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HealthNews

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. 1 John 2

Summer 2011 / No. 67

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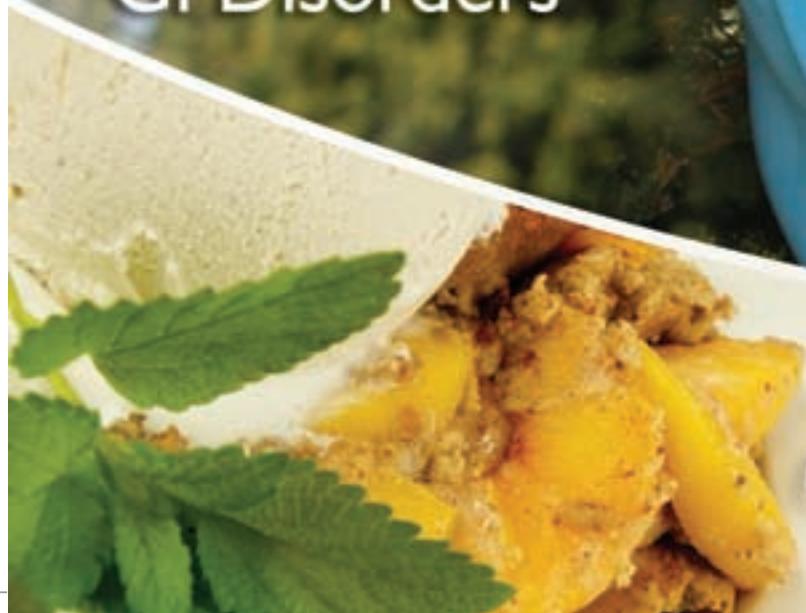
What's Not to **LOVE** About **ICE CREAM**

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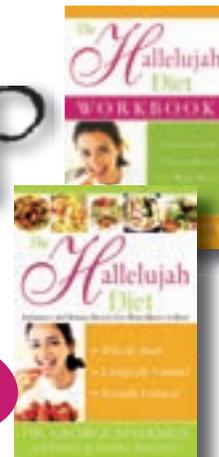
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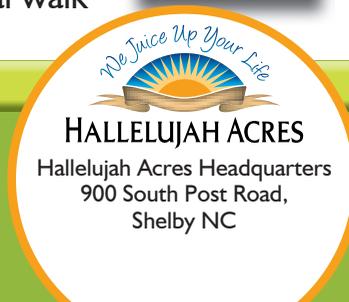
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from the Malkmus Family

L to R: George, Rhonda, Ann, and Paul

Dear Friend,

Remember the 1990s science fiction TV show, *The X Files*? The theme was “**The truth is out there.**” No matter where the characters went, they uncovered the truth beneath a pile of assumptions and years of misunderstandings.

We’re sure you can relate!

The truth is indeed out there – millions of people have discovered that The Hallelujah Diet is the answer to the unsolved mysteries of today’s rampant health problems plaguing the western world. They’re sharing the good news of good health with everyone they meet. These ambassadors come from every walk of life and every age.

Some of those who are getting the truth out there are Hallelujah Acres Health Ministers like Audree Lee. After **beating cancer in just 90 days** she tells others about it on two weekly radio shows. She’s also written a book and has two more in the queue. You can read her inspiring story on page 6.

Kids are also getting into the truth of The Hallelujah Diet! In fact, we’re putting together an **online video series about kids** on The Hallelujah Diet so that you can see what they eat, how they eat it, and how different families customize the diet to suit their daily routines — so you can do it, too (page 10).

Speaking of kids, we’ve got **the truth about ice cream!** On page 20, Olin Idol, Hallelujah Acres Vice President of Health, reveals why your kids should not be eating conventional ice cream (and yes, he has a delicious alternative).

If you’re a kid at heart, you may be searching for the truth about what you can do for aching joints. We’ve got that, too! In fact, we’ve discovered a simple and effective way for you to **get your mobility back** — it’s all on page 36.

And if you’re looking for the truth in West Virginia, you’ll find it at our **brand new Lifestyle Center** near Parkersburg! Read all about it on pages 30 and 31. You’ll discover that it’s a heavenly place to unwind, relax in an Olympic-size pool and infrared sauna, and learn the secrets of The Hallelujah Diet.

The truth is, all of these things are just the beginning! We’ve got a whole lot more planned through 2012 - **Hallelujah Acres’ 20th anniversary!** We’re working on the details right now. Some things are going to be a surprise, but you can read about some of our other 20th anniversary initiatives on page 11.

The truth is out there – and you’ve come to the right place to find it!

Sincerely,
The Malkmus Family



Our mission is to help you experience vibrant health by empowering your self-healing body!

Success STORIES

“At the age of 42, I had arthritis so bad I could not raise my arms above my shoulders, much less my head. Nor could I bend down to pick something off the floor. I often would find myself in the morning lying in bed and crying because I was so stiff and hurt so bad that I could not bear to move. Then I would roll myself off the bed, falling to the floor, in so much pain I would almost pass out.

I was on Prednisone and (unknowingly) eating a very bad diet. At 5’ 9” tall, I weighed 215 pounds. I was on numerous prayer lists. I got to where I no longer wanted to go to church anymore because I wasn’t getting any better in spite of all the prayers and concerns of the people — that is until I learned about The Hallelujah Diet.

Prior to adopting The Hallelujah Diet, I was going to the best doctors at Duke University Hospital. They saw my condition and gave me prescriptions for various drugs, which they said I would have to take for the rest of my life, and more than likely I would end up in a wheelchair. They also told me that there was no cure for arthritis.

Just prior to one of these visits, I had learned about The Hallelujah Diet. I gave the doctor back the prescriptions she had just given me and told her I would be back for my three-month check up to prove that a changed diet could cure my arthritis. My doctor told me that there were no studies proving any relationship between diet and the reversing of arthritis. I responded kindly, ‘I know that is what is taught.’

Three months later I was back for my follow up with the same doctor, one of the top arthritis specialists at Duke — only this time the doctor didn’t even recognize me. In just three months on The Hallelujah Diet I had lost 42 pounds and 95% of my arthritis was gone!

She was so impressed with my results tears came to her eyes. She then went on to say that she had never seen anyone ever get better

on drugs, and that I was doing the right thing and should continue with the diet.

During that same three months on The Hallelujah Diet, my body odor went away, my energy levels soared, and I had so much energy I could hardly stand still. I was getting more work done in one day than I had been getting done in a week before the diet change.

So here I am 5 years later and my arthritis is completely gone, my hair is darker, and I turned 48 years old on September 14. All my gray hair has disappeared and my dentist tells me that I have the top 5% best gums of all his patients.



After Jesus, this Hallelujah Diet is the greatest thing to happen to me in my entire life. I would not trade what I have learned for any amount of money. Many wealthy people suffer with arthritis and other debilitating problems and even die after much suffering with cancer, and all their money couldn’t stop their suffering and untimely deaths. This Hallelujah Diet is God’s plan for the proper nourishment of all people. He gave this plan to us in Genesis 1:29 for all to read.

I am so thankful you never gave up, Brother Malkmus, even though most Christians rejected your health message in those early days. Because of your life and testimony, multitudes of God’s people have been restored to health.”

Danny G.,
North Carolina



HALLELUJAH ACRES

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

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See pages 41, 42, & 44 for details.

For more information on these topics and other like these please visit us at

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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.



How I Beat Cancer In 90 Days

By Health Minister
Audree Lee

Six months after my second parent died of cancer, I was diagnosed with breast cancer myself. I didn't know what to do — but I was sure I didn't want chemo and/or radiation. So I began looking for alternatives.

I ran into a doctor my grandmother worked with. He had some information about changing one's diet as an alternative to cancer therapy. It was 90 days before I was scheduled to have surgery, so I gave it a shot.

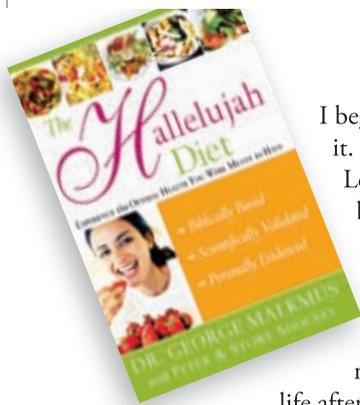
When I finally went in for my surgery three months later, I got a surprise — the doctors could find no trace of the cancer.

I didn't understand how a simple diet change could have that kind of power... especially in just 90 days! I began searching online for others who had similar experiences. That's when I found Hallelujah Acres and realized the striking similarities between my cancer story and that of Rev. Malkmus.

Like me, Rev. Malkmus had been diagnosed with cancer shortly after seeing his mother die of cancer despite devastating mainstream treatments. His story and mine were so similar that I felt as though I was walking in his shoes. I wondered if it was my destiny to spread the truth about diet and disease as he did. I kept these thoughts to myself for many years.

Although I knew about Hallelujah Acres and read many of the company's articles, I never dreamed I would one day help spread the Hallelujah message.

Finally, I decided that my story would help others and I needed to do something about it. I came to Health Minister Training (see page 2) and learned about all the components of healthy living: diet, water, exercise, sunshine, proper rest, and so on. After learning these things, God urged me to use them to develop a 90-day health program... but I hesitated.



I began praying about it. “Why 90 days, Lord?” He answered by reminding me that seasons change every 90 days. Since He created a new season in my life after 90 days, I could help others realize that they could

change their lives in the same amount of time.

I created a program called *90 Days of Purpose*. The program includes The Hallelujah Diet book by Rev. Malkmus so that when people finish the program, they can continue The Hallelujah Diet on their own, not just for their own benefit, but for everyone around them.

I encourage my *90 Days* students to consider Health Minister Training. I think that everyone who knows these things has a duty to be health “ambassadors” to spread this message. It’s been a life changing experience for me, and I feel honored and blessed to be able to share the experience with others.

Sometimes we who know about The Hallelujah Diet forget that others have no idea how much diet affects our health. When Rev. Malkmus came to my church a little while ago, 1,200 people came to hear him speak and they were shocked at how simple it is.

I’ve been teaching my *90 Days of Purpose* class and speaking about nutrition for 10 years now and I’ve also written a new recipe and information book called *New Identity Eating*. It has everything from smoothies to “Hero Therapy” drinks, and nothing that used to have “lips, a face, or a mother!”

I tell everyone that anybody can make this diet change — anybody! I’ve had all ages in my classes from 8 years old to seniors. In fact, an 83-year-old woman who just finished the

class said that she has learned more about real health in 90 days than she had in her entire life.

It’s so encouraging for me to know that someone 83 years old or even an 8-year-old can learn to do this and can actually help others go back to eating healthy. It’s about empowering people one bite at a time.

In addition to teaching these things through classes, speaking engagements, and writing a book, being a Health Minister has also opened the door for me to host a weekly internet radio show on Sundays 7:00 am to 9:00 am Central Time called *Living Long Living Strong with Audree Lee* on windycityunderground.com. I’m also the featured health consultant on *A Healthy Church* every Tuesday from 9:15 am to 9:30 am Central Time on primetimegospel.net.

I have a passion for this mission because I know that we can’t keep praying our sicknesses or problems away. We are the ones who hold the key to our success for our health. It is time to educate before we medicate. We’re killing ourselves with knives and forks when we’re supposed to be giving ourselves life-giving food! Good health is a choice and we can choose to live and not die by what we do every day.

We have the choice to live healthy and to be healthy, but if we choose to go down a dead end road, we open ourselves up to all kinds of sickness. It’s a tragedy because we don’t ever have to be sick!

It’s funny how we pay so much attention to what’s on the outside, but how much attention do we pay to our insides? I’ve been in the cosmetic industry for over 30 years and I’ve seen how much people concern themselves with outer appearances.

But that experience had its purpose.

You see, God allowed me to beautify people’s outside while I listened to them complain about their inside. Now He’s given me the opportunity to go back and explain to them that beauty on the outside comes from what we put on the inside. This is where my company name came from: Inside Out Solutions, Inc.



Speaking of beautifying the outside, when it comes to cosmetics, ladies need to know that there are still a lot of chemicals even in natural sounding cosmetics. I’ve worked for a number of salons in Chicago and New Jersey and I’ve seen it all. Even though a facial treatment may be labeled as an “avocado facial” or a “berry facial” it still has a lot of chemicals in it. Ask to see the ingredients... if you wouldn’t eat it, don’t put it on your face!

We need to be looking for beauty secrets from the inside out: eating the right foods, and then using those same foods on our skin.



Take coconut oil, for example, here’s a food that we can eat and put on our skin at the same time. That is definitely a gift from God! His ways do not feed us on one hand and poison us on the other.



How I Beat Cancer In 90 Days

“finish the race” — the race that my parents didn’t get to finish. I ran a marathon in their honor a few years ago because I recognized that I had been given a gift of information that saved my life. Because my parents didn’t get to finish their race, I ran the marathon to “finish the race” for them.

I do all of these things because I believe in the message – but I don’t do it all by myself. You can do anything you want with God’s message of hope and healing, but if you want to do it big, you need a team in step with the vision. I have such a team helping me to take this message around the country and the world. It takes teamwork to make the dream work.

The one thing you need to take away from all of this is that it’s time to “eat to live” not “live to eat” so that we can live long... and live strong. 🌱

Audree Lee is currently the Health Minister for a 15,000-member church in the Chicago area. Her book, “New Identity Eating” is available at Hallelujah Acres (see ad below). For additional information on Audree’s ministry, check out www.audreelee.com.

You can’t heal the body with poison – my dear parents were proof of that. That’s why we have to educate people about healing foods. When people are sick, they often wait until they have one foot in the grave before they start thinking about radical changes to their lifestyle; and even at that point they still have a hard time believing that changing a diet can turn things around.

You don’t need a doctorate to understand how to stay healthy. It’s really quite simple to stay healthy. In fact, I’m in the middle of writing another book called *The Game of*

Life. The basic idea is that you can play the game of life (and win) in eight easy moves, and those moves are based on Hallelujah Acres’ *Get Healthy Stay Balanced* program.

I’m also writing another book on a more serious note called *Casket Ready*. It asks the question, “Based on what you do every day, are you getting ready for the casket or getting ready to live?”

