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

**Executive Editor** / Paul Malkmus, CEO of Hallelujah Acres

**Contributing Editors**

Olin Idol, N.D., C.N.C., Vice President of Health  
Michael Donaldson, PhD, Research Director  
Ann Malkmus, Chief of Education

**Marketing Director** / Tiffany Hughes

**Market Analyst** / Scott Laird

**Graphic Designers** / Tera Wooten, David Nivens, Jr.

**Contributing Writer** / Melody Hord

**Photographers** / Tera Wooten

**Hallelujah Acres Canada**

2 Queen Elizabeth Blvd.  
Toronto, ON M8Z 1L8  
866.478.2224 / www.hacres.ca

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from the  
Malkmus Family

Dear Friend,

Isn't it interesting when people balk at The Hallelujah Diet, saying, "that diet may be fine for you, but not for me?" Trying to educate a family member or friend about diet, especially those who are closest to you, can be like pulling teeth!

With this in mind, we have dedicated this issue of Health News to giving you some tools to educate those around you. The articles in this magazine contain universal truths (written in plain language) about health for the human body — not just for those on The Hallelujah Diet! After all, whether you're on The Hallelujah Diet or not, who could argue that being in health is the best way to live?

*"A prophet is not without honour, save in his own country, and in his own house." - Matthew 13:57*

Do you think your friends and family would be surprised to learn that vitamin B12 deficiency is very common whether you eat meat or not? Or that there's a dietary reason that some kids get injured more easily on the soccer field than others? Better yet, how about some frank, medical advice about diet from a doctor who is a retired world-class athlete?

The pages of this magazine speak to each of these and more. It's good, practical reading that will cause your friends and family to think — and that's the first step on the road to great health!

Sincerely,  
The Malkmus Family



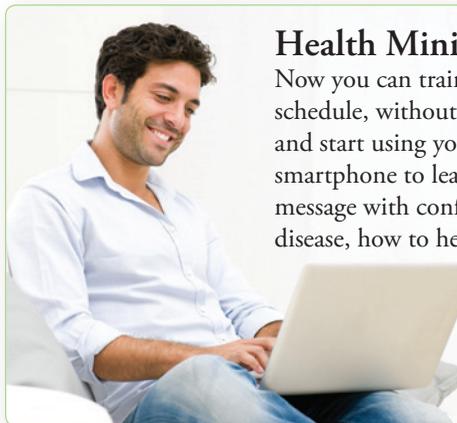
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Our mission is to help you experience vibrant health by empowering your self-healing body God created!

# What's New @ HA

## Health Minister Training Online

Now you can train to be a Health Minister on your schedule, without leaving home! Just sign up, log on, and start using your computer, tablet, or even your smartphone to learn how to share The Hallelujah Diet message with confidence! You'll learn the causes of disease, how to heal the body, and the science behind why it works! Read all about it on pages 23-24!  
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## All-New Website @ Hacres.com

Now it's easier than ever to access the information you need to live a healthy life! Hallelujah Acres' website has been rebuilt with a fresh, new look and the content, recipes, and testimonies you want right at your fingertips.

**Check it out at [www.hacres.com](http://www.hacres.com)**

## You're Invited To A Week-Long Party!

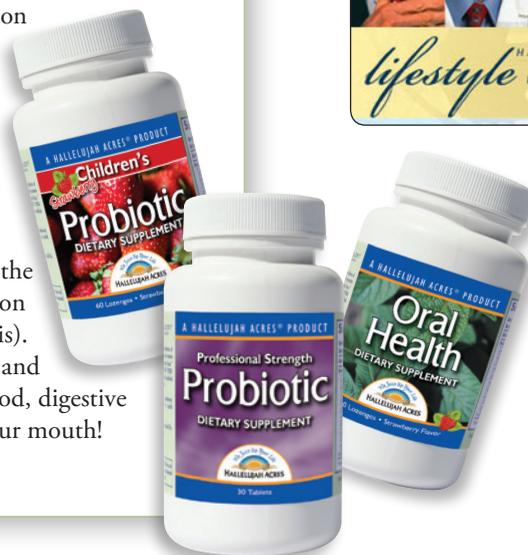
Hallelujah Acres Lifestyle Centers are celebrating 10 years with an action-packed week of food, festivities, and star-studded guests, September 9-14 in Portsmouth, Virginia! Join us for the fun and rub shoulders with Dr. Caldwell Esselstyn, Dr. Neil Barnard, Dr. Pam Popper, and Rev. George Malkmus! Hurry — seats are filling fast!



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## Three NEW Probiotics!

With no refrigeration needed, Hallelujah Acres' new probiotics support good health on the go! There are three varieties to benefit the entire digestive tract: Professional Strength, Oral Health, and Children's Probiotics. Our Professional Strength Probiotics have a patented delivery system that survives the stomach to benefit the small intestine and even the colon (not many probiotics can do this). And our chewable Oral Health and Children's Probiotics benefit good, digestive bacteria where it starts — in your mouth!  
**See page 30 to order.**



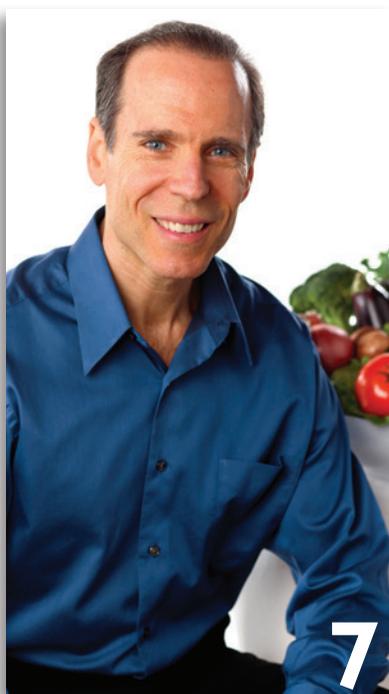
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## features

- 7 Super Immunity**  
Dr. Joel Fuhrman's prescription for a healthy immune system
- 10 Amazing Astaxanthin**  
Benefits for your whole body
- 18 Beating Cancer Naturally**  
Rick Lamothe's journey to "inSPIRE"
- 21 Kids, Resiliency and Diet**  
Why genes are not everything
- 23 Could This Be Your Calling?**  
New ways to share hope and healing
- 25 20/20**  
How Hallelujah Acres made hydration history



## every issue

- 6 Hallelujah Health Tip**  
The ABCs of vitamin B12
- 9 Healthy Days with AM/PM**  
What psoriasis says about your health
- 12 Fun Summertime Recipes**  
Cool off with these delectable treats
- 16 The Hallelujah Diet Concept**  
How to have the best health of your life
- 27 Events at Hallelujah Acres**  
USA and Canada
- 28 Hallelujah Acres MarketPlace**  
NEW products for superior health

