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1992 - 2012
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HealthNews

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

March/April 2012

No. 70 • \$4.50

Annalkmus
Why WOMEN'S
HEALTH
IS CLOSE TO **My** HEART

HOW TO BEAT
Diabetes

WHAT
MAKES **Vitamin K**
so Special

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from the
Malkmus Family

Dear Friend,

It's resurrection season! This season means more to us than any other — for many reasons.

Paul & Ann Malkmus

Our number one reason for loving this time of year is because it's the season we remember that our Saviour died for our sins and was resurrected, sealing forever the promise of eternal life with Him. We see resurrection in nature, too as foliage comes to life after its winter slumber. And with summer just around the corner, now is a great time to resurrect your health.

Since one of the most important aspects of physical health is eating, it's important to pay attention to what the Bible has to say about food. It's a virtual road map for your journey to vibrant health!

God's instructions for our nourishment are as valid today as they were when Genesis 1:29 was written. And today, we have unprecedented scientific knowledge to understand why a plant-based diet has such incredible power to restore health.

In this issue, we'll share how that knowledge reveals vitamin K as one of the most important aspects of dark leafy greens, why boswellia extract (also known as frankincense) is more than just a precious perfume, and how to beat diabetes once and for all.

And as a special feature for our female readers, Ann shares her personal health journey with God's original diet and what she's discovering that every woman should know.

We love sharing this information with you. Our greatest mission and greatest blessing is to help you experience the vibrant health that your self-healing body is waiting to provide.

More than ever, we are creating ways to help you achieve this goal. With 20 years of experience behind us, we are looking ahead to the next 20 and we invite you to join us on this exciting journey!

Sincerely,
 The Malkmus Family



George & Rhonda Malkmus

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

What's New @ HA



Living The Hallelujah Diet

Share the healing power of The Hallelujah Diet with family and friends. This educational, 32-page magazine will help them understand the benefits of a plant-based diet and give them what they need to begin living a healthier life. Filled with colorful charts and easy to understand information, this magazine will inspire and motivate them to start today. Order up to **10 FREE copies** to spread the word! Call 800.915.9355 (US) or 866.478.2224 (CAN) to order!



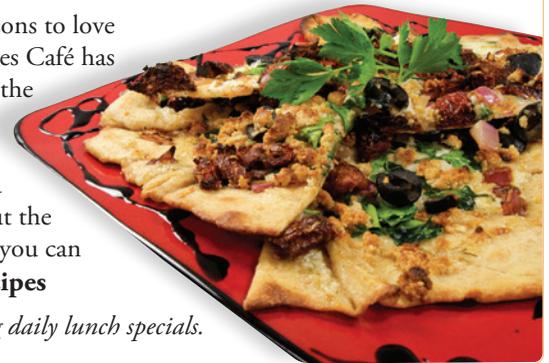
DSR – Dry Skin Relief Soap & Skin Cream

Itching for a soap for sensitive skin? We've got it! Our brand new Nourishing Soap variety, "DSR—Dry Skin Relief" is specially formulated to soothe and nourish dry skin to help the body rid itself of irritated skin conditions. And if you need a little comfort throughout the day, apply some DSR Skin Cream, made with the same, soothing ingredients. Try both the soap and cream for **FREE** (\$25 value)! See page 30.

And The Winner Is ...

Friday! As if there weren't enough reasons to love Friday, it's also the day Hallelujah Acres Café has a pizza special — not surprisingly, it's the café's busiest day of the week! So, the next time you come to Hallelujah Acres, make sure you pencil us in for a lunch date! In the meantime, check out the great Hallelujah-friendly pizza recipes you can make at home: www.hacres.com/recipes

Café is open Mon-Sat for lunch, offering daily lunch specials.



The Villages In Full Bloom

The new orchard and raised bed community garden at The Villages are ready for spring! Organic crops have been planted and Villages residents are eagerly anticipating the first harvest of the season. We'll post photos on The Villages' Facebook page so you can see what's growing next! www.facebook.com/villagesofhacres



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HAhealthnews.com

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.

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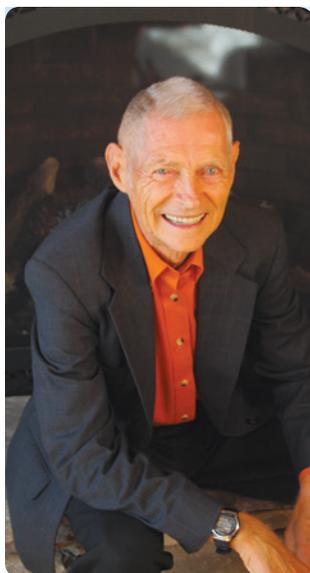
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See page 30 for details.

It's Time to Resurrect Your Health

By Rev. George Malkmus, LitD



With this being the Easter season, I thought it would be a good time to draw some parallels between the death, burial, and resurrection of Jesus' physical body and the physical bodies we each possess. Jesus took on a physical body in which He walked this earth for approximately 33 years. He then died on an old rugged cross to pay our sin debt with His own precious blood, was buried, and rose from the grave on the third day.

We, too, experienced a day when our mothers gave birth to a brand new physical body. We then walk this earth for a number of years and will someday die. In fact, the Bible says: "...it is appointed unto men once to die..." (Hebrews 9:27). What I want to bring to your attention is the number of years you and I walk this earth. Consider Jesus' life: He lived on this earth in a physical body for only 33 years.

Why? Because that's all the time it took for Him to fulfill his reason for coming to earth, which was to pay our sin debt on the cross and rise on the third day. He then returned to heaven where today He is seated at the right hand of God. (Hebrews 10:12)

God gave each of us a body that was programmed, as originally fashioned by God, to live longer than the 33 years Jesus lived on this earth — a lot longer!

The Bible tells us we have a body designed by God to live forever! The Bible says in Genesis 3:22: "...and now, lest he put forth his hand, and take also of the tree of life,

and eat, and live forever." Yes, God designed man's physical body with the potential of living forever!

But once man sinned by eating of the forbidden fruit, he immediately died spiritually and was forced to leave the garden. Thus began the process of dying a physical death for all mankind.

Up until the flood, the average age of pre-flood patriarchs was 912. Not to mention, there is not a single recorded instance of sickness throughout their ages. But after the flood, when man began to add animal-source foods to his diet and began to cook his food, his lifespan declined rapidly from an average of 912 years to just 110. This massive regression took just 10 generations! (Genesis 50:26)

This regression continues today. Children are experiencing ever more frequent and serious physical problems such as diabetes, arthritis, cancer, etc., that used to be limited to the elderly.

Adults are also experiencing an increase in serious physical problems, and though living a little longer, experience increasingly poorer quality of life. Meanwhile, the cost of health care is taking an increasing chunk out of their pocketbooks and bankrupting our nation.

At Hallelujah Acres, we have a solution. We have been teaching health from a biblical perspective for the past 20 years. We have been attempting to bring people, especially God's people, "Back to the Garden" to nourish their bodies the way God intended in Genesis 1:29.

Millions of Christians around the world have applied the principles of The Hallelujah Diet and restored their health, preventing future sickness and extending their lives.

So the question comes down to this:

Do you want to experience the ultimate health God designed your body to experience?

Do you want to restore your health, live free of future sickness, and extend your life?

Then resurrect your health!

And while you're at it, if your spiritual life has been neglected, why not resurrect your spiritual life as well? Get back to reading the Bible and praying daily, and get back to attending church on a regular basis. 🌄

GET THE WEEKLY HEALTH TIP!

Sign up for Rev. Malkmus' Hallelujah Health Tip to get weekly emails packed with health information, gardening tips, and recipes!

www.georgemalkmus.com



How To Beat Diabetes

By Olin Idol, ND, CNC

A study by the Organization for Economic Cooperation and Development predicts that by the year 2020 nearly 75% of the American population will be overweight or obese. This exploding epidemic has led to the shocking prediction that in less than nine years, half of all Americans will be either pre-diabetic or suffer full-blown type 2 diabetes.¹ Type 2 diabetes can be prevented. In fact, with moderate dietary changes it can even be completely reversed in a very short time. The key lies in the fact that Type 2 diabetes is not a blood sugar issue. It is disease of insulin and leptin signaling.²

Author Ron Rosedale, MD states in his book *The Leptin Connection*, “When your body has clear leptin signaling, this hormone (leptin) regulates hunger and tells your body when to store and when to burn fat.” Ironically, due to today’s poor dietary choices, body fat can actually produce so much leptin that the brain becomes insensitive to the message to turn off appetite and burn fat, resulting in leptin resistance.

