

Health News

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

November/December 2010 / No. 64

\$3.95

WHAT'S THE DIFFERENCE?

HOW TO MAKE CHOICES FOR
WHOLE BODY HEALTH

WHOLE FOOD
VS SYNTHETIC
SUPPLEMENTS

BLENDING
VS JUICING

ANIMAL
PROTEIN
VS
PLANT
PROTEIN

- HOLIDAY RECIPES
MADE HEALTHY
- FOOD
SYNERGY
- ...AND
MUCH MORE!



*Gift
Specials
for
Christmas!*
Page 35

Step Up To The Villages



The Villages offers a once-in-a-lifetime opportunity to build the affordable home you've always wanted, surrounded by organic gardens and orchards, a healthy swimming pool, a clubhouse with a fitness center, walking trails, tennis courts, an outdoor amphitheatre and more — there's nothing in the world like it!

Act now and you can GET EVEN MORE when you "step up" to The Villages:

- Minimum \$30,000 in no-charge builder upgrades including granite and hardwood
- Waived developer fee saves a minimum \$17,500
- Next 5 homes built receive an additional \$7,500 in free upgrades
- Only 6 base price lots remain — act now!



The Villages
of HALLELUJAH ACRES



The Villages is right across the street from Hallelujah Acres Headquarters, featuring world-class, vegetarian dining and the area's premier health food store and smoothie bar, open 6 days a week. Plus, you'll be the first to know about Hallelujah Acres special events and seminars, so you'll never miss a beat.

- Garden Homes From **\$175,900**
- Estate Homes From **\$325,000**
- Condos From **\$191,000**

Check out The Villages all-new website, with helpful interactive features, updated information, and more!

www.villagesofhacres.com



CALL NOW FOR A PERSONAL CONSULTATION!

704.481.1700 ext. 738

www.villagesofhacres.com

The Villages
of HALLELUJAH ACRES



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: _____



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

Executive Editor
Paul Malkmus, CEO of Hallelujah Acres

Contributing Editors
Olin Idol, N.D., C.N.C., Vice President of Health
Michael Donaldson, PhD, Research Director, Hallelujah Acres Foundation
Ann Malkmus, Chief of Marketing and Education

Marketing Director / Tiffany Hughes

Management Consultant / Scott Laird

Graphic Designer / Paula Yount

Contributing Writers
Dennis Daniel, Melody Hord

Photographer / Tera Wooten

In Canada / Hallelujah Acres Canada
2 Queen Elizabeth Blvd.
Toronto, Ontario / M8Z 1L8
866.478.2224 / www.hacres.ca

The nutritional and health information in this publication is based on the teachings of God's Holy Word — the Bible — as well as personal experiences and research. We do not offer medical advice or prescribe the use of diet as a form of treatment for sickness without the approval of a health professional. Because there is always some risk involved when changing diet and lifestyles, we are not responsible for any adverse effects or consequences that might result. Please do not apply the information in this publication if you are not willing to assume the risk. If you do use the information contained in this magazine without the approval of a health professional, you are prescribing for yourself. This is your constitutional right, but the editor and publisher assume no responsibility.

The following names are all registered trademarks of Hallelujah Acres Inc.: Hallelujah Acres®, BarleyMax®, Get Healthy! Stay Balanced®, The Hallelujah Diet®, The Hallelujah Health Tip®, Hallelujah Acres Café®, Hallelujah Acres Lifestyle Center®, B-Flax-D®, and CarrotJuiceMax®

The following names are all trademarks or service marks of Hallelujah Acres, Inc.: Hallelujah Acres University™, Hallelujah Diet & Lifestyle™, Health Minister™, WaterMax™, You Don't Have to be Sick™, Hallelujah Acres Diet & Lifestyle™, Hallelujah Acres Living Woman™ and The Hallelujah Acres Diet™

Copyright © 2010 Hallelujah Acres, Inc.

**Did you receive this magazine from a friend?
Subscribe today - your first 3 issues are FREE!
Call 800.915.9355**



Hallelujah Acres Incorporated
Accredited Since 1999



14 / Holiday Recipes Made Healthy



33 / Choose Health for 2011

Find us on...



Hallelujah Acres® is a non-denominational Christian ministry that provides education, products, services, and other resources to help people everywhere understand and practice God's ways to ultimate health. We hope that you will find both the information and inspiration you need to get on the road to health and to stay healthy for life.

Contents NOV/DEC 2010



4 / God's Way
VS Man's Way



6 / Animal Protein
VS Plant Protein



8 / Whole Food Supplements
VS Synthetic Vitamins



11 / Food Combining
VS Food Synergy



12 / Glucose
VS Fructose



13 / Omega-3
VS Omega-6 Fats



20 / Genetically Modified
VS Hybrid Foods



27 / Proactivity
VS Procrastination



32 / Stress
VS Peace

- also in this issue...
- 18 / Barley Grass VS Wheat Grass • 18 / Blending VS Juicing
 - 19 / Bottled Juice VS Raw Juice
 - 23-26 / Start Today! The Hallelujah Diet Concept
 - 28-29 / Events at Hallelujah Acres • 30-31 / Success Stories
 - 35-46 / Hallelujah Acres MarketPlace



**Hallelujah
Holiday Recipes
FREE!**
With purchase
of \$150 or more.
Offer ends 12/31/2010.

GOD's Way VS Man's Way

By
Rev. George
Malkmus, LitD

The Bible is constantly talking about choices.

Over 4,000 years ago Joshua had this to say regarding choices as he stood before the children of Israel:

"And if it seem evil unto you to serve the Lord, choose you this day whom ye will serve; whether the gods which your fathers served that were on the other side of the flood, or the gods of the Amorites, in whose land ye dwell: but as for me and my house, we will serve the Lord." - Joshua 24:15

Moses admonished the children of Israel with these words:

*"I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live."
- Deuteronomy 30:15*

In this issue of the *Hallelujah Acres Health News* we are going to set before you some choices. Some choices are good and some are bad, while some are neutral or a matter of preference. Indeed, life is full of choices.

Most of us, as we think back over our lives, can remember making some very unfortunate choices that may have brought us untold problems, misery, and wasted years. Most of us can also remember making some wise choices that have brought us blessings and happy years.

The choices we face are like crossroads — will we choose God's way and the opportunities He offers or will we choose the way of the world and the opportunities it offers?

God's Way vs. Man's Way

Jesus had the following to say regarding choices in Matthew 7:13-15:

"Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: Because

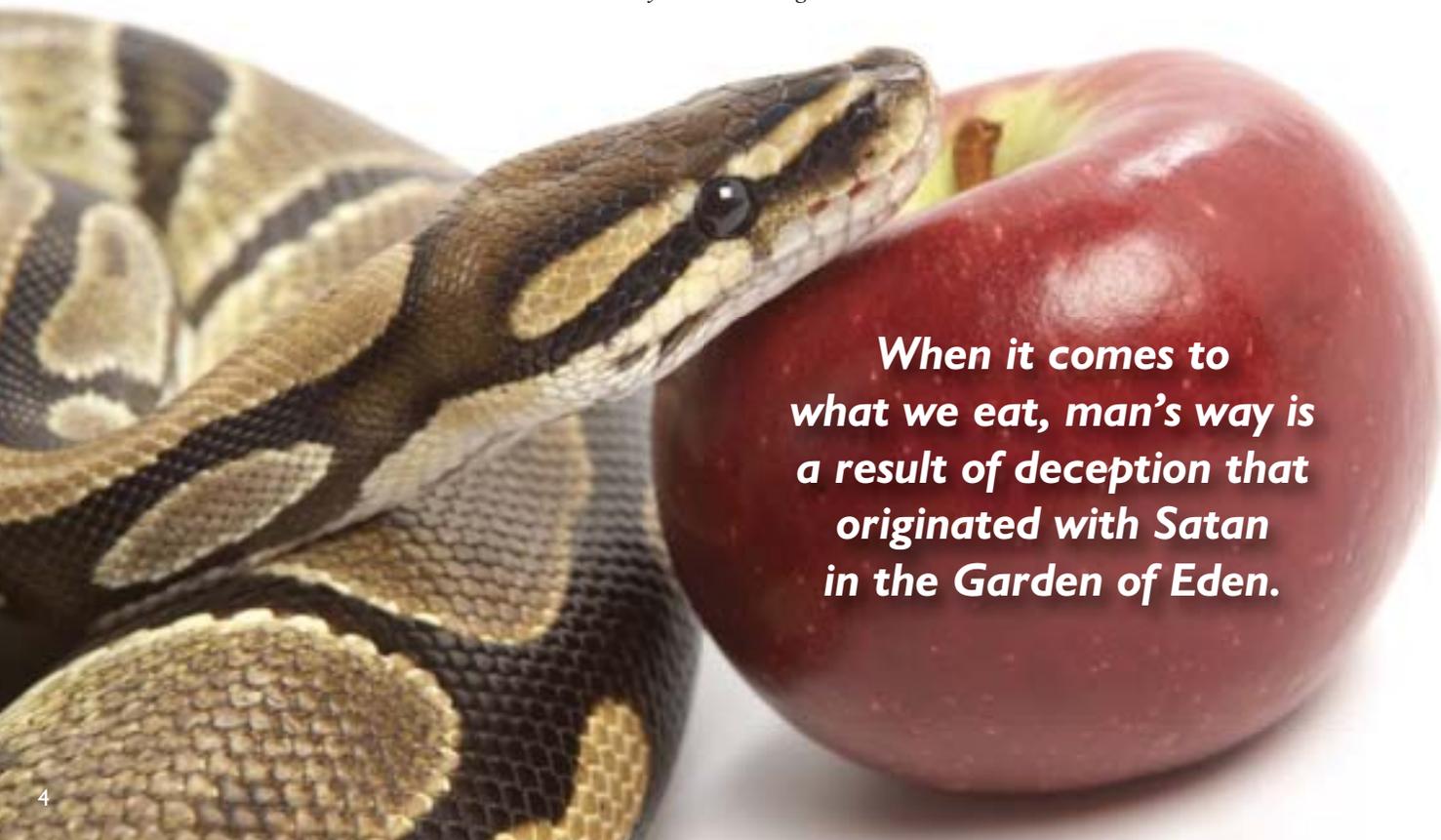
strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it. Beware of false prophets which come to you in sheep's clothing, but inwardly they are ravening wolves."

I want to talk to you about choices in life to maintain a healthy body, a body fit for the Master's use. For the purpose of this illustration, let's call the world's way man's way, and I believe it won't take very long to reveal that when it comes to what we eat, man's way is a result of deception that originated with Satan in the Garden of Eden.

Back To The Garden

Let's go back to the Garden and examine exactly what Satan used to deceive man for the very first time...

"And the Lord God commanded the man, saying, Of every tree of the garden thou mayest freely eat: But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die." - Genesis 2:16-17



When it comes to what we eat, man's way is a result of deception that originated with Satan in the Garden of Eden.

*“Now the serpent was more subtil than any beast of the field which the Lord God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden? And the woman said unto the serpent, We may eat of the fruit of the trees of the garden; But of the tree which is in the midst of the garden, God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die. And the serpent said unto the woman, **Ye shall not surely die:** For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil. And when the woman saw that the tree was good for food, and that it was **pleasant to the eyes**, and a tree to be desired to make one wise, she took of the fruit thereof, and did eat, and gave also unto her husband with her; and he did eat.”*

- Genesis 3:1-6

What I want us to notice here is that the very thing Satan used to deceive Eve (as well as Adam) was food. And friend, Satan is still using food today to deceive mankind.

Satan Doesn't Want You To Become A Child Of God

The last thing in this world Satan wants you to do is become a born again child of God [see John 3:1-7]. He will do everything he can to keep you from trusting Christ as Lord and Saviour. But even if you do, he won't stop; next, he will attempt to keep you from having a body fit for the Master's use. His motive? To reduce your number of years of service for the Lord.

What does Satan use to accomplish this? The very same thing he used to tempt Eve in the Garden: food.

God Gives Man A Diet

After creating Adam and placing him in the Garden of Eden, God gave Adam a diet in Genesis 1:29:

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

Here, the God who had created mankind gave us a diet designed to properly nourish the physical body we each possess.

On this Genesis 1:29 diet man lives for the next 1,700 years free of sickness and lives to average age of 912. But then, because all plant foods were destroyed by the flood, God allowed man to consume the flesh of the clean animals on the ark in Genesis 9:3. This was a departure from the 100% plant-based diet God originally intended.

Man became addicted to these animal-sourced foods [Exodus 16:3 and Numbers 11:13], and God was not pleased [Exodus 11:18-20]. Sadly, this was not the last time man would deviate from God's Genesis 1:29 diet. Today, man willfully chooses very little of the diet God designed man to be nourished with.

Man Rejects God's Diet

Satan deceived man into moving ever further from God's diet. Take a moment to consider how far we have moved away from God's original 100% raw plant-based Garden of Eden diet.

Animal flesh or dairy is a part of most meals, most foods are cooked, many foods are loaded with sugar, many foods are deep fried in fat, and what do we drink? Is it water God designed, or is it beer, wine, and liquor, or sugar-loaded soft drinks or caffeine-laden coffee and teas? Friends, this is not God's diet — it is a deception of Satan that has led man to create his own plan... man's diet!

The Result Of Choosing Man's Diet

Sickness abounds! People no longer die from old age but from devastating physical problems such as heart attacks, strokes, cancer, obesity, and the list goes on. And who do you think is behind this diet change? It is that same serpent that deceived Eve to make wrong food choices.

As a result, Christians are dying many years before their allotted time and never fulfilling the ministry to which God has called them.

How We Deal With Physical Problems

If we get sick as a result of rejecting God's way and choosing man's way, how do we deal with the resulting physical problems? Again we have a choice: God's way or man's way. Having to make that choice is nothing new...

“And a certain woman, which had an issue of blood twelve years, and had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse.” - Mark 5:25-26

Hallelujah Acres offers you a better way. We stand up for God's way of restoring your health by bringing people back to nourishing their bodies God's way. Most everyone sees their health restored when they go back to God's way.



**The choices we face
are like crossroads —
will we choose
God's way and the
opportunities He offers...
or will we choose the way
of the world and the
opportunities it offers?**

Morally We Have Chosen Man's Way Over God's Way

When God gave Moses the Ten Commandments, he gave His people a set of morals He expected mankind to observe. Then, over in the book of Romans, the Apostle Paul writes under the inspiration of the Holy Spirit:

“Because that, when they knew God, they glorified him not as God, neither were thankful; but became vain in their imaginations, and their foolish heart was darkened. Professing themselves to be wise, they became fools, and changed the glory of the uncorruptible God into an image made like to corruptible man, and to birds, and fourfooted beasts, and creeping things. Wherefore God also gave them up to uncleanness through the lusts of their own hearts, to dishonor their own bodies between themselves: Who changed the truth of God into a lie, and worshiped and served the creature more than the Creator . . . ”
- Romans 1:21-25

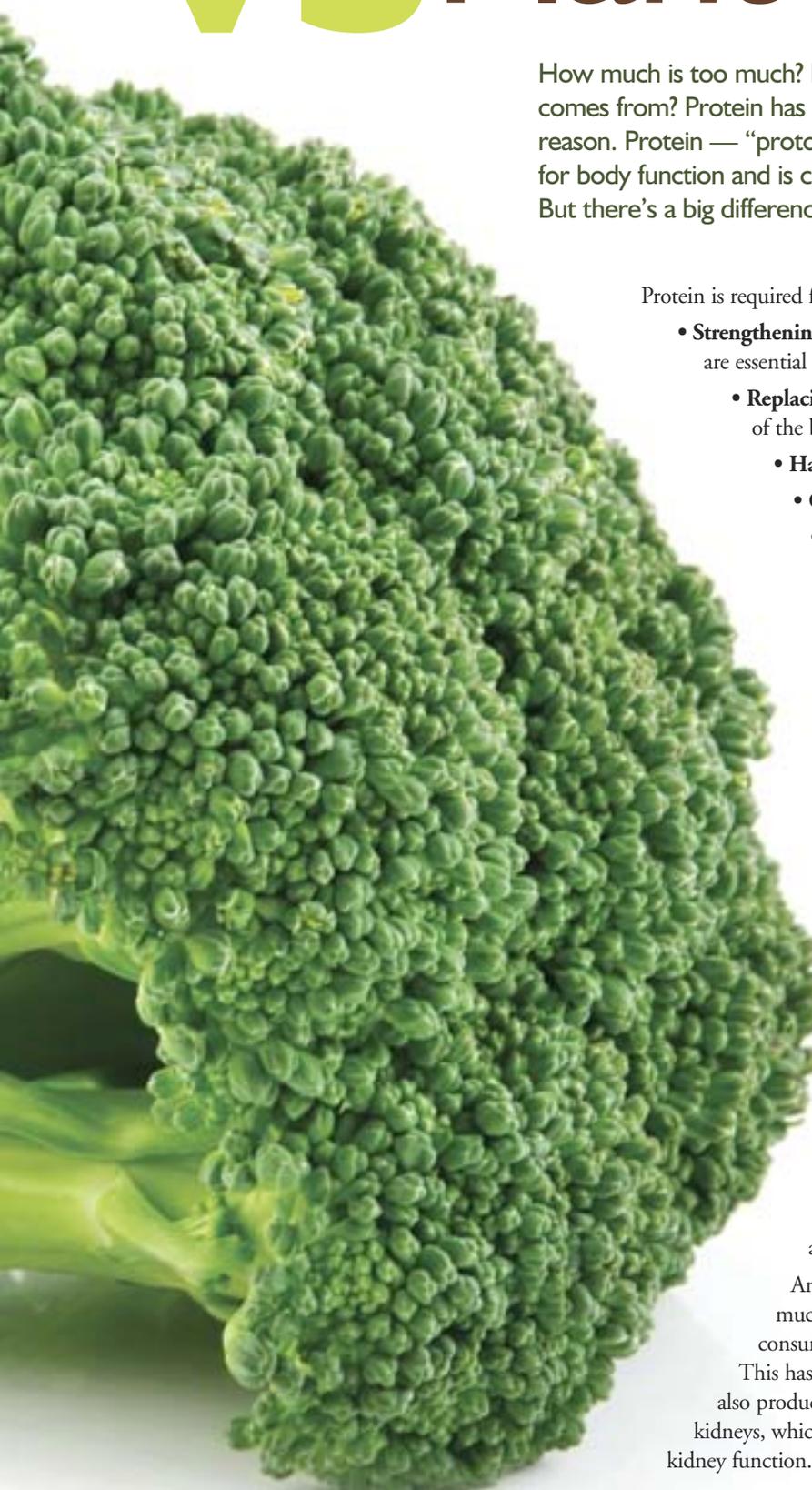
Choose God's Way

Following God's way will bring God's blessings to your life; following man's way will bring heartache and heartbreak. Please, choose God's way! ☺

Animal Protein

VS Plant Protein

By Paul and Ann Malkmus



How much is too much? How much is too little? Does it matter where it comes from? Protein has a lot of questions associated with it and for good reason. Protein — “protos” in Greek, meaning “to come first” — is essential for body function and is certainly an essential component of balanced nutrition. But there’s a big difference between animal protein and plant protein.

Protein is required for many functions in our body, including:

- **Strengthening our immune system** — Antibodies, which consist of protein, are essential in helping our bodies fight and resist diseases.
- **Replacing cells** — Protein is required to replace the daily wear and tear of the body.
- **Hair, skin, and nails** — All are made up of proteins.
- **Growing** — Protein is needed for the growth of the body.
- **Hemoglobin** — The hemoglobin molecule, which makes blood red, is almost all protein.

Since protein is the building block of muscle, it is necessary to consume quality protein every day. How much protein should be consumed depends on your body weight, body composition, and weight training goals. Physical activity and exertion as well as enhanced muscle mass and pregnancy will also increase the need for protein.

Animal Source Protein

Man’s primary sources of animal protein include lean meats, fish, poultry, eggs, and dairy products. Animal proteins are said to be high quality (“complete”) because they contain all essential amino acids. However, high intake of animal protein, due to the accompanying high levels of fat and cholesterol, will cause various problems.

Consuming animal protein leads to an increase in total blood cholesterol, low-density lipoprotein (LDL) cholesterol (the “bad” cholesterol), and obesity. This leads to an increased risk of atherosclerosis and coronary heart disease. Animal protein also produces acidic by-products, which are high in phosphorous. When your liver and kidneys cannot cope with these acidic by-products, you may face liver problems and urinary problems.