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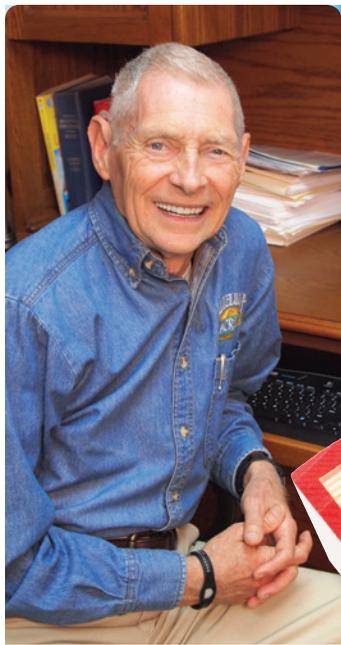


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# The ABCs of Vitamin B12

By Rev. George Malkmus, LitD



**D**o you have a vitamin B12 deficiency? Let me put it another way: Are you (or is someone you know) suffering from asthma, depression, multiple sclerosis, ringing ears, diabetic neuropathy, or even Alzheimer's? All of these conditions are linked to a deficiency of vitamin B12.

When I first discovered the need for vitamin B12 supplementation on The Hallelujah Diet, it was very troubling to me. I was under the impression that a 100% plant-based diet had to contain sufficient B12 because Adam and Eve consumed a 100% plant-based diet.

The first question that had to be resolved to my satisfaction was: "Could God have made a mistake when he gave mankind that original 100% plant based (vegan) diet in Genesis 1:29? And could it be that the reason God allowed animal flesh to be added in Genesis 9:3 was because of a vitamin B12 deficiency in God's original diet?"

Modern science answered that question for me with a definite "no, God did not make a mistake." The truth is that nearly everyone needs vitamin B12 supplementation, whether vegan or consuming animal foods daily. In 2000, The American Journal of Clinical Nutrition revealed that "...contrary to current wisdom, meat, poultry, and sea food may not be a good source of the vitamin... A surprising 39 percent of

participants [men and women aged 26-83] had blood levels below 350 pg/ml, the level at which neurological signs of B-12 deficiency or high homocysteine levels sometimes occur."

**So, if God did not make a mistake, and B12 is not supplied as a nutrient in either plant-based or animal-based foods, where does it come from, and why are so many people deficient?**

The answer to these questions came through research by Dr. Michael Donaldson, Hallelujah Acres Research Director. Dr. Donaldson's research on this subject revealed that B12 does not come from something we consciously consume as food; rather it is manufactured within the body of all God's animal creations, including humans, by bacteria and microbes.

This means that B12 comes from the microflora in the gut. This is why some people on a plant-based diet (who have proper gut flora) show no signs of B12 deficiency while others (who have an intestinal imbalance) are deficient.

So what is the solution? The simple answer is supplementation. Methylcobalamin, the type of B12 used in the Hallelujah Acres

## B12-B6-Folic

### Acid supplement,

is the preferred form of B12 as it is active immediately upon absorption. The other form of B12, cyanocobalamin, must be converted to an active form before the body can use it.

The primary issue here is that consuming animal source foods daily does not guarantee that a person is receiving adequate B12 in their diet. In addition, there are considerable health risk potentials for a person consuming animal source foods. Dr. T. Colin Campbell writes in his book *The China Project* – "Only a small intake of animal products was associated with significant increases in chronic degenerative diseases."

For those following a vegan or vegetarian diet, including The Hallelujah Diet, it is vital to use a B12 supplement or take sufficient amounts of probiotics to provide adequate bacteria for the body to manufacture it. 🍷

Vitamin B12 is a critical nutrient that maintains healthy nerve cells and blood cells, makes DNA, aids nutrient

absorption, helps synthesize protein and metabolize carbs and fats,

and helps extend the life of your cells.

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# Super

## IMMUNITY

By Dr. Joel Fuhrman

### A HEALTHFUL DIET OFFERS MORE THAN WEIGHT LOSS

When we hear the word “diet,” we usually think immediately of losing weight. Instead, think about your usual daily diet. What kinds of foods do you put into your body? When you follow a health-promoting diet, achieving your ideal weight is simply a side effect. The foods we eat build our body’s cells and tissues. Our food choices determine not only what size pants we wear, but our potential for longevity and our ability to enjoy life during our later years.

We are faced today with an epidemic of autoimmune illnesses, allergies, obesity, cancer, and heart disease; diseases primarily born of nutritional causes. We can only win the war on these diseases by unleashing the big disease-fighting artillery found in our kitchens – greens, beans, onions, mushrooms, berries, and seeds (G-BOMBS). When you eat sufficient amounts of these high-nutrient foods, you maximize your immune defenses.

### HIGH-NUTRIENT FOODS *build a healthy* IMMUNE SYSTEM

High nutrient plant foods supply substances that support immune system function, allowing the body to have proper defenses against infections and cancers.

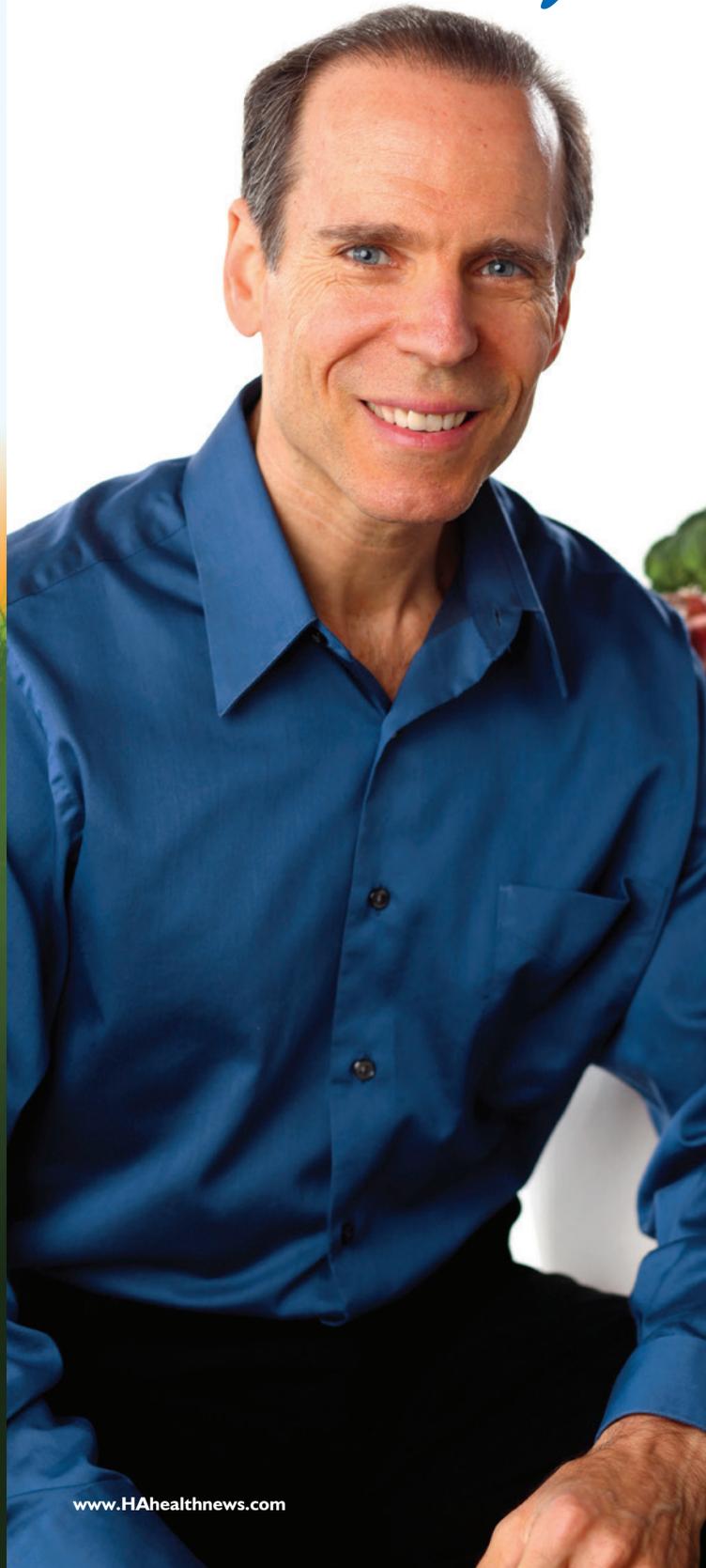
In autoimmune diseases, the body undergoes an inappropriate immune response that causes excessive inflammation that becomes destructive to the body. Autoimmune diseases are on the rise – from the 1950s to 1990s, the incidence of lupus tripled and between 1995 and 2005, and the prevalence of rheumatoid arthritis increased by 16%.<sup>1,2,3</sup> Autoimmune diseases predominantly affect women and are one of the top 10 leading causes of death for women under the age of 64.<sup>3</sup>