Leptin signaling plays an important role in insulin signaling, insulin resistance, and ultimately diabetes. In fact, with respect to Type 2 diabetes, the problem is not a lack of insulin production but the cell’s insensitivity to insulin and the inability of the insulin to transport glucose into the cells where it can be utilized for energy production — and saturated fats from animal source foods are primary contributors to this insulin insensitivity.

Lower levels of insulin are very healthy as long as an individual’s cells are sensitive to insulin’s message and allow the glucose to enter. Animal fats in the diet tend to lower the cell’s sensitivity to the message, preventing the efficient transport of glucose into the cells.

Tragically, today the standard American diet is so loaded with processed foods and animal fats, devoid of fiber, loaded with sugars, and excessively high in calories, that the average person’s insulin levels are constantly elevated and way too high to support health.

However, if the body is nourished with a primarily raw, whole food, plant-based diet (low in starches but rich in nutrients), the body fat begins to diminish, the excess production of leptin slows, and the brain once again becomes sensitive to the signal to turn off appetite and to burn fat.

As leptin sensitivity is restored, the appetite diminishes, achieving optimal body weight becomes easier, and insulin sensitivity is restored. If you have Type 2 diabetes, I encourage you to fully embrace The Hallelujah Diet for six weeks. Monitor your progress and you will discover the positive impact of dietary and lifestyle intervention — you will not want to go back to the standard American diet! 🌈

The Diabetes Battle Plan
Discover how to beat the odds at
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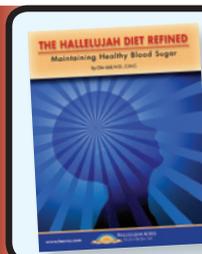


8 THINGS YOU CAN DO

- 1 Eliminate all animal foods from the diet. Elevated blood glucose has been known to normalize in as little as two to three weeks after animal source foods are eliminated.
- 2 Eat a mostly raw, low calorie, nutrient dense, whole food, plant-based diet like The Hallelujah Diet!
- 3 Exercise! Staying fit helps restore insulin and leptin sensitivity.
- 4 Optimize vitamin D blood levels (50 to 80 ng/ml) to improve insulin sensitivity.
- 5 Emphasize whole plant foods while minimizing starchy foods that require excess insulin to metabolize.
- 6 Monitor blood sugar if you have blood sugar issues; those on medication may need their doctor to help them taper off of medication.
- 7 Minimize all sugar including natural sugars from fruit. Eat fruits whole, limit fruit intake, and avoid fruit juices.
- 8 Maintain a daily source of essential fats such as flax seed, flax seed oil, Udo’s oil, and Pharmax Finest Pure fish oil.

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2. <http://articles.mercola.com/sites/articles/archive/2010/09/02/diabetes-most-of-what-youve-been-told-may-be-wrong.aspx>



The Hallelujah Diet Refined: Maintaining Healthy Blood Sugar

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Had Your “K” Today?

By Paul and Ann Malkmus

Green vegetables,

especially the dark leafy variety, are the most powerful source of human health on earth.

They're loaded with the perfect combination of vitamins, trace minerals, chlorophyll, and oh-so-important living enzymes that can restore health in miraculous proportions.

Every day there's new research about the goodness of greens. Often that research reveals spectacular health benefits of a nutrient we never realized was there.

Vitamin K is one of them.

In fact, the next time someone asks where you get your protein, ask where they get their vitamin K!

Boosting your vitamin K level is a lot more important than worrying about getting enough protein (which you can do handily without meat, by the way). Not to mention, there's hardly a speck of vitamin K in meat.

On the contrary, vitamin K is found in astronomical amounts in dark green vegetables, and that includes BarleyMax. A single, one-teaspoon serving of BarleyMax contains 119% of the recommended daily intake of vitamin K. **At three servings per day on The Hallelujah Diet, that's 357%** — and vitamin K is just one of dozens of nutrients in BarleyMax!

Vitamin K is best known for helping blood to clot normally. Incidentally, this is where the “K” comes from; the German medical journal that first published the findings of the vitamin in 1935 referred to it as Koagulationsvitamin.²

The type of vitamin K in green vegetables is K1. There are two other forms of vitamin K; the K2 variety is found in fermented foods like kimchee; and the K3 variety is synthetic and not widely recommended.

About 90% of vitamin K in a plant-based diet comes from K1. While some experts recommend more K2 than K1 (citing that K1 is not ideal because it is not as easily absorbed as K2), new research indicates that lack of K1 makes a difference in terms of bone health.

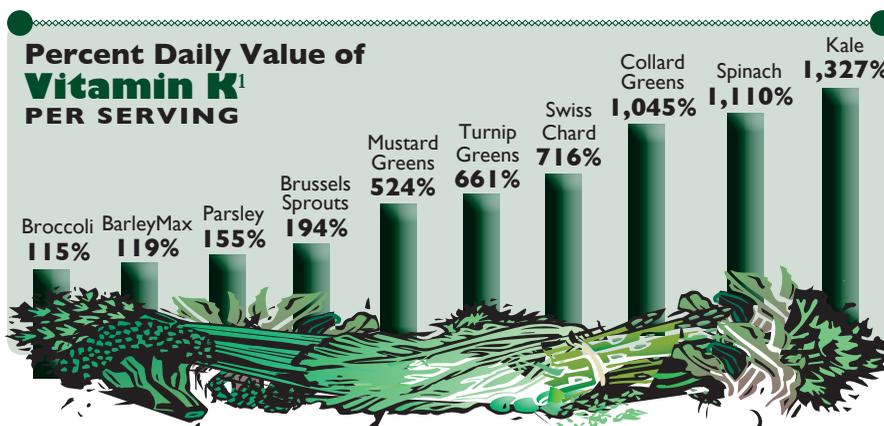
help protect against liver and prostate cancer. It is known to help protect nerve cells from oxidative damage.

Perhaps best of all, the vitamin K in green vegetables can be obtained on both sides of The Hallelujah Diet's 85% raw, 15% cooked ratio.

In fact, studies at the USDA have shown that cooking does not affect a vegetable's level of vitamin K — and in some cases, cooking actually increases the amount of

vitamin K your body can absorb since cooking breaks open the plant's cells, which releases the vitamin.

So if you're looking to put a little spring in your health this season, boost your vitamin K by putting a few more green veggies on your plate. 🌱



A 10-year Norwegian study published in August 2011 found that a low intake of vitamin K1 is associated with an increased risk of hip fracture.³ A Japanese study showed similar results, noting that people with hip fractures have much lower blood concentrations of vitamin K1.⁴

Vitamin K1 is also known to prevent bone loss and calcification of the arteries and may even

READ MORE ON OUR BLOG

Sign up for weekly advice, tips, recipes, and more from Paul and Ann's "Healthy Days" blog at: ampm.hacres.com

BONUS – Read an expanded version of this story on our blog, with even more great information on vitamin K! ampm.hacres.com



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2. http://en.wikipedia.org/wiki/Vitamin_K#cite_note-Dam-1
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Success STORIES



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

It was during the summer my wife found The Hallelujah Diet on the web. On The Hallelujah Diet I regained my health. Then I went into training for a marathon in Chicago on October. The Hallelujah Diet, along with **BarleyMax**, served me very well during this endurance event. On The Hallelujah Diet I continue to gain optimum performance during my training and racing as an endurance athlete.

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

*John P.,
Centennial, Colorado*



“At age 48 I had my first stroke. Three months later I suffered a second stroke. The second stroke left me paralyzed on my left side. I was greatly discouraged to say the least. I had no health insurance; I had massive medical bills; yet there was still a thirst for knowledge.

It was at this time my friend loaned me a copy of Rev. Malkmus’ book, *The Hallelujah Diet*, which I promptly absorbed. As I read it, something seemed to resonate within me and I adopted The Hallelujah Diet.

Within the first year of making the diet change I had lost 85 pounds and was no longer a diabetic. My blood pressure normalized for the first time in 30 years, my cholesterol normalized, skin rashes went away, elimination improved, hair color returned, energy vastly improved, mental clarity returned, and I awoke refreshed every morning instead of having to drag myself out of bed. Life became wonderful! I planted a garden and began to climb mountains.

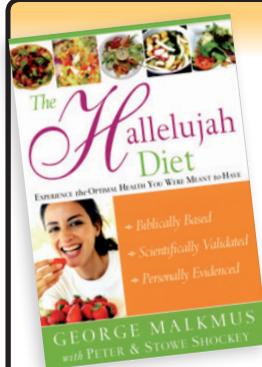
I still thank God for Rev. Malkmus and his book, *The Hallelujah Diet*, several times every day. My desire now is to share this wonderful Hallelujah health message with others.”