Another hazard of animal products is the tendency to ingest too much protein. Many researchers think that when excessive protein is consumed, more calcium is discharged from the bone to neutralize it. This has been associated with osteoporosis. Excess protein consumption also produces more nitrogen than the body requires. This strains the kidneys, which must expel the extra nitrogen through urine, causing reduced kidney function.

Excess animal protein — even without much fat or cholesterol — may increase cancer initiation and proliferation. The intake of red meat has been positively linked to colorectal cancer and possibly prostate cancer.

Plant Source Protein

Plant source (vegetable) protein, with its increased fiber, lowers blood cholesterol and risk of the diseases mentioned previously. Plants are also regarded as excellent sources of minerals, vitamins, and antioxidants. Protein can be found in a wide range of plant foods including beans, nuts, grains, and even common vegetables and fruits.

Contrary to popular belief, a plant-based diet does NOT lack adequate protein. Most plant foods contain protein; in fact, it would be very difficult to design a plant-based diet that is short on protein. It is now thought that one of the benefits of a plant-based diet is that it contains adequate but not excessive protein.

Many plant proteins are low in one of the essential amino acids. For instance, grains tend to be short on lysine while beans, peas, and lentils are short on methionine. This does not mean that vegetarians or vegans will become deficient in essential amino acids. A well-balanced, plant-based diet will easily supply all the protein and essential amino acids needed by the body without creating any health issues.

Sample Day Food Intake

Food	Quantity	Calories	Protein (g)
Sunflower seeds	½ cup (72 g)	410	16
Snow peas	2 ¾ cup (400 g)	168	11
Kale	4 cups (268 g)	134	9
Flaxseeds	2 Tbsp (19 g)	103	4
Oranges	3 (393 g)	185	4
Bananas	2 (236 g)	210	3
Walnuts	2 (16 g)	105	2
Romaine lettuce	4 cups (188 g)	32	2
Raw carrot / celery / zucchini	1 cup (123 g)	29	1
Blueberries	1 cup (148 g)	84	1
Figs	4 (34 g)	84	1
Apple	1 (242 g)	126	0
TOTAL	---	1,670	54

Previously, it was thought that protein complementing needed to occur within a single meal. However, this theory is now known to be unnecessary as the body keeps a short-term store of the essential amino acids. A well-balanced diet based on grains, legumes, seeds, nuts, and vegetables provides a rounded mixture of proteins without complicated planning.

Required Intakes

The old Recommended Daily Allowance (RDA) has been replaced by the term Reference Nutrient Intake (RNI). The RNI is the amount of nutrient that is enough for at least 97% of the population. Research has shown that we do not need as much protein as previously thought.

The recommended amounts of protein for adults and children have been reduced by more than 50% in the last 20 years.

Reference Nutrient Intakes for Protein, g/day

Age	RNI	Age	RNI
0 to 3 months	12.5g	Men 11 to 14 yrs	42.1g
4 to 6 months	12.7g	Men 15 to 18 yrs	55.2g
7 to 9 months	13.7g	Men 19 to 49 yrs	55.5g
10 to 12 months	14.9g	Men 50 + yrs	53.3g
1 to 3 yrs	14.5g	Women 11 to 14 yrs	41.2g
4 to 6 yrs	19.7g	Women 15 to 18 yrs	45.4g
7 to 10 yrs	28.3g	Women 19 to 49 yrs	45.0g
		Women 50 + yrs	46.5g
		Pregnant women	51.0g
		Breast feeding women	53 to 56g

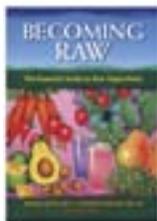
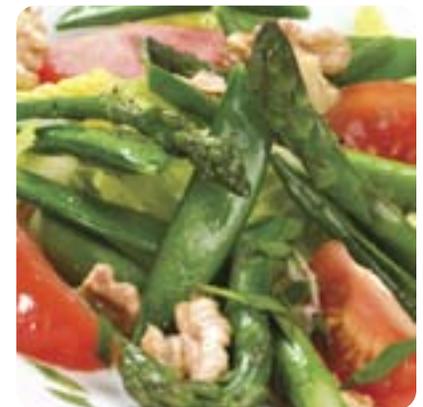
To meet recommended intakes of protein, it is important to include higher protein selections of vegetables, beans, nuts, seeds, and grains. The calories from protein in most green vegetables and legumes range from 20% to 40% and in nuts and seeds from 9% to 17%. At the low end of the spectrum is fruit, with just 2% to 10% of the calories from protein.

Protein in Raw, Plant-based Foods

Food	Calories per cup	Protein (g) per cup	% of calories from protein
Almonds	850	29 g	13%
Apricots, sliced	79	2 g	10%
Asparagus, sliced	26	3 g	35%
Blackberries	62	2 g	12%
Bok choy	9	1 g	36%
Broccoli, chopped	20	2 g	33%
Flaxseeds, ground	576	27 g	14%
Kale juice	70	7 g	39%
Lentils, dried	649	54 g	32%
Mung beans, dried	640	44 g	27%
Mustard greens	15	2 g	34%
Pea sprouts	154	11 g	23%
Peas	117	8 g	26%
Pumpkin seeds	747	34 g	17%
Rye berries, dry	566	25 g	16%
Spelt berries, dry	588	25 g	17%
Spinach, chopped	7	0.9 g	39%
Spirulina, dried	345	68 g	58%
Sunflower seeds	821	33 g	15%
Walnuts, black	759	30 g	15%
Wheat berries, dry	631	30 g	18%

With all of the evidence supporting the benefits of getting your protein from a plant source, why would anyone ever go back to obtaining it from sources that have been documented to cause significant health issues? ☺

References: / www.lifemojo.com/lifestyle/plant-protein-vs-animal-protein-11268874#bzz20xkytanmx / www.vegoc.org/info/protein.html / *Becoming Raw, The Essential Guide to Raw Vegan Diets*, Brenda Davis, RD and Vesanto Melina, MS, RD



Becoming Raw

Becoming Raw is a wealth of information on raw foods. Includes answers to tough questions, 45 recipes with nutritional analyses, plus raw food preparation basics.

#BKNTR0305

\$24.95

To order, call toll free

800.915.9355

or order online at www.hacres.com



Whole Food Supplements **VS** Synthetic Vitamins

The Synergy of Nature Is Tough To Beat

With high demands on a family's time, fast food has become a mainstay in the diet of children as well as adults. In an effort to compensate, handfuls of various over-the-counter vitamin and mineral supplements are often consumed.

By Olin Idol, ND, CNC

Almost daily we see research results proclaiming the latest breakthrough in the area of nutritional supplementation. In this information age it is difficult for even a seasoned researcher to keep track of the research and to sort out the hype from the reality. How do we truly know what is best for meeting the unique needs of the human body in a day in which our foods are low in nutritional value?

Two thirds of adult Americans are either obese (BMI of 30+) or overweight (BMI of 25-29) while one third of our children are either obese or overweight.

For me, the first place to look for the answers to life's questions is the Word of God. Almost always there are principles for everyday needs waiting to be discovered and implemented. So many times we find the words of the prophet Hosea ringing true not only in spiritual matters but also in physical matters as he proclaims the revelation from God in chapter 4 verse 6, "*My people are destroyed for lack of knowledge...*"

Very simply, the principles for nourishing the body are stated in Genesis 1:29 where God tells Adam and Eve that their food will come from the plant kingdom as found in nature. Their (and our) physical bodies were created to thrive on nutrients derived from a plant-based diet.

Making Up For Depleted Nutrients

Logically, we should first of all look to our food for the nutrient needs of the body — not some isolated nutrient created in a pharmaceutical laboratory.

However, our foods are indeed lacking in nutritional value. How do we make up for that lack? In the early days of The Hallelujah Diet, the message was simple: eat a primarily raw, plant-based diet with an abundance of fresh vegetable juices and a little flax seed oil (or freshly ground flax seed) to ensure the omega-3 needs are met (modern growing, harvesting, and manufacturing practices create foods woefully deficient in omega-3 fats). But should we do more to make up for deficiencies? Should we take a multiple vitamin and mineral supplement or is there a better, more natural approach?

Research in the early 1900s (even when food was much more nutritionally dense than today) revealed some amazing qualities of cereal grasses in meeting nutritional needs of

“My people are destroyed for lack of knowledge...”

animals. Chickens were healthier, cows produced more and better quality milk, and lab animals thrived when provided cereal grasses in their diet (For more details see Michael Donaldson’s article *Cereal Grasses* in the previous issue of this magazine).

With years of research since and improvements in growing, harvesting, and processing, cereal grasses today such as BarleyMax (a true, raw, whole food supplement) provide us the best way of ensuring an ideal intake of various nutrients that may be missing from our foods. Researchers back in the early 1900s were unable to isolate the nutrients inherent in the cereal grasses responsible for the positive results. Even today, scientists are still unable to define the nutritional makeup of these amazing grasses.

We now know through modern research that some of our fruits, such as the various bright colored berries, boast a nutritional profile of hundreds of phytochemicals and trace elements (many of which have never been identified) that contribute to an overall higher level of health to those who incorporate these foods into their diet on a regular basis. With the amazing technology that has been developed in the area of dehydrating fresh juices so the heat sensitive nutrients aren’t destroyed, we can now supplement our diets with a vast array of powdered, whole food nutrients from a single source or a combination of various sources.

If these foods are grown under carefully maintained conditions or harvested from the wild, unhampered by man’s progress, they boast a powerful variety of nutrients. Each food’s hundreds (or possibly thousands) of phytochemicals work in harmony with each other. They occur in nature in just the right proportion to other nutrients so they have a synergistic effect in the body (see page 11).

Various whole food supplements, whether in powder, capsule, tablets, or juices can help meet the nutritional needs of the body the way God designed – from whole foods.

Isolated Nutrients Are Not Natural

Isolated nutrients like vitamin C do not occur naturally in hundreds of milligrams or as simple ascorbic acid. It occurs in a combination of flavonoids that makes up a whole vitamin C complex within a whole food. There may be certain times an individual has succumbed to a virus and would benefit from some extra vitamin C (better to use a C complex) for a short period of time, but overall we should be getting our vitamin C from our foods and not isolated supplements.

Though foods are our best source of our nutrients, there are times we may need to rely on some various supplements that have been produced in a pharmaceutical laboratory to meet deficiencies that may develop because we no longer live in harmony with nature the way God intended — sort of a “fight technology with technology” approach. We will look briefly at two examples of this.

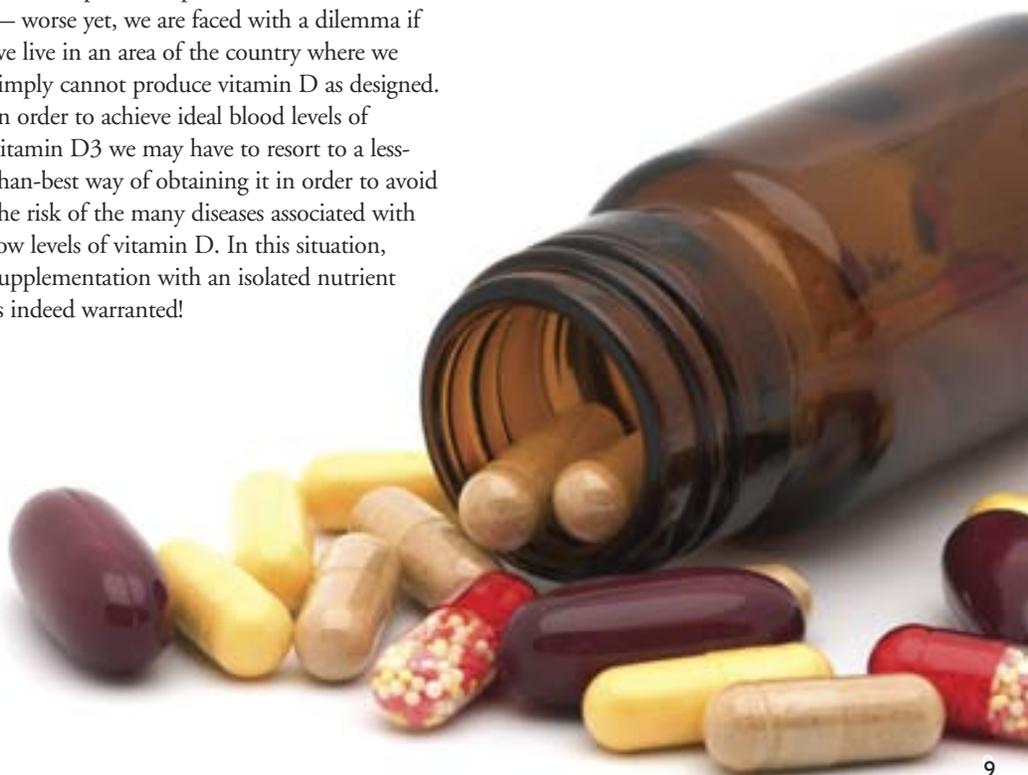
We were designed by God to live and thrive outdoors; just go back to the first few chapters in Genesis where we find Adam and Eve living in the Garden of Eden. As a result of their sin the earth eventually endured a cataclysmic flood, leaving man’s lifestyle and the environment no longer in harmony with nature.

Fast forward to our present day and we find we seldom get the sun exposure required for our bodies to produce optimal levels of vitamin D — worse yet, we are faced with a dilemma if we live in an area of the country where we simply cannot produce vitamin D as designed. In order to achieve ideal blood levels of vitamin D3 we may have to resort to a less-than-best way of obtaining it in order to avoid the risk of the many diseases associated with low levels of vitamin D. In this situation, supplementation with an isolated nutrient is indeed warranted!

Likewise, the human body was designed by God to be host to vast intestinal bacteria that live in harmony within the body. One of the many important tasks of this symbiotic host of organisms is the production of vitamin B12. When this harmonious relationship is disrupted by lifestyle factors and diet that causes an imbalance, pathogenic organisms thrive (and friendly bacteria diminish), and the body may suffer from a lack of B12. At this point we have two options: (1) rebuild the friendly bacteria with a probiotic supplement, or (2) take a vitamin B12 supplement that is comparable to what the body produces (the methylcobalamin form of B12).

Let Nature Be Your Rule of Thumb

We are designed to obtain our nutrients from our foods. When that is not possible, the next best option is whole food-based supplementation with properly processed food supplements. When this is not an option, we need to rely on a discrete use of a few supplements that, although not whole food based, are essential for superior health. It is important to find a supplement that is produced as close to what would be found in food or what the body would normally produce and utilize under ideal conditions. ☉



SIGN UP TODAY

60 Days to a Hallelujah Waistline

Reveal a Slimmer Sleeker You

Insightful Instruction to break free from cravings

Daily emailed videos, recipes, and more to keep you motivated



HALLELUJAH ACRES
We Juice Up Your Life

It's Free - Sign Up Now
www.60DayJuiceUp.com

Choose To Be Healthy!

Hallelujah Acres Lifestyle Centers give you practical, hands-on training to make the best choices for optimal health!

Join us for 2 days, 5 days, or even 10 days and see how easy it is to make super healthy food, how to streamline your lifestyle, and how to teach your friends and family to make better choices... like you do!

CHOOSE YOUR LOCATION!

Visit www.hallifestylecenters.com for more information.

For reservations or a FREE brochure call:

Branson, MO 888.651.5132
Lake Lure, NC 877.743.2589
Plant City, FL 866.757.1771

HALLELUJAH ACRES
Lifestyle Centers

Food Combining VS Food Synergy

By
Paul and Ann
Malkmus



Many people have been into the living foods scene for a long time. They know that various foods require different digestive enzymes and different lengths of time for best digestion. This is where the *theory of food combining* comes from.

Food combining charts were created to ensure that any quickly digested food would not be consumed with foods that took longer to break down in the stomach. People who have compromised immune systems and/or frail digestive systems may want to consider adhering to some of these suggestions. Today research has moved on to something considerably more intriguing — food synergy.

Food synergy is a relatively new concept in the field of nutrition science that suggests the nutritional values of some foods can be enhanced through particular food combinations.

“It’s not that one nutrient doesn’t work; it’s that two or three work better,” says dietitian Elaine Magee, author of *Food Synergy*.

Getting the most out of the iron in spinach is a good example. Most of us know that spinach is a good source of nutritional iron, as are most dark leafy greens. But the iron in vegetables is hard for the body to absorb. By adding a few orange or grapefruit segments to a spinach salad, the bioavailability (the amount of a nutrient that can be usefully absorbed) of the iron in spinach gets a significant boost.

With the addition of a healthful fat (olive oil, nuts or avocado) the nutrient bioavailability of your spinach-citrus salad jumps yet another notch.

Ironically, a fat-free salad dressing actually inhibits absorption of the iron in your spinach salad, while a healthful fat acts as an efficient carrier for nutrients.

A landmark study published in the journal *Cancer Research* found that when tomatoes are combined with broccoli as part of a daily diet, the prostate tumor-fighting effect is more pronounced. The researchers believe that bioactive compounds in each food work on different anti-cancer pathways but have an additive effect.

Here are some powerful food synergy combinations.

Tomatoes and Broccoli — The deep, bright-red tomatoes have the most lycopene, so choose those when you go shopping. Raw, uncooked tomatoes are nutritious, but in order to receive the maximum amount of the lycopene and antioxidant power of this fruit, which is not water soluble, they should be cooked with a healthy oil, such as olive oil before being served with broccoli.

Apples and Grapes — Apples contain the flavonoid called quercetin and grapes contain catechin. Studies show that pairing the two compounds may improve cardiovascular health by making blood platelets less sticky so they don’t clump together and clog arteries. “The combination tends to have a mild anticoagulant effect,” says Barry Halliwell, PhD, nutrition professor at the National University of Singapore, who co-authored a study on quercetin and catechin.

Acid and Alkaline Foods — Serving acid foods with alkaline ones can help maintain the correct and healthy pH balance. The alkaline properties of a mango, for instance, will counter the high acidity of strawberries and so can help prevent any allergic reaction if you eat them both together. Serve alkaline almonds or other nuts with spicy foods to neutralize the acidity of the dish.

Nutmeg and Mushrooms — Nutmeg and mushrooms make unusual but effective combination since nutmeg is a natural antibacterial and will counter the effects of any infection lurking in the bacteria-prone fungus.

Protein-rich Foods and Whole Grains — Whole-wheat pasta with sautéed pine nuts will provide all eight essential amino acids as will vegetables and macadamia cheese. Meatless chili with brown rice will work and so will a whole-wheat tortilla with beans, a combination that is a staple of the Mexican diet.

There are many more nutrients that we have yet to discover and to understand how they contribute to the healing synergy in our bodies.

Food synergies for heightened nutritional value are piquing the interest of researchers and nutritionists because of their impact on disease prevention, heart disease, cancer, chronic diseases, and even weight loss.

So go ahead – give food synergy a try! Whether you are seeking disease prevention or optimum nutrition, seek out powerfully nutritious food “packages” and find out what combinations are best for your health goals and your taste buds. Remember, 1 + 1 can equal 3! ☺



Glucose VS Fructose

Knowing the Difference Could Save Your Health

Glucose and fructose are both simple sugars, also called monosaccharides, which are the most basic units of biologically important carbohydrates. However, just because they are both simple sugars does not mean that glucose and fructose are interchangeable.

Glucose

Glucose is the most important simple sugar for metabolism. Before your body will use the carbohydrate in table sugar, a baked potato, or a green bean, it must break this carbohydrate down to glucose, the form of sugar that your body can “burn” for energy. Every living thing uses glucose. It is the energy of life.

Approximately 80% of glucose is used by organs in the body, while only 20% of glucose goes to the liver for elimination.

As one of the organs that utilizes glucose, the brain recognizes it and turns off the body’s request for food. When glucose enters the bloodstream, the body releases insulin to help regulate it. The inability of the body to properly regulate glucose is, of course, diabetes — which, strangely enough, is caused by glucose’s counterpart, fructose.

Fructose

Fructose itself is not unnatural or unhealthy. Our overuse of it and manipulation of it are the situations that cause trouble. In nature, wherever there is fructose there is fiber to modify it. Isolating fructose (i.e. high fructose corn syrup) is where the problem lies. However, high fructose corn syrup is not the only one to blame — too much fructose is too much fructose, regardless of where it comes from.

For example, eating fruit is OK because it contains fiber to modulate the fructose; but fruit juice (and even honey) has no fiber and therefore cannot be modified. This becomes a problem because of the way fructose is metabolized in the body.

Hast thou found honey? Eat so much as is sufficient for thee, lest thou be filled therewith, and vomit it. - Proverbs 25:16

What Makes Fructose Dangerous

Glucose is used by many different parts of the body, but fructose is metabolized only in the liver, which makes it a poison by definition. It does not have the aid of insulin from the pancreas to regulate it like glucose does. Instead, when the liver becomes overwhelmed with fructose, it starts making fat and sends it to the bloodstream in the form of triglycerides (i.e. fat). In effect, a high sugar diet is a high fat diet.