Patients with autoimmune diseases are usually told that there is no cure, and they are put on powerful and risky drugs to suppress the immune system. These medications have been documented to increase the occurrence of cancers later in life.<sup>4,5</sup> Nutrition, however, is a powerful and safe tool for normalizing immune function and resolving autoimmune symptoms.<sup>6-11</sup>

I have seen many people recover from serious conditions such as diabetes, heart disease, migraines, and autoimmune diseases using a “nutritarian” (high-nutrient) diet — at any age!

Take Helen, for example. About 16 months ago Helen had experienced a

*continued on next page*



stroke and was en-route to the ER via an ambulance. The next day would be her 86th birthday, but at that moment her future looked grim. Lying there on a gurney, writhing in pain from a leg spasm and paralyzed on one side of her body, unable to speak, and crying, this was the ultimate nightmare.

Helen said she was tired all the time for more than 20 years, and she was told it was due to old age, not the wrong food choices. Around age 60 she developed diabetes and was put on an oral diabetes medication for a couple of years. Then, the doctor put her on insulin, and then more insulin. She followed the dietary advice of the doctors and dieticians and her blood sugars were almost always too high or too low. Her blood pressure climbed higher with each passing year, and soon she was on four blood pressure lowering drugs and her blood pressure was still unfavorable. She had two heart attacks and four stents in her heart, four in her kidneys, seven in her legs, and just kept getting sicker. By the time she had this last stroke, she also had congestive heart failure and weighed 215 pounds.

Helen knew about the nutritional approach. Her daughter had lost 100 pounds after reading my books on the subject, but Helen was just too dependent upon her doctors' instructions to feel safe making such a big change and going against their instructions at her age. She said she felt it was too late to change; so what's the use?

But after the stroke, Helen was trapped in a body that required 24/7 nursing care; totally dependent upon others for everything. At that point, she knew that she was ready for a change:

“After spending five weeks eating pureed meat and processed institutional foods, I was delighted to watch Dr. Fuhrman on our local PBS station. Something “clicked” that day; I totally understood what he was talking about. I began eating for health from that moment onward, and I’ve never looked back!

I’ve been off insulin for over six months now, and after giving myself four shots a day for over 20 years it’s been so wonderful to be free from them! I’ve lost about 65 pounds so far and my blood pressure is never higher than 115/65 without medications compared to four medications and continual, dangerously high blood pressure. I recovered from my stroke. Now I’m alert, and can ride a stationary bike 2½ miles per day; plus, I lift weights, walk in grocery stores, go to the mall, attend church and family events, and see my friends.

I know that I would be completely homebound if not for finding Dr. Fuhrman’s information. Too bad I could not have found out about it years ago and saved myself from all this suffering and medical interventions that just did not have to happen. Don’t cheat yourself out of the best health that’s possible.”

Dr. Fuhrman is a *New York Times* best-selling author, nutritional researcher and board certified family physician specializing in nutritional medicine. He will be at Hallelujah Acres’ Women’s Retreat, October 18-20 to discuss the concepts outlined in his new book “Super Immunity” including how to naturally strengthen the immune system against everything from the common cold to cancer. See the Women’s Retreat ad on page 11 for more information.

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# WHAT PSORIASIS SAYS ABOUT YOUR HEALTH

By Paul and Ann Malkmus

Sometimes skin conditions are not what they seem. On page 18 of this issue, Rick Lamothe tells how a condition he thought was eczema was actually a rare form of cancer. But what if your skin condition truly is a skin condition — is it genetic or caused by diet? Well... yes.

Though you may have a genetic predisposition to a skin condition, like psoriasis for example, how you live determines how that gene is expressed and whether or not you will actually suffer from outbreaks. In essence, psoriasis is merely an external indication of an internal problem.

Consider that psoriasis is rare in countries where the diet is low in fat.<sup>1</sup> Toxic build up in the colon is also linked the development of psoriasis; in fact, one study found that a bad diet was common among psoriasis test subjects.<sup>2</sup> By contrast, eating a diet that is at least 50% raw foods (The Hallelujah Diet recommends 85% raw foods) and includes plenty of vegetables, fruits, and grains is a commonly advised diet for persons with psoriasis. This kind of diet will also help to alleviate toxic build up in the colon.

Knowing what causes psoriasis to flare up is also important. And guess what? Flare-ups are diet related, too. Psoriasis tends to flare up when the sufferer ingests red meat and dairy because both contain arachidonic acid, which promotes an inflammatory response in the body. However, use of fish oil or flax seed oil has the opposite effect, interfering with the production and storage of arachidonic acid, preventing inflammation.

The link between diet and psoriasis goes even deeper. Studies have shown that patients with psoriasis have a higher risk of developing certain metabolic disorders, particularly obesity.<sup>3</sup> Why? Because psoriasis and obesity are linked through chronic low-grade inflammation. To complicate matters, obesity also affects the body's response to traditional treatment for psoriasis.