I don’t know about you, but I want to do things that promote living. I want to

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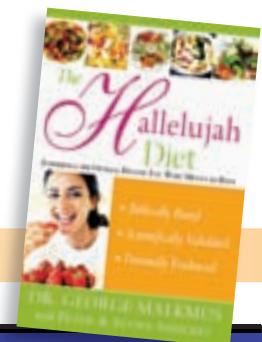
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Success STORIES

“When I returned home from the Women’s Retreat at Hallelujah Acres, **I began exercising.** I started that Sunday with two minutes of healthy bounce rebounding. Today I worked out for 40 minutes and only quit because I had to get ready for work!

I am so excited! It used to be when the feeling to exercise came upon me, I would lay down and wait for the feeling to pass.

I have now completed nearly four weeks on the food part of The Hallelujah Diet and have more energy than I ever did before.

This Hallelujah Diet also seems to have eliminated my insomnia. I used to stay up until 1:00 a.m., wake up at 2:30, go back to sleep at 3:00, wake up at 4:30, go back

to sleep at 5:00 and sleep until 7:00. I was always tired and felt truly sleep deprived.

Now I fall asleep at 10:30 p.m. and sleep until 6:30 a.m.

What’s interesting to me is that I now have ongoing energy until I lay my head on my pillow! Awesome!”

Candy S.

“I was bitten by a tick after a soccer game with my sons in November 1999 and was diagnosed with Lyme disease. I spent only 4 days sick in bed and then went right back to work. The doctors were amazed that I recovered so quickly.

At age 65, I feel great! **I exercise regularly,** including jogging 3-4 times a week and playing tennis once a week. I thank the Lord for you. May God bless Hallelujah Acres.”

Health Minister John V.

“On July 2, 2008 I was diagnosed with bladder cancer. At the time, I had been on high blood pressure medications for 10

years. I was also on medication for gout, high cholesterol, and type 2 diabetes. At the time of my cancer diagnosis, I weighed 260 pounds and my triglycerides were 740... due to poor eating habits and failure to exercise.

Fortunately, I learned about Hallelujah Acres from a church member, and adopted The Hallelujah Diet.

As time passed, and my health improved, I was surrounded by family and friends who were now supportive of my decision. Through it all, I knew my only hope was in God, and this prevented me from putting my life in the hands of well wishing friends, the surgeon, or oncologist.

Through it all I was also able to be at peace with my decision, and feeling that what I was doing was honoring my God-created body. **Nourishing and exercising my body,** and giving it rest was what God intended from the very beginning when He created this incredible body. I was finally doing what I should have been doing all of my life.”

William S.

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Hallelujah Kids Stuff

HATV Series Shows
How To Do The Diet With Kids
By Paul and Ann Malkmus



Every week desperate parents send us pleas for help like these: “Help! My six-year-old only wants chicken fingers and French fries!” and “If it’s green my son won’t eat it. What do I do?”

After receiving hundreds of questions like these, we thought it was high time to create an online video series that helped parents incorporate the Hallelujah Diet into their children’s lives!

This one’s going to be fun – seven days on the Hallelujah Diet with your kids!

We’ll highlight two very different families who follow The Hallelujah Diet in two very different ways. One family has 12 kids who juice with a homemade, high output juicing contraption. The other family has just two kids, but both are athletes, so the family is always on the move.

The Donaldson Clan: Just a few kids shy of a TV reality show, the Donaldsons have one busy house. Until recently, the family was occupied enough with 10

kids. Then came their first blessing of twins!

“The new twins are a great example of how children can be on The Hallelujah Diet before they’re even born and after,” says dad, Dr. Michael Donaldson, Research Director of The Hallelujah Acres Foundation. (He develops and tests the formulations for Hallelujah Acres supplements, so he really knows how to optimize the diet for kids.)

The Hallelujah Diet’s high nutrient values can help kids maximize their brainpower to pursue their passions in music, artistry, and academics and the Donaldson children’s talents demonstrate this every day. Several of the children are gifted musicians and one is talented doll-making entrepreneur with her own website.

Team Laird: With two young athletes practicing every weekday, the Laird family has mastered a “grab and go” version of The Hallelujah Diet.

“Our family doesn’t supper together during the week,” says mom, Jodi. “So, we’ve had to modify The Hallelujah Diet into a five-hour snacking buffet that goes with us to gymnastics and karate every afternoon.”

When put to the test of athletic extremes, The Hallelujah Diet gives these kids an advantage. The Lairds’ tweenage daughter recently earned first place for her floor routine in an eight-state gymnastics championship and their seven-year-old son holds the all-ages push-up record (100) in his karate class.

As you can tell by now, we’re packing a lot into these seven days. Most importantly, the Donaldson and Laird kids will show YOUR kids their favorite parts of The Hallelujah Diet for a peer perspective!

So round up the kids and get ready for this exciting new series. Did we mention it was FREE? Just create an account at www.JuiceUpYourLife.com/login and we’ll notify you when the program starts! 🌅



Scan to read a bonus article on how to do The Hallelujah Diet at a theme park or visit www.hacres.com/magazine

20th Anniversary Countdown

A Sneak Peak at our 2012 Year-Long Celebration

By Paul and Ann Malkmus



Has it really been that long? It's hard to believe that in 2012, Hallelujah Acres will celebrate its 20th anniversary. We've covered a lot of ground over the past two decades, but the best is yet to come!

When Dad (George) thinks about Hallelujah Acres' early days in a small Tennessee town, he says he can scarcely believe the impact



his Hallelujah Diet has made in the lives of millions of people around the world 20 years later.

If you've heard him speak, follow his Health Tip blog, or read *Health News*, you know the story of how it all began.

For years Dad had limited success in reaching churches with the message of how he healed his colon cancer with a change in diet. In 1992, he changed his tactics and focused instead on healing his community.

It was a step of faith, but he believed in the message and the vision God had given him. So he borrowed \$1000 against his pickup truck, dug in his heels and committed

everything into opening a little sandwich shop in Rogersville, Tennessee. With Rhonda's recipes and his self-healing message, they used that little shop to spread their newly coined "Hallelujah Diet" message — one lunch hour at a time.

Today, the Hallelujah Diet message reaches around the world thanks to Health Ministers, a second location in Canada, and many books translated into multiple languages so that more people can experience the transformative powers of a self-healing body. With all the tools and programs at Hallelujah Acres today, it's strange to remember what things were like back then. Can you imagine Hallelujah Acres without BarleyMax?!

We're so excited about the future of Hallelujah Acres. Today's technology affords so many different ways to share the message to the world, and as we step into that future, our 20th anniversary in 2012 will mark the beginning of Hallelujah Acres' most ambitious period. We have so much on the go that we actually had to stop writing this article and jot everything down.

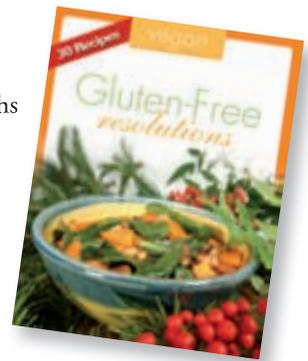
This is going to be one fun year!

The thing we're most excited about is actually the capstone to our year long celebration — a 20th anniversary celebratory cruise in January 2013. Join us for a cruise like none other as we celebrate our 20th anniversary gone by and start the next 20 in style!

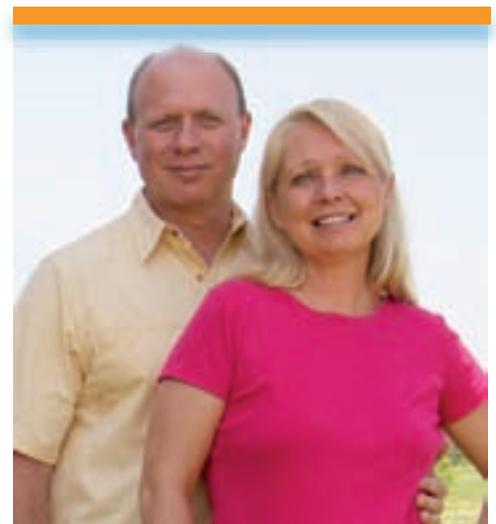
We're lining up high profile speakers, and we're making special arrangements with the ship's galley to offer a full menu of Hallelujah Diet friendly food! We'll also have some exciting musical guests and unique social events, too.

You'll hear more about the cruise in coming months!

The 2013 cruise wraps things up, but the 12 months of 2012 will be full of exciting new programs, products, and more! This year marked the publication of our first e-book, *Gluten-Free Resolutions*. In 2012, we have more ebooks on the way and new conventional books, too (we're writing them now). We'll also have special sales, events, contests, and a whole bunch more! Details coming soon!



In the meantime, we encourage you to get on Facebook and "like" Hallelujah Acres so that you can be the first to know about all our 20th anniversary initiatives and join us in celebrating 20 years of hope and healing! 🌅



Paul & Ann Malkmus.

The Four Seasons of Life

By Rev. George Malkmus, LitD

“While the earth remaineth, seedtime and harvest, and cold and heat, and summer and winter, and day and night shall not cease.”

(Genesis 8:22)

“The day is thine, the night also is thine: thou hast prepared the light and the sun. Thou hast set all the borders of the earth: thou hast made summer and winter.” (Psalm 74:16-17)

Our physical lives have many similarities to the different seasons the Bible talks about. Let’s consider the four seasons – spring, summer, fall, and winter – and see if we can find some similarities between the physical life we each possess and the changing of the seasons.

-  **Spring** – Nature awakens and life springs forth in all of its splendor.
-  **Summer** – Everything is alive and we enjoy a season of warmth and beauty.
-  **Fall** – Nature is shutting down and preparing to die.
-  **Winter** – Everything appears to be dead.

Rhonda and I love the spring and summer seasons because everything comes alive and then we are blessed with all of summer’s warmth and beauty. We also love the beauty of the fall season but know that when the leaves start changing color, the weather will soon turn cold, the leaves will fall from the trees, and we are rapidly approaching winter.

Consider how nature’s four seasons reflect our physical lives. Can we extend the spring and summer seasons of our lives, while delaying the fall (and especially the winter) season of life?

Spring – A child is born and enters the high-energy period of life: from birth through teens.

Summer – The child becomes an adult, and for the next 40 years or so spends time enjoying life.

Fall – The hair starts to gray (or fall out like falling leaves), teeth decay, eyesight dims, mental abilities decline, and the “old gray mare ain’t what she used to be.”

Winter – The preacher and friends pay final respects as the body is lowered into the grave. For the believer, “Absent from the body and to be present with the Lord.” (II Corinthians 5:8).

I am indeed looking forward to that day when I will spend eternity in heaven, but I am not in any hurry to get there! Life here on earth has been a wonderful adventure for the most part, especially since I entered into the fall season of my life. In fact, I am finding the words of that old song “Sweeter as the Years Go By” to be ever truer in my life with each passing year.

Why am I finding this to be true? Because I have learned how to delay the fall and winter seasons! Though I am only two years from my 80th birthday, physically I am still enjoying

all the blessings of the summer season. In many ways I have been able to go back and taste and enjoy some of the blessings of the spring season as well.

How To Extended Your Spring and Summer Seasons

In 1970 I was living in a small town in upstate New York with my wife and four children. I placed an ad in the local paper stating we were starting a brand new church. By 1976, this church had grown to over 600 members. At the time, I thought I was healthy and life seemed wonderful and fulfilling.

In the midst of all these blessings, at the age of 42, I started bleeding rectally. A baseball-sized tumor was found where the transverse and descending colon meet, and I was told I had cancer. For a while it looked like I was going to lose half of the summer season of my life, totally skip the fall season, and go directly to winter.

I wasn’t prepared for that. I refused to accept it and went looking for a way to stop what appeared to be the rapidly approaching winter season of my life. But I wanted an alternative to the standard, medical protocol of chemotherapy, radiation, and surgery.

I turned to Lester Roloff, an evangelist in Texas, for advice — he shared a very simple and inexpensive way to delay the winter season: Change from the world’s Standard

American Diet (SAD) to what God told Adam to eat while he was in the Garden of Eden (Genesis 1:29).

I made the diet change overnight. I stopped consuming all animal products, all sugar and white flour products, and started a diet consisting of 100% plant foods along with consuming an abundance of freshly extracted vegetable juices.

The result? Within days my rectal bleeding had stopped and within a year my baseball sized tumor had simply disappeared without any help from chemotherapy, radiation, or surgery. Also gone were all the other physical problems I had been experiencing prior to the diet change, including high blood pressure, hemorrhoids, pimples, etc.

After 35-plus years on The Hallelujah Diet, I am not only enjoying life, in many ways, I feel like I am still in the spring and summer seasons of my life.

Physically I can do most anything I could do as a teen. At age 77 I have a lean and muscular body, still have a full head of hair, have no need of glasses, have a keen mind (no mental fog), and am enjoying life to the fullest with my young bride, Rhonda.

Twenty years ago, Rhonda found herself skipping most of her "summer season" due to debilitating arthritis. She, too, changed her diet and lifestyle and today, at age 66, has no more arthritis! Each day, Rhonda and I participate in vigorous physical exercise as we enjoy God's beautiful nature, power-walking 2 to 8 miles through hill and dale.

We feel like two kids, and many tell us that we often act like it! We enjoy each other and God's beautiful creation, revel in God's love, faithfully attend church, and laugh a LOT! The Bible tells us "A merry heart doeth good like a medicine: but a broken spirit drieth the bones." (Proverbs 17:22)

"Remember NOW thy Creator in the days of thy youth, while the evil days come not, nor the years draw nigh, when thou shalt say, I have no pleasure in them."
(Ecclesiastes 12:1)



George & Rhonda enjoying the season's harvest.

And if you don't know Jesus please don't enter the final season of your life in the following condition:
"The harvest is past, the summer is ended, and we are not saved." (Jeremiah 8:20)

In What Season Of Life Are You?

My dear friend, are you seeing the fall and winter seasons of your life approaching at break neck speed? Do you feel helpless to stop or slow the approaching fall and winter seasons of your life?