*LuAnn A.,
La Mesa, California*

HA

Self-Healing On The Hallelujah Diet!

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Gourmet Recipes

Spring Feast

Grilled Portabella with Pineapple-Mango Chutney

Serves 4-6

Mushrooms:

4-6 large Portabella mushroom caps
(one per person)

1. Lightly brush extra virgin olive oil over caps. Lay cap side down on grill.*
2. Drizzle approximately 1 tsp olive oil around underside.
3. Grill several minutes on each side until tender and juicy.

*Oven method: Bake on a cookie sheet approximately 8-9 minutes, turning half way through.

Chutney:

1 mango, peeled, seeded, and chopped
1 cup chopped pineapple
1/3 cup chopped onion
1 small avocado, peeled seeded
and chopped (optional)
1/2 cup chopped cilantro
2 Tbsp fresh lime juice
1/4 tsp ground cumin

1. Stir ingredients until well mixed.
2. Ladle several spoonfuls over whole or sliced portabella.





Herbed Raw Asparagus Spears

Serves 4

Vegetables:

1 large cucumber cut in strips, seeds removed
12-16 asparagus spears (3-4 per person)

Marinade:

2/3 cup apple cider vinegar
3 Tbsp water
2 Tbsp extra virgin olive oil
4 tsp agave nectar
1 tsp capers, mashed slightly with fingers
1 large or 2 small cloves garlic, minced
1 tsp fresh chopped rosemary
1/2 tsp dried thyme
1/2 tsp dried marjoram
1/2 tsp minced dehydrated onion
1/8 tsp coarse black pepper
1/4 tsp unrefined sea salt

1. Marinate vegetables in marinade for 2-3 hours before serving.
2. Must be eaten on the day of preparation as it does not keep well in the refrigerator overnight.

Energy Juice

From *New Identity Eating* by Audree Lee

4 celery ribs
1 cup spinach
1 lemon, unpeeled
1 lime, unpeeled
1 large apple, seeded or frozen pineapple chunks
1 handful parsley
1/2-inch piece of ginger

1. Run all ingredients through a juice extractor.
2. Strain.
3. Garnish with a mint sprig

Cruciferous Crunch

Makes 3-1/2 cups

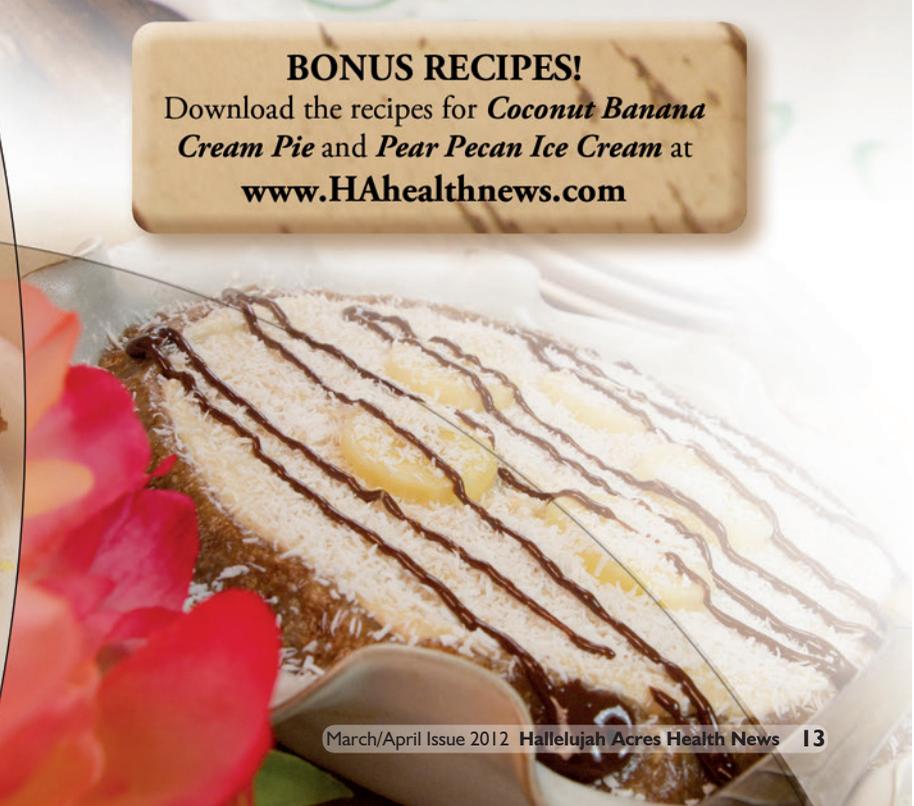
Salad:

2 cups shredded green cabbage
2 cups shredded purple cabbage
2 cups chopped broccoli
5 large radishes, sliced

Dressing:

3 Tbsp apple cider vinegar
2 tsp lemon juice
1 Tbsp honey
1-1/2 Tbsp extra virgin olive oil
1/8 tsp unrefined sea salt
1/4 tsp caraway seeds

1. Blend dressing by hand and pour over vegetables.
2. Toss well.
3. Let sit for at least 30 minutes before serving.



BONUS RECIPES!
Download the recipes for *Coconut Banana Cream Pie* and *Pear Pecan Ice Cream* at
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MARCH 7-9
JULY 11-13

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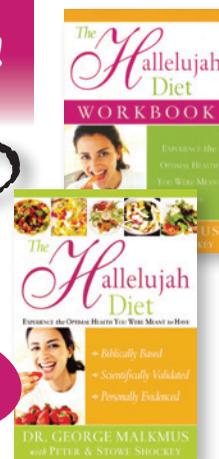
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MARCH 5-6
JULY 9-10



The Decline in American Health and a Call to Action

By Michael Donaldson, PhD

Are we as healthy as we were 100 years ago? How about 50 years ago? Or 15 years ago?

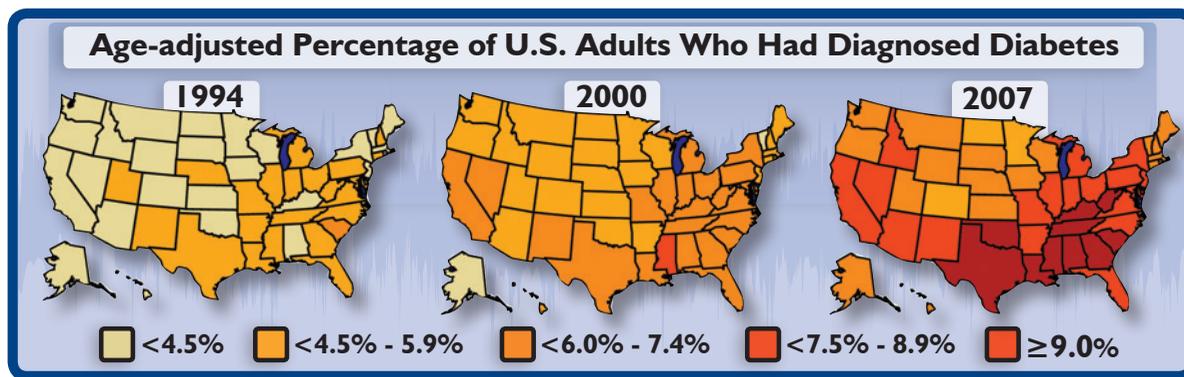
Check the statistics below. Notice the marked change in diabetes from 1994 to 2007. What a difference a few years can make! More than a quarter of all adults are not just overweight, but obese; and about 10 percent of them have diabetes on the eastern half of the USA.¹ Not to mention, the projected lifespan of the next generation will be shorter than their parents'.²

And that's not just bad news for healthy eating. Children who infrequently eat dinner with their family are four times more likely to use tobacco, more than twice as likely to use alcohol, 2.5 times as likely to use marijuana, and four times more likely to expect to use drugs in the future.⁴

Who is going to teach your children what good food is? The TV? The meat and dairy industry-influenced school system? Fathers and mothers have been given the responsibility by God

The Farm to School movement is making a difference, too. All 50 states now have at least one program getting some of their food from local farmers and educating children on where their food comes from. It is a national travesty that children don't even recognize common vegetables, and a little bit of education goes a long way on impressionable minds.

Safeway, Inc. has made strides in health care by tying premium discounts to health indicators (blood pressure, cholesterol, weight, and



One of the most dramatic changes that has affected our health is our food supply. It is possible to eat now without knowing anything about preparing food. You just have to open a box, a can, or a freezer container, pop it in the microwave, and call it dinner.

In fact, some 23 meals per month are made from on-the-shelf meals and frozen dinners.³ Plus, the restaurant business now claims 49% of our food dollars, up from 25% in 1955.