Follow the trail of clues and it soon becomes clear that one of the major contributing causes of psoriasis is improper diet. Not to mention, certain diet-related cancers are also significantly associated with psoriasis, including those of the urinary bladder and skin, oropharynx/larynx, liver/gallbladder, and colon/rectum.<sup>4</sup>

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If not for psoriasis, changing one's diet is certainly worth looking into to avoid all of the life-threatening baggage that comes with it! But is switching to a whole foods, plant-based diet really all it takes? Kevin L. wrote to Hallelujah Acres to tell us his story:

*"Since I began The Hallelujah Diet several months ago, my psoriasis has almost totally faded, and I have had continual weight loss -- at least 30 pounds in five months.*

*Many doctors have had theories about what causes psoriasis. It is my firm belief that it is a condition brought on by the suppression of the immune system when processed sugar is consumed. For example, I mentioned that my psoriasis had almost totally faded. That is not altogether true.*

*The month of October contains birthdays for four in my family. During that month, I was not too faithful to the diet. I consumed a large amount of processed sugar in various forms, and the psoriasis started to reappear! When I backed off on the sugar, the psoriasis started to fade again. I think, at least in my case, I have established a link between some skin diseases and the immune system, prominently, the processed sugar connection."*

Kevin's theory holds true; in fact, it lines up perfectly with the connection between psoriasis and obesity. When you consume refined sugar, fructose in particular (i.e. high fructose corn syrup), you are not consuming a carbohydrate, but fat. Here's why; when the liver becomes overwhelmed with fructose, it starts making fat and sends it to the bloodstream in the form of triglycerides (i.e. fat). Therefore, a high sugar diet is indeed a high fat diet.

A high sugar diet can also lead to candida, which is another ailment connected to psoriasis. In fact, research shows that candida is one of the triggers to both exacerbation and persistence of psoriasis.<sup>5</sup>

It would appear that, like so many other ironies in God's creation, the answer to alleviating the outside of the body actually begins with evaluating what you put inside of it. 🌱

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# ASTAXANTHIN

By Michael Donaldson, PhD

*as•ta•ZAN•thin - a carotenoid belonging to a class of phytochemicals known as terpenes. While astaxanthin is a natural nutritional component, it can also be used as a food supplement.*

AMAZING

Nature works in concert. One organism, regardless of how minuscule, can initiate a synergy of actions that affect countless other organisms. Natural dietary supplements work this way. While we may think that a certain dietary supplement is good for a particular structure or function of the body, it almost always benefits other parts of the body, too.

Astaxanthin is an ingredient in the **Hallelujah Acres Joint Health** supplement and has been found to help people suffering with arthritis, tennis elbow, and carpal tunnel syndrome.<sup>1</sup> Astaxanthin is a carotenoid that is generally known to be a powerful antioxidant, being measured in some in vitro tests to be hundreds of times more potent than vitamin C or vitamin E.

But did you know that research has shown that astaxanthin is great for your skin? Not only does it improve moisture content and reduce wrinkles, it improves the color of your skin and protects you from getting a sunburn<sup>2,3</sup>. Those are pretty good side benefits for something you might take to help you with joints.

And consider this: astaxanthin is also good for helping with your eyes. It has been tested in at least nine different studies, examining its effect on eyestrain

and related symptoms. In fact, there are more studies connecting astaxanthin to eye health than joint health or pain relief.

Astaxanthin has been tested in middle-aged people suffering with presbyopia—the age-onset inability to see things clearly up close. After taking 6 mg/day of astaxanthin for 4 weeks, the pupils of the eyes of the subjects were able to contract further, allowing them to focus on closer objects without the use of reading glasses.<sup>4</sup> Subjective complaints of eye strain, difficulty seeing close objects, blurred vision, and shoulder/low back stiffness were also much improved by astaxanthin.

### How else does astaxanthin help the eyes?

Well, we know that only two carotenoids are generally found in the retina of the eye, especially in the central region called the macula lutea (meaning yellow spot)—lutein and zeaxanthin. Only the xanthophyll carotenoids cross the blood-brain barrier. This includes



### WHAT IS ASTAXANTHIN?

Astaxanthin is a carotenoid. It is the pigment that makes salmon orange, and lobsters and crabs red. There are two classes of carotenoids—carotenes and xanthophylls.

The main carotenes ( $\alpha$ -carotene,  $\beta$ -carotene, and lycopene) are made up of only carbon and hydrogen, while the xanthophylls (lutein, zeaxanthin,  $\beta$ -cryptoxanthin, and astaxanthin) contain oxygen. **Why does this matter?**

The oxygen in the structure allows the molecule to be polarized and orient through the lipid bilayer of the cell membrane, unlike the carotenes that remain in the lipid portion of the cell membrane.

This specific orientation of astaxanthin makes it particularly good for quenching singlet oxygen (a damaging, high-energy form of oxygen). Astaxanthin is one of the very best molecules for this antioxidant function.

### WHERE DOES ASTAXANTHIN COME FROM?

Where astaxanthin comes from is interesting because it reveals why it exists in the first place and what it could do for you, too.

Though salmon and crabs and shrimp are red due to the astaxanthin, they are second-hand sources. They get it from algae that make it for their own benefits. Like so many other phytochemicals that help protect plants from insects or oxidative damage from sunlight or from environmental stresses, astaxanthin also protects the algae known as haematococcus pluvialis.

Under normal conditions, this algae is green, but under stress of nutrient deprivation or dehydration the algae goes into survival mode, creating great quantities of the red pigment astaxanthin in preparation for a long wait for better times to grow again. The astaxanthin protects the DNA, the enzymes, and the lipids from oxidative damage during storage, especially from damage caused by sunlight.



**Success Story:** “Thus far on The Hallelujah Diet I have lost 10 pounds. And though I haven’t as yet begun an exercise program, I am finding I have more energy to do the basic housework and mom stuff. The coolest thing is that today I went for my annual eyeglass examination and my doctor had to decrease the strength of my lenses. He said **my eyesight had improved!** Immediately I thought **‘it’s because of The Hallelujah Diet.’** I praise God for leading me to your ministry.” ~ Bobbie M., King George, Virginia

astaxanthin, which is found in the retina, too. Astaxanthin has a much stronger ability to quench singlet oxygen than even zeaxanthin, which is stronger than lutein. In the algae that astaxanthin comes from, its role is to protect the algae from strong UV light rays when the water it is growing in dries up. It appears that this photo-protection is part of how astaxanthin preserves our eyes.