Here is a suggestion – the same suggestion Brother Roloff gave to me over 35 years ago – **CHANGE YOUR DIET AND LIFESTYLE** before it is too late! 🌱

Gourmet Recipes

Summer Delights

*The recipe for Peach Cobbler can be found
in the "Everyday Gluten-Free"
recipe book by Kim Wilson (see page 41).*

Peach Cobbler

Serves 6-8

Cobbler Ingredients

6 cups peaches (sliced)
1 cup sorghum flour (or 1-1/2 cups gluten-free oat flour)
1/3 cup brown rice flour
1/3 cup light buckwheat flour
2 tsp baking powder
1/2 tsp cinnamon (optional)
1/3 cup honey (or agave or maple syrup)
1/4 cup oil/butter
1 cup water (or non-dairy milk)
1/4 cup ground flax
1 tsp apple cider vinegar
1/4 tsp sea salt

Sauce Ingredients

1/4 - 1/3 cup honey/maple syrup
3 Tbsp brown rice flour
1/2 cup water

Directions

1. Place peaches into the bottom of an 8-1/2 x 11 inch rectangular baking pan.
2. Separately mix dry ingredients and wet ingredients.
3. Lightly mix wet and dry ingredients together then pour batter over the top of the peaches.
4. Top with sauce...
5. To make the sauce, whisk together honey, brown rice flour and water in a small saucepan.
6. Bring almost to a boil and then pour over top of batter. Makes a nice crisp crust and thickens the peaches below.
7. Bake at 350°F for 35-40 minutes.

Blueberries, apples, rhubarb, and other fruit can be substituted for the peaches. Adjust sweetener and thickener as needed.

This recipe can be made extra delicious when served with some "Vanilla Vice Cream" – see page 21!



Fresh, Raw Tomato Soup

Serves 2-4

Soup Base

3 tomatoes
1 thin slice of red onion
1 clove garlic
6-12 sun-dried tomato halves
(depending on the tomato flavor you want)
1/2 cup water or more for desired consistency
2 tsp apple cider vinegar
2 Tbsp olive oil
1/2 tsp sea salt or to taste

Diced Vegetables

1 cucumber 1 zucchini
1 red pepper 1 tomato

Directions

1. Puree all soup base ingredients in a blender and pour into a large bowl.
2. Add diced vegetables to puree.
3. Serve chilled.

Optional: serve with freshly snipped cilantro or parsley

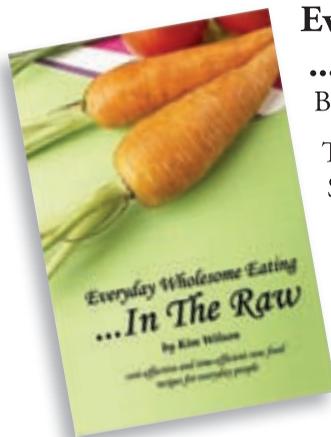
Everyday Wholesome Eating

... In The Raw

By Kim Wilson

The recipe for Fresh Raw Tomato Soup is found in Kim Wilson's best selling recipe book, *Everyday Wholesome Eating... In The Raw*. Perfect for The Hallelujah Diet!

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Diet and Gastrointestinal Disorders

By Pamela A. Popper, PhD, ND

For the last 15 years, I've been helping people to recover and maintain their health by using diet as a primary intervention tool; teaching people to eat a low-fat, plant-based diet comprised of whole foods.

This approach almost always stops the progression of and even reverses degenerative diseases, which is much better than treating symptoms with drugs or supplements (while conditions progress and the patients get sicker). I am amazed at the types of health issues that respond – acne, infertility, autoimmune diseases, coronary artery disease, type 2 diabetes; every condition improves with dietary excellence!

Some of the byproducts of the diet most Americans consume are gallbladder disease, reflux, bloating, indigestion, diarrhea, constipation, and other gastrointestinal disorders. The drug companies are making a fortune marketing drugs to relieve symptoms of these very uncomfortable conditions, and hundreds of millions of dollars are spent on laxatives alone every year.

In addition to discomfort and pain, digestive disorders contribute to the development of other issues such as halitosis (bad breath), skin conditions like eczema and psoriasis, iron deficiency, nutrient deficiencies, allergies, and bone loss.

There are many causes of gastrointestinal disorders, but the main causes are taking drugs like antibiotics, and diets rich in meat, dairy, fat, and refined foods.



Certain drugs and poor diet will destroy beneficial bacteria in the GI tract, which are important to health. There are hundreds of different strains of friendly bacteria that exist in several pounds of partially digested organic material in the intestinal tract. These bacteria assist in many functions including digesting food, synthesizing water-soluble vitamins, and stimulating immune function. They also prevent overgrowth of pathogenic bacteria.¹

Beneficial bacteria grow and colonize best on a diet that includes lots of plant-based foods, since their preferred nutrient is carbohydrates. Pathogenic bacteria such as parasites and yeasts prefer the residue from animal-based foods.

Adopting a program of dietary excellence can increase the population of friendly bacteria and decrease the population of unfriendly bacteria. Studies show that this change begins within a couple of weeks after a positive dietary change.²

Conditions like constipation, bloating, and reflux are uncomfortable, but much more serious GI disorders are becoming increasingly common. The most severe is called inflammatory bowel disease (IBD). There are two main types – ulcerative colitis and Crohn's disease, which affect different parts of the intestinal tract. Symptoms include pain in the abdomen, bloody diarrhea, and mucus. Many patients have 20 or more bloody, mucus-filled, and loose bowel movements per day; it is not uncommon for these patients' lives to revolve around being near a bathroom at all times.

Obviously, these conditions adversely affect quality of life for the patients who suffer from them. They are of great concern because patients suffering from IBD are at higher risk of developing colon cancer.

Inflammatory bowel diseases result from consuming dairy products, animal fat and protein, and refined and processed foods.³



Fat in the diet is a major contributor to IBD, which is more common in areas where people consume a Western diet. One study involving U.S. patients in Japan showed that those who consumed higher fat diets were 2.5 times more likely to develop IBD – even if the fats were those referred to by some as “good fats,” like vegetable oils and omega-3 fatty acids.⁴ (EDITOR'S NOTE: this study involved the consumption of fish to obtain omega-3 fatty acids, not a highly refined pure fish oil)

Sulfur-containing amino acids in animal foods interact with bacteria in the bowel, creating sulfur compounds that increase inflammation and exacerbate symptoms.⁵

Cow's milk increases the risk of IBD;⁶ other common triggers include high-gluten foods, and high-sugar and refined foods.⁷



Liz Kuhn's Story

I developed Crohn's disease when I was 25. At the time I was suffering from a really bad bout of diarrhea that had gone on for several months. I had lost quite a bit of weight, was fatigued all the time, and eating was not a pleasant experience for me, so I tried to cut that out as much as I possibly could. Sleeping was very difficult because I was up many times during the night. It was very difficult to continue working a full-time job at that time. I was under a great deal of stress, in the process of going through a divorce, so it was a very stressful time all the way around.

I saw a gastroenterologist whom I continued to see for 25 years. He placed me on a course of steroids and drugs that I took for the majority of the next 15 years. I would have a flare-up every three years and would spend a couple of weeks in the hospital with bleeding and hemorrhaging episodes. I'd be off work for two to four weeks at a time. I was very lucky I never had to have surgery; I came extremely close on a number of occasions, but was always able to avoid it.

The fatigue was really the hardest; I was not absorbing any nutrients from the foods that I was eating so life was very, very difficult.

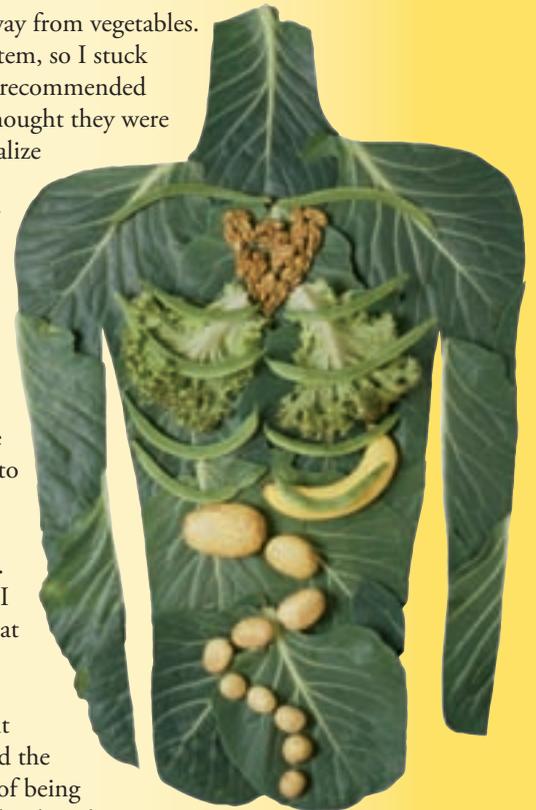
During the time I was sick, I was told to stay away from vegetables. Vegetables and fruit were the hardest on my system, so I stuck pretty much to meat and potatoes; rice was not recommended at all. I ate a lot of sweets and bread because I thought they were the blandest things I could possibly eat. I did realize at that time that dairy was not a good thing for me, so dairy got cut out pretty much at the very beginning of the diagnosis.

I ate pretty much everything that was bad for me; all the sweets and cakes and cookies and things that I loved. Combined with taking steroids, I gained a lot of weight unless I was having a flare-up (I tried not to eat during those times). At one point at 5'7", my weight was up to almost 200 pounds.

The last flare-up I had was September 11, 2001. Everybody knows where they were on that day; I was in the hospital. I had started hemorrhaging at work and was raced to the emergency room.

The doctors recommended a course of treatment that included Remicade infusions. It worked and the Crohn's was under control. But the side effects of being on an immune suppressant drug were severe: I developed pneumonia twice; I started having abnormal pap smears; I developed huge cysts in my breasts; and the kicker was that they found a spot on my lungs at the end of that first year. When the spot on my lungs was detected, that really frightened me and at that time I decided I needed to get off my medications.

I knew Dr. Pam Popper, so I told her what was going on. She recommended a plant-based diet. My gastroenterologist agreed that it was worth trying. So I quit all my medications cold turkey. My new diet eliminated high-gluten foods and dairy. She also recommended that I give up sugar. I've been about 75% good with that, but you know, chocolate is chocolate.



It has been tough on occasion. I love bread. I love noodles. I love sweets. But I have learned to put it in perspective and I would rather be healthy. The food I eat now tastes just as great. It's just something different. And raw fruits and raw vegetables, which would have been unheard of when I was 30, are the major portion of what I eat now.

Combining my new eating habits with exercise on a regular basis, I dropped 50 pounds. I am probably in the best shape that I have ever been in my life. I do fitness boxing; I have gone parasailing and waterskiing and snow skiing; all sorts of different adventures. It has just been a wonderful experience not being restricted by needing to be close to a bathroom and worrying about when I am going to get sick.

My energy level is a lot better, I am a lot more active, and I keep busy. When I was fighting Crohn's, a big night for me was going out to the movies. I didn't go out with my friends – I basically worked, came home, and either tried to get some sleep or watched television. And now I am out meeting friends to do various activities. I have my own website design business and that keeps me very busy. I am very active in my church and church activities. So my life has just blossomed. Like I said I am into adventures and trying new things so it has just been a wonderful, wonderful blessing, in finding Dr. Pam and the Wellness Forum program. And I truly feel like I have conquered Crohn's disease.

I did go back to see my gastroenterologist at my four-year anniversary of being totally off all medications. He told me that he was shocked and he had fully expected me to be back within the first couple of months asking for my medications. The fact that I had gone four years, he said he had never seen positive results like that. So he was totally impressed.



Traditional treatments include immunosuppressant drugs and surgery to remove parts of the bowel that are inflamed. These treatments do not stop the progression of the disease, however, and patients continue to get worse.

Adopting a well-structured plant-based diet with the exclusion of trigger foods is effective for treating IBD.⁸ One study showed that two-thirds of the patients who were treated with improved diet were well two years after converting to a healthier diet.⁹

In addition to dietary change, the balance of friendly and unfriendly bacteria is usually so impaired that probiotics are required to restore intestinal health. Probiotic products are comprised of several strains of friendly bacteria, and help to restore normal function. ◐

Dr. Pam Popper is the Founder and Executive Director of The Wellness Forum in Columbus, Ohio and a keynote speaker at Hallelujah Acres' Women's Retreat, October 20-22 (see page 27). This article is an excerpt from her new book, Solving America's Healthcare Crisis.

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What's Not to Love About Ice Cream?

By Olin Idol, ND, CNC

How well do I remember being a child on a hot Sunday afternoon . . .

How well do I remember being a child on a hot Sunday afternoon, no air conditioning in the home or car, going for a ride to get an ice cream cone!

Most everyone who has grown up eating the Standard American Diet (SAD) can reflect on fond memories of experiencing the love affair with ice cream that often carries over into adulthood.

As a youngster in elementary school, I can also remember the challenges I faced with allergies and sinusitis. I had congestion and a runny nose most days. Upon returning home, my back pocket (where I carried a handkerchief) was usually wet from dealing with the allergies all day long.

Our local family doctor, who also delivered me at birth, would dispense various allergy medications to help control the symptoms. He often made the statement that if you don't start smoking you may outgrow this. Wow, was he ever wrong!

I never became a smoker but I recall that during my years in military service I made many trips to Sick Bay where I would get various medications as we tried to find a solution to the allergies.

Despite all of my efforts, my allergies persisted until I was around 46 years of age when I changed my diet. I eliminated all dairy products and within days my allergies disappeared! Since that amazing discovery, I experimented on a few occasions with a little bit of ice cream or milk and within hours the congestion and runny nose returned.

As I became enthralled in the study of health and nutrition, I soon learned that the human body was not designed to handle milk after the age of weaning — especially the milk of another species! Cow's milk in particular contains about three times the amount of protein as human breast milk, a fluid designed to nourish a baby calf in such a way that it doubles its birth weight in approximately 45 days. A human mother's breast milk contains just the right amount of protein and other nutrients that allow a new born infant to double its birth weight in about 180 days, the way God intended.

The ice cream that I loved as a child was the root cause of my allergies. According to available statistics, in the U.S. an average of 48 pints of ice cream are consumed per person, per year.¹ I find it hard to imagine how many others are unknowingly dealing with underlying allergies to milk products.

The Ice Cream Laws: ²

-  At least 10% milk fat
-  At least 20% milk solids
-  At most 0.5% stabilizers
-  At most 0.2% emulsifiers
-  Adding air can only double the volume of the ice cream
-  A gallon of ice cream must weigh at least 4.5 lbs

I find it very interesting that the potential heir to the Baskin-Robbins ice cream empire had this to say:

“I was born in the heart of the Great American Food Machine. From childhood on it was expected that I would someday take over and run what has become the world's largest ice cream company – Baskin-Robbins. Year after year I was groomed and prepared for the task, given an opportunity to live the Great American Dream on a scale very few people can ever hope to attain. The ice cream cone shaped swimming pool in the backyard was a symbol of the success awaiting me.