Fructose also causes elevated uric acid levels. Uric acid blocks a blood enzyme that regulates blood pressure, which means fructose consumption will inherently cause an increase in blood pressure. Plus, fructose paralyzes insulin’s job within the liver, causing liver insulin resistance, which stresses the pancreas, generating higher insulin levels, which raises blood pressure even more.

Whereas the brain recognizes glucose as a signal to stop eating, fructose does the opposite.

Fructose also paralyzes the hormone (leptin) that tells the brain to stop asking for food. This leads to a vicious cycle of never-ending hunger, promoting obesity and host of other health problems associated with it, often called metabolic syndrome (diabetes, lipid problems, hypertension, cardiovascular disease).

Furthermore, a study completed in August 2010 led by Dr. Anthony Heaney of UCLA’s Jonsson Cancer Center found that pancreatic tumor cells not only survive on fructose, they use it to divide and proliferate.

Fructose Affects The Body Like Alcohol

Perhaps the most startling characteristic of fructose is its similarity to alcohol. The two substances metabolize in the body the same way and lead to the same problems: hypertension, pancreatitis, obesity, fetal insulin resistance, and even addiction. According to the research of Robert H. Lustig (MD), University of California, San Francisco Professor of Pediatrics in the Division of Endocrinology, “A can of soda does the same thing to the body as a can of beer; fructose is alcohol without the buzz.”

Solution: Limit Your Intake

Diabetics know the importance of watching glucose levels, but fructose cannot be monitored the same way; in fact, it can actually cause insulin resistance. A good rule of thumb is to limit your fructose intake to 25 grams per day. Some authorities are actually recommending 15 grams per day since there are many hidden sources of fructose that will increase the number without your knowing. ☺

The blanket term “sugar” has been condemned as a cause of health problems for many years, but not all sugars affect health the same way. In fact, while one is important for health, another can be detrimental — do you know the difference?

Omega-3 VS Omega-6 Fats

How to Maintain Proper Balance

By Michael Donaldson, PhD

Many people have asked about the right ratio of omega-3 to omega-6 fats. Is it 2:1, 1:1, 1:3, or something else? Before we can answer this, we have to answer other questions. What fats are we talking about — the ones you eat or the biologically active ones in your blood, organs, and cellular membranes? Which fats need to be balanced?

The fats we need to concern ourselves with are the fats that are active at the cellular level. Arachidonic acid (AA) is the main omega-6 fat that is active at the cellular level; eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are the omega-3 fats that are most important at the cellular level.

Our bodies keep a fairly constant amount of AA in the cells; contrary to popular assumption, this means you cannot significantly vary the cellular ratio of omega-3 to omega-6 fats by changing the amount of omega-6 fat you eat. Mind you, eating high quality oils is still important.

Does this mean that the omega-3 to omega-6 ratio is irrelevant? Not at all... but here is the key: The best way to significantly alter the omega-3 to omega-6 ratio is to increase the amount of omega-3 fats that you eat, especially by using a small amount of fish oil daily.

In a recent study, volunteers that took EPA and gamma linolenic acid (GLA - an omega-6 fat from evening primrose oil) markedly shifted their omega-3 to omega-6 ratio. But more importantly, gene expression of inflammatory leukotrienes and cytokines was shifted dramatically with this little bit of oil.¹

It turns out that even though the omega-3 to omega-6 ratio is important, it really may be that the amount of omega-3 fats is the only important part of the ratio.

The percentage of EPA and DHA in the membranes of red blood cells is the best way to check a person's omega-3 status. It has been termed the "Omega-3 Index" and has been called an independent risk factor for cardiovascular health.

In the Physicians' Health Study, men in the top quartile of blood EPA+DHA (>6 % of fatty acids) had an 81% decreased risk of sudden death compared to men in the lowest quartile (< 4.3%).² In the Cardiovascular Health Study conducted by a research team at the University of Washington, men with blood levels of EPA+DHA greater than 4.6% had a 70% less chance of a fatal heart attack compared to men with levels less than 3.5%.³

Fish oil is especially effective for the prevention of sudden death by a heart attack because it stabilizes heart rhythms and prevents arrhythmias. Among 11,000 patients who had recently experienced a myocardial infarction, there was a very quick, statistically significant reduction in sudden death within the group taking 1 gram of EPA+DHA per day.⁴

Of course, omega-3 fats have many benefits besides cardiovascular health. In the Physicians' Health Study, men not taking aspirin who were in the top quartile of blood EPA+DHA also had a 66% decreased risk of colorectal cancer compared to men in the lowest quartile.⁵ In the Framingham Heart Study subjects in the upper quartile of plasma DHA (compared to those in the lowest quartile) had a 47% reduction in the relative risk of all cause dementia.⁶ Fish oil is good for children as well, proven to help with ADHD and other developmental disorders.⁷⁻⁹

How much fish oil is needed to get these great results? A collaboration of fatty acid researchers recently suggested that a Dietary Reference Intake of 250-500 mg/day of EPA+DHA would be sufficient for healthy people.¹⁰

The end-point of interest is to get levels of EPA+DHA in the red blood cells up to around 8% or at least up to 6%. The best way to accomplish this is to increase the amount of fish oil that is consumed (attempting to reduce dietary omega-6 fats will not change the ratio very much). Though individual results will vary and the research is not all in, between one-half and 1 teaspoon of fish oil daily will get most people into this protective range. ☺

References: / 1. Weaver KL, Ivester P, Seeds M, et al. Effect of Dietary Fatty Acids on Inflammatory Gene Expression in Healthy Humans. *Journal of Biological Chemistry*. 2009;284(23):15400-15407. • 2. Albert CM, Campos H, Stampfer MJ, et al. Blood levels of long-chain n-3 fatty acids and the risk of sudden death. *N. Engl. J. Med.* 2002;346(15):1113-1118. • 3. Lemaitre RN, King JB, Mozaffarian D, et al. n-3 Polyunsaturated fatty acids, fatal ischemic heart disease, and nonfatal myocardial infarction in older adults: the Cardiovascular Health Study. *Am J Clin Nutr*. 2003;77(2):319-325. • 4. Marchioli R, Barzi F, Bomba E, et al. Early Protection Against Sudden Death by n-3 Polyunsaturated Fatty Acids After Myocardial Infarction: Time-Course Analysis of the Results of the Gruppo Italiano per lo Studio della Sopravvivenza nell'Infarto Miocardico (GISSI)-Prevenzione. *Circulation*. 2002;105(16):1897-1903. • 5. Hall MN, Campos H, Li H, et al. Blood levels of long-chain polyunsaturated fatty acids, aspirin, and the risk of colorectal cancer. *Cancer Epidemiol. Biomarkers Prev*. 2007;16(2):314-321. • 6. Schaefer EJ, Bongard V, Beiser AS, et al. Plasma phosphatidylcholine docosahexaenoic acid content and risk of dementia and Alzheimer disease: the Framingham Heart Study. *Arch. Neurol.* 2006;63(11):1545-1550. • 7. Johnson M, Ostlund S, Fransson G, Kadesjö B, Gillberg C. Omega-3/omega-6 fatty acids for attention deficit hyperactivity disorder: a randomized placebo-controlled trial in children and adolescents. *J Atten Disord*. 2009;12(5):394-401. • 8. Sinn N, Bryan J. Effect of supplementation with polyunsaturated fatty acids and micronutrients on learning and behavior problems associated with child ADHD. *J Dev Behav Pediatr*. 2007;28(2):82-91. • 9. Richardson AJ, Montgomery P. The Oxford-Durham Study: A Randomized, Controlled Trial of Dietary Supplementation With Fatty Acids in Children With Developmental Coordination Disorder. *Pediatrics*. 2005;115(5):1360-1366. • 10. Harris WS, Mozaffarian D, Lefevre M, et al. Towards Establishing Dietary Reference Intakes for Eicosapentaenoic and Docosahexaenoic Acids. *J. Nutr.* 2009;139(4):804S-819.



Pharmax Finest Pure Fish Oil (6.8 oz – 40 servings)

Each teaspoon contains total omega-3 fatty acids of 2,250mg with 1,050mg EPA and 750mg DHA, and 25mg of mixed natural tocopherols. Great orange flavor with no "fishy" aftertaste. **#SPFLR0486** **\$27.55**

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

Holiday Recipes Made Healthy

The recipes for **Raw Cranberry Sauce**, **Wild Rice Dressing**, **Raw Pumpkin Pie** and **Three Nut Crust** can be found in Rhonda Malkmus' kitchen classic, *Hallelujah Holiday Recipes*. The **Holiday Fruit Cake** recipe was created by Jackie Graff of *Sprout Raw Food*.



Rhonda Malkmus



RAW PUMPKIN PIE

From *Hallelujah Holiday Recipes* by Rhonda Malkmus

- 1-1/2 – 2 cups raw pumpkin
- 1 cup almonds, soaked overnight and drained
- 2 – 4 Tbsp fresh lemon or orange juice
- 2 – 3 Medjool dates, pitted, soaked 2 hours, and drained.
(More if you like it sweeter.)
- 1 Tbsp ground flax seeds (optional)
- 1/2 cup unsweetened coconut
- 1/2 cup organic raisins, soaked overnight and drained
- 1 tsp cinnamon
- 1/2 tsp ginger
- 3/4 tsp nutmeg
- 1/2 tsp mace (optional)

In a blender, food processor, or Vita-Mix, combine the pumpkin, almonds, juice, ground flax seeds, and soaked dates. Process until creamy. If too thin, add more almonds and process until creamy (the consistency should be like pancake batter). Pour into mixing bowl and fold in coconut, raisins, and spices. Pour into prepared pie crust (see Three Nut Crust recipe), cover, and chill overnight. The pie will firm up some when chilled.

NOTE: In a regular pumpkin pie the eggs are the binder; in a raw pumpkin pie, flax seeds are added as a substitute binder. The ground flax seed in this recipe helps the pie to “set up” nicely so that it can be sliced.



THREE NUT CRUST

From *Hallelujah Holiday Recipes* by Rhonda Malkmus

- 1 cup pecans, soaked 12 hrs, drained and dehydrated 12 hrs
- 1 cup walnuts, soaked 12 hrs, drained and dehydrated 12 hrs
- 1/2 cup almonds, soaked 12 hrs, drained and dehydrated 12 hrs
- 1 cup dates, pitted
- 1 tsp unrefined sea salt
- 1 tsp pure vanilla or 1/4” vanilla bean, ground

Place all ingredients in a food processor and process until it begins to form a ball. Remove small amounts of the mixture. Press into pie plates. Continue until entire pie plate is covered. Wrap in wax paper until ready to fill. Crust may be made ahead of time and refrigerated or frozen. Crust may be used as is or dehydrated for a dryer crust. Some of the crust may be put aside to use as crumbles on top of the pie.

Hallelujah Holiday Recipes



Over 300 recipes to plan your entire Thanksgiving or Christmas menu!

Also includes Helpful Kitchen Tips, a handy Guide to Planning a Holiday Party, and a section on making creative gifts.

#BKHPL0205 \$19.95



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



RAW CRANBERRY SAUCE

From *Hallelujah Holiday Recipes*
by Rhonda Malkmus (Serves 6 – 8)

2 cups fresh cranberries, ground
1 orange (washed),
including at least 1/2 of the rind
2 ripe pears, peeled and diced
1 medium apple, peeled and diced
1/2 cup walnuts or pecans, chopped fine
1/2 cup organic raisins or dates
(pit and chop dates, if using)
1/2 – 1 tsp cinnamon or pumpkin pie spice
1/4 tsp ginger
1/4 tsp allspice
1/2 cup raw, unfiltered honey or
other wholesome sweetener

Grind orange and berries in food processor with S blade, dice fruit, and chop nuts. Place all ingredients in a bowl and mix well. Cover and place in the refrigerator until ready to serve. Serve on a bed of leaf lettuce.

WILD RICE DRESSING

From *Hallelujah Holiday Recipes* by Rhonda Malkmus
(Serves 6 – 8)

4 cups vegetable soup stock or distilled water
3/4 cup basmati rice or any whole rice that you prefer
3/4 cup wild rice
1 medium onion, chopped
1 pound fresh mushrooms, cleaned and sliced (optional)
1/2 cup fresh parsley, chopped
1 cup celery, diced
1/4 tsp sage
1/8 tsp marjoram
1 cup pecans, chopped

Bring soup stock or water to a boil and stir in rices. Lower heat to the lowest temperature, cover, and cook until tender about 30 minutes — do NOT lift lid. With cover still in place, turn off heat and allow the pan to sit for another 15 minutes without removing cover.

Add remaining ingredients; stir to mix well. Place in a liquid lecithin lined casserole, cover, and bake in pre-heated 350-degree oven for about 20 minutes.

Liquid lecithin is a fairly thick, pure vegetable product that forms a colloidal solution in water and has emulsifying, wetting, and antioxidant properties. Place it on a paper towel and “grease” the baking dish, bread pan, or muffin tin. Liquid lecithin is available in health food stores.



HOLIDAY FRUIT CAKE

By Jackie Graff of *Sprout Raw Food*
(Yields 2 - 2lb Cakes)

2 cups pecans, 2 cups walnuts and 2 cups almonds
All nuts soaked, drained, and dehydrated for 12 hours

1 tsp salt
1/2 pound medjool dates, with seeds removed,
soaked for 1/2 hour and drained.
1 tsp vanilla powder (see recipe below)
1/4 cup raw honey
1/4 cup flax or chia seeds, finely ground
1 cup dried mango, cut into small pieces
1 cup dried papaya, cut into small pieces
1 cup dried pineapple, cut into small pieces
1 cup dried apricots, cut into small pieces
1 cup raisins
2 Tbsp orange zest
2 cups freshly grated coconut

Place half of the almonds into a food processor and process until finely ground. Place one half of the pecans and walnuts, with dates, vanilla, salt, and orange zest in a food processor and process until finely ground. Add in the flax seed, process well. Add honey and process until the mixture is well blended and place in a bowl.

Chop the other half of the pecans, walnuts, and almonds coarsely add to the bowl. Add the chopped dried fruit and grated coconut to the bowl, mixing well using your hands and form into 2 one-inch-thick cakes (using the container as a form).

Decorate the top with pecan halves, wrap in plastic wrap. Place in a decorative tin and refrigerate. This can be formed into cookies also.

Vanilla Powder: Grind 5 vanilla beans and 1/2 cup buckwheat groats in a blender or seed grinder. Will keep 1-2 months (or more) if refrigerated.



Barley Grass VS Wheat Grass



Nutritionally speaking, there is little difference between barley grass and wheat grass. However, the concentration of each nutrient depends on the method of growing these grasses — and that's the big difference.

If grown in identical conditions, the juice from either of these grasses would be comparable, but this is not usually the case.

When grown for juicing purposes, wheat grass is typically grown in sprouting trays with very shallow soil (1 to 2 inches). This environment produces little root development but encourages rapid sprouting and leaf development, allowing for leaf harvesting in about 8 to 14 days. When grasses grow so quickly under warm conditions, the plant has a relatively high level of simple sugars.

In contrast, when the grass (barley or wheat) is grown outdoors, it develops deep roots, pulling up minerals from the soil and manufacturing vitamins over a 60- to 200-day growth cycle (this is how the barley grass in BarleyMax is grown). Often, the seeds

are planted in the fall so the root system can develop throughout the winter with no leaves being produced until early spring, at which time the leaves are exposed to many weeks of sunshine.

Slow growth is the key to maximum nutrient uptake. As Steve Meyerowitz comments in his book, *Wheat Grass: Nature's Finest Medicine*, "Such exposure and slow growth in the cool fall or early spring turns the grass into a solar collector, storing high concentrations of energy in its leaves. This provides a full spectrum of chlorophyll, trace minerals and micronutrients."

So, unless you are growing wheat grass as the barley grass in BarleyMax is grown, you would not get near the mineral and nutrient content in a wheat grass juice as you would from BarleyMax juice powder. ☺

For more information on how BarleyMax is grown, see *Health News #63 (Sept-Oct 2010)*, available as a free download on hacres.com in the Library section.



BarleyMax Original (8.5 oz)

BarleyMax provides a synergistic blend of vitamins, minerals, essential amino acids, chlorophyll, flavonoids, many trace elements, enzymes, and antioxidants, plus a high level of enzymatic activity.

#SPTRC0441 8.5 oz \$39.95

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

Blending VS Juicing



Pulp Makes All The Difference

Both blended smoothies and freshly extracted vegetable juices offer bountiful nutrients and enzymes. But they are definitely not the same thing.

Although some people refer to high-powered blenders as "juicers," blenders retain the fiber, whereas juicers are specially designed to separate the fiber, leaving only a liquid packed with nutrients. When the juice is separated from the pulp, you can easily consume a much larger volume of vegetables than you could by drinking a smoothie containing pulp.

For example, if you blend a smoothie, you may include up to 7 leaves of kale along with some fruit. Those 7 leaves of kale will yield only about 1.5 oz of juice. Since we can easily drink an 8 oz serving of juice, the volume of concentrated nutrients available in 8 oz of vegetable juice would be much greater than a large smoothie containing just 1.5 oz of juice.

Drinking fresh, fiber-free juice (particularly on an empty stomach) eliminates strain on the digestive tract. The juicer has already done most of the digestion work for you, having separated the fiber from the juice. Without fiber to digest, the juice can be efficiently shuttled into your bloodstream within 30 minutes. The beauty of this efficiency is that the nutrients have practically no time to degrade. The best vitamin and mineral complement to a whole food diet is plenty of freshly extracted vegetable juice.

Juicing is great for delivering concentrated nutrients to the cellular level, but juicing does not replace the need for salads and smoothies. A well-rounded diet of whole foods packed with fiber is foundational to a healthy diet. Smoothies, blended soups, and blended salads are excellent ways to get a variety of raw, whole foods into your daily routine. Because they are filling and substantial due to their fiber content, they help curb the desire for an overabundance of cooked food.

If we consume both blended foods and fiber-free juices, we are receiving the best of both worlds. ☺

10% OFF



CHAMPION STARTER KIT

See page 38 for details

Bottled Juice VS Raw Juice

By Olin Idol, ND, CNC

Pasteurization Makes A Big Difference

Are there benefits of raw juices over pasteurized juices? Unfortunately, many people are not aware of the differences and are using bottled juices as they seek to regain their health.

Most bottled juices are pasteurized. Pasteurization is defined by The American Heritage College Dictionary as “The act or process of heating a beverage or other food, such as milk or beer, to a specific temperature for a specific period of time in order to kill microorganisms that could cause disease, spoilage, or undesired fermentation.”

Various methods of pasteurization use different temperatures and different lengths of exposure to that temperature:

- Batch or vat pasteurization uses a temperature of 145°F with an exposure time of 30 minutes.
- High Temperature – Short Time (HTST) pasteurization (also called flash pasteurization) exposes the beverage to 161°F for 15 to 30 seconds, followed by rapid cooling.
- Ultra High Temperature (UHT) pasteurization exposes the beverage to 250+°F for 0.1 seconds.

Pasteurization (all forms) of various beverages usually destroys 99.9% of the bacteria to provide the produce with a reasonable shelf life. This is how pasteurized beverages can be sold from grocery store shelves without refrigeration.

We know from the research of pioneers such as Dr. Edward Howell (*Enzyme Nutrition*) and Dr. Max Gerson (*The Gerson Therapy*) that raw foods

empower the body’s innate self-healing. Other researchers experimented extensively with rats by feeding raw milk to one group and pasteurized milk to another group. Without question, those on the raw milk thrived while those on pasteurized milk did not thrive — and experienced earlier deaths.

Raw foods and beverages are identified by their enzyme activity (living foods) or lack of enzyme activity (dead foods). At a temperature of 105°F to 106°F enzyme activity begins to diminish and by 118°F almost all enzyme activity ceases.

Enzyme activity is an excellent way of measuring the life force of various foods and helps determine, to some extent, its exposure to heat.

In addition to destroying enzymes, high temperatures reduce the levels of heat sensitive nutrients such as vitamin C and some B complex vitamins. Some sources have reported as much as a 65% reduction in vitamin C levels in pasteurized juice. Antioxidant activity is also dramatically reduced and proteins are denatured by heat exposure over time.

A study by the Department of Food Science, University Federico II, Naples, Italy on pasteurized and sterilized commercial red orange juice demonstrated that antioxidant activity is positively related to the content of anthocyanins and “that the reduction of anthocyanins content, typical of commercial long-shelf life juices, leads to a remarkable loss of antioxidant power.”