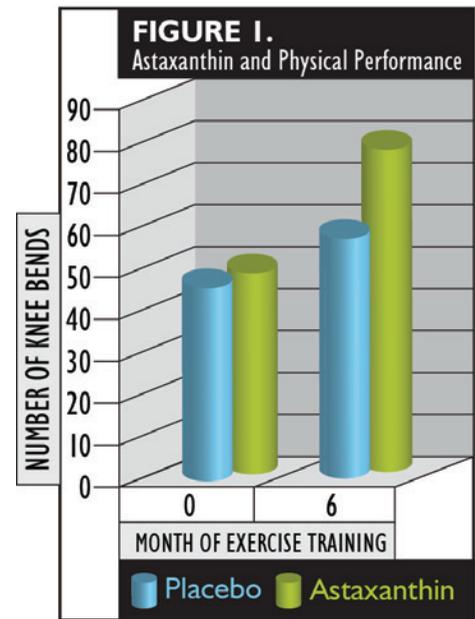
**A daily dose of astaxanthin (6 mg) has been tested and proven to help both prevent and overcome existing eyestrain. But that's just the beginning. This amount of astaxanthin creates benefits throughout your body.**

Astaxanthin is great for normalizing cellular function in diabetics. Animal studies have shown that astaxanthin protects the kidneys<sup>5,6</sup> and the insulin-producing beta-cells of the pancreas<sup>7</sup> from oxidative damage, which is very common under the high blood sugar environment of diabetes.

It also improves muscle endurance, proven in lab mice doing swimming endurance tests and in men doing squats with a 94-pound barbell. The mice were able to maintain blood glucose levels better than the controls and burn more fat to keep them swimming longer.<sup>8</sup> The men improved their squats by 19% in the placebo group and 55% in the astaxanthin group (see Figure 1) after taking 4 mg/day of astaxanthin for 6 months.<sup>9</sup>

Astaxanthin also reduces oxidative stress (as do all antioxidants), shown by lowered C-reactive protein levels. It improves several measures of immune system function in young women, too.<sup>10</sup>

We still don't know all of the benefits of astaxanthin. There are still many "side benefits" yet to be uncovered. As more people take astaxanthin they will find out what all it does. It is destined to continue to shine ever brighter as a great, beneficial molecule provided by our Creator. 🌱



**ASTAXANTHIN FOR EYESTRAIN**

Read the research!

[www.HAhealthnews.com](http://www.HAhealthnews.com)



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# FUN Summertime

## RECIPES



Maize 'n' Jalapeño Salsa

New Old-World Dill Pickles - Recipe online at [www.hahealthnews.com/recipes](http://www.hahealthnews.com/recipes)



## Fuzzy Mango Ice Cream



## MAIZE 'N' JALAPEÑO SALSA

By Bill Hettig – Makes 1 quart

### Pre-fermentation Mixture:

- 1 lb corn niblets (4-5 ears or frozen niblets, thawed)
- 1 cup diced scallion (white and green portions)
- 1/3 cup jalapeño chiles, diced small (remove seeds)
- 1/3 cup dried tomato halves (diced small)
- 2 Tbsp lime juice (1 lime)
- 1 tsp lime zest, grated
- 4-6 tsp chili powder
- 2 Tbsp aged brine (from prior batch if available)
- 1 Tbsp unrefined sea salt
- 2 cups water

### Post-fermentation Mixture:

- 2 Tbsp lime juice
- 2 Tbsp extra virgin olive oil or other vegetable oil
- 2 tsp honey
- 2 Tbsp fresh cilantro, chopped
- Freshly ground pepper to taste

1. In a large bowl combine corn niblets, scallions, jalapeños, and tomatoes. Toss with lime zest, and chile powder.
2. Combine 2 cups water, 1 Tbsp unrefined sea salt, and aged brine and stir to dissolve.
3. In a clean pickling jar, pack the corn mixture until almost full.
4. Pour in the brine to cover the mix.
5. Insert overflow cup and attach **Perfect Pickler** jar-top fermentor (available at Hallelujah Acres).
6. After four-day fermentation at room temperature (70-73 degrees F), pour mixture into a large sieve and drain off the brine. Use strained brine for another purpose.
7. Toss mixture with lime juice, oil, honey, and cilantro. Return mixture to the jar, top with regular lid, and refrigerate.

**Serve Suggestion:** Mix with some leftover rice and add other raw diced veggies to make a grain salad. Serve with hot sauce on the side!

## FUZZY MANGO ICE CREAM

- Frozen mango pieces
- Frozen peach pieces

1. Buy or freeze your own mango and peach pieces.
2. Alternate pieces through a **Champion or GreenStar juicer** (texture is like soft serve ice cream).

### If you do not have a juicer...

1. Place 2 large handfuls of frozen peach and mango pieces into a blender.
2. Add 2 fresh, unfrozen, peeled and pitted peaches.
3. Blend until creamy.



### Mango-Tomato-Avocado Chop Bowl

By Nomi Shannon - featured raw food chef at the April 2012 Health Minister Reunion

Serves 1-2. Serve on its own in a bowl, over mixed greens or sprouts, or on a chip or cracker.

- 1 medium ripe tomato, chopped into 1/2" cubes
- 1 medium Ataulfo mango, chopped into 1/2" cubes
- 1 medium avocado, chopped into 1/2" cubes
- 6-10 fresh mint leaves, torn up
- pinch unrefined sea salt
- 1/4 to 1/2 tsp cinnamon
- 1/2 tsp balsamic vinegar (optional)

1. Combine gently.
2. Allow flavors to mingle for 15-30 minutes.

Other chop bowl ideas as a lovely appetizer on bread (like a mild, fairly soft onion bread cut into squares) or a cracker.

- Mango, tomato, and cucumber, with sea salt and curry powder or cumin
- Papaya, tomato, avocado, with lemon juice
- Cucumber, tomato, avocado, with small amount of onion

From *Recipes for Life from God's Garden* by Rhonda Malkmus  
Makes approximately 1 cup

- |   |                     |
|---|---------------------|
| 1 large, vine-ripened tomato                    | 1/2 medium cucumber |
| 1 rib celery                                    | 3 carrots           |
| 1 handful greens<br>(spinach, kale, or romaine) | 1 scallion          |
| 1/2 red pepper                                  | 1 small beet        |

*Juice and enjoy!*

### Tomato Juice Cocktail



### Zucchini Pasta with Puttanesca

Recipe online at [www.hahealthnews.com/recipes](http://www.hahealthnews.com/recipes)





**Creamy Almond Milk**

Recipe online at [www.hahealthnews.com/recipes](http://www.hahealthnews.com/recipes)