“But when the time came to decide, I said thank you very much, I appreciate the kind offer, but ‘No!’ I had to say no, because something else was calling me, and no matter how hard I tried, I could not ignore it.” (*Diet For A New America*, John Robbins)

John Robbins has been instrumental in helping multitudes learn how their food choices affect their health, happiness, and life on earth for humanity as well as the creatures that have been exploited for profits. Rather than consuming so-called “foods” made with ingredients that undermine our health and well being, and that lead to disease conditions, we can indeed enjoy special treats that support good health.

With the aid of a simple juicer or a powerful food processor, we can turn frozen fruits into delicious desserts that rival any treats made from cow’s milk — a dessert that supplies our body with health-promoting nutrients rather than one that undermines our health and supports the development of disease.

Here’s a simple recipe for a delicious frozen treat: Peel several ripe bananas, place on a cookie sheet (lined with parchment paper) and freeze. It is also beneficial to place the juicer head, blade, and blank screen in the freezer a few hours before you prepare the dessert. Using chilled components will prevent premature thawing of the frozen ingredients.

When frozen, simply feed the bananas through your juicer to make a healthy “ice cream.”

For a variety of flavors, alternate the bananas with other frozen fruits such as blueberries, strawberries, and even carob powder for a chocolate-like flavor!

For those desiring a richer, flavorful vegan “ice cream,” author Jeff Rogers developed a number of recipes using cashew milk to replace cow’s milk and cream in traditional recipes. Here is one of his basic recipes for what he calls “Vice Cream.” ☀

Vanilla Vice Cream

From the book *Vice Cream* by Jeff Rogers
Makes about 1 quart

- 2 vanilla beans (or 2 tsp. alcohol free vanilla flavor)
- 2 cups organic cashews or cashew pieces
- 2 cups purified water
- 1 cup maple syrup

1. Cut the vanilla bean into small pieces. Grind to a fine powder in a clean coffee grinder.
2. Combine the ground vanilla, cashews, water and syrup in a blender. Blend on high until silky smooth, at least 1 minute.
3. Place the blender in the freezer for 40 minutes to 1 hour or in the refrigerator for 1 hour or up to overnight, until well chilled.
4. Pour the mixture into an ice cream maker and freeze according to the manufacturer’s instructions.
5. Serve immediately or transfer to airtight containers and store in the freezer until ready to serve.

Carob chips, nuts and seeds, or frozen fruits may be added to make different flavors. Try something healthy next time you or a family member wants a delicious frozen dessert!

Perfect with
Peach Cobbler!
(SEE PAGE 15)

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Success STORIES

“I have been on The Hallelujah Diet for three years now and oh what a blessing it has been. You see, I was told by the secular ‘medical profession’ that I was very sick and needed to take chemotherapy and radiation for leukemia. Well, I refused their treatments and the good news is that I am still alive and very well thanks to The Hallelujah Diet and my miraculous self-healing body.

I have some dear friends that just don’t understand that God made our bodies to be healthy and strong, but for our bodies to be healthy and strong, we must put into our body the proper food.”

Peggy

“Praise to our Father and Creator for Genesis 1:29. It makes so much more sense to eat what God originally intended for us to eat. I started The Hallelujah Diet in February 2008 and lost 35 pounds. I take care of my parents full-time, and started my dad on the diet in September. He has already lost 15 pounds.

I also want to say ‘thank you’ for your book, *The Hallelujah Diet*. It has changed my life in ways I would have never imagined. I would love to one day live in The Villages of Hallelujah Acres with George and Rhonda.”

JoAnn

“Rev. Malkmus, you are one of my heroes because of all you have done to help others. Few people would have had the courage, persistence, and faith to share your health message with the world. Thank you for standing firm in your convictions in spite of enormous odds against you. I believe the Lord is working through you and your dear wife Rhonda in a powerful way.”

*Linda,
Georgia*

Success STORIES

"I have a son who is incarcerated and used The Hallelujah Diet as much as he could under prison circumstances. When he made the diet change he weighed 317 pounds and has dropped to 180 pounds. He runs 8-10 miles daily in the prison yard and is almost totally vegetarian. He feels so much better, no longer has high blood pressure, and he can breathe without difficulty.

He had gained a lot of weight while waiting for his sentencing. It was during this time he gave his life to the Lord and decided to be as healthy as possible so he could be a better example for Jesus. He has been able to help many inmates change their diets and introduce many of them to the Lord.

I have another son, Troy, who is physically and mentally challenged. He has had 72

surgeries in his 25 years of life. He was in ICU 22 days this past April, on a respirator, and not expected to live. Because I had been studying on your website the importance of eating raw fresh vegetables and especially their juices, when Troy had to have a feeding tube put in, I asked permission to give Troy raw fresh vegetable juices through his feeding tube.

I started juicing carrots, spinach and beets and any other vegetables I had on hand and placing the strained juice in his feeding tube. I also started drinking the vegetable juices myself. I have been doing this faithfully for 3 months now, and Troy has not had to go to the hospital even once.

I spoke with his doctor recently and he asked why Troy had not been to his office. I told him that Troy has not only been able to stay out of the hospital, but out of his office as well, ever since I started giving him raw vegetable juices. Then the doctor told me that he had personally begun using a Vitamix blender after I had told him about the benefits of eating raw vegetables, and that his family was basically eating this way also.

He acknowledged that he is convinced it is the juices that have allowed Troy's health to improve.

I also told him that I was trying to eat The Hallelujah Diet way myself and he told me that if I would eat this way, it could prevent things like cancer and heart disease, and that I should live a much longer life.



My doctor is very pleased with the changes the juices have made in Troy's health. I know that the reason why Troy's health has improved so much is because of the raw vegetable juices you promote in your literature. Thank you for your ministry."

Beverly



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Pull out from staples.

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,
Hallelujah Acres CEO

Ann Malkmus,
Hallelujah Acres Chief of Marketing and Education

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 Meal 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.

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

INFO & TIPS



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>

Also



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US 800.915.9355

CAN 866.478.2224

Pull out from staples.

IS ANYTHING TOO HARD FOR THE LORD?

Women's Retreat 2011

By Rhonda Malkmus

Is it that time of year again already? Last year's Women's Retreat was loads of fun, and we're already well into the planning for this year's event!

I really hope you can join me for our 11th annual Women's Retreat on October 20-22 at Hallelujah Acres in Shelby, NC. We are excited to share this special time with you as we restore our "temples" both physically and spiritually.

We started this event 11 years ago, and today the annual Women's Retreat is one of the most popular events on the Hallelujah Acres calendar... is anything too hard for the Lord?

We have such an amazing schedule of speakers for this year's event that I can barely describe how excited I am.

• **Dr. Pam Popper** is coming, a brilliant naturopath and nutritionist who appeared

on the *Forks Over Knives* dietary documentary earlier this year. (Be sure to read her story on page 16)

• **April Tunksy** will also be here; April has made it her life's work to educate parents to the dangers of vaccines after the tragedy of losing her own little girl.

• Since many women struggle with depression or know those who do, we have also invited **Suzy Hoseus** to speak, author of *Healing Bipolar And Depression*.

• By popular demand, we have invited **Jackie Pegram** and **Linda Lee** to join us again this year. Jackie is a riveting actress who portrays women of the Bible in biblical era costume, and listening to Linda Lee's beautiful singing voice is like being in Heaven itself. You'll love it!

• **Paul and Ann Malkmus, Olin Idol, Rev. George Malkmus, and I (Rhonda Malkmus)** will also be speaking at this year's event.

• Plus, we are very excited to welcome Johnny Cash's sister, **Joanne Cash**. Joanne has an amazing testimony that will inspire you to do great things for the Lord and an amazing singing voice that she will share with us!

If you plan to attend, you must register quickly. There are only 275 seats at this year's event. If you register now, the price is just \$129 (a \$30 saving off the regular price of \$159 which takes effect after October 1). Call our customer care team now at 800.915.9355 or visit www.hacres.com.

Our prayer is that our time together will equip you with a greater knowledge of how to implement The Hallelujah Diet and how to share it with those whose lives you touch. To God be the glory! 🌿



2011
Restoring God's Temple

REGISTER TODAY AND SAVE \$30
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Registration after October 1: \$159
For more information or to register:
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HALLELUJAH ACRES
WOMEN'S RETREAT
OCTOBER 20-22

"Is anything too hard for the Lord?" - Genesis 18:14

KEYNOTE SPEAKERS
Dr. Pam Popper, Straight talking naturopath, nutritionist, and Executive Director of The Wellness Forum
Suzy Hoseus, Author of *Healing Bipolar And Depression*
April Tunksy, Keynote Speaker for Vaccine Information Coalition

FEATURED SPEAKERS
Jackie Pegram and Linda Lee, Bible character impressionist and women's ministry veteran
Rhonda Malkmus, Hallelujah Acres co-founder and author of *Recipes for Life*
Paul and Ann Malkmus, Hallelujah Acres CEO and Chief of Education
Rev. George Malkmus, LicD, Hallelujah Acres founder and author of *The Hallelujah Diet*
Olin Idol, ND, CNC, Hallelujah Acres Vice President of Health

SPECIAL GUEST
Joanne Cash, Well-known recording artist and author

HALLELUJAH ACRES
We Save Up Your Life



Scan the code for more info on the 2011 Women's Retreat or visit www.hacres.com.



EVENTS at Hal

Spend a Weekend with the Malkmus Family!

FRIDAYS

July 1 • Aug 5 • Sept 2 • Oct 7
An Evening with Rhonda Malkmus
6:00 pm to 8:00 pm • \$30 per person

SATURDAYS

July 2 • Aug 6 • Sept 3 • Oct 8
God's Way to Ultimate Health Seminar — FREE
10:00 am to 1:00 pm

July 2 • Aug 6 • Sept 3 • Oct 8
Where Do I Go From Here?
\$45 per person • \$10 for spouse or children aged 13-17
Children under 12 free with adult • 1:30 pm to 4:30 pm

Make it a Hallelujah Week!

Diet & Lifestyle 2-Day Workshop
Monday - Tuesday • July 4 - 5 / Nov 7 - 8
\$125 per person (includes books) (See page 2)

Health Minister Training 3-Day Course
Wednesday - Friday • July 6 - 8 / Nov 9 - 11
\$300 per person • \$450 per couple
(See page 2)

Raw Food Revival
Saturday • July 9 / Nov 12
\$200 per person (See page 2)

2011 Women's Retreat
Oct 20, 21 & 22
\$129 by Oct 1 / \$159 after Oct 1 (see page 27)



HALLELUJAH ACRES

We Juice Up Your Life

900 S. Post Rd. Shelby NC 28152
For more information call us at
800.915.9355 or visit www.hacres.com

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



hallelujah GARDENING GUIDE

Grow the garden you've always wanted with Rev. George Malkmus' 52-week online video series!

- **How to grow a garden from seed to harvest**
- **When to plant, fertilize, prune, and more**
- **How to troubleshoot common gardening challenges**



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Hallelujah Acres



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



Raw Food Road Trip!

Join Judy Fleming, Director of Hallelujah Acres Canada, as she continues her travels across Canada! You'll learn about juicing, enzymes, raw foods and more while enjoying fresh juice, and living food!

FREE!

Events start at 6:30 pm. For venues call 866.478.2224 or visit www.hacres.ca.

- July 26 Severn Bridge, ON
- August 16 Lindsay, ON
- September 7 Edmonton, AB
- September 9 Calgary, AB
- September 14 Coquitlam, BC
- September 15 Nanaimo, BC
- September 16 North Vancouver, BC

FREE! In the Kitchen with Judy

Discover the power of raw foods to protect your living cells! Includes raw food demos using living foods!

- Blenders** Tue. July 5
 - Juicers** Tue. July 12
 - Dehydrators** Tue. July 19
 - Mental Health** Sat. July 23
 - Desserts** Tue. Aug. 9
 - Celebration Foods** Sat. Aug. 20
 - Appetizers** Tue. Aug. 23
 - Sandwiches** Tue. Aug. 30
 - Living Green** Sat. Oct. 1
 - Holiday Foods** Sat. Nov. 26
- Saturday events: 10am – 1pm
Tuesday events: 6:30 pm

Get HEALTHY Day

- September 8 – Edmonton
- September 10 – Calgary
- September 17 - Coquitlam

A full-day workshop (10 am to 5 pm) to learn how to take care of the physical, psychological, and spiritual aspects of your body. We'll talk about living foods, cleansing, fresh air, water, exercise, sun, stress management, and more!

Cost: \$99.95 per person
(this event qualifies as a prerequisite to Health Minister Training)

Let's Get Started!

10am to 1pm Saturdays
July 19 / Sept. 24 / Oct. 22 / Nov. 19

Find out what to do on The Hallelujah Diet and how to do it! We'll talk about juicing, enzymes, and raw foods, 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 & manual/recipe book)



GET HEALTHY 3-DAY WORKSHOP

June 2 - 4 / August 11 - 13 / October 13 - 15

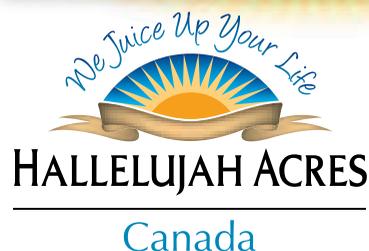
Immerse yourself in The Hallelujah Diet during this retreat at Hallelujah Acres in Toronto! All meals are included, plus the complete set of *Get Healthy Stay Balanced* materials to show you steps that can turn your lifestyle around for better health!

Cost: \$349.00 per person (bring your spouse for \$125.00 more) Accommodations not included.

ONLINE ORDERING NOW AVAILABLE
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SECRET SALE DAYS!

Secretly selected items will be on sale soon – don't miss out!
July 22-23 / August 20 / October 1



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.

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Phone lines open **Mon-Sat, 9am - 5pm EST**
Retail Store open **Mon-Sat, 12noon - 5pm EST**



lifestyle centers HALLELUJAH ACRES

Almost Heaven,

West Virginia

New Lifestyle Center Now Open

If you didn't know any better, you'd swear John Denver wrote *Take Me Home, Country Roads* sitting poolside at Ben and Jan Medeiros' home overlooking the rolling hills and melodic forestland near Parkersburg, West Virginia.