Another study on the bottling process of blueberry juice found a 32% degradation of anthocyanins after 20 minutes of pasteurization at 212°F. The pressurization associated with the process further degraded anthocyanins to 50%.

Without belaboring the point, it is quite evident that pasteurization of juices has a negative impact on the nutritional quality by significant reduction

in heat sensitive nutrients and the antioxidant potential. Inherent enzymes that are normally present in the raw juice are completely destroyed. The real health promoting qualities of vegetable juices are only found in the raw juices. We simply cannot rely on pasteurized juices to support superior health.

To maintain the amazing benefits of the living foods, Hallelujah Acres does not blanch or otherwise use harsh sanitation processes that destroy enzymes and heat sensitive nutrients in the raw foods used for its juice powders. The delicate processing is crucial for preservation of the heat sensitive nutrients found in living foods.

For your health’s sake, use raw juices! The benefits are well worth the effort. When fresh juices are simply not an option, the next best is the concentrated raw juice powders available exclusively from Hallelujah Acres. ☺

CarrotJuiceMax Grapefruit Ginger

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 that is truly raw!

#SPTRC0530

\$41.95

To order, call toll free

800.915.9355

or order online at www.hacres.com



Serve it at
your next
Christmas
party!

Genetically Modified VS Hybrid Foods

Sometimes the Best Choice is ‘None of the Above’

Hybrid Foods

The original idea behind hybridization involved naturally cross breeding compatible types of animals or plants to reap the best features of both parents.¹ Subtle, natural hybrids in both the animal and plant kingdoms do exist, but most of the obvious hybridizations we see today require human intervention.

Mules, which have been hybridized for centuries, are a simple example. A mule is a hybrid between a male donkey and a female horse. Because mules are not produced by two of the same species with a matching number of chromosomes, the resulting offspring has an odd number of chromosomes. To reproduce, an organism's number of chromosomes must be divisible by 2, which explains why all male mules and most female mules are sterile.

In the plant kingdom, nearly all attempts to “create” a hybrid are imperfect as well. While plant hybrids repeatedly selected and grown may eventually stabilize, many hybrid seeds will not produce plants with identical qualities.² To someone who appreciates the perfection of creation, it should come as no surprise that man cannot duplicate God's design.

While hybrids are created by “naturally” cross breeding similar species to achieve desired traits, GM technology involves selecting genes from any living thing (similar or not) to force the creation of DNA that would never be found in nature.

While plant-based hybrid technology may be more innocent than its genetically modified (GM) counterpart, neither respects creation's original perfection. But with a majority of today's grocery store produce in one camp or the other, you need to know the difference.

Because hybrids are created “naturally” by cross breeding similar species, the results are usually harmless. Many of the commercially available fruits and vegetables you buy are hybrids. The problem occurs when a hybrid plant undergoes processing — such is the case with canola oil.

When God created the Earth, there was no such thing as canola. In fact, the word canola is not even a real word; it is an acronym for “CANadian Oil Low Acid.” The word was coined in 1978 by the scientists who created canola from a plant called rapeseed in a university lab on the Canadian prairies.

Rapeseed is a member of the mustard family. Its seeds produce oil that makes a great lubricant for engines. World War II saw high demand for rapeseed oil as a lubricant for the rapidly increasing number of steam engines in naval and merchant ships. When the war blocked European and Asian sources of rapeseed oil, a critical shortage developed and Canada began to expand its limited rapeseed production.

After the war, the increased exports of rapeseed oil had nowhere to go. In order to keep the seed oil market flowing, scientists were tasked to hybridize a rapeseed plant that would have a lower erucic acid content. Why? Because lowering the acid content would minimize the rapeseed oil's pungent flavor, making it suitable for a Western diet... and canola was born.

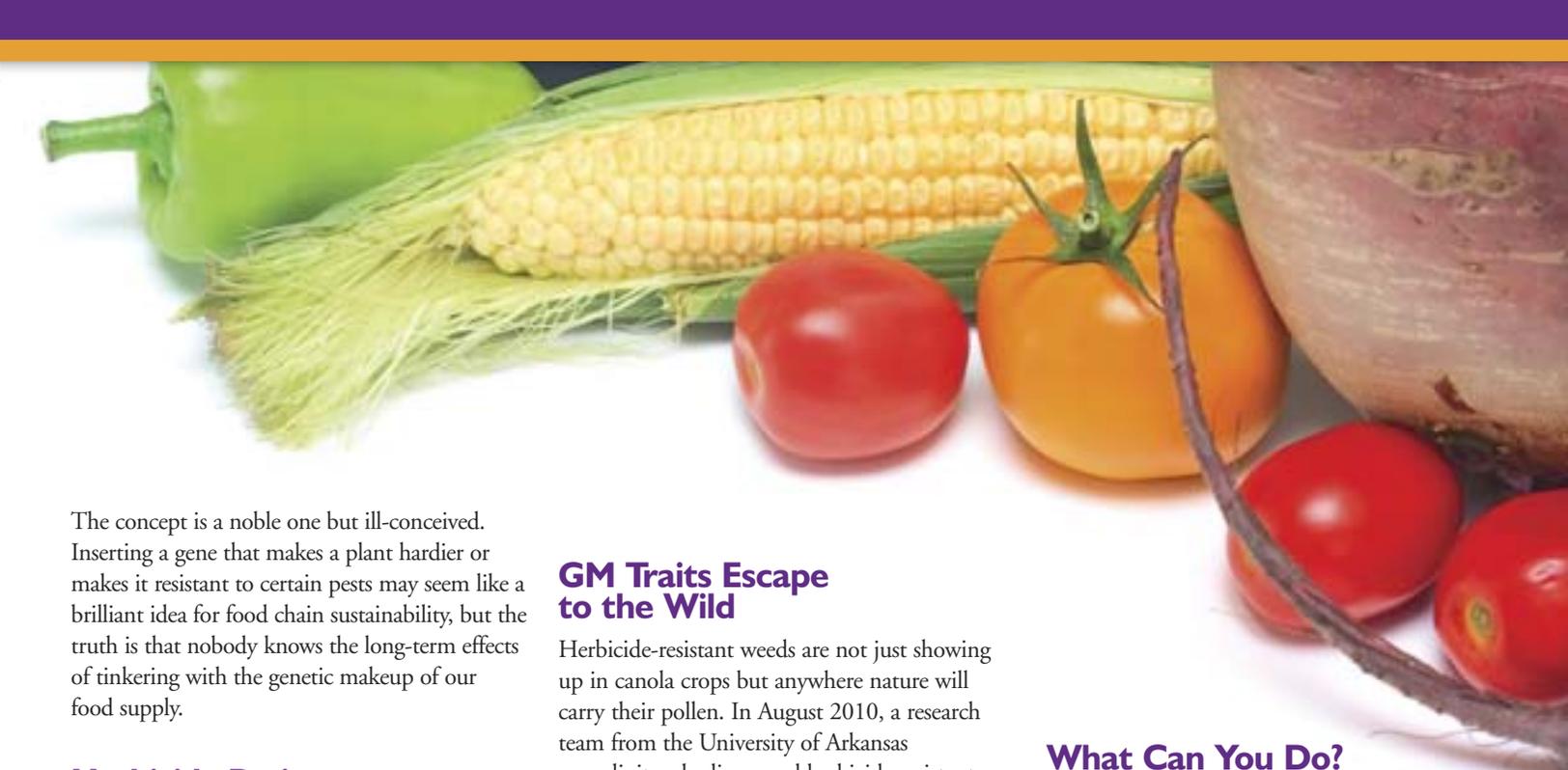
Canola oil is preferred in the processed food industry not only because it is cheap but because it hydrogenates better than soy or corn oil. This is great for shelf life but its health effects are hotly debated.

There is testing that shows that, in rats, canola oil elevated blood pressure, decreased platelets, induced abnormalities in the kidneys³, and induced abnormally elevated levels of fat in the blood.⁴ However, rats do not metabolize fats the same way that humans do because their natural diet does not include oils but low fat veggies and grains. Does this negate the testing? On the other hand, most canola oil is genetically modified, which may pose a host of other problems (more on that later).

It should be noted that organic, unrefined high erucic acid oils (i.e. rapeseed oil) have been consumed in China and India for centuries. However, most canola oil on the market today is genetically modified and extracted and refined with chemical solvents such as hexane. It is suspected that modern canola oil's undesirable traits may stem from its combination of genetic modification and refining processes; organic, unrefined canola may not pose the same health risks. Flora, the company that produces Udo's Oil, claims to have the market's only truly cold-pressed canola oil, unrefined and unmodified.⁵

Genetically Modified (GM) Foods

GM foods (a.k.a. Frankenfoods) result when hybridization is taken to the genetic level. In 2010, The International Journal of Biotechnology and Biochemistry defined GM foods as “crop plants created for human or animal consumption using the latest molecular biology techniques.”⁶



The concept is a noble one but ill-conceived. Inserting a gene that makes a plant hardier or makes it resistant to certain pests may seem like a brilliant idea for food chain sustainability, but the truth is that nobody knows the long-term effects of tinkering with the genetic makeup of our food supply.

Herbicide Resistance

Just as canola was one of the first plants to be hybridized, it was also one of the first to be offered in a GM version that was resistant to herbicide. The concept was wonderful: Plant a canola that has been genetically modified to survive application of a certain brand of herbicide and everything else will die around it, leaving a weed-free field of canola. It worked for a while, but like Frankenstein, GM canola has since taken on a life of its own.

Over the last decade, the natural course of pollination has taken GM canola and hybridized it with common weeds, making them resistant to the most popular type of herbicide (glyphosate) — sometimes even two or more herbicides. Essentially, the GM foods promise of an endless food supply has instead given us weeds that can't be killed, requiring a return to more conventional, time-consuming methods of weed control.

Getting away from these methods was the whole point of adopting GM technology, which now appears all for naught. Furthermore, the Union of Concerned Scientists reported in 2009 that, "Despite 20 years of research and 13 years of commercialization, genetic engineering has failed to significantly increase U.S. crop yields."⁷

Currently in the U.S., 85% of corn, 91% of soy, 88% of cotton, 85% of canola, and 95% of sugar beets are genetically modified to resist glyphosate-based herbicide.

GM Traits Escape to the Wild

Herbicide-resistant weeds are not just showing up in canola crops but anywhere nature will carry their pollen. In August 2010, a research team from the University of Arkansas serendipitously discovered herbicide resistant canola growing in the asphalt cracks of a grocery store parking lot.

Weed resistance is not the only reason plants are being genetically modified. Bacteria resistance, produce size, and other commercially attractive traits are in the works. Animal-source foods are next. In fact, GM Atlantic salmon may soon be on the menu — this first commercially available GM animal product was submitted for FDA approval in summer 2010. Whether such GM foods are safe (and adequately tested) cannot be determined until the health of those persons consuming them over the long-term can be analyzed. Care to be a guinea pig?

Not to mention, with GM traits escaping to the wild, the question now becomes, "If GM food crops can cross-pollinate with common weeds, will the natural course of pollination create a domino effect that will eventually make its way, undetected, into fields of organic produce?"

The Terminator Gene

Questions are also being raised about the GM-induced "terminator gene." Many types of seeds purchased from large seed companies contain this gene, which renders its offspring sterile, preventing farmers from keeping a portion of the harvest for next year's planting, forcing them to buy seed again from the supplier.

What Can You Do?

Clearly, the industrialized seed industry needs to revise its use of technology; the only way to stop it is to make it unprofitable. So, whenever possible, choose foods labeled non-GM or non-GMO.

When you plant a garden, look for heirloom seeds. These seeds are open pollinated, which means non-hybrid. These seeds allow the gardener to collect seeds from a crop for future planting. Hybrid seeds do not.

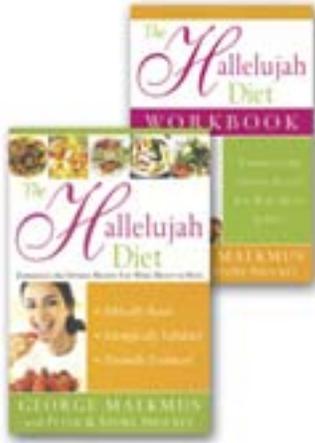
With respect to the spread of GM pollen via wind, insects, and other uncontrollable forces, it may seem like there's nothing we can do. But there is one thing — pray. No matter what man tries to do to this world, God is sovereign and looks after His people. ☺

"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land."

- 2 Chronicles 7:14

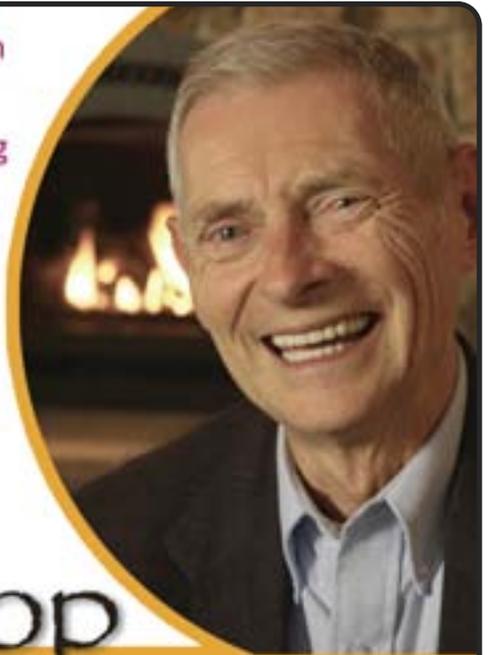
Resources: / 1. <http://gardening.about.com/od/vegetable1/f/Heirlooms.htm>
 2. *ibid* / 3. Ohara N, Naito Y, Kasama K, Shindo T, Yoshida H, Nagata T, Okuyama H. Similar changes in clinical and pathological parameters in Wistar Kyoto rats after a 13-week dietary intake of canola oil or a fatty acid composition-based interesterified canola oil mimic. *Food Chem Toxicol.* 2009 Jan;47(1):157-62. / 4. Ohara N, Kasama K, Naito Y, Nagata T, Saito Y, Kuwagata M, Okuyama H. Different effects of 26-week dietary intake of rapeseed oil and soybean oil on plasma lipid levels, glucose-6-phosphate dehydrogenase activity and cyclooxygenase-2 expression in spontaneously hypertensive rats. *Food Chem Toxicol.* 2008 Jul;46(7):2573-9. / 5. www.florahealth.com/flora/home/usa/products/TGU6.htm#67910 / 6. *International Journal of Biotechnology and Biochemistry* ISSN 0973-2691 Volume 6 Number 1 (2010) pp. 13-24 / 7. www.ucusa.org/news/press_release/ge-fails-to-increase-yields-0219.html

OPEN TO ALL!



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

This course is a prerequisite option for Health Minister Training.
\$125 per person



2-day Workshop

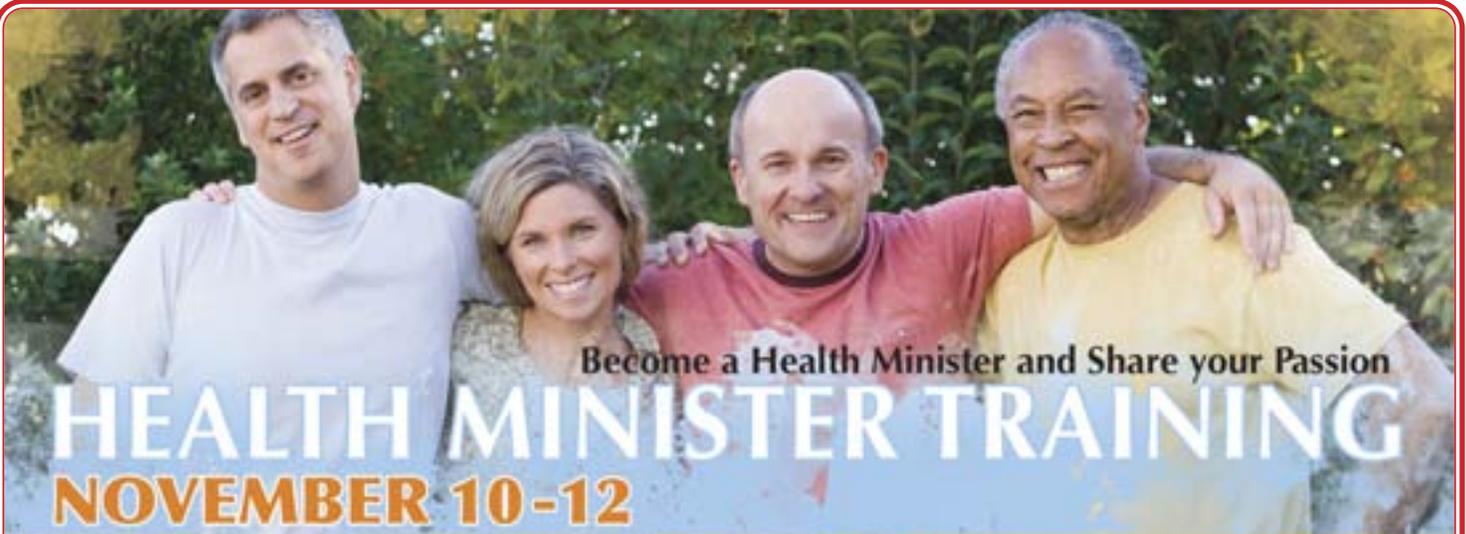
Hallelujah Acres Diet & Lifestyle



HALLELUJAH ACRES

NOVEMBER 8-9

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



Become a Health Minister and Share your Passion

HEALTH MINISTER TRAINING

NOVEMBER 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

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

\$300 per person / \$450 per couple
(includes Health Minister Resource Kit, valued at \$50)

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



HALLELUJAH ACRES
We Juice Up Your Life

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 key is to fit The Hallelujah Diet into your life, rather than trying to fit your life into the diet.

The Hallelujah Diet Concept

The Hallelujah Diet helps you achieve your health goals by showing you how to add enzymatically-rich, living foods to your diet so that your body can function as it was designed to. This is not a restrictive diet plan. Instead, it offers healthier, tasty alternatives to the highly processed and damaging foods that make up a large part of the standard American diet.

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

The 85% Raw Portion

The dense, living nutrients found in raw foods and their juices produce abundant energy and vibrant health while satisfying our cells' nutritional needs. These are the foods that compose God's original diet for mankind in Genesis 1:29, the basis for The Hallelujah Diet. (See page 25)

The 15% Cooked Portion

While 100% raw food diets may seem ideal, including 15% cooked foods has more positives than negatives. Cooked foods help maintain body weight and can help to curb rapid detoxification. It also makes The Hallelujah Diet easier to follow, and can help to release nutrients that are difficult for the body to draw from raw foods alone.

Since cooked foods do not contain living enzymes, they digest slower, so they should be consumed after the raw food portion of a meal. (See page 25)

As Right As You Can, As Often As You Can

Let's be honest... who wants to go on a diet that's not going to be enjoyable? Especially a diet that is supposed to be lifelong, rather than just a temporary fix! The idea is to have fun with it! Trying to get it right 100% of the time is like trying to score 100% on every test. It's unrealistic and impossible for most of us. That's why The Hallelujah Diet focuses on the basics. Keep it simple.

Anybody Can Do It

As busy people ourselves, we recognize the busy life you lead. If we want to incorporate The Hallelujah Diet into our own lives, we have to make it simple enough for others to do the same. No matter who you are, you can add The Hallelujah Diet concept into your life — even if your schedule makes it look different in real life than it does on paper.

Paul Malkmus

Paul Malkmus, Hallelujah Acres CEO

Ann Malkmus

Ann Malkmus, Hallelujah Acres Chief of Marketing and Education

Use this four-page pull out section!

A reference guide to The Hallelujah Diet Concept.

The Hallelujah Diet Concept

Make The Diet Fit Your Life – Not The Other Way Around

The key is to fit The Hallelujah Diet into your life, rather than trying to fit your life into the diet. If that means having the cooked portion of your food at a different time of day, go ahead. If that means having your BarleyMax at the beginning of a meal because you forgot to do it 20 minutes beforehand, that's okay, too.

Just remember the basics — get 85% of your nutrients from raw foods and keep cooked foods to a daily maximum of 15% (growing children should eat a 50/50 raw food to cooked ratio to ensure adequate caloric intake).

Making the Diet Fit Your Life

Don't worry if you can't do this perfectly... just get it as right as you can, as often as you can, without beating yourself up about it.

Breakfast:

BarleyMax – Capsule or Powder Form

- Take BarleyMax as soon as you get out of bed. It's best not to consume fiber-containing food in the morning. It hinders the body's cleansing efforts that continue for a few hours after you wake up.