**Creamy Corn Chowder**

By *Raw Gourmet Living*, Tim and Anita Koch

**Blender Ingredients:**

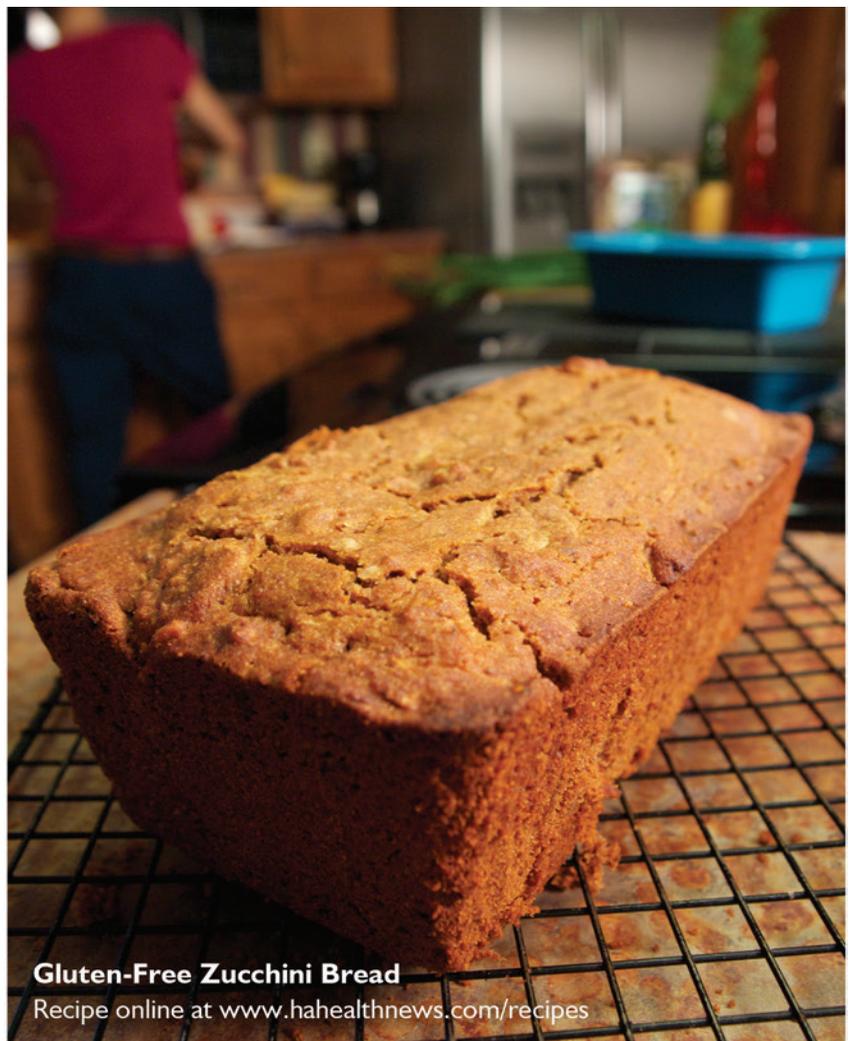
- 4 cups corn kernels (fresh organic or organic flash-frozen)
- 2 cups Creamy Almond Milk (see recipe online)
- 2 Tbsp finely minced onion
- 1 avocado, pit and skin removed
- 1/2 tsp unrefined sea salt

**Optional Garnish:**

- Corn nibbles
- Finely chopped red pepper
- Small, thin slices of avocado

1. Place all blender ingredients into blender and blend well.
2. Pour into bowls and top with garnish ingredients, if desired.

[www.HAhealthnews.com](http://www.HAhealthnews.com)



**Gluten-Free Zucchini Bread**

Recipe online at [www.hahealthnews.com/recipes](http://www.hahealthnews.com/recipes)

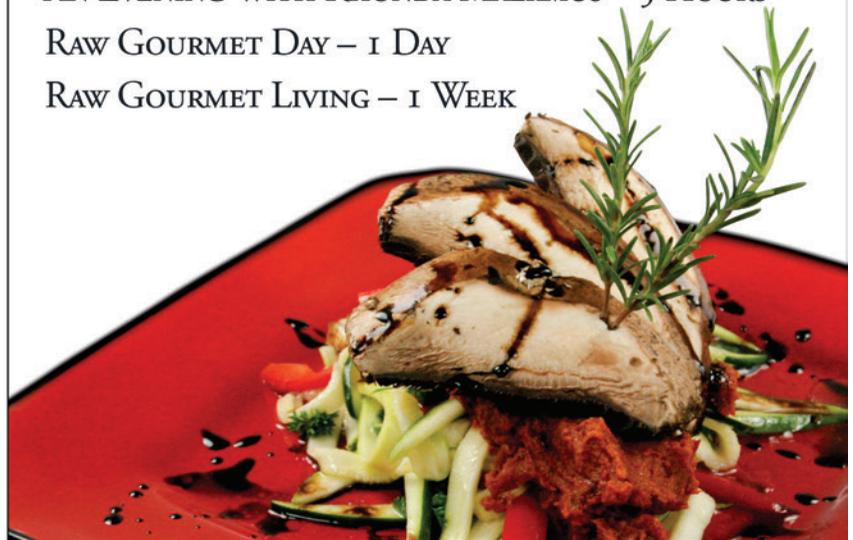
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# THE HALLELUJAH DIET CONCEPT

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](http://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.

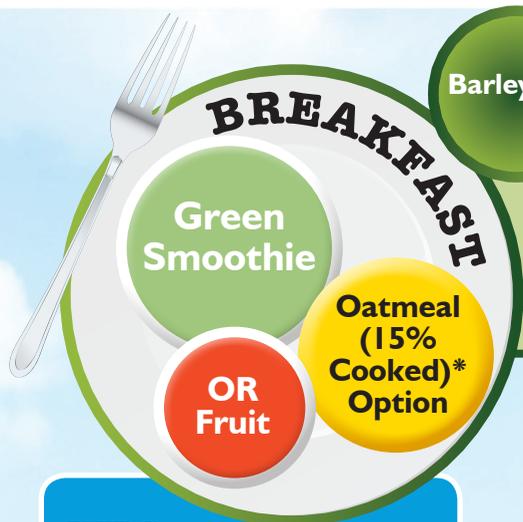
### % Cooked Food

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, 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, a piece of 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.

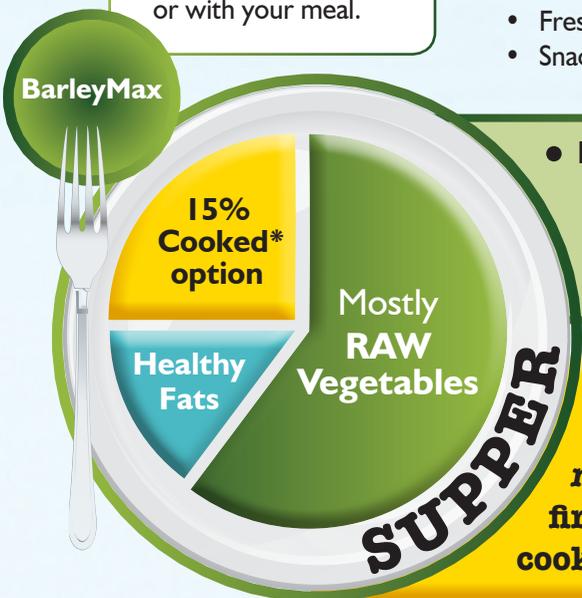
- Try to keep lunch as raw as possible.
- Eat a vegetable salad, blended salad (salad smoothie), green smoothie, Hallelujah Acres Survival Bar, pita pocket with veggies, etc.