The newest Hallelujah Acres Lifestyle Center is more than a nice home in the countryside — it's a love song written for all who come for hope and healing.

Ben and Janis Medeiros' story began in 1991 when they opened an underground construction business in California. Even at that time they were no strangers to "health food." Understanding the benefits of nutrient-dense vegetable juices, they juiced their own carrots regularly, but the rest of their diet was standard American fare.

That all changed in 2002 when Ben began having pain in every joint and reported a cholesterol reading of more than 380.

"When I had to start helping my husband out of bed at just 50 years old, I knew something had to change," Janis says.

Around this time, they were given Rev. Malkmus' most famous book, *Why Christians*

Get Sick. They took the information to heart, began making changes, and got back on track to good health.

As they noticed their health improving, they considered making other changes in their life as well. They had been in the construction business a long time, and being in California meant being far from their daughter and son-in-law in West Virginia. They were also considering how they might help others experience renewed health as they had.

As the possibility of moving to West Virginia brewed, Ben and Janis began looking for homes with the express purpose of someday opening a Hallelujah Acres Lifestyle Center.

What they found was a resort-style home that was postcard perfect.

Perched on a picturesque hill, the Medeiros' new home offered a commanding view of its private, serene surroundings. With a few tweaks, they turned it into an ideal Hallelujah Acres Lifestyle Center!

Exquisite in its setting and its décor, this six-bedroom home boasts a large living room, dining room, and a spacious Hallelujah-friendly kitchen on the main floor. A fully furnished basement includes an exercise

room, large game/theater room, a second kitchen for juicing, and even an infrared sauna.

At the rear of the home, a wonderful glassed-in room offers a fabulous view of rolling hillsides. A multi-tiered deck leads to a near-Olympic size saltwater pool with plenty of deck space to replenish your vitamin D in the sunshine.

The expansive, resort-style yard also features a volleyball court, fishpond, and serves as the gateway to 240 additional acres including beautiful scenery and a peaceful atmosphere. The property also includes a fascinating, private cemetery dating back to the early 1800s.

As they were transforming their home into a Lifestyle Center, Ben and Janis continued to transform their health. By 2008, they were eating only plant-based foods. Ben's cholesterol dropped from 380 to 162 and his blood tests continue to be the best of his life.

Having completely rebuilt their health by 2010, new Health Ministers Ben and Janis decided their "building" work was done. They retired from their construction business to focus full-time on helping others regain their health for life.



Ben and Janis Medeiros



The Lifestyle Center's gorgeous pool and landscaping.



Making juice in the lower level juicing kitchen.

They officially opened their home as a Lifestyle Center in 2011 and already visitors are filling up the schedule! It's no wonder. The Center's resort-style features are just the beginning.

Blennerhassett Island, a popular tourist destination for Lifestyle Center guests, is just a short distance away, including a ride aboard the Delta Queen paddleboat. It was on this island that the Burr Conspiracy unfolded involving former U.S. vice-president Aaron Burr. The island's attractions also include tours of a majestic mansion, plus wagon rides and walking trails.

Modern architecture buffs will want to see nearby Falling Water, architect Frank Lloyd Wright's signature project. The home is an amazing feat of engineering, featuring cantilevers throughout, all built over a natural waterfall.

Those who appreciate art should not miss what the Smithsonian has called "a priceless work of art." The Warther Museum in Dover, Ohio is just two hours from the Lifestyle Center, featuring 64 masterfully produced train carvings of ebony, ivory and walnut, created by Earnest Warther. The museum also features breathtaking artistry by other members of the Warther family.

Perhaps most intriguing of all is nearby Greenbrier, revealed in 1992 as a secret government bunker that had been hidden in the White Sulphur Springs area for 35 years. The facility is now a tourist destination, open for public viewing.

Whether you want to spice up your new Hallelujah Lifestyle with some action and adventure or just enjoy the serenity of the

scenery, the Hallelujah Acres Lifestyle Center in West Virginia has what you're looking for.

With a powerful personal testimony to draw from, expert culinary skills, and a caring teaching style, you're in good hands here. Ben and Janis know what it's like to live without good health. More importantly, they know how to help you regain your health so that you can be a testimony to others.



"We want everyone to know how their bodies can heal themselves when given the right foods," say Ben and Janis. "We are looking forward to sharing our home with as many as will come." ☀

For more information on the Hallelujah Acres Lifestyle Center near Parkersburg, West Virginia call toll-free 855-556-9341 or visit www.haLifestyleCenters.com.

HALLELUJAH ACRES

lifestyle centers

NEW!
WEST VIRGINIA

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Leave temptations behind and jump into a Hallelujah Diet utopia! Hallelujah Acres Lifestyle Centers empower you with the knowledge and hands-on training to do The Hallelujah Diet at home with confidence!

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877.743.2589



HALLELUJAH ACRES
We Juice Up Your Life



Are Your Children Healthy?

By Olin Idol, ND, CNC

Our children are a gift from the Lord. As parents, we have a great responsibility to prepare them — physically, emotionally, mentally, and spiritually — for what lies ahead.

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

Psalm 127:3

The health and well being of our children has drastically declined. I cannot help but ask if we as parents have failed them.

In Proverbs 20:7 we read, “The just man walketh in his integrity: his children are blessed after him.” With no doubt, the ‘just’ are in a minority today as in most of human history when God has used a remnant of believers as his witnesses to disseminate the Word of God and to evangelize the world.

However, even the ‘just’ have failed their children in terms of their health. I must ask you to consider if our children today are truly blessed when it comes to their physical health and well being.

Joseph W. Thompson, director of the Robert Wood Johnson Foundation Center to Prevent Childhood Obesity, made the following observation in 2010:

Without action on the part of us all, this generation of children is threatened with a future of chronic disease, economic burden, and an eroding quality of life. Indeed, they may become the first generation in our nation’s history to live shorter, less healthy lives than their parents. (“A Potential Decline in Life Expectancy in the United States in the 21st Century”)

Back in 2001, then-Surgeon General David Satcher noted in a landmark statement that obesity had reached epidemic proportions in America.

Nationally, two-thirds of adults and nearly one-third of children and teens are currently obese or overweight. Since 1980, the number of obese adults has doubled. Since 1970, the number of obese children ages 6-11 has quadrupled, and the number of obese adolescents age 12-19 has tripled. (“F as in Fat: How Obesity Threatens America’s Future 2010”)

Obesity is related to nutritional ignorance and lack of self-discipline. As a result, obesity is an underlying factor in more than 20 chronic diseases; over 80% of Americans die from cardiovascular disease, cancer, and diabetes — all diseases related to nutrition.

Sadder still, obese children are more than twice as likely to die before the age of 55 compared to children of healthy weight. If not drastically curtailed, this epidemic spread of obesity will lead to an explosion of deadly diseases in our children’s future! With nutritional education and the implementation of self-discipline we can prevent this tragedy from happening!

Using its Healthy Eating Index (HEI), the USDA considers a score of at least 80 out of 100 points to reflect a healthy diet. Currently, the average child scores below 60. To achieve a score of 80 by 2030, the average child should score 65 by 2015, and 70 by 2020.

May I suggest to you that the USDA standards and recommendations for ‘health’ fall woefully short of what is required for the body to experience the level of health God designed it to have!

Obesity even threatens the future of our national security. According to a report released by a group called “Mission: Readiness” nine million Americans aged 17-24 (27%) are too overweight to join the military. While many never attempt to join the military, of those who try, some 15,000 fail their entrance exam each year.

We could go on and look closer at the health impact of obesity in terms of developing other chronic diseases later in life such as kidney disease, liver disease, arthritis, and neurological and psychiatric disease; but rather than focusing on all of the negative risk factors associated with childhood obesity, let’s look at what we can do to turn this epidemic around so that our children do indeed have a blessed and healthy future.

Ultimately, the health and well being of our children rests primarily with us — the parents. If we the parents are eating a health diet and maintaining a healthy, active lifestyle, our children will have a much better start in life.

Unfortunately, each generation of children born of parents on the Standard American Diet (SAD) are progressively experiencing a lower quality of life from birth on. We now

find thousands of young people experiencing what were once considered “diseases of old age” such as cancer, diabetes, and cardiovascular disease! We cannot continue with the SAD and expect any improvement.

For years now, many mothers of newborn infants have elected to ignore God’s plan of breastfeeding to supply the ideal nutrition of an infant, and choose instead a more “convenient” option of a man-made formula. While the benefits of breastfeeding for both mother and infant are well documented, many couples today neglect what God has provided for nourishing these precious gifts.

Breastfed infants are 21% less likely to die the first year of life than one who is not breastfed. Breast milk affords protection against a long list of infectious diseases and chronic problems such as diabetes, asthma, and obesity! For breastfeeding mothers, the benefits include a lower risk of breast and ovarian cancer, as well as avoiding excess weight gain.

Breast milk should be the exclusive diet for a baby until the age at which solid foods are introduced. After the age of weaning, a baby’s diet should consist of 100% plant-based foods with about 50% raw and 50% cooked foods.

According to Joel Fuhrman, author of *Disease-Proof Your Child*, “Childhood eating habits established by the age of 10 years old usually last a lifetime.” Is it any wonder that it takes education, concentrated effort, and discipline to change one’s diet once adulthood is reached?

Exercise is probably the second most important component of good health for our youth. With the prevalence of low cost television a generation ago, our youth began a sedentary lifestyle than has progressively worsened. No longer are they involved in neighborhood outdoor sports and physical activity that lead to physical fitness and optimal body weight. They now spend hours each day in front of TVs, video games, the internet, and texting messages on cell phones.

Not only is the lack of exercise a causative factor in poor health and obesity but the exposure to electromagnetic fields (EMF) is damaging at cellular level to the body. If our children are not protected from the damages of EMF, they are going to be set up for earlier development of chronic degenerative disease — as a result, we adults may indeed outlive our children!

The bottom line is that the health of our youth is in jeopardy and requires drastic intervention to avoid dire consequences.

The very best way we can nourish the human body (at any age) is by adopting The Hallelujah Diet. God designed the human body to thrive on this 100% plant-based diet (Genesis 1:29). For adults, the basic Hallelujah Diet consisting of 85% raw foods and 15% cooked plant-based foods is ideal. For children, the ratio should be 50% raw and 50% cooked. Since children are growing rapidly, they also need more frequent meals and snacks than adults do. These should include good plant-based proteins (nuts, seeds, whole grains, and leafy greens) and good fats (avocados, nuts and seeds, omega 3 oils).

Both children and adults also need outdoor activity that develops the physical body, as well as the exposure to an abundance of sunshine for production of healthy levels of vitamin D. We need to keep the body well hydrated with purified water and with liquids from raw foods and juices. Ensuring rapid and efficient elimination of the toxins is important, too. This can be accomplished with a diet that is rich in fiber.

When we as adults set the example (walk in integrity) and provide the educational foundation our children need, we and our children can indeed experience the reality of Proverbs 20:7 — “The just man walketh in his integrity: his children are blessed after him.”



Success STORIES

“I am a Hallelujah Acres trained Health Minister who loves helping people obtain better health. Since adopting your Hallelujah Diet I have lost a total of 110 pounds, and have been able to come off 39 different prescription medications. Yes, when I adopted The Hallelujah Diet the doctors thought I had gone crazy, but I followed what Jehovah God told me to do, and I am now walking after spending 21 years in a wheelchair and two years in and out of a coma after an accident.

I am now working with many people who have physical problems and have seen God work in so many ways. Some people will listen and some will not, but they did not listen to Jesus either. Sadly, it seems that some people have to wait until they get seriously ill before they will listen. Anyway, I just wanted you to know God has been very good to me and wanted to thank you again for providing me with the information I needed to restore my health!”

Gellet J.,
Cape Fair, Missouri

“I have been enjoying the benefits of being on The Hallelujah Diet for three years. I have experienced the following improvements in my health: Diverticulitis problems – GONE! Digestive problems – GONE! Aching joints – GONE! Hair loss – STOPPED! Menopausal problems – STOPPED! Skin so much improved I no longer have need for make up!

Because of all the improvements people in our church are experiencing after adopting The Hallelujah Diet, in addition to my own improvements, the church has given me approval to start a Hallelujah Acres support group in our church. We will meet regularly, share a portion of Rev. Malkmus’ *God’s Way to Ultimate Health* DVD, and then encourage one another, answer questions, share recipes, and once a month have a Hallelujah pot luck meal together.”

Rayann M.,
Beaver Falls, Pennsylvania



hallelujah

GARDENING GUIDE

Practical Advice All Year Long

There's something intrinsic about plunging your hands into a garden and letting the warm, rich soil crumble between your fingers. Gardening just feels good. So why do most of us shy away from it?

Fear of failure is one thing. Who wants to put all that effort in only to see their garden stop growing before it starts? Not to mention all the intricacies of soil pH, fertilizers, when to plant, when not to plant, watering, frost dates, full sun, half-sun — it can seem so complicated.

But what if you had a personal coach to guide you through it, week by week?

What if that coach had been gardening for 50 years including a stint as a head gardener for a health spa? And what if all his advice was free of charge?

That's exactly what you'll get when you subscribe to the new Hallelujah Gardening Guide.

This new online video series from Hallelujah Acres features helpful how-to snippets from Rev. George Malkmus himself. They're posted every week on HATV (www.hacres.tv). You can also get the videos delivered to your email inbox by signing up for Rev. Malkmus' weekly Hallelujah Health Tip at <http://healthtip.hacres.com>.

"I can remember almost 70 years ago watching my grandma out in the garden at daybreak using a hoe and grandpa with a horse, pulling that plough through the garden," Rev. Malkmus recalls. "That experience with my grandma and grandpa gave me a passion for gardening and I've been gardening now for well over 50 years."

If you've had the rare opportunity to see Rev. Malkmus' own gardens in person, you've seen that passion in all its glory. The man knows what he's doing. But he's quick to point out that you don't have to garden like he does, with custom-built, raised beds encased in fancy block, complete with an irrigation system and meticulously composted soil.

In fact, he says,

you don't even need soil to grow a garden.

"You can garden indoors raising sprouts with no soil at all!" he exclaims. "Or you can garden in a container on your porch, in raised beds out in the yard, or in the open ground. Whatever circumstances you have, you can grow a garden."

Rev. Malkmus has learned a thing or two about gardening over the years and the Hallelujah Gardening Guide lets you in on his secrets from the ground up, if you will.