Other Options

- If you need to eat something, make sure it's something that is easy on your digestive system, like a piece of fruit, a fruit smoothie, or whole grain cereal (raw if possible) with rice milk or almond milk.

Kids

- Children need more than BarleyMax for breakfast. They need more good fats and proteins than adults and they may need more frequent meals. After BarleyMax, a breakfast of raw fruit and whole grain (hot or cold) cereals would be a good choice.

Mid-Morning

Fresh vegetable juice

- 8 oz glass of fresh vegetable juice (2/3 carrots, 1/3 greens).

Other Options

If you don't have a juicer or fresh juice is not available, try one of these:

- Blend one serving each of CarrotJuiceMax and BarleyMax.
- Piece of fresh fruit (keep to 15% of your daily food intake to reduce natural sugar intake).
- Smoothie made with fruits and greens (if you didn't have one for breakfast).
- Broccoli, cauliflower florets or celery sticks with some almond butter

B-Flax-D or FiberCleanse

- 30 minutes after a mid-morning snack is the perfect time to use Fiber Cleanse (during the first 90 days of the Hallelujah Diet, use as directed), B-Flax-D, or freshly ground flax seed. These will help to maintain proper bowel function.

Lunch

20 minutes before – BarleyMax

- Having BarleyMax 20 minutes before a meal is best, but don't worry if you forget. Just getting it into your system at any time is better than not at all!

Meal ideas

- Try to keep lunch as raw as possible if you've had something cooked in the morning or plan to in the evening – remember the 15% daily maximum of cooked food. Try a vegetable salad, blended salad (salad smoothie), fruit/veggie smoothie, Hallelujah Acres Survival Bar, pita pocket stuffed with veggies, etc.

Mid-Afternoon

Fresh vegetable juice

- 8 oz glass of fresh vegetable juice (2/3 carrots, 1/3 greens).

Other Options

- See mid-morning suggestions or invent some of your own – just remember to keep most of it raw.

Supper

20 minutes before – BarleyMax

- 20 minutes before is best, but the body may assimilate BarleyMax even better if consumed at the beginning of a meal that contains beneficial fats.

Meal ideas

- Always eat a large portion of raw foods first (a large salad is an easy one). Try including nuts, seeds, avocados, etc.
- The cooked portion of the meal could be anything in the cooked portion column on the next page. Use your imagination – the possibilities are endless!

RESOURCES

BOOKS

For meal ideas, try books like *Simple Weekly Meals Plans (Volumes 1 & 2)*, *Top Raw Men*, and *Hallelujah Kids*. All are available at www.hacres.com

SUPPORT

Hallelujah Acres' 60 Day Challenges are online video programs that help keep you on track, provide helpful hints, and give you recipes each day. Visit 60DayJuiceUp.com

Don't Just Remove Foods – Replace Them

Why just give up harmful foods when you can replace them with creative, healthy alternatives? You can re-create your favorite foods in a healthier version that will support the body rather than detract from good health. That's what The Hallelujah Diet is all about.

REMOVE THESE...

Beverages: Alcohol, coffee, caffeinated teas, carbonated beverages, all artificial and sugar containing drinks, sport drinks, and all juices containing preservatives, refined salt, sugar, and artificial sweeteners.

Dairy: All milk, cheese, ice cream, whipped toppings, and non-dairy creamers. (Read Dr. T. Colin Campbell's book, *The China Study*, for documentation.)

Soy Products: Soy has estrogenic isoflavones. Estrogen can be a contributing factor in all female cancers.

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

Refined and/or Enriched Grains: Refined, bleached flour products, most cold breakfast cereals, and white rice. (Refined grains are devoid of fiber and can cause constipation.)

Meats: Beef, pork, fish, chicken, eggs, turkey, hamburgers, hot dogs, bacon, sausage, bologna, etc. Animal source foods are the leading causes of heart attack, stroke, cardiovascular problems, cancer, diabetes, osteoporosis, heartburn, gout, acid stomach, etc.

Nuts and Seeds: All roasted and/or salted seeds and nuts.

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 a leading cause of high blood pressure.

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

Sweets: All refined white or brown sugar (white sugar with molasses added), sugar syrups, chocolate, candy, gum, cookies, donuts, cakes, pies, or other products containing refined sugars or artificial sweeteners.

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

...REPLACE WITH RAW FOODS

Beverages: Freshly extracted vegetable juices, BarleyMax, CarrotJuiceMax, BeetMax, and re-mineralized distilled water. Fruit juices are high in natural sugar; keep to a minimum.

Dairy Alternatives: Fresh almond milk, creamy banana milk, frozen banana, strawberry, or blueberry "fruit creams."

Beans: Green beans, peas, sprouted garbanzos, sprouted lentils, mung beans, and other legumes (not peanuts – they are hard to digest and prone to mold).

Fruit: All fresh, as well as unsulphured organic dried fruit (limit fruit to no more than 15% of your diet to reduce natural sugar intake).

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

Meat substitutes: Sprouted beans, chia seeds, and hemp seeds are all protein-rich plant foods.

Nuts & Seeds: sunflower seeds, macadamia nuts, walnuts, raw almond butter, or tahini (consume sparingly).

Oils and Fats: Extra virgin olive oil, virgin coconut oil, Udo's Oil, 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.

Soups: Raw, chilled soups made by blending raw vegetables and/or fruits in a blender.

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

Vegetables: All raw vegetables.

...REPLACE WITH COOKED FOODS*

Beverages: Caffeine-free herbal teas and cereal-based coffee-like beverages, bottled organic juices.

Dairy Alternatives: Non-dairy cheese, almond milk, hemp milk, and rice milk (use sparingly).

Beans: Lima, adzuki, black, kidney, navy, pinto, red, and white.

Fruit: Cooked and unsweetened frozen fruits (limit fruit to no more than 15% of your diet to reduce natural sugar intake).

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

Meat substitutes: Cooked beans, mushrooms, vegetables, grains, etc. can satisfy the "full" feeling of meat without the negative effects of animal source foods.

Nuts & Seeds: some nuts (such as cashews and almonds) are required to be pasteurized for retail sale but are suitable if not roasted or salted.

Oils: Vegan mayonnaise made from cold-pressed oils.

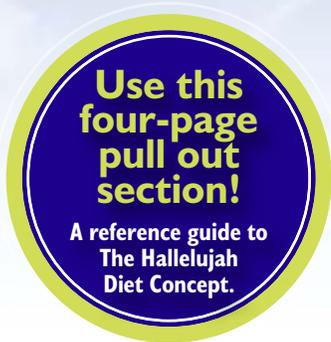
Seasonings: Same as the raw portion, plus unrefined sea salt (use sparingly).

Soups: Soups made from scratch without fat, dairy, or refined table salt.

Sweeteners (use very sparingly): Raw, unfiltered honey, stevia, agave nectar, rice syrup, unsulphured molasses, sorghum, carob, pure maple syrup, palm sugar.

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

* Though some of these foods may not be considered "cooked," most packaged products (unless specifically marked "raw") are heated to kill bacteria and increase shelf life. This process also destroys the living enzymes, which means cooked foods cannot contribute to superior health as effectively as raw foods can. This is why The Hallelujah Diet only includes 15% cooked foods.



The Hallelujah RECOVERY Diet

The Hallelujah Diet is a powerful force that will empower your immune system to address a serious health problem. For this situation, we have developed The Hallelujah Recovery Diet — a more aggressive approach that will quickly equip the body so that it can perform radical healing in a crisis.

The Hallelujah Recovery Diet is identical to The Hallelujah Diet concept but increases its nutritional power through an increased number of servings of an optimally processed barley juice powder 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** flood the body with a broad spectrum of naturally occurring vitamins, minerals, and trace elements consistently throughout the day, which the body uses to rebuild its self-healing ability.

In addition to intense juicing, those using diet to aggressively 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 (1 capsule) 3 to 4 times daily to help rebuild a healthy balance of intestinal flora. Afterwards, many choose to continue a maintenance serving of 1 to 2 capsules daily.
- Using 1 capsule of 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 ensure 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, not cyanocobalamin) daily.
- As the body begins cleansing, it is important that the toxins are eliminated timely and efficiently through proper bowel function (2 to 3 well-formed stools daily). A **good fiber supplement** may be helpful to achieve this.
- Stress can have a detrimental impact on the body's ability to heal and should be eliminated as much as possible. **Exercise** (when possible) and **spiritual nourishment** through God's Word are excellent ways to release tension.
- **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.

PLEASE NOTE: Physical problems do not develop overnight — they don't go away overnight, either. 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 when facing illness and disease.

Healthy Days
with AM & PM

Paul and Ann Malkmus give you the scoop on the latest trends and discoveries — it's healthy living for real people!

<http://ampm.hacres.com>

George Malkmus' **Hallelujah Health Tip**

Every week, more than 80,000 people receive Rev. Malkmus' FREE email Health Tips.
Go to www.hacres.com and subscribe for **FREE** today!

Pull out from staples.

Proactivity **VS** Procrastination

By Paul and Ann Malkmus



We are taught early on in life the importance of preventative maintenance when it comes to caring for our property, equipment, and homes.

But what about our health?

We only have one body. No matter who we know or how much money we have we will never be able to obtain another body until we get to Heaven. Of all our possessions we have in this world, the body is the only one that is irreplaceable, yet it is the one we seem to ignore the most.

When it comes to our bodies, people often wait until a major problem exists before considering a change in diet and lifestyle. Proper diet and exercise seem to be things that we are going to do tomorrow, next week, next month or next year. We say, "Starting Monday I'm going to start walking." Monday comes without change. Before we know it we are 40 or 50 years old and our bodies have started to deteriorate to the point that we have a major physical problem. Clearly, the benefits of being proactive far outweigh those of procrastination. So how do we shift our focus and start taking better care of our physical body (temple) now?



Prepare Now for Success in 2011

- 1** Realize that there are serious ramifications with procrastination. The body must have preventative maintenance or it will break down. If we wait, it will be too late.
- 2** Pick a date and time in the near future when you will make a change — and let nothing get in the way of starting on that date. Pick a date that doesn't conflict with other things that will be going on in your life.
- 3** Develop a self-maintenance program in advance. This allows you time to prepare the items you will need to ensure your success and to prepare mentally.
- 4** Find a support network, something or someone who will keep you motivated and encouraged.

Now, before you begin, remember what time of year we are in. We have Thanksgiving and Christmas just around the corner with all the busyness, festivities, and family gatherings (and unhealthy food). Starting something new right now probably wouldn't prove to be successful.

However... planning now for New Year's is perfect timing! In fact, there isn't a better time to start thinking and preparing for the changes you will make next year.

Our **60 Days to Reclaim Your Health** program (see page 28) has already helped thousands of people accomplish their self-maintenance and self-improvement goals. It works by helping you connect the dots on many of the elements necessary for a successful new you:

- It's simple.... All you need is a computer with an internet connection suitable for watching online videos.
- It's free... There is absolutely no cost to participate. You can access all the program materials just by registering with your name, email, and password.

Consider the differences between being proactive or procrastinating when it comes to health:

Proactive Approach:

- Increased energy
- Reduced risk of disease
- Greater ability to overcome disease
- Clearer thinking
- Better focus
- Fewer or no colds and flu
- Better mental clarity
- Greater strength and flexibility
- Fewer age-related issues

Procrastination Approach:

- Increased risk of disease
- Less energy
- Duller thinking
- Increased medical expenses
- Increased risk of colds and the flu
- More age-related issues

- Its flexible... The program is designed to start when it is best for your schedule. If January 1st doesn't work, start it January 3rd or 5th. You'll receive all of the same great information no matter what date you start.
- It's customizable... It doesn't matter what your goal, the program encourages you to make changes that work for you.
- It's encouraging... Each day, part of the video is dedicated to encouraging and motivating you through the process. We celebrate your successes and encourage you through your struggles.

Imagine having an improved body only after 60 days! So stop procrastinating and start planning for the new, improved you in 2011! ☺

Give your health first priority! Schedule your self-maintenance program right now!

Visit www.60DaysToReclaimYourHealth.com and schedule your program **to start January 1, 2011!**



EVENTS at Hallelujah Acres in Shelby NC

Make it a Hallelujah Weekend!

Join us for one, two or all three events on the first weekend of every month!

■ **Fridays - Nov 5 • Dec 3 • Jan 7 • Feb 4**

An Evening of Food Prep with Rhonda Malkmus

6 p.m. to 8 p.m. • \$30 per person

■ **Saturdays - Nov 6 • Dec 4 • Jan 8 • Feb 5**

God's Way to Ultimate Health Seminar — FREE

10 a.m. to 1 p.m.

■ **Saturdays - Nov 6 • Dec 4 • Jan 8 • Feb 5**

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.

Since regularly scheduled Hallelujah Weekend events for January 2011 occur on New Year's Eve and New Year's Day, they have been moved to the second weekend in January.

■ *Hallelujah Acres Diet & Lifestyle 2-Day Workshop*

Mon.-Tue. • November 8-9

\$125 per person (includes books) • Registration starts Noon Monday

■ *Health Minister Training 3-Day Course*

Wed.-Fri. • November 10-12

\$300 per person • \$450 per couple

■ *Raw Food Revival with The Graffs*

Sat. November 13

\$200 per person • 10 a.m. to 5 p.m.

FREE SEMINAR

God's Way to Ultimate Health SEMINAR



Presented by
Rev. George Malkmus
Founder of Hallelujah Acres

Nov 6 • Dec 4 • Jan 8 • Feb 5



Become a Health Minister and Share your Passion
HEALTH MINISTER TRAINING
NOVEMBER 10-12



For more information call us at

800.915.9355 or visit www.hacres.com

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

SIGN UP TODAY



Learn how to restore your self-healing body!

Connect with others around the world

Vital Information about the diet-disease connection

Daily emailed videos, recipes, and more to change your health for life



HALLELUJAH ACRES
No Juice Up Your Life

IT'S FREE - SIGN UP NOW
www.60DaysToReclaimYourHealth.com



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 so you don't have to cross the border.

We have the knowledge and the experience from 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!



2 Queen Elizabeth Blvd. • Toronto, Ontario • M8Z 1L8
866.478.2224 • www.hacres.ca
Monday - Saturday, 9 a.m. - 5 p.m.
(Phones open extra hours on Wed. 8 a.m. - 8 p.m. for phone orders only)

In the Kitchen with Judy Holiday Foods from Around the World Saturday, November 20 (11:00 am – 3:00 pm)

Judy will have some interesting facts about holiday foods from around the world as well as a wonderful 6-course dinner you can enjoy with us then take the recipes home. Classes are held from 11:00 am until 3:00 pm. **Cost is \$45.00 per person** (discount for second person in the same family).

FREE! In the Kitchen with Judy – Talking About Disease Prevention

Discover the power of raw foods to protect your living cells! Includes raw food demos using foods that can help prevent various diseases!
Cancer – Jan. 22
Heart Disease – Feb. 12
Diabetes – Mar. 26
Arthritis – Apr. 30

Using The Right Appliance for the Right Task

Includes product demos, food samples, fact sheets and recipes to take home, plus sale prices on the featured appliance!
Cost: \$10.00 per person

Sat. Nov. 6, 10:00 am – **JUICING**
Sat. Dec. 4, 10:00 am – **SPROUTING**
(Registration required by Monday before the class – 866.478.2224)

Raw Food Road Trip! **FREE** Call for Locations



Join Judy Fleming, Director of Hallelujah Acres Canada as she travels across Ontario to show you what to do on The Hallelujah Diet, and how to do it! You'll learn about juicing, enzymes, raw foods and more! Judy will explain The Hallelujah Diet in detail and answer your questions while you enjoy fresh juice and living food to help your body start its self-healing journey! All events start at 6:30 pm.

- 2010 - Nov. 15 – Cobourg / Nov. 16 – Belleville
- 2011 - Jan. 18 – Oshawa / Jan. 25 – Pickering / Feb. 1 – Orillia
- Feb. 8 – Barrie / Feb. 15 – Lindsay / Feb. 22 – Richmond Hill
- Mar. 1 – Woodbridge / Mar. 8 – Brampton / Mar. 22 – Orangeville
- Mar. 29 – Guelph / Apr. 5 – Milton / Apr. 12 – Hamilton
- Apr. 19 – Waterloo / Apr 26 - Cambridge

Let's Get Started! Saturday, November 27 (11:00 am – 3:00 pm)

Find out what to do on The Hallelujah Diet and how to do it! We'll talk about juicing, enzymes, raw foods, and answer your questions while you enjoy fresh juice and living food to help your body start its self-healing journey!
Cost: \$30.00 per person
\$45.00 for couples
(includes food and a resource book)



GETHEALTHY! STAY BALANCED Starts March 2011

Immerse yourself in The Hallelujah Diet during this 3 1/2-day retreat at Hallelujah Acres in Toronto! All meals are included, plus valuable information that shows you steps that can turn your lifestyle around for better health!
Cost: \$275.00 per person (bring your spouse for just \$125.00 more)
Mar. 30 – Apr. 2 / June 1 – 4 / August 10 – 13 / October 12 – 15

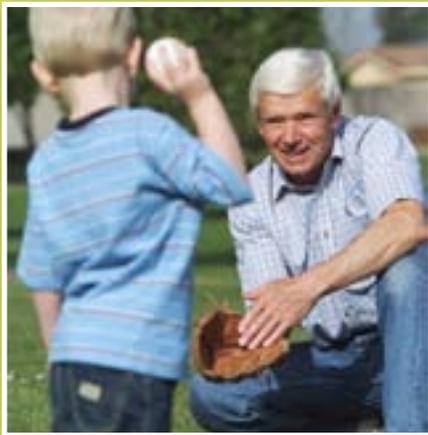
For more information or to pre-register for any of the above classes call 866.478.2224 or email GetHealthy@hacres.ca Schedule subject to change without notice. Please call for updates.

Hallelujah Acres Success Stories



■ “I recently returned to Nigeria after attending the Annual Health Ministers Reunion. Please thank everyone who worked tirelessly to make the reunion such a success. I also want to share a testimony that recently happened to me. When I went to my eye doctor, because my eyeglasses were giving me a problem, the doctor tested me and told me that my eyesight had greatly improved and he gave me a lesser prescription. He asked me what was the secret to my improved eyesight and I told him it was a result of being on The Hallelujah Diet. I thank God every day for introducing me to The Hallelujah Acres ministry 5 years ago after being diagnosed with terminal breast cancer. When I was first diagnosed with the cancer, the doctors told me I would die in 3 months, but because of The Hallelujah Diet, I am still free of breast cancer 5 years later. Please pray for me as we continue our work on the Shekinah Lifestyle Center in Jos, Plateau State, Nigeria. Jos has a temperate weather and is a land situated on a plateau. The Lifestyle Center will be complete with salad and juice bar, prayer room, gym, massage room, and four guest rooms for clients who will be able to stay with us for a maximum of three weeks. In our Health Food Store, we will have Hallelujah Acres products for sale. Our God reigns, let the earth rejoice!”

Health Minister Gloria D., Jos, Nigeria



■ “PJ is the youngest of my eight children. When PJ was 8 months old, he developed such a severe case of the croup we had to hospitalize him. After that experience, every time it got cold here in Florida, the croup would come back with a vengeance, and he ended up requiring nebulizer treatments. Then it got so bad the doctors wanted to do oral steroids, which I knew enough to refuse. About this time, we learned about The Hallelujah Diet and we put PJ on the diet. Guess what? Once we put him on The Hallelujah Diet, PJ soon stopped getting the croup and we were able to stop all treatments. Since changing his diet we have not had to take PJ to the doctor for anything, not even one time. All my other seven children, raised on the SAD diet, had constant sore throats, ear infections, asthma, etc., but PJ has not been sick even once since I changed his diet. When PJ was a 18 months to 3 years old, he would eat the BarleyMax capsules like popcorn and then give us

a big green smile! Then there was that time of day most moms know as the ‘granny hour’ around 4-5 in the afternoon when I was trying to get dinner on the table. That is the time a baby will often get fussy and want to be held. Well PJ would start to get fussy, but rather than wanting to be held, he would ask for BarleyMax, which apparently his little body craved. When I would give it to him he would feel better and be happy. Today, PJ’s favorite morning drink, after his BarleyMax, is a drink mix of CarrotJuiceMax, Nutritional Essentials, and UDO’s oil with DHA. PJ requests this drink every morning. Each day, when he gets his morning BarleyMax, he says ‘mmm’ all the way through the drink.”