BarleyMax

Take BarleyMax before or with your meal.

BarleyMax



### MID-AFTERNOON

- Fresh vegetable juice (see mid-morning).
- Snack 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, visit [www.hadiet.com/replace](http://www.hadiet.com/replace)

**\* 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.**

### 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)

### FIGHTING SOMETHING SERIOUS?

The Hallelujah Recovery Diet supercharges your immune system for maximum healing power! [www.hadiet.com/recovery](http://www.hadiet.com/recovery)

# BEATING CANCER THE NATURAL WAY

By Rick Lamothe

I had been struggling with some kind of “skin rash” for about 5 years; it looked like eczema. After years of trying different creams, and blaming the chemicals in my hot tub, my doctor delivered the dreaded “C word.”

**I**t was December 2010 when a biopsy proved I had “mycosis fungoides” (MF), a very rare, white t-cell cancer that manifests itself on the skin. Ultimately, I was told that there was no cure for MF and that I would have to live with this cancer for the rest of my life.

As if dealing with cancer was not enough, I was also going through the greatest challenge in my ministry career. I had been a church-planting pastor for the previous 14 years and seen God do a lot of great things. But now, for many reasons, it seemed everything was falling apart in my life. My Spiritual, Physical, Intellectual, Relational and Emotional health were a collective mess. My “S.P.I.R.E.” was falling apart!

So, I decided to resign from my church; not a week later, I got another C-word, this time from my urologist. It was prostate cancer. The urologist recommended a radical prostatectomy (removal of the prostate entirely). But knowing the potential side effects of prostate surgery, I thought to myself, “I’m too young to deal with those things.”



About this time, a friend of mine called me to tell me I should meet with one of his friends who had breast cancer and decided to fight it the natural way.

“OH NO,” I THOUGHT,  
“I’M NOT BECOMING  
ONE OF THOSE  
VEGETARIAN/VEGANS.  
HOW CAN THAT HELP?”

Despite my preconceived notions, I met with her. She told me that she went to the Hippocrates Institute in Florida to detox and learn the vegan way of living and eating. She said, “Talk to a few people around here who have done similar radical things. Better yet, try the ‘Christian version’ of it, called Hallelujah Acres!”

She gave me a list of people to call including a farmer. He had prostate cancer 20 years earlier and defeated it the natural way, by mainly eating a raw, living vegetable diet. He told me to make my body as alkaline as possible because cancer cells thrive on an acidic diet. So, I went organic and started eating mainly salads overnight. But something was still missing!

I remembered what my friend with breast cancer had told me about

Hallelujah Acres. I knew a little bit about it, but I wanted to go in person and get to know how it all worked. So, in October 2011, I jumped on my motorcycle and made the long trek from Ottawa, Ontario to the Hallelujah Acres Lifestyle Center at Lake Luke, North Carolina.

I had never eaten as well as I did during my week at the Lifestyle Center — who would have thought that food prep and eating this way could be so much fun? I was very excited about the food and packed my motorcycle trailer with every gadget I needed to continue my new diet when I got home.

About 2 months into my new diet, I went for more PSA testing. To my greatest delight, and to my urologist's great surprise, my PSA went down faster in 2 months than it went up in 3 years. My doctor could not explain why! He said that maybe I was one of the lucky ones who would be cured without surgery — but I know better.

Encouraged by my test results, I kept going. My wife was surprised by my willpower and self-discipline, but I was truly enjoying The Hallelujah Diet! By Christmas, I had lost nearly 50 pounds and felt like I was back in my 20s.

Then I went for a series of new medical tests because — more good news — the Lord was moving us across Canada to Calgary, Alberta to work with Samaritan's Purse/Operation Christmas Child. I wanted to get some final testing to prove that my last positive results were not a coincidence!

When I walked in to see my family doctor, she had the biggest smile! She said all my numbers were amazing. No more cholesterol problems (I had been on medication for 3 years). My blood pressure was back to normal, too. But the best news was that my PSA had gone down to the point that I didn't need to worry about whether I had prostate cancer!

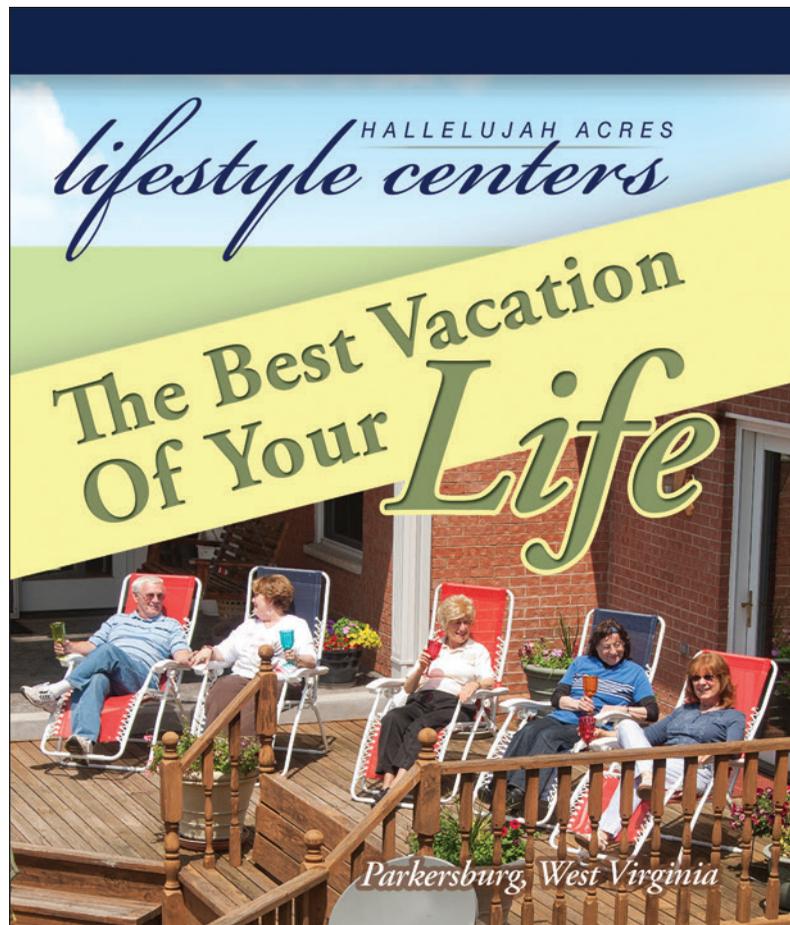
**I KNEW I WAS ON THE RIGHT TRACK AND THAT GOD WAS HEALING MY BODY —**  
*He just needed me to cooperate with my diet!*

I can't explain how really wonderful I feel. Through my cooperation with God's original diet, He has healed me of two cancers, I've lost 50 pounds, and I feel great in my new pant size!