Another big change is our own lifestyles. We are no longer a rural nation. Eighty percent of us live on just 3% of the land. Furthermore, there is no time, it seems, to prepare food at home, much less sit down and eat it together.

Almighty to raise their children in truth. We need to get a hold of the truth and make sure our children grab on as well!

First and foremost, whether you are a parent or not, be an example. Whether you are a stay-at-home mom, a pastor, a teacher, a businessman, a pilot, a lawyer, or whatever, you have a sphere of influence. If you don't promote a healthy diet and lifestyle, who will?

Television chef personality Jamie Oliver is one example. You may think he is not as enlightened as you regarding a healthy diet, but he is making a difference. He is changing lives and moving people in the right direction, and there are many more like him.

tobacco use) of its employees.⁵ Rising costs have been curbed and employees are healthier and probably more productive.

Whatever your sphere of influence is, you need to speak up and make a difference. Realistically, not everyone will adopt The Hallelujah Diet, but everyone can make strides toward a whole-foods, plant-based diet. Everyone needs to come to an understanding that they are personally responsible for their own health, not their doctor or the government.

The Decline In Detail

Discover what's happening and what others are doing about it.

www.HAhealthnews.com



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THE HALLELUJAH DIET CONCEPT

ARE YOU READY TO HAVE
the best health of your life?

The Hallelujah Diet empowers your body with

100%

plant-based food
— the key to self-healing and ultimate health!

The Hallelujah Diet is a **simple remove-and-replace lifestyle change** — remove toxic foods that lead to health deterioration and replace with 100% plant-based foods, the food God originally intended for mankind... and the best food for ultimate health!

Don't Just Remove... Replace!

See the handy "Don't Just Remove, Replace" chart at www.hadiet.com/replace

Why is plant-based food best?

Your body is constantly replacing its cells at a rate of 300 million per minute. The quality of health you experience depends on the quality of your cells — to increase your level of health, **you must give your living body the living (*raw*) nutrients it needs to build cells that are better than the ones they are replacing.** Eating raw vegetables, fruits, nuts, and seeds is the best way to accomplish this!

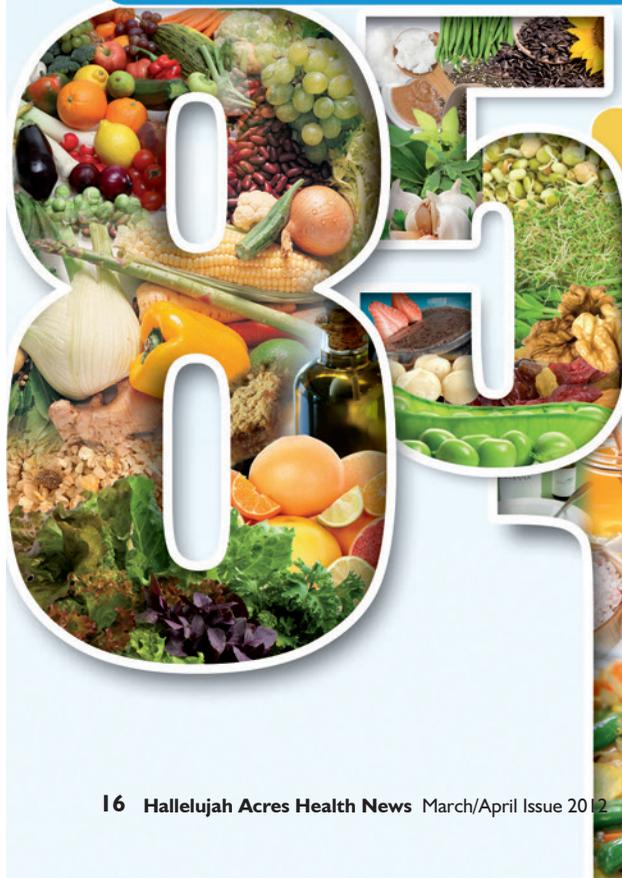
The Hallelujah Diet Recommends:

% Raw Food

The Hallelujah Diet consists of 85% raw, plant-based foods. The dense, living nutrients found in raw foods (*and especially their freshly extracted juices*) are perfectly suited to the nutritional needs of your living body! They produce abundant energy and vibrant health by replacing your body's old cells with superior, new ones.

% Cooked Food

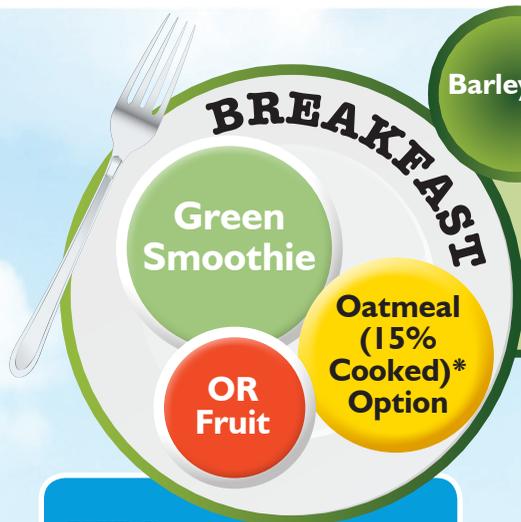
The remaining 15% portion on The Hallelujah Diet consists of cooked, plant-based foods. These foods, eaten after filling up on raw foods, help to curb rapid detoxification from toxic foods, maintain healthy body weight, and can even supply greater concentration of certain nutrients than raw foods. They also satisfy the need for "comfort foods."



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. Just remember the basics — get **85%** of your nutrients from raw foods and keep cooked foods to a daily maximum of **15%**



BarleyMax

Take first thing in the morning. (powder or capsule)

- Eat something easy to digest, like a green smoothie fruit, whole grain cereal (raw) or oatmeal with rice milk or almond milk.
- If you eat cooked food now, eat raw for the rest of the day.

Take BarleyMax before or with your meal.

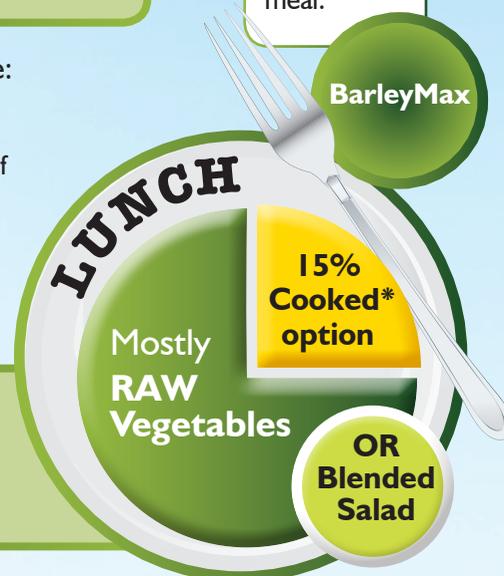
KIDS

- Children need a 50/50 ratio of raw and cooked foods to support growth; cooked food now and more later is OK.
- Children may also need more frequent meals throughout the day.

MID-MORNING – Fresh vegetable juice:

- 8 oz glass of freshly extracted vegetable juice (2/3 carrots, 1/3 greens).
- If you don't have a juicer, blend one serving each of CarrotJuiceMax and BarleyMax
- 30 minutes after, use Fiber Cleanse (first 90 days of The Hallelujah Diet), B-Flax-D, or freshly ground flax seed. These help maintain good bowel function.

- Try to keep lunch as raw as possible.
- Eat a vegetable salad, blended salad (salad smoothie), green smoothie, Hallelujah Acres Survival Bar, pita pocket with veggies, etc.



BarleyMax

MID-AFTERNOON

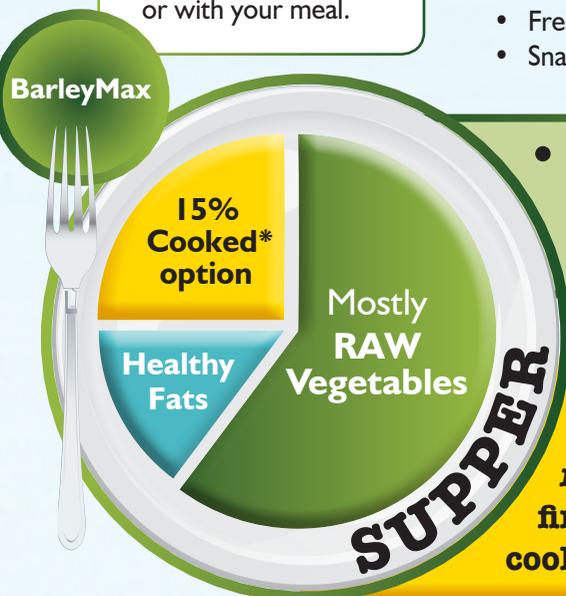
- Fresh vegetable juice (see mid-morning).
- Snacks Ideas or invent your own (mostly raw).