Jill, Florida

■ “Several years ago I learned about and adopted The Hallelujah Diet. While I did the diet faithfully for three straight months, my arthritis disappeared as did a persistent cough. I lost weight and even some bad cuts healed all without any medication. Sadly, after experiencing all these improvements in my health, I went back to my traditional habits of eating. My arthritis came back and I am now obese. Since originally making the diet change I have refrained from eating meat because every time I ate it my arthritis got worse, but I never associated my continuing arthritis pain with my consuming of cow’s milk. I have been a heavy drinker of cow’s milk, until I read in your Health Tip that ‘Milk Does the Body BAD.’ I now want to convince my family and church members of the dangers of drinking cow milk. I am a 59-year old preacher. God has allowed me to have four churches to care for and I am a professor of a Bible College. By God’s grace, I want to help God’s people towards ultimate health.”

Pastor W., Baptist Church, Toledo City, Cebu, Philippines



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

■ “Dear Brother Malkmus, I praise the Lord for you and Hallelujah Acres. I have been on The Hallelujah Diet for 15 months (450 days) and have been off all prescription medications for the past 335 days. One of the best things that has happened since making the diet change is that I am closer to Jesus, and I pass on the Hallelujah Acres way to all who will listen. My recent blood tests came back normal with no follow up necessary. That was a real thrill for a person who was a diabetic before making the diet change. Praise the Lord for Hallelujah Acres and your ministry!”

C.R.S., Major, United States Army (Retired)

■ “Dr. Malkmus, I just had to let you know how much you and the rest of your team meant to us. We attended your first Saturday-of-the-month, ‘God’s Way to Ultimate Health’ seminar this past Saturday. I am the lady who sat on the front row because I didn’t want to miss anything you said. I am also the lady who gave testimony that I had breast cancer, but it is now gone as a result of adopting The Hallelujah Diet. I praise God for the diet. Also, the buffet lunch was so wonderful. I am trying to help my daughter in law, who was with me, get on the diet. After the salad buffet she said, ‘If I could eat these foods every day, I could eat like this every day.’ Thank you for listening to God so many years ago! Because you did, your ministry has saved many lives. I am sending in my Health Minister application, as I want to share The Hallelujah Acres Health Message with others. Thanks again and again!”

Susan, Wadesboro, North Carolina

■ “I am the wife of the founder and senior pastor of a Christian church. I am so heartbroken over the health issues affecting the members of the body of Christ. Being an African American, I see what the unhealthy food choices are doing to my people. God has been speaking to my heart that it is time for me to begin to teach the healthy lifestyle of Hallelujah Acres to our people and show others that there is a ‘more excellent way!’ I so believe in the principles that God has given Rev. Malkmus that, ‘WE DON’T HAVE TO BE SICK!’ In my immediate family there have been open heart surgeries, diabetes, hypertension, and I desire to help my family change their eating habits and lifestyle – by example. I want to share with those who have an ear and heart to listen that God desires we take care of the temple, and how we can successfully do that! Before adopting The Hallelujah Diet I was on medication and my blood pressure

ran as high as 145/101. My blood pressure now averages 116/68. Everyone in my family takes medication for hypertension, with the exception of ME. Since making the diet change my energy has increased and I don’t need nearly as much sleep as I did. Before making the diet change, my bowel movements would be hard and painful and often contain blood. After the diet change, my bowel movements became regular and free of blood. I have also lost both inches and weight and my breath is now fresh. I am passionate about nutrition and eating healthy, ministering to women about finding their purpose in life and fulfilling it with passion and power, and ministering to those who are hurting. My husband is my best friend and greatest supporter in this changed diet/lifestyle. He is the one encouraging me to become a Health Minister so that I can bring this wonderful program back to our church.”

Adrienne C., Canton, Ohio

■ “Dear Dr. Malkmus, I met you at the Hallelujah Acres Lifestyle Center in Lake Lure, North Carolina. At the dinner table the evening you were there, I sat next to you, and across the table from Rhonda, and asked you about my curved back. I have had scoliosis for over 30 years and have always had tight back muscles. In an effort to get relief, I would shower several times a day with very hot water or sit in a hot tub in an effort to get some relief from the almost constant pain. That evening as we sat at dinner, I asked you if The Hallelujah Diet could heal my scoliosis. Well, it has now been 9 weeks since we talked, and 9 weeks since I adopted The Hallelujah Diet. Guess what? Ninety-five percent of my back pain is GONE! Other changes I have experienced include: hemorrhoids (which I have suffered with for 19 years) greatly diminished; old age spots are lightening; my skin is smoother; hair is less gray; I no longer require naps to get through the day. Your book ‘God’s Way to Ultimate Health’ is excellent! Thank you for all your efforts to help others and for honoring God with your life! Soon to be a Health Minister! P.S. My dad is now also on the Hallelujah Diet. Praise God!”

Nancy K., Texas

■ “Dear Rev. Malkmus, I am so glad that I bought your book titled ‘The Hallelujah Diet,’ and that I can receive your weekly electronic Health Tips. We live in Evander, a small town in South Africa. I am 64 years old, and am now very healthy. The Hallelujah Diet and Lifestyle has helped me a lot. Thank you for all your help. I really appreciate it!”

Rita, South Africa

■ “Thank you for your article on ‘Cow Milk Does A Body BAD.’ I had never given the subject much thought, and so it was an eye opener. I have printed it out to share with friends. I wonder how many more lies we have been told over the years about what is and what is not healthy. I am a Hallelujah breast cancer survivor and I want to thank you so very much for all the fine work you do supplying us with healthy recipes and interesting health tips.”

Pam, Hampton, Virginia

■ “Dear George, I admire your courage and tenacity in all your work. I pray for you and your ministry, and may you be encouraged, strengthened, and protected all the days of your life. Thanks for your wonderful example and teachings.”

Nancy, New Mexico

■ “The BEST news I have ever heard was 56 years ago when I learned ‘You MUST Be Born Again’ (John 3:3) and I received Jesus Christ into my heart as my personal Saviour. The second good news occurred five years ago at the age of 79, when I heard your message, ‘You Don’t Have to be Sick,’ and I adopted The Hallelujah Diet. I am now 84 years of age. When I adopted The Hallelujah Diet 5 years ago, I was in very bad health, with some major ailments – including angina, prostate troubles, and colon cancer. After submitting to prostate surgery, they informed me I also had prostate cancer and wanted to give me 7 weeks of chemotherapy treatments. I told the doctors ‘NO’, that I wasn’t going to give them permission to do that! Rather, I went on The Hallelujah Diet, and today, I have no angina pain and no more cancer. I attribute my healing to God, and the healthy trinity of BarleyMax, Carrot Juice, and Fiber Cleanse. Brother Malkmus, my prayer for you is that you will continue to ‘. . . prosper and be in health’ (III John 1:2).”

*Walter H., Sussex,
New Brunswick, Canada*

Stress vs Peace

What's your stress level?

**FREE
Stress Test**

Visit our blog at
<http://ampm.hacres.com>.

By Paul and Ann Malkmus

It would be great if we could just face one challenge at a time before the next one comes along! It may be our health, our family's health, aging parents, children, job difficulties, relationships, money issues; the opportunities for challenges can be endless. So, how do we achieve peace in the midst of all this stress?

The answer may be as simple as a wise old bumper sticker once said, "Let go and let God." Letting go of our stress and truly "giving" it to God is a battle of the mind — and the battle for the mind begins with conquering the tongue.

"A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh." - Luke 6:45

We might do well to take a lesson from the definition of the word "peace" in Hebrew, the original language of the Bible. In Hebrew, "shalom" is the word for peace, expressed to someone as a greeting to wish them health, wholeness, restitution, and emotional/spiritual fulfillment. Literally expressing words of peace and good will like this may be the key to dealing with stress.

Alexander Kjerulf (a.k.a. The Chief Happiness Officer), one of the world's leading experts in happiness at work and a best-selling author, says, "You do not fight stress by talking about stress. That

just stresses people more. You fight stress by talking about peace and calm instead. That's the solution to stress."¹

In a way, it's the power of positive thinking (and speaking). Self-talk, as the Mayo Clinic describes it, is a combination of both thinking and speaking. Self-talk is the endless stream of thoughts that run through your head every day. These automatic thoughts can be positive or negative. Some of your self-talk comes from logic and reason. Other self-talk may arise from misconceptions that you create because of lack of information.²

You can literally talk yourself out of stress; it's a strategic attack in the battle for your mind.

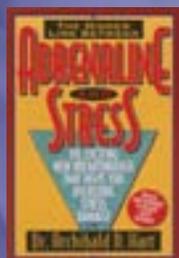
By talking positively, you take control of your stress. Out loud if necessary say, "I will not get upset. I will not be angry. I choose to stay calm."³ Doing this may appear strange to some, but the benefits of positive thinking and speaking are worth it.

Increased life span / Lower rates of depression / Lower levels of distress / Greater resistance to the common cold / Better psychological and physical well-being / Reduced risk of death from cardiovascular disease / Better coping skills during hardships and times of stress⁴

God recognizes that how we talk is how stress begins. The book of Proverbs is packed with advice on holding the tongue, not speaking foolishly, and leaving naysayers to their own demise. Jesus addressed negative talk in the form of worry in Matthew 6:31-33: "...take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things. But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."

Part of seeking righteousness is getting to know Him. Speaking to God enables you to know Him, and words of praise — speaking positively — are the antidote to stress. Speaking (or thinking) things that glorify God has an unexplainable calming effect. When we set our worries aside and focus on Him, we can truly "let go and let God." ☺

"Come unto me, all ye that labour and are heavy laden, and I will give you rest." - Matthew 11:28



Adrenaline and Stress

Find out what stress really is, what its symptoms are, and what its impact can be in every area of life. Includes ways to reduce stress for peace of mind, confidence, and happiness.

#BKNLS0373 Adrenaline and Stress \$12.95

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

Resources: / 1. <http://positivesharing.com/2006/03/dont-fight-stress-promote-peace>
2. www.mayoclinic.com/health/positive-thinking/SR00009 / 3. <http://EzineArticles.com/id=4616195>
4. www.mayoclinic.com/health/positive-thinking/SR00009

Choose Health for

2011

Each year, as the old year nears its end and as the New Year approaches, many people choose to make New Year's Resolutions — conscious choices to make a difference in their lives. So let me ask you a question:

Have you ever considered making a New Year's Resolution concerning your health?

By Rev. George Malkmus

As the New Year 2011 nears we each have an excellent opportunity to reevaluate our own health! In order to do that we might begin by asking ourselves: Is my body in a state of excellent health or could it use some tweaking or improvement?

Following are a few questions we may choose to ask in order to determine our state of health:

1. Do I awake each morning refreshed and ready for the new day or do I drag myself out of bed?
2. Do I run on high energy all day long or do I have to use stimulants (drugs) such as caffeine, sugar, nicotine, etc. to jumpstart or get through the day?
3. Am I constantly hungry, wanting to continually snack throughout the day, or is my hunger satisfied for long periods after a meal?
4. Do I take doctor-prescribed or over-the-counter drugs for various symptoms such as high blood pressure or cholesterol; medication for arthritic pain or headaches; insulin for diabetes, or a drug to help me go to sleep at night?
5. Is my skin soft and glowing or do I experience dryness, acne, dandruff, etc.?
6. Do I have nasal congestion or are my airwaves clear of obstruction?
7. Do I huff and puff when my body has the slightest exertion or do I breeze through these times of exertion effortlessly?
8. Am I carrying excess pounds and have an expanded waistline or is my body slim and trim?
9. Is my mind sharp or has some fog settled in?



How did you do? Did you pass with flying colors, or did your answers indicate you have some health issues? Now the question is: What are you going to do about it? Ignore it and hope the problem or problems will go away, or will you determine to make some changes so that you can improve your health and quality of life?

The approaching New Year offers a unique opportunity to improve your health. In most instances, no matter what your physical or emotional condition, there is hope for a healthier tomorrow.

Over the years, tens of thousands have written to tell me that after they adopted the Hallelujah Acres Diet and Lifestyle, they recovered from over 170 different physical and emotional problems, including even stage 4 metastasized cancer. As far as weight loss is concerned there is no finer plan. One gentleman, on The Hallelujah Diet in just 10 months experienced a 206-pound weight loss with no sagging skin.

continued on next page

Another gentleman after 6 months on The Hallelujah Diet reported a 60-pound weight loss and the disappearance of 28 different physical problems. Personally, nearly 35 years ago, I chose to change my diet and lifestyle after being told I had colon cancer, rather than following my doctor's advice. Today, just a few months short of my 77th birthday, I am still enjoying excellent health.

In my earlier article in this publication, under the title "God's Way vs Man's Way" (page 4) I concluded the article by sharing a verse from the Bible which reads:

"I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore CHOOSE life, that both thou and thy seed may live." - Deuteronomy 30:15

Our health is our most important possession, and in most instances our health depends on our daily food and drink choices. As we approach the New Year 2011, will you choose to start taking some steps to improve your health? If you're not ready to go all the way, why not at least start moving your health in a positive direction, because each step toward improving your diet and lifestyle is a step in the right direction. ☺

2011

RESOURCES AVAILABLE FROM HALLELUJAH ACRES

If you are serious about improving your health, Hallelujah Acres offers you a vast array of resources, most at no cost to you:



FREE! 60 Days to Reclaim Your Health is an active internet program containing a culmination of Hallelujah Acres' best seminars, classes, and publications. It's a powerhouse of information with more detail and personal instruction than any program we have ever offered. We'll help you develop a grocery list and give you daily recipes and instructions on how to prepare that recipe. We'll show you how to read product labels with optimum health in mind and how to select exotic produce. Plus, we'll show you how to stay on track even when you're at a restaurant. www.60DaysToReclaimYourHealth.com



FREE! 60 Days to a Hallelujah Waistline is an interactive internet program that teaches you how to lose unwanted pounds. Try the Hallelujah Diet for 60 days! This is your chance to get personal instruction on how to break free of bad food, lose unwanted pounds, and live a vibrant new life. Sign up online and you'll receive The Daily Boost in your inbox for the next 60 days. There's a new video each day, along with tasty recipes, testimonies from other participants, and exclusive discounts in the Hallelujah Acres store. www.60DayJuiceUp.com



FREE! Biblical Nutrition 101 is a 12-lesson program that provides the information you need to restore health and allow your body to empower self-healing. Designed for individual or group study situations, each lesson is followed by a series of questions to answer and learn, while building upon lessons before it. www.hacres.com/education/biblical-nutrition-101



FREE! George Malkmus' Hallelujah Health Tip – Each week, Rev. George Malkmus writes an electronic Health Tip containing a feature articles, recipes that fit the Hallelujah Diet and Lifestyle, testimonies of improved health coming from those who have adopted the Hallelujah Diet, and much more. Almost 700 have been written so far, so get on the bandwagon and see what it's all about! <http://healthtip.hacres.com/>



FREE! Healthy Days with AM & PM – Paul and Ann Malkmum give you the scoop on the latest trends and discoveries. It's healthy living for real people! <http://ampm.hacres.com/>



FREE! Hallelujah Acres Facebook Page – Become a fan of the Hallelujah Acres Facebook page and stay in touch with over 5,000 others! There's a topic each day and knowledgeable staff ready to respond to your questions. www.facebook.com/hallelujahacres



Hallelujah Acres Lifestyle Centers – Spend 2 days, 5 days, or even 10 days at one of our Lifestyle Centers! Here you get hands-on experience to help you develop The Hallelujah Diet at your house! Each location is owned and operated by qualified Hallelujah Acres Health Ministers. www.halifstylecenters.com



Books and DVDs – Rev. Malkmus has written four books and Rhonda has written three. Plus we carry numerous books and DVD's from other authors on everything from nutrition and recipes to vaccinations, mental health, overcoming cancer, and more. <http://ecommerce.hacres.com/>



Nutritional Foods and Supplements – Optimal health starts with optimal nutrition. Often our diets are not enough, due to depleted soils, over-production, etc. This is when those seeking optimal health look for premium whole food supplements, and Hallelujah Acres develops some of the best in the world! <http://ecommerce.hacres.com/>

Give The Gift of Health!

We Juice Up Your Life

**HALLELUJAH ACRES
MARKET PLACE**



**Hallelujah
Holiday Recipes
FREE!**

With purchase
of \$150 or more.

Offer ends 12/31/2010.



Hallelujah Acres Fleece Blanket

Perfect for curling up with a good (nutrition) book!

- 50" x 60"
- 100% polyester super plush
- Nylon carrying strap included

#GIDVN0105 \$24.95



Hallelujah Acres Acrylic Tumbler

Hot or cold, it's a welcome companion for the commute!

- Suitable for hot or cold liquids (18 oz)
- Non-slip rubber base
- Hand wash only (do not use in microwave)

#GICDP0107 \$8.95



Hallelujah Acres 4-in-1 Measuring Spoon

You may never want to use another measuring spoon!

- Measures 1 Tbsp, 1 tsp, 1/2 tsp, and 1/4 tsp
- Great stocking stuffer!

#KSDVN0405 \$1.95



Hallelujah Acres Shaker Cup

Perfect for mixing any Hallelujah Acres powder product!

- 16 oz capacity
- Measurements marked on side

#KSDVN0404 \$2.95



Hallelujah Acres Cooler Bag

Great for keeping living foods cool all day long!

- 14"L x 9"W x 12"H
- 2 compartments, 2 zipper pockets, mesh pocket
- Removable lining, shoulder strap, bungee strap lid

#GICDP0110 \$17.95



Hallelujah Acres Logo Jacket

Comfortable, breathable, and a great conversation starter.

- Full-zip, lightweight spring / fall style
- Men's and women's sizes (S to XXL)
- Navy blue with logo

#CLDVN0101 Specify size when ordering \$49.95



Hallelujah Acres LED Keychain Light

Take the Hallelujah Acres message wherever you go!

- Super bright LED push-button light
- Long lasting, replaceable lithium battery

#GICDP0102 \$1.95

Hallelujah Acres Golf Umbrella

Compact, strong, and makes a statement!

- All-fiberglass frame
- Limited lifetime warranty
- Nylon mesh carrying case

#GICDP0105 \$17.95



Flat rate shipping for Christmas — \$5.95 on ANY order!

Offer ends 12/31/2010. To ensure delivery by Christmas, order by 12/15/2010.

Call toll free **800.915.9355** or order online at **www.hacres.com**

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

Give The Gift of Health!

New!

Snack Bar Sample Pack

Can't decide? Get them all! The Snack Bar Sample Pack includes 2 of each of our 6 signature snack bars, all made on-site at Hallelujah Acres.

*Pecan Pie – Blueberry – Mocha Coconut
Orange Cranberry Delight – Vanilla Nut Goodee –
Maple Nut Royale*

- No preservatives, no refined sugar or chemicals added
- Handmade with care
- Great stocking stuffers!

#FDGLF0114 \$21.48

Individual flavors also available
(refer to item number when ordering)

1 bar - \$1.99 • Box of 12 - \$21.48

Case of 72 - \$114.48

- Pecan Pie (#FDGLF0110)
- Blueberry (#FDGLF0113)
- Mocha Coconut (#FDGLF0111)
- Orange Cranberry Delight (#FDGLF0112)
- Vanilla Nut Goodee (#FDGLF0445)
- Maple Nut Royale (#FDGLF0444)



Survival Bar

At 300 calories and 13g. of protein, this truly raw, living food bar makes a perfect meal replacement! It's packed with nutrient-dense, organic whole foods — and it's the only bar in the world made with BarleyMax, BeetMax and CarrotJuiceMax!

#KSDVN0405

1 bar - \$2.95

Box of 12 bars - \$33.95

Case of 72 bars - \$144.00



Teccino Coffee Alternative

Teccino, America's best selling caffeine-free coffee alternative of roasted carob and barley, is prepared and ground to brew and taste just like coffee!

All varieties \$9.59

- Vanilla Nut (#BVNTF0923) • Hazelnut (#BVNTF0925)
- Maya Chai (#BVNTF0921) • Java (#BVNTF0919)

Teccino Sampler Set

Try a little of each variety. Each packet makes 2-3 cups. Includes one sample size each of Vanilla Nut, Hazelnut, Maya Chai, and Java flavors.

#BVTCC0300 \$4.95



Hallelujah Acres Mug and Saucer Set

This beautiful cobalt blue mug and saucer set is perfect for sipping Teccino with Christmas guests — order one for everyone!

#GIDVN0115 \$6.95

Flat rate shipping for Christmas — \$5.95 on ANY order!

Offer ends 12/31/2010. To ensure delivery by Christmas, order by 12/15/2010.