With episodes week by week, all year long, you'll be able to check in any time to ensure your own garden stays on track, and if it's not, the Hallelujah Gardening Guide will show you how to correct it. You'll learn everything from how to create a garden to harvesting it.

"We'll have some tips about when to plant, for example," Rev. Malkmus explains. "Certain things can be planted before the last frost date, while some things have to wait. All of these types of tips we'll be sharing at appropriate times throughout the year."

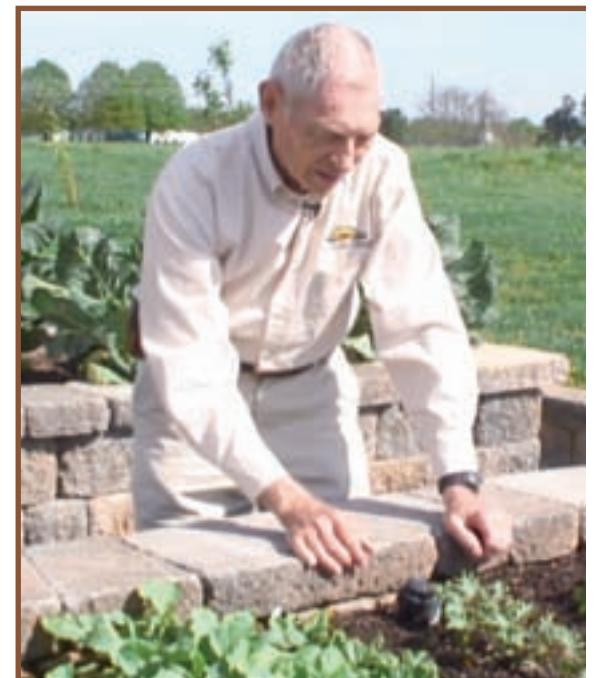
If you've never grown a garden, one of the greatest reasons for getting on the bandwagon

is to be more self-sufficient. After all, with all the turmoil going on in the world these days, knowing how to create food for yourself is not a bad idea.

Think of the Japanese earthquake and tsunami or the twisters in the US earlier this year and remember the impact it had on our food supply. Shortages, price hikes, and the sheer distance food must travel to get to you are all good reasons to grow your own food.

Primarily, however, we want to encourage you to grow your own garden for your health. Simply put, the food in the grocery store is not as healthy as food you grow yourself.

Garden foods start losing nutrients the moment they are plucked from the ground.



Rev. Malkmus shows you how to grow a garden, week by week.



When food must travel an average of 1,200 miles to arrive at your local grocery store, a lot of nutrients are lost along the way.

Not to mention, in preparation for the long journey, fruits and veggies are picked before they're ripe, then gassed with anti-ripening agents, waxed, and sometimes stored for long periods of time before shipping.

"There's nothing like preparing food that you harvested right from your own yard just a few moments before you eat it," says Rev. Malkmus. "It can't get any fresher than that, and it's certainly fresher than anything you can get from the grocery store, and even the farmer's market. Not to mention, your own garden is guaranteed to be organic!"

If you've purchased organic food in the grocery store lately you can appreciate the cost savings that gardening affords. By spending a bit of cash up front to buy some good heirloom seeds, organic composted soil, and a small amount of organic fertilizer, your first



crop of organic garden veggies could easily save in grocery expenses what you spent on building your garden.

In addition to step-by-step guidance from Rev. Malkmus, the Hallelujah Gardening Guide also checks in with special guests, such as Willi Murray, Hallelujah Acres' Organic Gardener. Like Rev. Malkmus, Willi also has an extensive background in gardening — and has more than one gardening tip up her sleeve.

"Most people think of compost as something you put on your garden over winter in preparation for spring," she says. "But you can also use it during the growing season. Here at Hallelujah Acres, we recycle our kitchen waste to make compost year round. After planting, adding compost around the stalks of whatever you're growing will help support the stalks, give the plant some nutrition, and will also help to keep the roots cool in the hot summer sun."

With all of the seasoned advice from Rev. Malkmus and others, the Hallelujah Gardening Guide can help you garden like a pro even if you've never planted a seed in your lifetime.

You can view the current episode of the Hallelujah Gardening Guide by visiting <http://healthtip.hacres.com>. Just select the "Gardening Guide" tab in the grey box on the right hand side of the page.

You can also get this program delivered to your email inbox every week when you subscribe to the Hallelujah Health Tip. To sign up, visit www.hacres.com, roll over the "Contact" tab in the top right hand corner and click on the "Get Our Newsletters" link. Just fill out the resulting form and be sure to click "Health Tip Newsletter" at the bottom. ☺

Success STORIES

"I initially began The Hallelujah Diet after learning I had a mass the size of an egg in my breast. After all the tests, the doctors told me they were going to have to surgically remove the cancer, followed by chemotherapy and radiation. I came home and searched the internet for information regarding alternatives and discovered Hallelujah Acres. Immediately I ordered what was needed, began The Hallelujah Diet, and started exercising.

Four weeks after beginning the diet I had an appointment with the medical team. When they examined me, they found the large mass had reduced to the size of a dime, and within the next two weeks it had totally disappeared. The doctors were totally amazed. It is interesting that since I was a teenager I had wanted to eat the vegan way, but my parents insisted I eat the SAD diet. It was very exciting to stumble across (or did God direct me?) The Hallelujah Diet, as now I finally feel validated.

I have been following The Hallelujah Diet for a year and people tell me that I appear so much younger than my age and way too energetic for my age."

*Deborah D.,
Washington, Pennsylvania*

"I began The Hallelujah Diet as a 60 Day Challenge. After only 60 days on the diet, I had lost 12 pounds and within eight months, 42 pounds.

Today, my eczema is gone, the wart on my finger is gone, my cholesterol level is improved, and my energy level has soared. I am looking so forward to Health Minister Training so that I am better equipped to help others recognize that the God's way of health care is better than the world's way."

*Marvin B.,
Missoula, Montana*



Get Moving Again

NEW
Joint Health Supplement

By Michael Donaldson, PhD

Pain. If you are healthy and you don't have any physical limitations, you don't think about pain much. But what about chronic joint pain?

What if you have chronic pain that really makes it tough to get going in the morning? Or the chronic pain that makes you think really hard before engaging in what used to be a fun activity. Pain that keeps you from activities with the family. Pain that limits you from being active in good works (Titus 2:14, 3:8). Pain that changes the way you live. Pain that doesn't go away.

You may learn to live with it or choose activities that don't make your pain worse. But some pain never goes away, not even while you sleep.

There is the usual way of treating arthritis and chronic pain. It includes a lot of pain medication to manage your symptoms. Of course, the drugs come with side effects:

- Acetaminophen damages the liver.
- Taking NSAIDs (non-steroidal anti-inflammatory drugs) can cause bleeding in the stomach (especially if you also take a blood thinner) and can lead to kidney damage.
- The drugs only mask symptoms; they never deal with root causes.

Are you going to live the rest of your life in pain? Is there a way out?

Ask Rhonda Malkmus. By adopting the Hallelujah Diet and starting to walk (just a very small distance at the beginning) she reversed her arthritis that was induced after getting hit by a train. There are also more

than 160 testimonies on the Hallelujah Acres' website written by people who have vastly improved or reversed their arthritis.

The first step to getting rid of chronic pain is to realize that you actually can make changes that will dramatically reduce your pain. It is your choice.

Start with The Hallelujah Diet... and stay with it. It really works. The foods you choose on The Hallelujah Diet are full of all the trace elements and minerals you need and will reduce inflammation in every part of your body so that tomorrow you will be stronger and healthier than you are today. And this lifestyle will help you lose weight, partly because you can move again without pain. That's a big Hallelujah!

Ideally, this dietary approach would be

enough for everyone; they could follow The Hallelujah Diet and get rid of 100 percent of their joint pain. But sometimes we need help. There are also some situations beyond our control that make it hard to recover the joint function we used to have.

To find a solution for these situations that also complement The Hallelujah Diet, we searched out scientifically proven ingredients like curcumin and boswellia. We looked for plant substances that have been clinically proven to be effective in people, not just in lab rats or petri dishes. We screened many ingredients, looked at many other formulas, and read the supporting science. From this search we developed a new Joint Health supplement that only includes the best of the best to help overcome inflammation, joint pain, and maintain joint health.

Coupled with The Hallelujah Diet, this Joint Health supplement will help your body's rebuilding efforts so that you can live a full, active, abundant life. Don't be satisfied with sitting in a rocking chair; God has more for you! You can't waste your time with chronic inflammation and pain. Start following The Hallelujah Diet, begin exercising, and if you still battle with chronic inflammation and pain, consider adding Hallelujah Acres Joint Health supplement to your daily routine.



Hallelujah Acres Joint Health

120 Caps #SPBNG0458

\$39.95

An exclusive blend of ingredients that both relieve and rebuild joint tissue and cartilage for improved joint function and mobility!

ORDER ONLINE OR CALL NOW!

www.hacres.com/store US 800.915.9355 • CAN 866.478.2224

MARKET PLACE



Living Food For Maximum Nutrition

Hallelujah Acres' exclusive "Max" whole food supplements are fiber-free, 100% dehydrated juice products that are processed below 107° F to retain living enzymes. Living enzymes are the catalyst for all chemical changes in your body, including digestion, breathing, and even thinking! Each product contains a wealth of beneficial

nutrients. The chlorophyll in BarleyMax helps increase heart function and cleanses the liver of heavy metals. The beta-carotene in CarrotJuiceMax is a powerful antioxidant that empowers the immune system. The nutrients in BeetMax are known to improve athletic stamina. And TrioMax provides all the benefits of all three products!

BarleyMax®

- The raw superfood that benefits your whole body!
- Gluten-free • USDA Certified Organic • 100% fiber-free

Item #	Description	US	CAN
SPTRC0441	8.5 oz powder	\$39.95	\$43.95
SPTRC0440	4.2 oz powder	\$25.95	\$28.55
SPTRC0453	8.5 oz powder (alfalfa-free)	\$39.95	\$43.95
SPTRC0442	240 veg caps	\$33.95	\$37.35

BarleyMax® Mint

- Adds a refreshing, raw, nutritional boost to recipes
- Gluten-free • USDA Certified Organic • 100% fiber-free

Item #	Description	US	CAN
SPTRC0510	8.5 oz mint flavor powder	\$41.95	\$46.15

BarleyMax® Berry

- Packed with vitamins, trace minerals, and living enzymes
- Gluten-free • USDA Certified Organic • 100% fiber-free

Item #	Description	US	CAN
SPTRC0511	8.5 oz berry flavor powder	\$41.95	\$46.15

CarrotJuiceMax®

- Helps protect your cells from free radical damage
- Gluten-free • 100% fiber-free

Item #	Description	US	CAN
SPTRC0461	8.8 oz powder	\$44.95	\$49.45
SPTRC0531	240 veg caps	\$39.95	\$43.95

TrioMax™

- All the benefits of BarleyMax, CarrotJuiceMax and BeetMax combined • Gluten-free • 100% fiber-free

Item #	Description	US	CAN
SPTRC0550	10.6 oz powder	\$59.95	\$65.95
SPTRC0551	5.3 oz powder	\$32.95	\$36.25
SPTRC0552	240 veg caps	\$49.95	\$54.95

CarrotJuiceMax® Grapefruit/Ginger

- Juice is extracted and dried at low temperatures to retain critical heat sensitive nutrients and living enzymes

Item #	Description	US	CAN
SPTRC0530	8.8 oz powder	\$46.95	\$51.65

BeetMax®

- Supports the liver and gall bladder • Stimulates lymph gland activity • Flushes the kidneys and bladder

Item #	Description	US	CAN
SPTRC0451	8.8 oz powder	\$32.95	\$36.25
SPTRC0540	240 veg caps	\$32.95	\$36.25



Fiber Cleanse Green Apple / Lemon

Fiber Cleanse Green Apple and Lemon offer sensitive palates a much milder, pleasant taste, with all the same powerful cleansing action of original Fiber Cleanse.

Item #	Description	US	CAN
SPTRC0521	16 oz green apple flavor powder	\$32.95	\$36.25
SPTRC0520	16 oz green apple flavor powder	\$32.95	\$36.25



Fiber Cleanse

Fiber Cleanse's 28 herbs cleanse your colon, expel parasites, and ensure timely elimination of toxins from the body. Helps restore bowel function and improve whole body performance.

- Recommended during the first three months of The Hallelujah Diet

Item #	Description	US	CAN
SPTRC0445	16 oz powder	\$29.95	\$32.95
SPTRC0446	240 veg caps	\$29.95	\$32.95

Ask About Our
2011 Product Catalog
 or order products at www.hacres.com/store



B-Flax-D™

Formulated for long-term use, B-Flax-D is a fantastic source of fiber that promotes excellent bowel function after using Fiber Cleanse during the first three months of The Hallelujah Diet.

- Source of soluble and insoluble fiber
- Vitamin D assists mineral absorption

Item #	Description	US	CAN
SPTRC0460	2 lb. powder	\$21.95	\$24.15



Antioxidant

This supplement stops free radicals in their tracks with a broad range of antioxidants that stop the damage. Also includes digestive enzymes to maximize the absorption and delivery of antioxidants to your cells.

- Not for use by those with an allergy to wheat or gluten

Item #	Description	US	CAN
SPNTN0455	60 veg caps	\$29.95	\$32.95



B12, B6, Folic Acid

Recapture the energetic feeling of your youth! These tasty tablets dissolve sublingually (under the tongue) to deliver vitamins B6, B12 and folic acid into your bloodstream in a much more powerful way than swallowed tablets.

- Sustained mental energy and stamina
- More mental focus and improved memory
- Better mood and sense of well-being

Item #	Description	US	CAN
SPHLS0450	60 veg tablets	\$14.95	\$16.45



Bio-Curcumin®

Hallelujah Acres' Bio-Curcumin supplement is a step above, enabling your body to absorb more of curcumin's effects as an antioxidant, anti-inflammatory, anti-bacterial, anti-rheumatic, and liver protective.

- Do not use if you have bile duct problems or take blood thinners (seek medical supervision)

Item #	Description	US	CAN
SPBNG0457	60 veg caps	\$29.95	\$32.95



Balanced Woman Cream

Lack of progesterone can cause many women to experience hormonal imbalances. This yam-derived progesterone cream can help balance female hormones naturally to ease the effects of aging and hormonal changes.