- Eat a large portion of raw foods first (ie. salad). Include healthy fats like nuts, seeds, avocados, etc.
- For cooked portion ideas,

SNACK IDEAS

- Fresh fruit (keep fruit to 15% of your daily intake)
- Green smoothie
- Broccoli or celery sticks with almond butter
- Invent your own (try to keep snacks raw)

Take BarleyMax before or with your meal.



BarleyMax

*** To keep your cooked food portion to a 15% daily maximum, fill up on raw foods first at all meals, then add cooked food at ONE meal.**

FIGHTING SOMETHING SERIOUS?

The Hallelujah Recovery Diet supercharges your immune system for maximum healing power!
www.hadiet.com/recovery



Why Women's Health Is Close To My Heart

By Ann Malkmus

I know what it's like to have serious health issues. I know what it's like to try everything you can think of and still end up feeling sick. But more importantly, I want to share how you can overcome these things, just like I did.

It's only a number. Why is it that when we reach a certain age, that number starts to mess with our minds? To have been on this earth for 50 years is an incredible blessing. The many memories provide such joy and fulfillment—as well as humility and grace.

To have a healthy, fulfilling life is what we all strive to achieve. The beauty of living The Hallelujah Diet for over 16 years is that not only does it help in aging gracefully, I am physically healthier now than I was in my 20's and early 30's.

It started in college. Every time I would have to write an exam, I found myself running to the bathroom to get rid of anything left in my colon. I took many exams in college and spent many hours in the bathroom.

Years later, even as an at-home mom, it didn't take much stress to find this new mom running back to the bathroom throughout the

day and night. This continued on and became more persistent through the years. It was so disheartening to have to know where all of the bathrooms were in any restaurant or in fact, anywhere I went, because it will only be a short time until I needed one. There were days when I truly didn't want to continue in this life. I spent so much of it on the throne.

I had lost so much weight that a size 2 would hang on me. Although it was pleasant to be so slim, I grew to dislike eating anything because it would never stay in me very long. Eventually, all I could eat was baby food from a jar.

The name for this affliction is irritable bowel syndrome (IBS). Many people can relate to my story, especially women; many more women suffer from IBS than men. We will try anything to stop it. We drink the liquid from the shelves of the pharmacy; we take whatever the doctor says will work; we finally just want to stop eating since we know what happens next.

Many years of this condition took its toll

on me. I developed a weakened immune system, which allowed fibromyalgia to take hold (another ailment more common to women). Fibromyalgia is just another manifestation of a poor immune system that results in an incredible amount of pain. For me it was located in my upper back—between my shoulder blades. In those days, the doctors couldn't identify it and suggested I see a psychologist. I was so insulted! The pain was real, even if it had no name. Years later, I felt relieved to know that it really wasn't in my head.

During this time, I was in graduate school, teaching part time at a community college, and raising my two little girls. Life was full, but we were not healthy. In addition to my own health issues, one of my daughters, Andrea, was battling rheumatoid

arthritis. Though we lived in a cold climate, she couldn't stand to have even a light, cotton sheet draped over her ankles at bedtime.

A friend invited me to a health seminar in his church. When I arrived, I watched an energetic man with white sneakers and gray hair talk about how he recovered from colon cancer by changing his diet. His name was Rev. George Malkmus. His message was powerful. I truly didn't know if or how it would work in my life, but I knew there weren't any more options for Andrea or me. We were both too young to be suffering so much.

Adopting Rev. Malkmus' message wasn't the easiest task we would undertake. None of us had much knowledge in this. We were a bit awkward and uncertain, but we continued in this foreign attempt to feed our bodies raw vegetables and juices. It took several months before we both noticed some subtle but encouraging changes in our bodies. Andrea started to grow, which was such a wonderful sight, since we thought her growth had been stunted from the steroids she was taking for pain management. She didn't complain anymore when the weather turned; her joints were healing.

My bathroom trips became less frequent and I gained weight. What a wonderful sight that was! The fibromyalgia pain in my back slowly went away, too.

It took close to a year before we could both say that we found great results from this new diet. That sermon from the man in the white sneakers was the best I had ever heard.

I completed graduate school and started as an instructor in an engineering college. I went on to become the Academic Dean. It was a wonderful experience. After the girls went on to college, I knew I had more training that I wanted to receive. I became a Health Minister

because I never forgot how wonderful it felt to change my health and my daughter's health just by changing what we ate.

Health Minister Training

changed my life. I never realized that my knowledge of nutrition and food could help so many people in their own struggle to regain their health. Hallelujah Acres asked if I would work with other Health Ministers to help them in their ministry. I began as Health Minister Coordinator and today I am Hallelujah Acres' Chief of Education.

Our life is an incredible gift from God.

He has blessed us with a body that can give us great health. With consistent exercise, stress management, and solid nutrition, we will have no difficulty sailing through each of the chapters that life holds in the same incredible body that is not only getting older, but is feeling fantastic! 🌈

How I rebuilt my immune system and rid my body of IBS:

1. I drank freshly extracted vegetable juices throughout each day.
2. Since my digestive system was compromised, I began eating only cooked vegetables for several weeks.
3. I slowly introduced a few raw vegetables that were blended well. I ate them with a spoon.
4. I added probiotics and digestive enzymes daily, both with and between meals.
5. I walked many miles. This wasn't just for exercise. It was my way of managing stress. Many prayers were offered up during these walks.

Be patient. This miraculous, self-healing body is a bit complex. Like a computer, it needs time to update. It will, and when it does, you will be amazed at the results.

Now, I am beginning

the next phase of my life. I am experiencing menopause and it has certainly been interesting! I am learning so much about what a woman's body goes through during this time. Mental and physical health during hormonal changes can be a bit difficult to maintain. My goal is to help women prepare for and learn how to live and thrive in this new phase, which we call "the change."



Success STORIES

“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. My poor diet and lifestyle were taking a heavy toll on my body.

I sought four second opinions, but not one of the surgeons believed improved nutrition could have any positive effect on my cancer. Every one of them wanted to remove my bladder, reconstruct a new bladder from my small intestines, and use chemotherapy for at least one year to make sure all cancer was gone.

Fortunately, I learned about Hallelujah Acres from a church member, and adopted The Hallelujah Diet. Within three months of making the diet change, I had lost 50 pounds and was able to stop taking all medications.

I had the tumor removed endoscopically, but kept my bladder. I also refused the chemotherapy. Eight months later I felt great!

Because of the tremendous improvements I experienced, I wanted to share the Hallelujah Acres health message with others. Since attending Health Minister training, I have had dozens of people come to my home to taste the delicious foods available on this Hallelujah Diet and to watch Hallelujah Acres videos.

I have especially enjoyed working with diabetics who have no clue as to why they have diabetes or why that condition is destroying their bodies. It is so exciting to see them, for the first time, believe they do not have to be sick just because they are growing older.

I want to reach out and touch as many of these people as I am able. I believe this is God’s divine purpose for my life. Almost everyone thought I was crazy when I did not accept and follow the doctors prescribed treatment for the bladder cancer. Friends and loved ones had their own opinion and some expressed it quite strongly. Thankfully I did not allow the opinions of others to influence me.

Throughout the experience I was at peace with my decision to focus on a diet and lifestyle change versus a medical solution of surgery and chemotherapy. 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.,
Union, Kentucky.*

Self-Healing On The Hallelujah Diet!

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 <p>Dr. Neal Barnard Founder and president of the Physicians Committee for Responsible Medicine.</p>	 <p>Rev. George Malkmus Author of <i>Why Christians Get Sick</i> and founder of Hallelujah Acres.</p>

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We Juice Up Your Life



RAW

GOURMET

LIVING

New Raw Food Courses at Hallelujah Acres



Hallelujah Acres' Culinary Academy is expanding! Home to some of Hallelujah Acres most beloved classes, including Rhonda Malkmus' "An Evening With Rhonda Malkmus" prior to each Saturday seminar, the Culinary Academy is now offering an all-inclusive, week-long culinary course during which students can learn the finer points of raw gourmet cuisine, surrounded by the beauty of the Blue Ridge mountains.

"It's a class that focuses on the culinary arts," says Tim Koch, Hallelujah Acres Health Minister and host and co-instructor of the Raw Gourmet Living culinary course. "Participants will learn as many different aspects of raw food prep that we can fit into a week."

