHLH0881 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.

#SPTRC046 I 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.

#SPTRC045 I 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.

#SPNTN458 **Professional Strength Probiotics** 60 vegetarian capsules (provides 24 billion CFU) \$29.95

#SPNTN446 **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.

#SPNTN455 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.

#SPBNG0454 60 ct. vegetarian capsules \$24.95

To order, call toll free **800.915.9355** or order online at www.hacres.com



Balanced Woman

Many women experience hormonal imbalances due to a lack of progesterone and an excess of estrogen in the body. This yam-derived progesterone cream can help balance female hormones naturally.

#SPHMN0443 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 hepatoprotective (liver protection).

#SPBNG0457 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.

#SPNTN0449 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.

#SPNTN0447 90 ct. vegetarian capsules \$24.95

For a downloadable research brochure on the efficacy of digestive enzymes visit 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.

#SPHLS0450 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)

#KTHLH0882 powder (BarleyMax) \$74.95

#KTHLH0883 capsules (BarleyMax) \$74.95

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*Only valid for shipments over \$100 in value.

Valid only in lower 48 states.



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Keycode: HN59



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.

2010 Saturday Seminar Schedule

Hallelujah Acres International Headquarters, Shelby, NC

Feb. 6 / Mar. 6 / Apr. 3 / May 1 / June 5

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



Experience the Tastes and Aromas of The Hallelujah Diet

← Friday evening **before** the Seminar



An Evening of Food Prep with Rhonda Malkmus

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

← Saturday **after** the Seminar

"Where Do I Go From Here?" Class

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

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