Item #	Description	US	CAN
SPHMN0443	2 oz pump	\$24.95	n/a



Probiotics

Probiotics help kids and adults maintain a healthy balance of "friendly" intestinal bacteria, produce B vitamins, and maintain overall colon health. A must for anyone on antibiotics!

- Do not use if you have bile duct problems or take blood thinners (seek medical supervision)

Item #	Description	US	CAN
SPNTN0459	NEW! Children's strength - 90 veg caps	\$24.95	\$27.45
SPNTN0458	Professional strength - 60 veg caps	\$29.95	\$32.95
SPNTN0446	Regular strength - 90 veg caps	\$24.95	\$27.45



Digestive Enzymes

Hallelujah Acres Digestive Enzymes supplement contains live enzymes that help improve poor digestion and the absorption of nutrients from the foods on The Hallelujah Diet.

- Also contains a significant amount of probiotics

Item #	Description	US	CAN
SPNTN0447	90 veg caps	\$24.95	\$27.45



Flora DHA Flax Oil

Flora DHA Flax oil contains omega-3 fatty acids that ensure proper brain function in adults, and aids in the development of a newborn's nervous system and visual abilities.

Item #	Description	US	CAN
SPFLR0437	17 fl oz. (500 ml) bottle	\$24.95	n/a



Intestinal Balance

Digestive comfort is here! Contains a proprietary blend of botanicals, probiotics, and enzymes to provide support for the intestinal tract, thus discouraging yeast formation, while naturally strengthening the immune system.

- Probiotics help rebuild friendly flora
- The inclusion of inulin helps support friendly flora colonization

Item #	Description	US	CAN
SPNTN0449	60 veg caps	\$24.95	\$27.45



Serrapeptase

The prime cause of western diseases is now considered to be chronic inflammation caused by eating starchy carbs, processed, microwaved, and generally overcooked foods. Serrapeptase is one of the best anti-inflammatory enzymes available.

Item #	Description	US	CAN
SPBNG0454	60 veg caps	\$24.95	\$27.45

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Berry/Apple Supplements Kit

The Hallelujah Diet Book
 Fiber Cleanse Green Apple Powder
 BarleyMax Berry Powder
 Digestive Enzymes Capsules
 #KTHLH0885*

Mint/Lemon Supplements Kit

The Hallelujah Diet Book
 Fiber Cleanse Lemon Powder
 BarleyMax Mint Powder
 Digestive Enzymes Capsules
 #KTHLH0887*

Regular Supplements Kit

The Hallelujah Diet Book
 Fiber Cleanse Original Powder
 BarleyMax Original Powder
 Digestive Enzymes Capsules
 #KTHLH0880

Capsule Supplements Kit

The Hallelujah Diet Book
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 BarleyMax Capsules
 Digestive Enzymes Capsules
 #KTHLH0886

MORE KITS AVAILABLE! Look for our Basic Starter Kit, Monthly Support Kit, Juicer kit, and Recovery Diet Kit online at hacres.com/catalog

NEW!



Hallelujah Acres Nourishing Soaps

- Infused with antioxidant-rich muscadine seed extract
- Contains high levels of resveratrol and other antioxidant compounds
- Helps your body fight free radicals

Item #	Description	US	CAN
HBHHV0001	Chamomile	\$4.95	\$5.45
HBHHV0002	Cocoa Butter	\$4.95	\$5.45
HBHHV0003	Green Tea Ginger	\$4.95	\$5.45
HBHHV0004	Lavender Rosemary	\$4.95	\$5.45
HBHHV0005	Lemon Poppy Seed	\$4.95	\$5.45
HBHHV0006	Lavender Oats	\$4.95	\$5.45
HBHHV0007	Minty Fresh	\$4.95	\$5.45
HBHHV0008	Oatmeal and Honey	\$4.95	\$5.45
HBHHV0009	Patchouli Blend	\$4.95	\$5.45
HBHHV0010	Barley Meadows	\$4.95	\$5.45
HBHHV0011	Just You	\$4.95	\$5.45
HBHHV0012	Summer Breeze	\$4.95	\$5.45



Hallelujah Acres® Snack Bars

- Made from raw superfoods!
- No preservatives, no refined sugar or chemicals added
- Box of 12 bars: \$21.45 US / \$23.65 CAN

Item #	Description	US	CAN
FDGLF0110	Pecan Pie Snack Bar	\$1.95	\$2.15
FDGLF0111	Mocha Coconut Snack Bar	\$1.95	\$2.15
FDGLF0112	Orange Cranberry Delight Snack Bar	\$1.95	\$2.15
FDGLF0113	Blueberry Snack Bar	\$1.95	\$2.15
FDGLF0444	Maple Nut Royale	\$1.95	\$2.15
FDGLF0445	Vanilla Nut Goodee	\$1.95	\$2.15

NEW!

Survival Bar

- Made with organic, raw superfoods
- Keeps your living cells running at peak performance
- Try all 6 flavors in the 12-bar Variety Pack



Item #	Description	US	CAN
FDGLF0446	The Original	\$2.95	\$3.25
FDGLF0447	NEW - Cinnamon Explosion	\$2.95	\$3.25
FDGLF0448	NEW - Apple Surge	\$2.95	\$3.25
FDGLF0449	NEW - Blueberry Burst	\$2.95	\$3.25
FDGLF0450	NEW - Cranberry Blast	\$2.95	\$3.25
FDGLF0452	NEW - Garden Fusion	\$2.95	\$3.25
FDGLF0451	12-bar Variety Pack (6 flavors)	\$33.95	\$37.35

Snack Bar Sample Pack

- Can't decide? Get them all!
- Includes 2 of each of our 6 snack bar varieties
- Made on-site at Hallelujah Acres



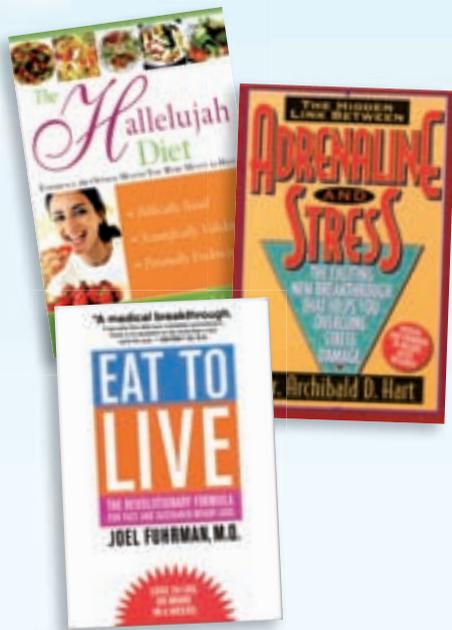
Item #	Description	US	CAN
FDGLF0114	12-bar Sample Pack	\$21.45	\$23.65

PRODUCT MENU



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BOOKS: Hallelujah Favorites

Item #	Item	US	CAN
BKHPL0202	God's Way to Ultimate Health	\$18.95	\$20.85
BKDSN0216	Hallelujah Diet Workbook	\$8.95	\$9.85
BKHPL0214	Hallelujah Simple Weekly Meal Plans - Vol 1	\$8.95	\$9.85
BKHPL0219	Hallelujah Simple Weekly Meal Plans - Vol 2	\$10.95	\$11.95
BKHPL0203	Recipes for Life...From God's Garden	\$24.95	\$27.45
BKDSN0215	The Hallelujah Diet	\$14.95	\$16.45
BKDSN0201	Why Christians Get Sick	\$13.95	\$15.35

BOOKS: Health

Item #	Item	US	CAN
BKHPL0206	A Message of Hope and Healing (English)	\$2.95	\$3.25
BKHPL0217	A Message of Hope and Healing (Spanish)	\$2.95	n/a
BKHPL0204	A Response to the Maker's Diet	\$2.95	\$3.25
BKNLS0373	Adrenaline & Stress	\$12.95	\$14.25
BKNTR0312	Become Younger	\$8.95	\$9.85
BKNTR0305	Becoming Raw	\$24.95	\$27.45
BKTFF0243	Breast Cancer and Iodine	\$14.95	\$16.45
BKCLL0379	Chelsea's Healthy Secrets	\$14.95	\$16.45
BKBPC0337	Colon Health	\$8.95	\$9.85
BKNHS0345	Depression: The Way Out	\$38.95	\$42.85
BKNTR0276	Eat to Live	\$14.95	\$16.45
BKPNG0350	Enzyme Nutrition	\$8.95	\$9.85
BKGRP0213	Examining The Hallelujah Diet	\$9.95	\$10.95
BKHLT0366	Excitotoxins: The Taste That Kills	\$17.95	\$19.75
BKNTR0368	Food and Behavior	\$9.95	\$10.95
BKMDC0254	Iodine: Why You Need It - Why You Can't Live Without It	\$16.45	\$18.15
BKPNG0792	Lick the Sugar Habit	\$12.95	\$14.25
BKDNH0492	Lying With Authority	\$19.95	\$21.95
BKBPC0377	Making Sauerkraut	\$11.95	\$13.15
BKHPL0209	Pregnancy, Children & The Hallelujah Diet	\$8.95	\$9.85
BKPNG0353	Prescription for Nutritional Healing	\$23.95	\$26.35
BKNTR0338	Pure and Simple Natural Weight Control	\$7.95	\$8.75
BKHPL0352	Raw Eating	\$9.95	\$10.75
BKHPL0364	The China Project	\$3.95	\$4.35
BKBNB0377	The China Study	\$16.95	\$18.65
BKWTW0310	The Choice is Clear Book	\$2.95	\$3.25
BKHPL0329	The Hallelujah Diet Refined: Maintaining Healthy Blood Sugar	\$2.95	\$3.25

BOOKS: Health

Item #	Item	US	CAN
BKHHP0301	The Healing Power of NatureFoods	\$15.95	\$17.55
BKNTR0335	The Natural Way to Vibrant Health	\$7.95	\$8.75
BKBPC0445	Total Cleansing	\$11.95	\$13.15
BKHRP0210	Uninformed Consent: The Hidden Dangers in Dental Care	\$16.95	\$18.65
BKHPL0207	Vaccinations, Deceptions, and Tragedy	\$9.95	\$11.00
BKNTR0340	Water Can Undermine Your Health	\$7.95	\$8.75
BKNTR0363	What Your Doctor May Not Tell You About Menopause	\$14.95	\$16.45
BKSNH0001	Everyday Gluten-Free	\$13.95	\$15.35

BOOKS: Recipes

Item #	Item	US	CAN
BKHPL0382	Everyday Wholesome Eating	\$17.95	\$19.75
BKHPL0374	Everyday Wholesome Eating In The Raw	\$17.95	\$19.75
BKNTR0311	Fresh Vegetable & Fruit Juices	\$7.95	\$8.75
BKHLL0999	Gluten Free Resolutions E-book	\$12.95	\$14.95
BKRND1001	Green Smoothie Revolution	\$14.95	\$16.45
BKHPL0330	Hallelujah Food Show Recipe Book	\$14.95	\$16.45
BKHPL0205	Hallelujah Holiday Recipes	\$19.95	\$21.95
BKHPL0376	Hallelujah Kids	\$19.95	\$21.95
BKHPL0212	Healthy for Him	\$17.95	\$19.75
BKHPL0375	How We All Went Raw	\$17.95	\$19.75
BKIOS0101	New Identity Eating	\$19.95	\$21.95
BKHPL0208	Salad Dressings For Life	\$12.95	\$14.25
BKNTR0321	The Juicing Book	\$11.95	\$13.15
BKNTR0336	The Vegetarian Guide to Diet & Salad	\$14.95	\$16.45
BKBPC0372	Warming Up to Living Foods	\$15.95	\$17.55

BOOKS: Special Interest

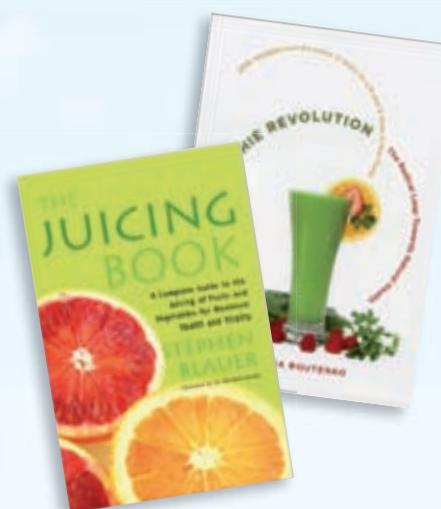
Item #	Item	US	CAN
BKSPG0306	All New Square Foot Gardening	\$19.95	\$21.95
BKCSG0100	Daniel and The Big Test	\$9.95	\$10.95
BKJDD0101	Five Percent Chance	\$16.95	\$18.65
BKNLS0323	Food Additives: A Shopper's Guide to What's Safe & What's Not	\$7.95	\$8.75
BKTSP0305	How to Grow More Vegetables	\$19.95	\$21.95
BKHPR0378	Six Months to Live	\$8.95	\$9.85
BKSPR0351	Sprouts The Miracle Food	\$12.95	\$14.25
BKNTR0304	Vegetable Soup and The Fruit Bowl	\$14.95	\$16.45
BKFTH0341	Winning the Battle for the Body	\$12.95	\$14.25

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Shaker Cup**

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Offer valid July 1-31, 2011



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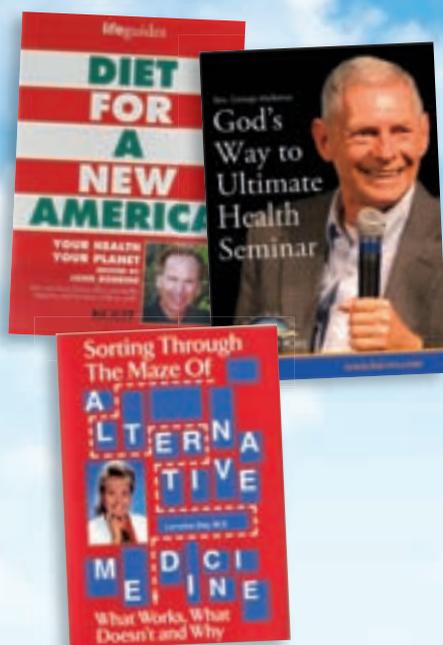
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DVDs: Hallelujah Favorites