TO ORDER: Call toll free **800.915.9355** or order online at **www.hacres.com**

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

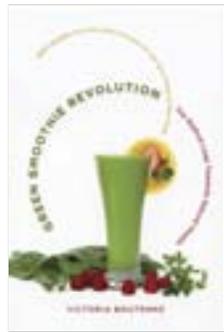


Hallelujah Acres "got carrots?" Apron

Bright, fun, and suitable for any kitchen!

- Durable, high quality weave
- Handy pocket
- One size fits all

#CLDVN0795 \$19.95



10% Green Smoothie Revolution Book

Victoria Boutenko reintroduces long neglected fruits, vegetables, and greens in the most persuasive style for our busy lives: with fast prep and delicious results.

- Features 200 recipes
- Simple and full of variety

#BKRND1001 \$13.37 (reg. \$14.95)



10% Gia CellGuard EMF Protector for Cell Phones

Provides a first-line of defense against potentially hazardous electromagnetic frequencies (EMF) and electromagnetic radiation emitted from cell phones.

- Compatible with cell phones, smart phones, Bluetooth and PDA devices
- Reinforces your body's natural resilience to EMF

#HBBPT0851 \$35.97 (reg. \$39.95)

Tribest Personal Blender

Versatile, portable, and delivers powerful ice-crushing, smoothie-making, seed-grinding, sauce-blending functions wherever you plug it in.

- Includes 4 BPA-free blend and serve cups
- Portable, easy to use

#FETRB0585 \$79.95



Hallelujah
Holiday Recipes
FREE!

With purchase
of \$150 or more.
Offer ends 12/31/2010.



Showerwise Showerhead Filter System

Effectively removes chlorine from your shower water to enhance your health and skin, and conserves water at the same time.

- Contains over 50% more filtering material for a longer effective lifetime than most other shower filters.
- Five year limited warranty.

#HBWTW0535 \$59.95



Quick Start Kits

All you need to start in one kit!

Berry/Apple Supplements Kit #KTHLH0885*

The Hallelujah Diet book • Fiber Cleanse Green Apple powder
BarleyMax Berry powder • Digestive Enzymes capsules

Mint/Lemon Supplements Kit #KTHLH0887*

The Hallelujah Diet book • Fiber Cleanse Lemon powder
BarleyMax Mint powder • Digestive Enzymes capsules

Regular Supplements Kit #KTHLH0880*

The Hallelujah Diet book • Fiber Cleanse Original powder
BarleyMax Original powder • Digestive Enzymes capsules

NEW! Capsule Supplements Kit #KTHLH0886*

The Hallelujah Diet book • Fiber Cleanse capsules
BarleyMax capsules • Digestive Enzymes capsules

All Quick Start Kits \$99.95

* Refer to item # when ordering.

Give The Gift of Health!



10% OFF Rada Gift Sets

Get the best of the best! Rada Manufacturing Company has created remarkable kitchen knives and utensils since 1948. Rev. George and Rhonda love 'em and so will you!

Pare 'n Peel Gift Set

- 2 knives
 - Black resin or aluminum handle (specify when ordering)
- #GIRDC0046 \$11.87 (reg. \$13.25)

Meal Prep Gift Set

- 4 knives
 - Black resin or aluminum handle (specify when ordering)
- #GIRDC0105 \$22.37 (reg. \$24.95)



10% OFF OXO Mandoline

This is our favorite mandoline! Includes a straight side for straight slices and a wavy side for crinkle cuts and waffle cuts. A soft grip area allows for safely removing and inserting this blade.

- Soft grips for safety and comfort
- Textured runway prevents food from sticking
- Also includes two sets of blades

#KSXNT0752 \$62.87 (reg. \$69.95)



10% OFF Champion Starter Kit

Give the all-in-one gift of health! Includes all the information, cleansing, and ongoing support products needed to start and maintain optimal health.

Includes the Champion juicer, BarleyMax powder, Fiber Cleanse powder, Professional Strength Probiotics capsules, Flora Flax Oil with DHA, Digestive Enzymes capsules, B12-B6-Folic Acid tablets, The Hallelujah Diet book, The Miraculous Self Healing Body DVD, and Recipes for Life book.

#KTHLH0111 \$354.47 (reg. \$393.95)



10% OFF World Cuisine "Spirooli" Spiral Slicer

The Spirooli makes veggie noodles and salad creations in a snap! Change the blade and you can make curly fries too!

- Dishwasher safe
- Easily change 3-blades
- Strong suction cup base with pinch-to-release feature

#FEXCL0092 \$31.37 (reg. \$34.95)



Waterwise 8800 Distiller

Combines steam distillation and carbon filtration for maximum purity. Dishwasher Safe

- Digital display tells you when to change the filter, and the time of day
- Programmable timer
- Seamless, stainless steel boiler
- Removable carafe can be stored in the refrigerator
- Stop-and-serve feature

#FEWTW8800 \$409.95

Flat rate shipping for Christmas — \$5.95 on ANY order!

Offer ends 12/31/2010. To ensure delivery by Christmas, order by 12/15/2010.

TO ORDER: Call toll free **800.915.9355** or order online at **www.hacres.com**

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



PRODUCT MENU



**HALLELUJAH ACRES
MARKET PLACE**

Call toll free
800.915.9355
or order online at www.hacres.com

BOOKS

Item Code	Description	Retail Price
BKJDD0101	<i>5 Percent Chance</i> by Jerrod Sessler	\$16.95
BKHPL0206	<i>A Message of Hope and Healing</i> (English) by George Malkmus	\$2.95
BKHPL0217	<i>A Message of Hope and Healing</i> (Spanish) by George Malkmus	\$2.95
BKHPL0204	<i>A Response to the Maker's Diet</i> by George Malkmus	\$2.95
BKNLS0373	<i>Adrenaline & Stress</i> by Dr. Archibald D. Hart	\$12.95
BKSPG0306	<i>All New Square Foot Gardening</i> by Mel Bartholomew	\$19.95
BKNTR0312	<i>Become Younger</i> by Dr. Norman W. Walker	\$8.95
BKNTR0305	<i>Becoming Raw</i> by Brenda Davis, RD & Vesanto Melina, MS, RD	\$24.95
BKRWN0650	<i>Blind Courage</i> by Bill Irwin	\$24.95
BKTF0243	<i>Breast Cancer and Iodine</i> by David M. Derry, MD, PhD	\$14.95
BKWNN0998	<i>Bulls Eye Book</i> by Thomas J. Winger	\$35.05
BKCLL0379	<i>Chelsea's Healthy Secrets</i> by Dr. Sherry Schivi	\$14.95
BKBPC0337	<i>Colon Health</i> by Dr. Norman W. Walker	\$8.95
BKNHS0345	<i>Depression: The Way Out</i> by Neil Nedley, MD	\$38.95
BKNTR0303	<i>Diet for A New America</i> (Book) by John Robbins	\$14.95
BKNTR0308	<i>Don't Drink Your Milk</i> by Frank A. Oski, MD	\$9.95
BKNTR0276	<i>Eat to Live</i> by Joel Fuhrman, MD	\$14.95
BKPNG0350	<i>Enzyme Nutrition</i> by Dr. Edward Howell	\$8.95
BKHPL0382	<i>Everyday Wholesome Eating</i> by Kim Wilson	\$17.95
BKHPL0374	<i>Everyday Wholesome Eating... In The Raw</i> by Kim Wilson	\$17.95
BKGRP0213	<i>Examining The Hallelujah Diet</i> by Nathan Bartlett Tracy, ND	\$9.95

PRODUCT MENU



HALLELUJAH ACRES MARKET PLACE

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

Products, prices, and availability subject to change.

BKHLT0366	<i>Excitotoxins: The Taste That Kills</i> by Russell L. Blalock, MD	\$17.95
BKFLR0348	<i>Fats That Heal, Fats That Kill</i> by Udo Erasmus	\$22.95
BKNLS0323	<i>Food Additives: A Shopper's Guide to What's Safe</i> by Christine Hoza Farlow, DC	\$7.95
BKNTR0368	<i>Food and Behavior</i> by Barbara Reed Stitt	\$9.95
BKNTR0311	<i>Fresh Vegetable & Fruit Juices</i> by Dr. Norman W. Walker	\$7.95
BKHPL0202	<i>God's Way to Ultimate Health</i> by George Malkmus	\$18.95
BKRND1001	<i>Green Smoothie Revolution</i> SALE! by Victoria Boutenko	\$13.37
BKDSN0216	<i>Hallelujah Diet Workbook</i> by George Malkmus	\$8.95
BKHPL0330	<i>Hallelujah Food Show Recipe Book</i>	\$14.95
BKHPL0205	<i>Hallelujah Holiday Recipes</i> by Rhonda J. Malkmus	\$12.97
BKHPL0376	<i>Hallelujah Kids</i> by Julie Wandling	\$19.95
BKHPL0214	<i>Hallelujah Simple Weekly Meals</i> by Marilyn Polk	\$8.95
BKSND0343	<i>Harry and Sarah Sneider's Olympic Trainer</i>	\$14.95
BKHPL0212	<i>Healthy for Him: Recipes for Healthy Living</i> by Julie Wandling	\$17.95
BKTSP0305	<i>How to Grow More Vegetables</i> by John Jeavons	\$19.95
BKHPL0375	<i>How We All Went Raw</i> by Charles, Coralanne & George Nungesser	\$17.95
BKMDC0254	<i>Iodine: Why You Need It - Why You Can't Live Without It</i> by David Brownstein, MD	\$16.50
BKPNG0792	<i>Lick the Sugar Habit</i> by Nancy Appleton, PhD	\$12.95
BKTRB0552	<i>Living with Green Star</i> (Recipe Book) by Elysa Markowitz	\$29.95
BKDNH0492	<i>Lying With Authority</i> by Dan E. Chestnut, MD	\$19.95
BKNTR0369	<i>Mad Cowboy</i> by Howard F. Lyman	\$14.95
BKBPC0377	<i>Making Sauerkraut</i> by Klaus Kaufmann & Annelies Schineck	\$11.95
BKTRT0394	<i>Natural Health Solutions & The Conspiracy</i> by Mike Adams	\$29.95
BKNTR0335	<i>Natural Way to Vibrant Health</i> by Dr. Norman W. Walker	\$7.95
BKHPL0209	<i>Pregnancy, Children & The Hallelujah Diet</i> by Olin Idol, ND, CNC	\$8.95

TO ORDER: Call toll free **800.915.9355** or order online at **www.hacres.com**

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

Give The Gift of Health!

BKPNG0353	Prescription for Nutritional Healing by Phyllis A. Balch, CNC	\$23.95
BKNTR0338	Pure & Simple Natural Weight Control by Dr. Norman W. Walker	\$7.95
BKHPL0352	Raw Eating by A.T. Hovannessian	\$9.95
BKHPL0203	Recipes for Life...From God's Garden by Rhonda J. Malkmus	\$24.95
BKHPL0208	Salad Dressings For Life by Rhonda J. Malkmus	\$12.95
BKHPR0378	Six Months to Live by Charles Snyder	\$8.95
BKBPC0414	Smoothies & Other Scrumptious Delights by Elysa Markowitz	\$11.95
BKSPR0351	Sprouts The Miracle Food: The Complete Guide to Sprouting by Steve Meyerowitz	\$12.95
BKHPL0364	The China Project by T. Colin Campbell, PhD	\$3.95
BKBNB0377	The China Study by T. Colin Campbell, PhD	\$16.95
BKWTW0310	The Choice is Clear by Dr. Allen E. Banik	\$2.95
BKRBB0200	The Food Revolution by John Robbins	\$17.95
BKDSN0215	The Hallelujah Diet by George Malkmus	\$14.95
BKHPL0329	The Hallelujah Diet Refined: Maintaining Healthy Blood Sugar by Olin Idol, ND, CNC	\$2.95
BKHHP0301	The Healing Power of NATUREFOODS by Susan Smith Jones, PhD	\$15.95
BKNTR0321	The Juicing Book by Stephen Blauer	\$11.95
BKHRP0210	Uninformed Consent: The Hidden Dangers in Dental Care by Hal A. Huggins, DDS, MS & Thomas E. Levy, MD, JD	\$16.95
BKHPL0207	Vaccinations, Deceptions, and Tragedy by Michael Dye	\$10.00
BKNTR0304	Vegetable Soup and The Fruit Bowl by Dianne Warren, Susan Smith Jones & Amy Sorvaag Lindman	\$14.95
BKNTR0336	Vegetarian Guide to Diet & Salad by Dr. Norman W. Walker	\$14.95
BKBPC0372	Warming Up to Living Foods by Elysa Markowitz	\$15.95
BKNTR0340	Water Can Undermine Your Health by Dr. Norman W. Walker	\$7.95
BKNTR0363	What Your Doctor May Not Tell You About Menopause by John R. Lee, MD	\$14.95
BKDSN0201	Why Christians Get Sick (English) by George Malkmus	\$13.95
BKFTH0341	Winning the Battle for the Body by Douglas D. Polk	\$12.95

CDs / DVDs

Item Code	Description	Retail Price
DVHRC0220	An Introduction to Hallelujah Acres (DVD)	\$5.95
CDHRC0292	Biblical Foundation (CD)	\$5.00
CDHRC0291	Biblical Immunity (CD)	\$5.00
DVNTB0810	Business in a Box (DVD)	\$29.95
DVRCK0803	Cancer Doesn't Scare Me Anymore (DVD)	\$21.95
CDHRC0232	Children and the Hallelujah Diet (CD)	\$19.95
DVHRC268	Choose A Terrific Day (DVD)	\$39.95
KTNHS0346	Depression Recovery Program (Workbook & 5 DVDs)	\$159.00
DVDRF0802	Diet for A New America (DVD)	\$19.95
DVRCK0805	Diseases Don't Just Happen (DVD)	\$21.95
DVRCK0807	Drugs Never Cure Disease (DVD)	\$21.95
CDHRC0265	God's Way to Ultimate Health (CD)	\$12.95
DVHRC0266	God's Way to Ultimate Health (DVD)	\$19.95
DVRVS0550	Healing Cancer From Inside Out (DVD)	\$17.95
DVHRC0293	Healing for Life 1 - Arthritis / Osteoporosis (DVD)	\$9.95
DVHRC0294	Healing for Life 2 - Cancer (DVD)	\$9.95
DVHRC0295	Healing for Life 3 - Diabetes (DVD)	\$9.95
DVHRC0296	Healing for Life 4 - Weight Issues (DVD)	\$9.95
DVHRC0297	Healing for Life 5- Fibromyalgia / Lupus (DVD)	\$9.95
DVHRC0299	Healing for Life Testimony (5 DVDs)	\$29.95
DVHRC0269	Juicing with the Green Star Juicer (DVD)	\$12.95
DVHRC0222	Make Me Ready - Praise & Worship (DVD)	\$21.95
DVTRF0811	Make Me Ready - Stretch & Selah (DVD)	\$22.45
CDHRC0806	Natural Progesterone (CD)	\$9.95
DVHRC0310	Pastor to Pastor: A Message of Hope and Healing (DVD)	\$9.95
DVSND0312	Sneiders Resistance Rebounding (DVD)	\$24.95



Call **800.915.9355** to sign up for **AutoShip** now!
See page 43.

PRODUCT MENU

DVRCK0808	<i>Sorting Through The Maze Of Alternative Medicine</i> (DVD)	\$21.95
DVHPR0264	<i>Supplement Presentation</i> by Olin Idol, ND (DVD)	\$19.95
DVDRF0275	<i>The Greatest Diet on Earth II</i> (DVD)	\$21.95
DVHRC0248	<i>The Hallelujah Food Show</i> (8 DVDs)	\$79.95
DVHRC0931	<i>The Hallelujah Food Show Recipes Set</i> (4 DVDs)	\$29.97
DVHRC0219	<i>The Miraculous Self Healing Body</i> (DVD)	\$17.95
CDHRC0241	<i>The Perils of Animal Products</i> (CD)	\$12.95
DVHRC0274	<i>The Truth Behind Meat and Dairy</i> (DVD)	\$19.95
DVNWM0809	<i>Vaccines, The Risks, Benefits and Choices</i> (DVD)	\$24.95
DVRCK0804	<i>You Can't Improve on God</i> (DVD)	\$21.95

EXERCISE / FITNESS

Item Code	Description	Retail Price
EEXRS0349	Exerstrider Walking Sticks	\$89.95
EEFTS0605	Fit 10 - Ten Minute Exercise Program	\$79.95
EENDK0615	Needak Rebounder	\$299.95
EERBN0812	Urban Rebounding System (With Power Pack DVD)	\$99.95

FOOD / BEVERAGE

Item Code	Description	Retail Price
FDNTF0039	Artisana Coconut Butter Raw 16 oz.	\$11.95
FDNTF0927	Barbara's Raspberry Fig Bars	\$4.79
FDGLF0113	Blueberry Snack Bar	\$1.95
FDFDSI003	Foods Alive Barbeque Flax Crackers	\$5.95
FDFDSI010	Foods Alive Chia Seed (Raw)	\$7.65
FDFDSI005	Foods Alive Italian Zest Flax Crackers	\$5.95
FDFDSI009	Foods Alive Maple & Cinnamon Flax Crackers	\$5.95
FDFDSI008	Foods Alive Mexican Harvest Flax Crackers	\$5.95

FDFDSI006	Foods Alive Mustard Flax Crackers	\$5.95
FDFDSI004	Foods Alive Onion Garlic Flax Crackers	\$5.95
FDGLF0446	Living Food Survival Bar	\$2.95
FDMHT0101	Manitoba Harvest Organic Shelled Hemp Seed 12 oz.	\$14.95
FDGLF0444	Maple Nut Royale	\$1.95
FDGLF0111	Mocha Coconut Snack Bar	\$1.95
FDGLF0112	Orange Cranberry Delight Snack Bar	\$1.95
FDNTC0699	Organic Coconut Oil 14 oz.	\$14.95
FDGLF0110	Pecan Pie Snack Bar	\$1.95
FDNTF0947	Seeds of Change Italian Herb Vinaigrette Salad Dressing	\$4.69
FDNTF0948	Seeds of Change Roasted Red Pepper Vinaigrette Dressing	\$4.69
BVNTFI110	Teecino Almond Amaretto Caffeine Free Herbal Coffee	\$9.59
BVTCC1929	Teecino Almond Amaretto Caffeine Free Herbal Coffee - Sample Pack	\$0.99
BVNTF0925	Teecino Hazelnut Caffeine Free Coffee	\$9.59
BVTCC1925	Teecino Hazelnut Caffeine Free Herbal Coffee - Sample Pack	\$0.99
BVNTF0919	Teecino Java Caffeine Free Herbal Coffee	\$9.59
BVTCC1919	Teecino Java Caffeine Free Herbal Coffee - Sample Pack	\$0.99
BVTCC1941	Teecino Maya Caffe Herbal Coffee Sample Pack	\$0.99
BVNTF0921	Teecino Maya Chai Caffeine Free Herbal Coffee	\$9.59
BVTCC1921	Teecino Maya Chai Caffeine Free Herbal Coffee - Sample Pack	\$0.99
BVNTF0923	Teecino Vanilla Nut Caffeine Free Herbal Coffee	\$9.59
BVTCC1923	Teecino Vanilla Nut Caffeine Free Herbal Coffee - Sample Pack	\$0.99
FDGLF0445	Vanilla Nut Goodee	\$1.95

GIFTS / APPAREL

Item Code	Description	Retail Price
GICDP0120	60 Days to a Hallelujah Waistline Wristband	\$1.00
GICDP0103	Aluminum Oval Hallelujah Acres Vanity Plate	\$7.95
CLDVN0795	"Got Carrots" Apron - Orange	\$19.95

TO ORDER: Call toll free **800.915.9355** or order online at **www.hacres.com**

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

Give The Gift of Health!