Tim is a certified raw food chef, his wife Anita is a former natural foods restaurant owner, and their son Richard is a former chef of fine French cuisine. As you might imagine, this class is for those who have a passion to create living foods beyond salads and smoothies.

"This class is for people who have knowledge of raw foods and cooking skills," Anita explains. "We're going to take them to a different level."

"Beautiful looking food is the key," Tim adds. "That's why we're going to emphasize plating skills. Gourmet food has to look gourmet."

Raw Gourmet Living includes lessons on how to make dairy-free, fermented cheese, fabulous

birthday cakes, and more. "We have so many teachings and concepts in the five days; we will be using every hour possible," Anita says.

Did you know that you can make aged, fermented cheese without dairy? Or that you can make traditional-looking birthday cakes that are actually good for you?

With an abundance of great food to eat all day every day, plenty of space to relax and reflect, and spectacular local sightseeing like Chimney Rock and Lake Lure, Raw Gourmet Living is a round-the-clock gourmet experience.

"The best part," Tim adds, "is that students get to eat the great foods they make while they're here. Plus, they'll get all the recipes to take home." Students also keep some of the tools they used to create their culinary masterpieces, including a Raw Gourmet Living apron, two large mason jars loaded with fermented foods, and a beautiful set of Rada knives, the personal choice of Rhonda Malkmus, raw recipe pioneer and co-founder of Hallelujah Acres.

In fact, Rhonda Malkmus will be a guest instructor at each Raw Gourmet Living course!

"Up to this point, all of Rhonda's classes have been demonstrations,"

Anita notes. "This is the first opportunity for people to make the food alongside her." Simply put, if you're burnt out on salads, Raw Gourmet Living is for you.

"We really believe that we are on the cutting edge," Anita says with enthusiasm. "People want to know how to make food healthy and delicious at the same time. We can teach them how to do that."

The course will take place three times a year at the Lake Lure, NC home of Tim and Anita Koch. The peaceful surroundings create a perfect backdrop for Tim, Anita, and their son Richard to offer students a culinary experience like none other.

Can't spare a week?

The Raw Gourmet Living culinary course will also be offered as a one-day intensive on-site at Hallelujah Acres in Shelby, NC immediately following Health Minister Training sessions in July and November. For details call **800.915.9355**



WATCH THE INTERVIEW!

Tim, Anita, and Richard show you the Raw Gourmet Living classroom on www.HAhealthnews.com



...of the sort
of beasts and cattle, 2
appointment of food.

give you every s
face of the whole
has fruit with seed
yours for food.

And God said,
was light.
I God saw the
... ..

TRUTH

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& GOD CONNECT

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Dr. Ajay Goel
Epigenetics and cancer
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Dr. David Brownstein
Director, Center for
Holistic Medicine

Brenda Davis, RD
Co-author, "Becoming
Raw"

Nomi Shannon
World-renowned raw
food coach



Success STORIES

"After I was diagnosed with **breast cancer** my husband began searching for information on the internet. This search led him to Hallelujah Acres. After further research we chose to pursue God's diet rather than the doctor's recommendations to combat my breast cancer.

As a result of making a simple diet change, I have been cancer free for almost four and a half years. I praise the Lord daily that it was your ministry that gave me the much needed information I sought and longed for. Thank you so much! Now I would like to help others realize that there is an alternative called 'God's Way!'

I have friends and family along with acquaintances who have received bad news over the years about a physical problem they were suffering with, problems that I feel

could have been reversed through a simple change in what they ate, if only they had the correct knowledge.

I am attending Health Minister training so that I will be equipped to adequately present this information to others so that they too can be restored to health through a simple change in diet, just as I have been.

I received Jesus Christ into my life at a very early age. I have taught Sunday school, worked in Children's Church, worked with young people, and even went as a missionary in my teen years to Germany to do tent evangelism. When I was diagnosed with cancer, I knew too much about God and His healing power to just accept the fate the



doctors told me I would face if I refused their treatments. I believe it was God's direction, at a time when I was in great need, that brought me to Hallelujah Acres."

*Barbara T., R.N.,
Lockeford, California*

Self-Healing On The Hallelujah Diet!

Read thousands of inspiring stories like these at:

www.hacres.com/library/testimonies



Boswellia:

More Than A Joint Health Herb

By Ajay Goel, PhD

Among the most beneficial herbs, boswellia (*Boswellia serrata*) deserves special merit. Native to India, the boswellia tree thrives in very dry environments. When the bark of the tree is scraped, it secretes the resin, called “tears.” It is only in recent decades that the full potential of extracted boswellic acids have been studied scientifically.

I’ve had the opportunity to research this amazing botanical and discover some of its most powerful properties which, beyond **inhibiting pain and inflammation**, bronchial asthma, and inflammatory bowel disease, may have applications in the fight against colorectal cancer.

There are some distinctions about *Boswellia serrata* extracts to keep in mind. One of the most important compounds in boswellia is called acetyl-11-keto- β -boswellic acid (AKBA). The most recent research project I completed was on AKBA’s effects on the activation of certain genes that suppress tumor growth. I found that AKBA has a powerful ability to re-awaken “sleeping” genes and get them back to their work of preventing cancer growth.

A clinically studied extract of boswellia called **BosPure**[®] is available in the U.S. market. One

of the things that sets it apart is its boswellic acid content. BosPure is screened to remove beta-boswellic acids, which, in turn, makes the extract twice as potent.

AKBA has been found to protect the body from a host of inflammatory diseases, including **arthritis, colitis (chronic and ulcerative) Crohn’s, asthma, and cancer.**²⁻⁴ Although when we hear the word “inflammation” we typically think about sore muscles or allergic responses, inflammation at a cellular level can very easily be considered the cause of virtually every disease state in the body.

In my own research, I have explored the ability of high-AKBA boswellia extract to inhibit the growth of tumors in colorectal cells. In fact, this extract can actually reactivate tumor-

suppressing genes, which can put the body on a path toward healing itself.

The research that I and many others have been investigating simply highlights the relationship between healthy inflammation responses and proper cellular division and shows that natural medicines are in the forefront of addressing very serious health concerns.

Ajay Goel, PhD, is Director of Epigenetics and Cancer Prevention at the Baylor Research Institute, Baylor University Medical Center in Dallas, Texas.

Ajay Goel, PhD will be a guest speaker at the 2012 Health Minister Reunion, April 19-21 2012 (see page 22).

BosPure boswellia extract is standardized to contain at least **70%** boswellic acids and includes only those that greatly increase the effectiveness of the extract, including at least **15%** AKBA. Most boswellia extracts average about **2%** AKBA, and don’t filter out beta-boswellic acid.¹

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WATCH HOW IT WORKS



20/20

The Influence of The Hallelujah Acres Vision

In recognition of Hallelujah Acres' 20th anniversary in 2012, each issue of Health News includes an article titled 20/20. In this series you will discover little known nuggets of history that reveal how Hallelujah Acres pioneered the vegan health movement 20 years ago that is now sweeping the western world.



Ask an average American about recycling 20 years ago and they'd say that kind of thing was for "treehuggers." Today, recycling is a societal norm; and anyone who doesn't participate is seen as an enemy of the planet.

Somehow during the last 20 years, the word "vegan" has also blossomed from relative obscurity to Hollywood hip. People everywhere, especially young people, are now keen advocates of the cause, whether for personal health, animal rights, saving the planet, or any combination. There are now countless books and multiple documentaries on the subject with undoubtedly more to come. In fact, there's a whole plant-based industry that has sprung up in just the last few years.

How did this happen? Most recently, the hit documentary *Forks Over Knives* certainly brought mainstream attention to the health benefits of a primarily raw, plant-based diet. But even Dr. T. Colin Campbell's landmark book, *The China Study*

was only published in 2005; and Morgan Spurlock's classic *Supersize Me* fast food documentary was released in 2004. And remember when Oprah landed in court after saying she'd never eat hamburger again? That was the result of having cowboy-turned-vegan Howard Lyman on her show in 1996, just 15 years ago.

Indeed, modern ideas about a plant-based diet are relatively new. So when did these ideas come about? Who paved the way for this new industry? Where was the research conducted? Who came up with the recipes?

In many respects, the answer to all of these questions is Hallelujah Acres. Even before Hallelujah Acres was founded in 1992, Rev. Malkmus wrote *Why Christians Get Sick* in 1989. Many of the catch phrases in that book, such as "you don't have to be sick" are used today by health advocates everywhere. Little do they realize who coined the phrase.