Item #	Item	US	CAN
DVHRC0266	God's Way to Ultimate Health (DVD)	\$19.95	\$21.95
CDHRC0265	God's Way to Ultimate Health (Audiobook - CD)	\$12.95	\$14.25
DVHRC0219	The Miraculous Self Healing Body (DVD)	\$17.95	\$19.75

DVDs: Health

Item #	Item	US	CAN
DVRCK0803	Cancer Doesn't Scare Me Anymore (DVD)	\$21.95	\$24.15
CDHRC0232	Children and the Hallelujah Diet (Audiobook)	\$19.95	\$21.95
DVDRF0802	Diet for New America (DVD)	\$19.95	\$21.95
DVRCK0805	Diseases Don't Just Happen (DVD)	\$21.95	\$24.15
DVRCK0807	Drugs Never Cure Disease (DVD)	\$21.95	\$24.15
DVRVS0550	Healing Cancer from Inside Out (DVD)	\$17.95	\$19.75
CDHRC0806	Natural Progesterone (Audiobook)	\$9.95	\$10.95
DVHRC0310	Pastor to Pastor: A Message of Hope and Healing (DVD)	\$9.95	\$10.95
DVRCK0808	Sorting Through The Maze Of Alternative Medicine (DVD)	\$21.95	\$24.15
DVDRF0275	The Greatest Diet on Earth II (DVD)	\$21.95	\$24.15
CDHRC0241	The Perils of Animal Products (Audiobook)	\$12.95	\$14.25
DVHRC0274	The Truth Behind Meat and Dairy (DVD)	\$19.95	\$21.95
DVNW0809	Vaccines, The Risks, Benefits and Choices (DVD)	\$24.95	\$27.45
DVRCK0804	You Can't Improve on God (DVD)	\$21.95	\$24.15

DVDs: Recipes

Item #	Item	US	CAN
DVHRC0248	Hallelujah Food Show Recipes (8 DVDs)	\$79.95	\$87.95
DVHRC0931	Hallelujah Food Show Recipes Set (4 DVDs)	\$39.95	\$43.95
DVHRC0269	Juicing With A Twin Gear Juicer (DVD)	\$12.95	\$14.25

DVDs: Special Interest

Item #	Item	US	CAN
DVHRC0299	Healing for Life Testimony DVDs - all 5 DVDs	\$29.95	\$32.95
DVHRC0294	Healing for Life Testimony DVDs - Cancer	\$9.95	\$10.95
DVHRC0295	Healing for Life Testimony DVDs - Diabetes	\$9.95	\$10.95
DVHRC0296	Healing for Life Testimony DVDs - Weight Issues	\$9.95	\$10.95
DVHRC0293	Healing for Life Testimony DVDs - Arthritis/Osteoporosis	\$9.95	\$10.95
DVHRC0297	Healing for Life Testimony DVDs - Fibromyalgia/Lupus	\$9.95	\$10.95
DVHRC0222	Make Me Ready - Praise & Worship (DVD)	\$21.95	\$24.15
DVTRF0811	Make Me Ready - Stretch & Selah (DVD)	\$22.45	\$24.65
DVSND0312	Sneiders Resistance Rebounding (DVD)	\$24.95	\$27.45

FREE

IN August



Apple Surge & Cinnamon Explosion Survival Bars (2 bars)

with purchase of \$150 or more (\$165 in Canada).

Offer valid August 1-31, 2011



FITNESS

Item #	Item	US	CAN
EEXRS0349	Exerstrider Walking Poles	\$89.95	\$98.95
EEFTS0605	Fit 10 Ten Minute Exercise Program	\$79.95	\$87.95
EENDK0615	Needak Rebounder	\$299.95	\$329.95
EERBN0812	Urban Rebounding System (With Instruction Manual & Power Pack DVD)	\$99.95	\$109.95
HBBNN0607	Omron HJ-150 Pedometer	\$16.95	\$18.65



FOOD & BEVERAGE

Item #	Item	US	CAN
FDNTF0459	Arrowhead Mills Flax Seed	\$3.35	\$3.65
FDTHG0431	Celtic Sea Salt, Coarse (1 lb)	\$7.95	\$8.75
FDTHG0430	Celtic Sea Salt, Fine Ground (1 lb)	\$14.95	\$16.45
FDDNF0435	Eden Sea Salt	\$5.95	\$6.55
FDGLF0210	Hallelujah Acres Raw Carob (16 oz)	\$6.95	\$7.65
FDNTC0110	Himalayan Fine Pink Sea Salt - Bag (2 lb)	\$11.95	\$13.15
FDNTC0111	Himalayan Fine Pink Sea Salt - Shaker (8.75 oz)	\$4.95	\$5.45
FDNTF3015	Manitoba Harvest Organic Shelled Hemp Seed (12 oz)	\$14.95	\$16.45
BVNTF1110	Teecino Coffee Alternative - Almond Amaretto (other flavors available)	\$9.59	\$10.55
BVTCC1929	Teecino Sample Pack - Almond Amaretto (other flavors available)	\$0.99	\$1.10
BVTCC0300	Teecino Sampler Kit	\$4.95	\$5.45



GIFTS & APPAREL

Item #	Item	US	CAN
CLDVN0795	Got Carrots? Apron	\$19.95	\$21.95
CLDVN0332	Got Carrots? T-shirt - Large (S, M, XL, XXL also available)	\$19.95	\$21.95
GICDP0110	Hallelujah Acres Cooler Bag	\$17.95	\$19.75
KSMDF0418	Hallelujah Acres Fit N Fresh Shaker Cup	\$9.95	\$10.95
GIDVN0105	Hallelujah Acres Fleece Blanket	\$24.95	\$27.45
CLDVN0103	Hallelujah Acres Jacket - Men's Large (S, M, XL also available)	\$49.95	\$54.95
CLDVN0112	Hallelujah Acres Jacket - Women's Large (S, M, XL, XXL also available)	\$49.95	\$54.95
GICDP0105	Hallelujah Acres Large Umbrella	\$17.95	\$19.75
GICDP0102	Hallelujah Acres LED Keychain	\$1.95	\$2.15
CLDVN0790	Hallelujah Acres Logo Apron - green (also available in yellow)	\$21.95	\$24.15
GICDP0121	Hallelujah Acres Logo Magnet	\$3.95	\$4.35
CLDVN0203	Hallelujah Acres Oxford Long Sleeve Shirt - Men's Large (S, M, XL, XXL also available)	\$39.95	\$43.95





HALLELUJAH ACRES

Market Place



FREE

IN September



Blueberry Burst & Garden Fusion Survival Bars (2 bars)

with purchase of \$150 or more (\$165 in Canada).

Offer valid September 1-30, 2011

GIFTS & APPAREL

Item #	Item	US	CAN
CLDVN0212	Hallelujah Acres Oxford Long Sleeve Shirt - Women's Large (S, M, XL, XXL also available)	\$39.95	\$43.95
KSDVN0404	Hallelujah Acres Shaker Cup	\$2.95	\$3.25

GREEN LIVING

Item #	Item	US	CAN
HBCRT0715	Bug Me Not Herbal Bug Spray	\$6.95	\$7.65
HBBPT0851	Gia Cell Guard EMF Protection Chips	\$35.95	\$39.55
HBBPT0852	Gia Universal Twin Pack (2 chips)	\$82.95	\$91.30
HBRCL0768	Hydro Floss Oral Irrigator	\$99.95	\$109.95
HBWTW0535	*Showerwise Deluxe Shower System	\$59.95	\$65.95
HBDST0723	Thai Crystal Deodorant - Mist	\$7.45	\$8.20
HBDST0722	Thai Crystal Deodorant - Roll On	\$5.95	\$6.55
HBDST0721	Thai Crystal Deodorant Stone - Push Up Stick	\$7.95	\$8.75

KITCHEN

Item #	Item	US	CAN
FEBLT0676	Blendtec Home Blender - black (3 qt jar)	\$429.95	\$472.95
FEBLT0678	Blendtec Home Blender - white (3 qt jar)	\$429.95	\$472.95
FEBLT0677	Blendtec Home Blender 3 qt Jar Kit	\$99.95	\$109.95
FEPLS0510	*Champion Juicer - Almond also in White & Black	\$259.95	\$285.95
KSCCN0481	Chop and Chop Cutting Mat - 18" x 24"	\$6.95	\$7.65
KSCCN0480	Chop and Chop Cutting Mat - 12" x 18"	\$3.95	\$4.35
FETRB0519	CitriStar Citrus Juicer	\$49.95	\$54.95
KSCMS0551	Debbie Meyer Green Bags	\$9.95	\$10.95
FEXCL0580	*Excalibur Dehydrator	\$210.95	\$231.95
FEMBS0596	*FoodSaver Vacuum Sealer	\$119.95	\$131.95
FETRC0606	FreshLife Sprouter	\$99.95	\$109.95
FETRB0600	*Green Star Elite Juicer	\$529.95	\$582.95
FETRB0549	*Green Star Juicer	\$459.95	n/a
KSDVN0405	Hallelujah Acres 4-Way Measuring Spoon	\$1.95	\$2.15
FEMDP0403	Handheld Mixer	\$5.95	\$6.55
FEHVS1001	Hurom Slow Juicer	\$359.95	\$395.95
FEKTC0609	KitchenAid Food Processor - white (also available in black)	\$179.95	\$197.95
KSXNT0752	OXO Mandoline	\$69.95	\$76.95
KSXNT0583	OXO Salad Spinner	\$27.95	\$30.75
KSRDC0134	Rada Cook's Knife	\$9.25	\$10.20
KSRDC0141	Rada Deluxe Vegetable Peeler	\$7.95	\$8.75
KSRDC0131	Rada French Chef Knife	\$15.35	\$16.90
GIRDC0046	Rada Pare and Peel Gift Set	\$13.25	\$14.55
KSRDC0101	Rada Regular Paring Knife	\$4.95	\$5.45
KSRDC0126	Rada Tomato Slicer	\$5.75	\$6.35

* Accessories available for this Item

KITCHEN

Item #	Item	US	CAN
FEMBS0582	Seed Grinder	\$18.95	\$20.85
FETRB0344	Soyabella Automatic Nut Milk Maker	\$119.95	\$131.95
FEXCL0092	Spirooli Vegetable Slicer	\$34.95	\$38.45
KSSPR0359	Sprout Man Hemp Sprouting Bag	\$7.95	\$8.75
KSSPR0361	Sprout Man Sprouting Chart	\$7.95	\$8.75
KSSPR0360	Sprout Man Sprouting Seeds (Garden Mix)	\$6.95	\$7.70
KSVPP0110	Titan/Turbo Peeler	\$9.95	\$10.95
FETRB0585	*Tribest Personal Blender	\$79.95	\$87.95
KSLWS0614	Upright Carrot Peeler	\$99.95	\$109.95
FEVTX7200	Vitamix TurboBlend VS Blender	\$449.95	\$494.95
FEWTW5408	*Waterwise 4000 Water Distiller	\$299.95	\$329.95
FEWTW8800	*Waterwise 8800 Deluxe Water Distiller	\$409.95	\$449.95
FEWTW5900	*Waterwise 9000 Water Distiller	\$399.95	\$439.95

SUPPLEMENTS

Item #	Item	US	CAN
SPHMN0602	Adam's Prostate Care - 2 oz pump	\$24.95	n/a
SPSHP0397	Balance 3 Herbal Formula - 100 tablets	\$59.95	\$65.95
SPNTC0964	*CoQ-10 - 30 softgels (60 mg)	\$22.95	n/a
SPLXR0971	EZorb Calcium - 180 capsules	\$39.95	n/a
SPPTM0483	Iodoral - 90 tablets	\$29.95	\$32.95
SPTBC0481	Iosol - 1 fl oz	\$17.95	\$19.75
SPNTC0472	Magnesium AAC - 100 ct bottle (200 mg)	\$10.95	n/a
SPMXN0180	Max GXL Accelerator - 180 capsules	\$85.00	\$89.95
SPPHS0448	Mega H - 60 capsules	\$26.95	\$29.65
SPNTC0465	*Melatonin - 60 ct bottle (3mg)	\$8.95	n/a
SPSRC0432	Micro-Max - 100 capsules	\$14.95	\$16.45
SPPHR0426	MicroCelle Vega DHA Capsules - 60 capsules	\$23.95	\$26.35
SPNTC0479	MSM & Glucosamine - 60 ct bottle	\$12.95	n/a
SPNTC0963	Nattokinase - 30 ct bottle (100 mg)	\$18.95	n/a
SPNCP0421	Nutritional Essentials - 10 oz powder	\$35.95	\$39.60
SPFLR0486	Pharmax Finest Pure Fish Oil - 6.8 fl oz bottle	\$27.55	\$30.30
SPFLR0487	Pharmax Finest Pure Fish Oil - 16.9 fl oz bottle	\$64.15	\$70.55
SPBNG0454	Serrapeptase - 60 veg caps	\$24.95	\$27.45
SPAMR1856	Silver Biotics - 8 fl oz	\$24.95	n/a
SPAMR1160	Silver Biotics - 16 fl oz	\$34.95	n/a
SPFLR0482	Udo's DHA Oil Blend - 17 fl oz	\$29.95	n/a
SPVTM0983	Vitamin D3, 1000 IU - 250 capsules	\$12.95	\$14.25
SPVTM0982	Vitamin D3, 5000 IU - 150 capsules	\$19.95	\$21.95
SPNTC0968	Vitamin E 400IU - 50 softgels	\$10.95	n/a
SPFLD0339	WaterMax - 8 oz bottle (treats 48 gal.)	\$32.95	\$36.25

* Accessories available for this item



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Friday evening before the Seminar

An Evening with Rhonda Malkmus

(See page 28)

Learn a variety of food preparation techniques and recipes!

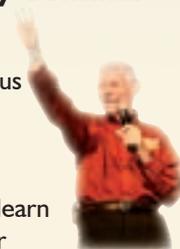


First Saturday of Every Month

FREE Saturday Seminar

(See page 28)

Presented by Rev. George Malkmus first Saturday every month from 10 AM - 1:00 PM Come join us and learn how to change your health and change your life!



Saturday after the Seminar

"Where Do I Go From Here?"

(See page 28)

Learn how to implement The Hallelujah Diet at home!



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- Health Minister Trainee, 2011

See page 2 for details or visit www.hacres.com

For information on these opportunities and to learn more about Hallelujah Acres visit www.hacres.com