CLDVN0332	"Got Carrots" T-Shirt (sizes S, M, L, XL, XXL)	\$19.95
GICDP0104	Green Hallelujah Acres Journal Notepad	\$7.99
GICDP0107	Hallelujah Acres Blue 18 oz. Acrylic Tumbler	\$8.95
CLDVN0103	Hallelujah Acres Blue Logo Jacket (Men's & Women's: Sizes: S, M, L, XL, XXL)	\$49.95
GIDVN0115	Hallelujah Acres Cup & Saucer Blue	\$6.95
CLDVN0914	Hallelujah Acres Denim Ball Cap	\$14.95
GIDVN0105	Hallelujah Acres Fleece Blanket	\$24.95
GIDVN0102	Hallelujah Acres Green Jute Bags	\$14.95
GICDP0101	Hallelujah Acres Green/White Ink Pens	\$1.95
CLDVN0790	Hallelujah Acres Logo Apron	\$21.95
GICDP0121	Hallelujah Acres Logo Magnet	\$3.95
CLDVN0203	Hallelujah Acres Oxford Blue Logo Shirts (Men's & Women's: Sizes: S, M, L, XL, XXL)	\$39.95
CLDVN0796	Hallelujah Acres Tote - Green	\$14.95
GICDP0105	Hallelujah Acres Umbrella (Large)	\$17.95
GICDP0106	Hallelujah Acres Umbrella (Small)	\$13.95
GIRDC0105	Rada Meal Prep Gift Set w/Aluminum Handle	SALE! \$22.37
GIRDC0205	Rada Meal Prep Gift Set w/Black Resin Handle	SALE! \$22.37
GIRDC0246	Rada Pare and Peel Gift Set w/Black Resin Handle	SALE! \$11.87
GIRDC0046	Rada Pare and Peel Gift Set w/Aluminum Handle	SALE! \$11.87
GICDP0102	Slim Hallelujah Acres Key Tag with LED light	\$1.95

KITCHEN APPLIANCES / EQUIPMENT

Item Code	Description	Retail Price
FEBLT0677	Blendtec Home Blender 3 qt. (96 oz.) Jar Kit	\$99.95
FEBLT0676	Blendtec Home Blender with 3 qt. BPA Free Container (available in black or white)	\$429.95
KSTHG0430	Celtic Sea Salt, Fine Ground - 1 lb	\$14.95
KSTHG0431	Celtic Sea Salt, Light Grey, Coarse - 1 lb	\$7.95
FEPLS0511	Champion Juicer - Commercial	\$284.95
FEPLS0514	Champion Juicer - International	\$284.95
FEPLS0510	Champion Juicer (available in almond, black or white. Accessories and parts also available)	\$259.95
KSCCN0481	Chop and Chop Cutting Mat (Large)	\$6.95
KSCCN0480	Chop and Chop Cutting Mat (Small)	\$3.95
FETRB0519	CitriStar, The Citrus Juicer	\$49.95
KSCMS0551	Debbie Meyer Green Bags (10 Large, 10 Medium)	\$9.95
KSDNF0435	Eden Sea Salt	\$5.95
FEXCL0580	Excalibur Dehydrator	\$210.95



HALLELUJAH ACRES MARKET PLACE

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

Products, prices, and availability subject to change.



**With AutoShip, just tell us
the products you'd like and how
often you want them shipped.***

**FREE Shipping
every time!**

Call **800.915.9355** to sign up for AutoShip now!

Retail customers only. Valid only in lower 48 states.

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



PRODUCT MENU



HALLELUJAH ACRES MARKET PLACE

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

Products, prices, and availability subject to change.

KSMB0598	FoodSaver Bags - Quart (44 bags)	\$17.95
FEMBS0801	FoodSaver Jar Sealer (Small)	\$10.95
KSMB0599	FoodSaver Roll of Bags (2 rolls)	\$25.95
FEMBS0596	FoodSaver Vacuum Sealer	\$129.95
FETRC0606	FreshLife Sprouter	\$99.95
FETRB0600	Green Star Elite Juicer (Accessories and parts available)	\$529.95
FETRB0560	Green Star Gold Juicer (220V) (Accessories and parts available)	\$519.96
FETRB0550	Green Star Gold Juicer (Accessories and parts available)	\$499.96
FETRB0559	Green Star Juicer (220V) (Accessories and parts available)	\$479.95
FETRB0549	Green Star Juicer (Accessories and parts available)	\$459.95
KSPLS0522	Hand Held Juice Strainer	\$5.50
FEMDP0403	Hand Mixer	\$5.95
KSNTC0110	Himalayan Fine Pink Sea Salt (2 lb Bag)	\$11.95
KSNTC0111	Himalayan Fine Pink Sea Salt (8.75 oz.)	\$4.95
FEHVS1001	Hurom Slow Juicer HU-100	\$359.95
FEKTC0610	KitchenAid Food Processor	\$179.95
KSDVN0405	Measuring Spoon	\$0.99
FEMBS0582	Mr. Coffee Flax Seed Grinder (available in black or white)	\$18.95
KSXNT0081	OXO 6pc Soft Handled Measuring Spoon Set - Black	\$5.95
KSXNT5816	OXO Grater	\$16.95
KSXNT0212	OXO Kitchen & Herb Scissors	\$16.95
KSXNT0752	OXO Mandoline	SALE! \$62.87
KSXNT0583	OXO Salad Spinner	\$27.95
KSXNT0811	OXO Swivel Peeler	\$9.95
KSXNT7814	OXO Vegetable Brush	\$9.95
KSRDC0118	Rada Bread/Bagel Knife (6" Blade) w/Aluminum Handle	\$6.95
KSRDC0218	Rada Bread/Bagel Knife (6" Blade) w/Black Resin Handle	\$6.95
KSRDC0134	Rada Cooks Knife (6 1/4" Blade) w/Aluminum Handle	\$9.25
KSRDC0234	Rada Cooks Knife (6 1/4" Blade) w/Black Resin Handle	\$9.25
KSRDC0141	Rada Deluxe Vegetable Peeler w/Aluminum Handle	\$7.95

TO ORDER: Call toll free **800.915.9355** or order online at **www.hacres.com**

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

Give The Gift of Health!

KSRDC0241	Rada Deluxe Vegetable Peeler w/Black Resin Handle	\$7.95
KSRDC0131	Rada French Chef Knife (8 1/2" Blade) w/Aluminum Handle	\$15.35
KSRDC0231	Rada French Chef Knife (8 1/2" Blade) w/Black Resin Handle	\$15.35
KSRDC0121	Rada Pizza Cutter w/Aluminum Handle	\$12.15
KSRDC0221	Rada Pizza Cutter w/Black Resin Handle	\$12.15
KSRDC0101	Rada Regular Paring Knife (3 1/4" Blade) w/Aluminum Handle	\$4.95
KSRDC0201	Rada Regular Paring Knife (3 1/4" Blade) w/Black Resin Handle	\$4.95
KSRDC0138	Rada Serrated Slicer (7" Blade) w/Aluminum Handle	\$8.45
KSRDC0238	Rada Serrated Slicer (7" Blade) w/Black Resin Handle	\$8.45
KSRDC0107	Rada Slicer (7" Blade) w/Aluminum Handle	\$8.15
KSRDC0207	Rada Slicer (7" Blade) w/Black Resin Handle	\$8.15
KSRDC0126	Rada Tomato Slicer w/Aluminum Handle	\$5.75
KSRDC0226	Rada Tomato Slicer w/Black Resin Handle	\$5.75
KSDVN0404	Shaker Cup - Hallelujah Acres Logo	\$2.95
FETR0344	Soyabella Automatic Nut Milk Maker	\$119.95
FEXCL0092	Spiral Vegetable Slicer	SALE! \$31.37
KSSPR0359	Sprout Man Sprouting Bag	\$7.95
KSSPR0361	Sprout Man Sprouting Chart	\$7.95
KSSPR0360	Sprout Man Sprouting Seeds (Garden Mix - for sprouter only)	\$6.99
KSVPP0110	Titan/Turbo Peeler	\$9.95
FETR0585	Tribest Personal Blender - with BPA Free containers	\$75.95
KSLWS0614	Upright Carrot Peeler	\$99.95
FEVTX4500	Vita-Mix TurboBlend Blender	\$399.95
FEWTW0504	Water Demonstration Light	\$19.95
FEWTW5410	Waterwise 4000 Water Distiller (220V) (Accessories and parts available)	\$309.95
FEWTW5408	Waterwise 4000 Water Distiller (Accessories and parts available)	\$299.95
FEWTW8800	Waterwise 8800 Deluxe Water Distiller (Accessories and parts available)	\$409.95
FEWTW5900	Waterwise 9000 Water Distiller (Accessories and parts available)	\$399.95

PERSONAL CARE

Item Code	Description	Retail Price
HBCRT0711	ABC Liniment Topical Oil	\$6.95
HBBPT0852	BioPro Universal Twin Pack (2 chips)	\$83.00
HBCRT0715	Bug Me Not	\$6.95
HBCRT0708	Carolina Pine Soap (Normal Skin)	\$3.95
HBBPT0851	Cell Guard by Gia	SALE! \$35.97
HBCRT0702	Chamomile Soap (Normal to Dry Skin)	\$3.95
HBCRT0703	Coal Tar / Rosemary Soap (All Skin Types)	\$3.95
HBWTW0535	Deluxe Showerwise System	\$59.95
HBNTF0756	Desert Essence Facial Scrub	\$6.25
HBNTF0031	Desert Essence Tea Tree Skin Ointment	\$7.59
HBNTF0750	Desert Essence 100% Pure Tea Tree Oil	\$11.99
HBXCL0589	Excalibur ParaFlexx Premium Sheet	\$9.95
HBMCR0101	Hydriion PH Test Strips	\$9.95
HBRCL0768	Hydro Floss Oral Irrigator	\$129.95
HBNTF0094	Jason Natural Sea Kelp Conditioner	\$9.95
HBNTF0759	Jason Natural Sea Kelp Shampoo	\$7.95
HBNTF0782	Jason Power Smile Toothpaste (Vanilla Mint)	\$6.99
HBNTF0757	Jason Powersmile Whitening Toothpaste	\$6.99
HBNTF0758	Jason Sea Fresh Mouthwash	\$9.99
HBNTF0784	Jason Sea Fresh Toothpaste	\$6.95
HBCRT0716	Jewelweed Topical Spray	\$6.95
HBCRT0717	Lavender Herb Garden Aromatherapy Mist	\$5.95
HBCRT0710	Lavender Moisturizer and Massage Oil	\$8.95
HBBNN0607	Omron HJ-150 Pedometer	\$16.95
HBCRT0704	Rose Soap (Normal to Oily Skin)	\$3.95
HBCRT0701	Rosemary Soap (Normal to Oily Skin)	\$3.95
HBWTW0536	Showerwise Deluxe Replacement Cartridge	\$31.95
HBCRT0709	Sweet Orange Moisturizer Oil	\$8.95
HBCRT0705	Sweet Orange Soap (Dry Skin)	\$3.95
HBDST0722	Thai Crystal Deodorant - Roll On	\$5.95
HBDST0723	Thai Crystal Deodorant Mist	\$7.45
HBDST0721	Thai Crystal Deodorant Stone Push Up Stick	\$7.95
HBCRT0706	Vitamin E / Lavender Soap (Sensitive Skin)	\$3.95
HBCRT0707	Ylang Ylang Soap (Normal Skin)	\$3.95

PRODUCT MENU



VITAMINS / SUPPLEMENTS

Item Code	Description	Retail Price
SPNTC0463	A 10,000 FLO (100 ct bottle) 10000 IU	\$4.95
SPNTC0468	Activated Charcoal (90 ct bottle) 280 mg	\$8.95
SPHMN0602	Adam's Prostate Care	\$24.95
SPNTC0478	Alpha Lipoic Acid 300 mg Time Release (30 ct)	\$15.95
SPNTN0455	Antioxidant	\$29.95
SPHLS0450	B12, B6, Folic Acid	\$14.95
SPSHP0397	Balance 3 Herbal Formula	\$59.95
SPHMN0443	Balanced Woman Cream	\$24.95
SPTRC0453	BarleyMax Alfalfa Free	\$39.95
SPTRC0442	BarleyMax Capsules	\$33.95
SPTRC0441	BarleyMax Large 8.5 oz	\$39.95
SPTRC0511	BarleyMax Large 8.5 oz - Berry Flavored	\$41.95
SPTRC0510	BarleyMax Large 8.5 oz - Mint Flavored	\$41.95
SPTRC0440	BarleyMax Small 4.2 oz	\$25.95
SPTRC0451	BeetMax	\$32.95
SPTRC0540	BeetMax Capsules	\$32.95
SPBRY0007	BioRay NDF	\$79.95
SPBRY6199	BioRay NDF Plus	\$89.95
SPNTC0962	Bromelain (30 ct bottle) 1000 mg	\$17.95
SPNTC0473	Capryl Sodium and Resin Free (100 ct bottle)	\$10.95
SPNTC0965	Celery Seed (100 ct bottle) 505mg	\$7.95
SPNTC0964	CoQ-10 (30 ct bottle) 60 mg	\$22.95
SPNTC0467	CranActin Cranberry AF Extract (60 ct bottle)	\$12.95
SPPHR0426	DHA Supplement (Vegetarian Capsule)	\$23.95
SPNTN0447	Digestive Enzymes	\$24.95
SPLXR0971	EZorb Calcium	\$39.95
SPTRC0446	Fiber Cleanse Capsules	\$29.95
SPTRC0445	Fiber Cleanse Powder	\$29.95
SPTRC0521	Fiber Cleanse Powder - Green Apple Flavored	\$32.95
SPTRC0520	Fiber Cleanse Powder - Lemon Flavored	\$32.95
SPFLR0437	Flora DHA Flax Oil	\$24.95
SPNTC0969	Free-Form L-Glutamine	\$14.95
SPNTC0475	Grapenol (30 ct bottle) 100mg	\$15.95
SPNTC0471	GTF Chromium (100 ct bottle) 200mcg	\$5.95
SPNTC0476	Guggul & Red Yeast Rice (120 ct bottle)	\$24.95
SPNTC0469	Hawthorn Berries	\$6.95
SPNTC0462	High Potency HCl with Pepsin (100 ct bottle)	\$14.95

SPNTN0449	Intestinal Balance	\$24.95
SPPTM0483	Iodoral	\$29.95
SPTBC0481	Iosol	\$17.95
SPNTC0472	Magnesium AAC (100 ct bottle) 200mcg	\$9.95
SPNTC0981	Magnesium Glycinate (180 ct tabs)	\$28.95
SPMXN0180	Max GXL Accelerator 180 Caps	\$85.00
SPMXN0120	Max WLX	\$85.00
SPNTC0477	Maximum NK Cells (60 ct bottle)	\$37.95
SPPHS0448	Mega H	\$26.95
SPNTC0465	Melatonin (60 ct bottle) 3mg	\$7.95
SPSRC0432	Micro-Max	\$14.95
SPNTC0479	MSM & Glucosamine - 100% Vegetarian (60 ct)	\$10.95
SPNTC0977	Mushroom complete (60 ct bottle)	\$15.95
SPNTC0963	Nattokinase (30 ct bottle) 100 mg	\$18.95
SPTRC0460	New Generation B-Flax-D	\$21.95
SPBNG0457	New Generation Bio Curcumin	\$29.95
SPTRC0461	New Generation CarrotJuiceMax	\$39.95
SPTRC0530	New Generation CarrotJuiceMax - Grapefruit/Ginger	\$41.95
SPTRC0531	New Generation CarrotJuiceMax Capsules	\$34.95
SPNCP0421	Nutritional Essentials - Vanilla	\$36.00
SPFLR0487	Pharmax Finest Pure Fish Oil 16.9 oz. (500 ml)	\$64.15
SPFLR0486	Pharmax Finest Pure Fish Oil 6.8 oz. (200 ml)	\$27.55
SPNTN0458	Professional Strength Probiotics	\$29.95
SPNTC0466	Pycnogenol (30 ct bottle) 50 mg	\$26.95
SPNTC0966	Pygeum & Saw Palmetto (60 ct bottle)	\$11.95
SPNTN0446	Regular Probiotics	\$24.95
SPBNG0454	Serrapeptase	\$24.95
SPAMR1160	Silver Biotics 16 oz.	\$34.95
SPAMR1856	Silver Biotics 8 oz.	\$24.95
SPNTC0470	St. John's Wort (100 ct bottle) 325 mg	\$8.95
SPNTC0967	St. John's Wort (60 ct bottle) 300mg	\$11.95
SPFLR0482	Udo's DHA Oil Blend	\$29.95
SPVMT0983	Vitamin D3, 1000 IU	\$12.95
SPVMT0982	Vitamin D3, 5000 IU	\$19.95
SPNTC0968	Vitamin E, 400 IU Ed-Alpha Tocopherol (50 ct bottle)	\$9.79
SPFLD0339	WaterMax	\$32.95
SPNTC0474	Yeast Cleanse (90 ct bottle)	\$14.95

TO ORDER: Call toll free **800.915.9355** or order online at **www.hacres.com**

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

Order Online 24 Hours a day at www.hacres.com – Thank You!

Name _____

Mailing Address _____

Physical Address (if different from mailing address) _____

City _____ State _____ Zip _____

Phone _____

Email _____

Note: Products, Prices, and Availability Subject to Change. Except where specified, prices in this magazine are effective through December 31, 2010

Keycode: HN64 Your Health Minister PIN# _____ Customer # _____

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

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

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

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

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

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

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

30 Day Satisfaction Guaranteed Return Policy

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

- Retail customers can return supplement(s) for a full refund (less shipping and handling) within 30 days from invoice date.
- Only one (1) open container of any product is eligible for a full refund. All other returns of the same product must be factory sealed.
- Unopened books (original condition), CDs and DVDs (unopened), small appliances and accessories (new condition), and exercise equipment in original packaging can be returned to Hallelujah Acres within 30 days of delivery date for full purchase price.
- Hallelujah Acres will refund shipping fees for "Return(s)" resulting from a Hallelujah Acres error.
- Non-refundable items: personal hygiene products, food products, gift certificates.
- Return(s) require RMA# (Return Material Authorization number). Please contact Customer Service at 1-800-915-9355 for RMA# and shipping instructions.
- Only items listed on original invoice will receive Return Authorization number(s).
- Item(s) returned must include manufacturer's manuals, warranty card, accessories, and Packing List copy.
- Please use original package for return when possible.
- Please record RMA number on outside of box(es).
- Returns must be received within 10 business days after RMA number is issued.
- Hallelujah Acres reserves the right to refuse Return(s) not packaged per instructions above.
- Number each box if more than one box is shipped.
- No refunds or credits will be issued until the item(s) has been received and processed. Refund amount will be determined upon inspection of returned item(s).
- Allow three to four weeks for returns to be processed.



Credit Card Orders Call:
1.800.915.9355
Mon. - Fri., 8:00 a.m. - 8:00 p.m. EDT
Saturday 9:00 a.m. - 4:00 p.m. EDT



24 Hour Fax: **704.481.0345**



Order Online:
www.hacres.com



Mail Orders to:
Hallelujah Acres
PO Box 2388
Shelby, NC 28151



HALLELUJAH ACRES

Are you on our mailing list?

Fill out and return this form and we will put you on our Health News magazine mailing list. Enter your email address and we will also send you Rev. Malkmus' weekly email *Hallelujah Health Tip*.

Name _____

Address _____

City _____ State _____ Zip _____

Phone Number _____

Email _____

Please check the appropriate box for each question.

- Gender Male Female
- Age 18-30 31-40 41-60 61 and Over

What is your primary interest? (select one)

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

How did you initially hear about us?

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

What is your primary health interest? (select one)

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

Customer Service Hours:

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

Products, prices, and availability subject to change.





HALLELUJAH ACRES

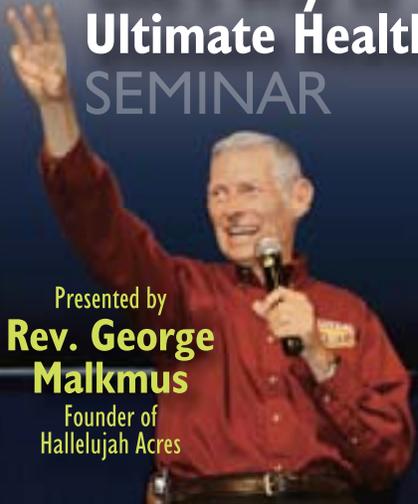
P.O. Box 2388 • Shelby, NC 28151
704.481.1700 • 800.915.9355
www.hacres.com



Keycode: HN64

FREE SEMINAR

God's Way to Ultimate Health SEMINAR



Presented by
Rev. George Malkmus
Founder of Hallelujah Acres

On the Road

Whether you're battling a life-threatening disease, or you simply want to attain optimal health, this **FREE** 2-hour seminar will enlighten you and inspire you to take that first step to self healing!

Bring Rev. George's world-famous God's Way to Ultimate Health Seminar to your area!

For more information call 800.915.9355

Make it a Hallelujah Weekend!

FREE Saturday Seminar
First Saturday of every month at 10 a.m.

Presented by Rev. George Malkmus
Nov. 6 / Dec. 4 • Shelby, NC

Friday evening before the Seminar



An Evening of Food Prep See page 28.

with Rhonda Malkmus

Learn a variety of food preparation techniques and recipes!

Saturday after the Seminar

"Where Do I Go From Here?" Class See page 28.

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