In 1992, just prior to Hallelujah Acres' founding, Rev. George Malkmus was sharing what he had written in *Why Christians Get Sick* with his bride-to-be, Rhonda. Excited about the concept, she asked, "Where can I find a recipe book on an 85% raw, plant-based diet?" The reality was, nobody had written one. It was then that Rhonda felt called to write what would become the world's first recipe book based on the dietary principles of The Hallelujah Diet.

"I didn't really want to write a recipe book," Rhonda recalls. "But God has a sense of humor that way. I would get ideas for recipes while driving or in the shower. I began keeping a pad and paper everywhere I went. Every time He would

give me an idea for a recipe, I wrote it down. And that's how *Recipes For Life* was written."

Look for plant-based recipe books today whether in print or online and you'll see food and flavor combinations that Rhonda pioneered. Her work 20 years ago has become the silent, anonymous inspiration for countless plant-based recipe authors worldwide.

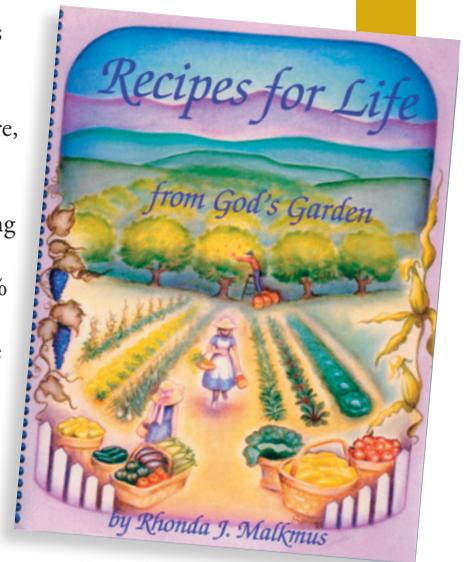
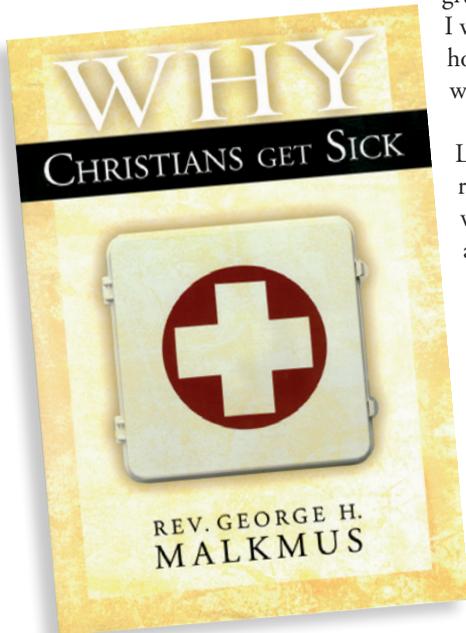
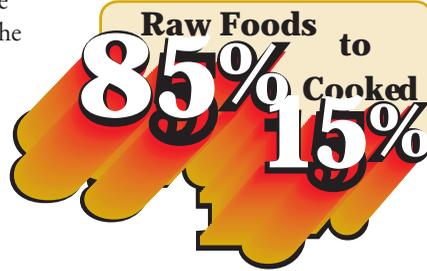
Besides spurring many "firsts," Hallelujah Acres can claim many

firsts itself. It was the first Christian ministry to focus on diet. It was the first organization to receive and publish its testimonies, which today number in the tens of thousands. Hallelujah Acres was also the first to offer a training program (Health Minister Training, 1994) to help spread the message of hope and healing from a biblical perspective.

But perhaps the most notable first of Hallelujah Acres is The Hallelujah Diet's ratio of 85% raw to 15% cooked plant-based foods. Even today, Hallelujah Acres remains the preeminent advocate of this concept — a concept that has been proven effective over the years and, in fact, peer validated.

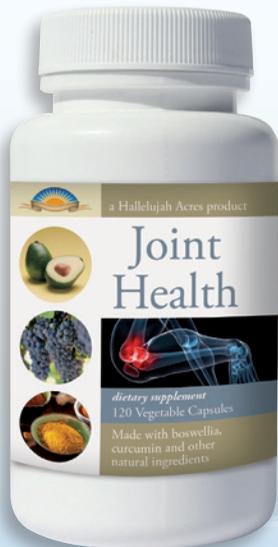
"There was a raw food summit back in the mid-2000s," says Dr. Michael Donaldson, Hallelujah Acres Research Director. "Several representatives from popular raw food programs were there, including Rev. Malkmus. Together they developed a consensus statement affirming what Hallelujah Acres had said all along: a ratio of 85% raw foods and 15% cooked works better for most people than 100% raw."

More firsts are on the way! Look for intriguing information and interviews in upcoming 20/20 segments of *Health News* magazine all year long.



Hallelujah Acres Joint Health Supplement

Contains
BosPure®
Boswellia Extract



Hallelujah Acres Joint Health is a synergistic combination of plant extracts clinically proven to nourish and strengthen joints. With powerful antioxidants to suppress free radical damage and turn off inflammatory gene expression, Hallelujah Acres Joint Health relieves and rebuilds joint tissue and cartilage for improved mobility!

#SPBNG0458 **\$39.95**
120 Caps CAN \$43.95

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Where Healthy Living is Easy!



Discover how easy healthy living can be!
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Staying healthy is hard work! But what if you had everything you needed....right at your fingertips?

What if you could:

- Power walk on manicured walking trails
- Cycle on paved bike lanes
- Relax at tranquil ponds
- Enjoy fresh fruit and veggies from an organic garden and orchard
- Dine at a vegan café
- Shop for organic produce for your family

By just walking out your front door...

At The Villages of Hallelujah Acres it isn't about having access...but deciding what to do first!

The Villages
of HALLELUJAH ACRES



Shelby, North Carolina

HALLELUJAH ACRES lifestyle centers The Personal Trainer For Your *Life*

What if you knew everything you needed to be healthy for life?

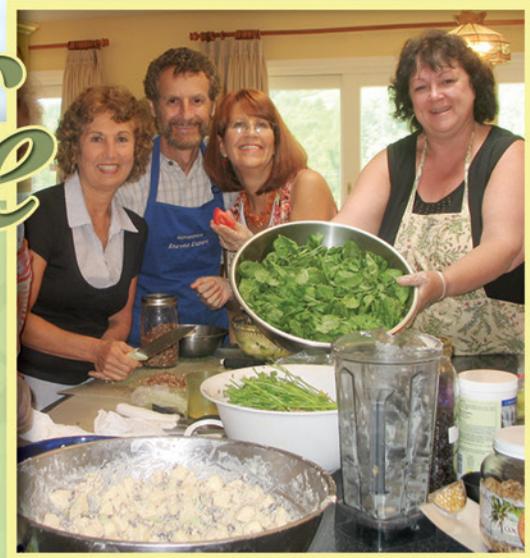
You **CAN** after a visit to the Hallelujah Acres Lifestyle Centers!

YOU'LL LEARN

- **How easy** it is to make delicious, living food your family will love
- **The science** behind healthy living
- **How to** recharge your energy and restore your zest for life

No stress, no worries... just hands-on training and one-on-one coaching with people just like you.

www.halifestylecenters.com



Lake Lure, NC location

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EVENTS at Hallelujah Acres



Spend a Weekend with the Malkmus Family!



March 2 • April 6 • May 4

An Evening with Rhonda Malkmus

6:00 pm to 8:00 pm • \$30 per person



March 3 • April 7 • May 5

God's Way to Ultimate Health Seminar

FREE 10:00 am to 1:00 pm

FREE Anniversary Dessert!



March 3 • April 7 • May 5

Where Do I Go From Here?

\$45 per person • \$10 for spouse or kids aged 13-17 • Under 12 free with adult
1:30 pm to 4:30 pm

Become A Health Minister!



March 5-6 & July 9-10
Diet & Lifestyle 2-Day Workshop
(see page 14)



March 7-9 & July 11-13
Health Minister Training
(see page 14)

Special Events

Health Minister Reunion

Thursday - Saturday • Apr 19-21 • (See page 22)

PLUS

20TH ANNIVERSARY CELEBRATION

Watch for details at www.hacres.com



800.915.9355 or visit www.hacres.com

www.HAhealthnews.com



TAKE A RAW FOOD ROAD TRIP!

Join Judy Fleming, Director of Hallelujah Acres Canada, to learn about juicing, raw foods, and more. **FREE** • 6:30 pm •
Mar 26 Brantford / Mar 27 Woodstock
Mar 28 Mt Forest / Mar 30 Waterloo / April 30 Ajax
May 1 Peterborough / May 2 Orillia / May 4 Lindsay

WORKING IN THE KITCHEN WITH JUDY

Get hands-on experience preparing vegan food!
\$99.95 for the two-Saturday series.

Limited seating available! • 10:30 am to 3:00 pm

Mar 3 – Drinks, Appetizers, & Salads

Mar 10 – Main Entrée, Snacks, & Desserts

Book Bonus! Buy both and get 20% off!

In the Kitchen With Judy • Over 130 recipes, plus menu tips and more! **\$21.95**

Full Day Menus • Over 65 recipes from our Disease Prevention lecture series. **\$18.95**

GET HEALTHY WORKSHOP

The three-day, whole-body workshop about living foods, stress management, and more. Includes meals and the complete **Get Healthy Stay Balanced** educational package. \$349 (\$125 for spouse) • 9:30 am to 5:30 pm
• April 10, 11, & 12

GET HEALTHY DAY

A one-day, condensed version of the Get Healthy Workshop. Lunch and materials provided.
\$79.95 (\$30 for spouse) • 10:00 a.m. to 4:00 p.m.
Mar 31 Waterloo / May 5 Lindsay



HEALTH MINISTER TRAINING
with Paul and Ann Malkmus
Vancouver, BC • May 31 to June 2

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Living Food For Maximum Nutrition



BarleyMax®

Jam-packed with vitamins, minerals, essential amino acids, chlorophyll, flavonoids, trace elements, antioxidants, and live enzymes, BarleyMax is quite possibly the world's most affordable, **raw superfood concentrate!** At just 33 cents per serving* BarleyMax is a living whole food incredibly rich in protein, vitamins A and E, folate, zinc, manganese, potassium, and antioxidants. *U.S. price based on 120 servings (8.5 oz size) of BarleyMax original.

The young barley grass and alfalfa grown exclusively for BarleyMax are seeded in a volcanic lakebed and allowed to grow slowly for maximum nutrient absorption. Harvested at their peak, these grasses are juiced and dehydrated at low temperatures to preserve living enzymes that supercharge your health!

FACT: Research has shown that BarleyMax can actually protect your DNA!

Available in Original, Berry, & Mint flavors!

Get BarleyMax now and start building strong, healthy, new cells throughout your body!



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
SPTRC0510	8.5 oz Mint flavor powder	\$41.95	\$46.15
SPTRC0511	8.5 oz Berry flavor powder	\$41.95	\$46.15

CarrotJuiceMax®

The **raw, living nutrients** in CarrotJuiceMax minimize free radicals to stop DNA damage before it starts! Loaded with nutrition from more than 25 pounds of sweet, young carrots, each container of CarrotJuiceMax is bursting with protective beta-carotene to empower your immune system.



Available in Original & Grapefruit/Ginger flavors!



Item #	Description	US	CAN
SPTRC0461	8.8 oz powder	\$44.95	\$49.45
SPTRC0531	240 veg caps	\$39.95	\$43.95
SPTRC0530	8.8 oz powder (Grapefruit/Ginger)	\$46.95	\$51.65

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

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

Available in Original, Green Apple, & Lemon Flavors!



Fiber Cleanse

With **28 powerful herbs** to cleanse your colon, expel parasites, and ensure timely elimination of toxins, FiberCleanse prepares your body to embrace much-needed nutrients at the cellular level — and that helps regulate your blood sugar; enable your nervous, vascular, and lymphatic systems; boost your brain power; pump up your lungs, and support your sinuses. And of course, it fine-tunes bowel function, too.

Try Fiber Cleanse and see a big boost in vitality! 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
SPTRC0521	16 oz Green Apple flavor powder	\$32.95	\$36.25
SPTRC0520	16 oz Lemon flavor powder	\$32.95	\$36.25

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CATALOG





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Improves digestion and the absorption of nutrients from food.

SPNTN0447

\$24.95
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B12, B6, FOLIC ACID

Supports youthful energy, focus, memory, and stamina.

SPHLS0450

\$14.95 60 Veg Tabs
CAN \$16.95



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B-FLAX-D

Promotes excellent bowel function and includes vitamins B12 and D3.

SPTRC0460

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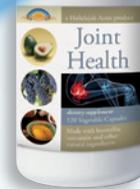
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Contains BosPure® Boswellia Extract



JOINT HEALTH

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SPBNG0458

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CAN \$43.95



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Enzymatic action reduces inflammation to help your body heal faster!

SPBNG0454

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Progesterone cream to balance female hormones naturally.

SPHMN0443

\$24.95 2 oz pump
CAN n/a

SAVE*
\$11 US / \$13 CAN



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All you need to keep your healthy cells on the right track.

Item #	Description	US	CAN
KTHLH0882	w/BarleyMax regular . . .	\$74.95	\$82.45
KTHLH0883	w/BarleyMax capsules . . .	\$74.95	\$82.45
KTHLH0891	w/BarleyMax Berry . . .	\$74.95	\$82.45
KTHLH0892	w/BarleyMax Mint . . .	\$74.95	\$82.45

*As compared to purchasing each item separately.



SURVIVAL BAR

An energy-boosting blend of raw superfoods and living enzymes.

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



Hallelujah Acres SNACK BARS

Made from some of the most nutritious, raw superfoods on the planet!

Item #	Description	US	CAN
FDGLF0110	Pecan Pie	\$1.95	\$2.15
FDGLF0111	Mocha Coconut	\$1.95	\$2.15
FDGLF0112	Orange Cranberry Delight	\$1.95	\$2.15
FDGLF0113	Blueberry	\$1.95	\$2.15
FDGLF0444	Maple Nut Royale	\$1.95	\$2.15
FDGLF0445	Vanilla Nut Goodee	\$1.95	\$2.15
FDGLF0114	12-bar Sample Pack	\$21.55	\$23.65

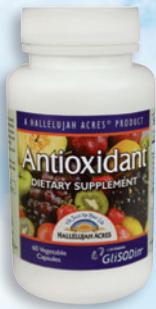


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ANTIOXIDANTS

Fights the effects of free radicals and includes digestive enzymes.

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Helps soothe discomfort due to skin conditions like eczema and psoriasis.

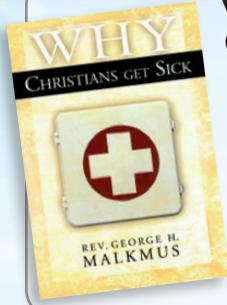


Item #	Description	US	CAN
HBHHV0016	DSR Soap	\$5.95	\$6.55
HBHHV0017	DSR Cream	\$19.95	\$21.95

FREE

MARCH & APRIL ONLY DSR Soap & Skin Cream

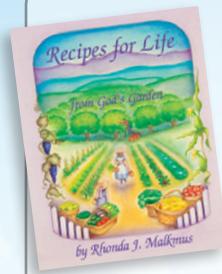
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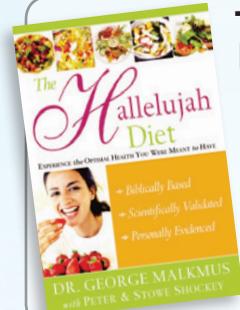
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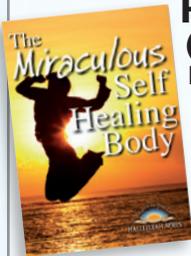
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The tasty, nutritious superfood snack loaded with live enzymes.

Item #	Description	US	CAN
FDGLF0312	Mexican Fiesta (2 oz box)	\$6.95	\$7.65
FDGLF0313	Garden Ranch (2 oz box)	\$6.95	\$7.65
FDGLF0314	Cheesy (2 oz box)	\$6.95	\$7.65
FDGLF0310	Carob Krunch (2 oz box)	\$6.95	\$7.65



NEW! Kale Sprinkles

The same great taste as our kale chips in a nutritious seasoning!

Item #	Description	US	CAN
FDGLF0318	Mexican Fiesta (1.75 oz)	\$4.95	\$5.45
FDGLF0319	Garden Ranch (1.75 oz)	\$4.95	\$5.45
FDGLF0320	Cheesy (1.75 oz)	\$4.95	\$5.45



Hallelujah Acres NOURISHING SOAPS

Infused with muscadine seed to 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
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- Please see our Return Policy at: www.hacres.com/contact/return-policy

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(See page 27)

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(See page 27)

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Following Saturday Seminar

“Where Do I Go From Here?”

(See page 27)

Paul and Ann Malkmus show you how to live The Hallelujah Diet at home!



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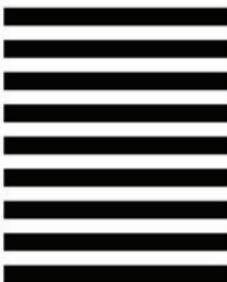
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