This journey has helped me in every way - Spiritual, Physical, Intellectual, Relational and Emotional (SPIRE). In fact, I now teach men about The Hallelujah Diet as part of my inSPIRE Men's Journey.

Please, don't wait for the C word from your doctor — investigate The Hallelujah Diet now! Spend a week at a Hallelujah Acres Lifestyle Center! Become a carrot juicing, vegetable nut like I have become! Give The Hallelujah Diet a try; you'll feel better, look better, and make your SPIRE an inspiration to others! 🌈

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## SUCCESS STORIES

“On September 9, 1997 I had emergency **open heart surgery** for an **aneurism** in my ascending aorta. Then on March 29, 2003 I had a massive **brain stem stroke**. Following my massive brain stem stroke I learned about The Hallelujah Diet. If I had learned about and adopted The Hallelujah Diet before my open heart surgery in 1997 and my massive stem stroke in 2003, I am convinced I would have never needed the heart surgery or have experienced the stroke.

In fact, if it were not for my adopting The Hallelujah Diet following my stroke, I believe I would today be either dead or a useless human being. Since I am such a strong believer in The Hallelujah Diet and am constantly promoting it to others, people frequently ask if I am a Health Minister. So I figured I might as well become one in order to gain more knowledge and thus be better equipped to help others. And besides, what a blessing it is to associate with like-minded people having similar spiritual and physical beliefs.

I am now a total believer in Bible-based health and never advocate anything else unless it is for emergency purposes due to an accident. I have read every one of Dr. Malkmus’ books and have even been to Shelby, North Carolina in order attend one of Dr. Malkmus’ ‘God’s Way to Ultimate Health’, seminars. I am a complete believer in the body’s ability to heal itself of almost any physical problem when given the proper nutrition.



I am a prime example of the body’s self-healing abilities, and because I applied the teachings of Hallelujah Acres, I am neither dead nor a useless human being, **HALLELUJAH!**” ~ Health Minister James C., Seattle, Washington

“Since starting on The Hallelujah Diet seven months ago, **I have lost 40 pounds** and been able to stop my two diabetes medications.

Prior to adopting The Hallelujah Diet, I could only walk for about 5 minutes before feeling exhausted. I can now walk for 90 minutes without any exhaustion. Prior to the diet change, I couldn’t kneel for prayer because of severe knee and leg pain. Now I can kneel in prayer for an hour and still get up without assistance, pain, or discomfort.

As a black Christian woman, 48 years of age, I have spent the majority of my life living in poor health – including **obesity, high blood pressure, and diabetes**. Since adopting The Hallelujah Diet I have hope for the optimal health God intended for all of us. I want to be a walking testimony of God’s way to ultimate health. I want to carry this message to my fellow saints, especially those in the black churches where healthy living is not taught. I also want to teach children so that they don’t fall into the same errors of eating as the older generations.

I’m a born again Christian! Jesus Christ is my Lord, my Saviour, my Master, my King, and my only God. I love God with my whole heart and thanks to Hallelujah Acres I am learning how to love God in the manner in which I care for my body, which is the temple of the Lord.” ~ Jacquie C., Bowie, Maryland



# Resiliency & DIET

By Olin Idol, ND, CNC

**A** child's participation in sports and active play is important not only for developing good social skills but also for developing a strong body and healthy immune system. However, the child's underlying foundation and gene expression will determine to some extent the ability of the skeletal structure to withstand the rigors of physical stress in athletic activities.

The diet of parents prior to conception and that of the mother during pregnancy play a



huge role in the overall health of the child and his or her tendency to be physically strong or physically weak; that is, the child's ability to handle physical (as well as mental) stress with resilience.

Children born to mothers who had optimal blood levels of

vitamin D (50 to 80 ng/ml), a diet based on whole, green plant foods rich in calcium and magnesium, an adequate iodine intake, as well as all other essential nutrients will fare much better in terms of both physical

and mental health. When exposed to injury and physical trauma, the child's body will heal much faster and efficiently because it has the resources needed to support the innate self-healing God placed within each of us.

Even those children born of parents who had less than an optimal diet during pregnancy can, with good nutrition, overcome the tendency toward obesity or a weak skeletal frame; this was the case illustrated with "agouti" mice at Duke University in 2003.

The Duke study focused on mice with an agouti gene, a gene that gives the animal a yellow coat and a propensity for obesity and diabetes. One group of pregnant mice was given a diet rich in B vitamins while the other group was fed a typical diet low in these nutrients. The group of fat, yellow mice fed with the nutrient-rich diet produced healthy, brown

offspring that were of normal weight and not prone to diabetes. This experiment clearly demonstrates the power of optimal nutrition during pregnancy to affect the health of the offspring.

In his book, *Lying with Authority*, Hallelujah Acres Health Minister and retired medical doctor Dan Chesnut, MD states, "Genes control everything in our body... Nutrition can control genes. Gene expression (good or bad) is triggered by something in diet, lifestyle, or environment."

The good news is, regardless of the foundation from pre-conception to now, each of us can implement some changes that can alter our gene expression in a more favorable way — and that includes how our body reacts after an injury!

That reaction is our body's self-healing ability; it needs the support of a whole food, plant-based diet that is rich in nutrients and low in calories. Even this, however, is not enough in today's world. Foods today are considerably less nutritionally dense than they were even just a few decades ago. For this reason, it

*continued next page*

is imperative to include fresh vegetable juices, green smoothies or blended salads, and nutritional support with **BarleyMax** and omega-3 fats to make up for the shortcomings.

In addition to good nutrition, vitamin D also plays an important role in terms of injury avoidance and recovery. Optimal blood levels of vitamin D are essential for maximum assimilation of calcium and magnesium to ensure superior bone density, strength, and healing ability. In fact, an Italian study in 2005 indicated that maintaining recommended vitamin D intake may help bones heal faster.<sup>1</sup> When our nutritional foundation is solid, our bodies can function as God intended!

Nutrient intake also affects inflammatory response when an injury occurs. Often, the inflammation can be more damaging to the body than the injury itself, but compounds in fruits and vegetables such as allicin, carotenoids, anti-estrogens, flavonoids, sterolins, vitamins, minerals, and hundreds

of other elements help control excessive inflammation. They protect our cells and tissues from free radical damage and a host of other by-products of metabolic functions while providing optimal nutrition and inhibiting inflammation. Omega-3 fatty acids such as flax seed, flax seed oil, and **Pharmax fish oil** provide powerful protection against excessive inflammation, too.



In addition to nutrition, ingesting proteolytic enzymes like serrapeptase can have a profound effect on inflammation and can promote rapid healing. **Serrapeptase** digests non-living tissue, blood clots, cysts, and arterial plaque and inflammation in all forms without affecting

living tissue.<sup>2</sup> The uses are wide ranging and cover just about every condition that is affected by inflammation and/or non-living tissue.

Our children and youth should be encouraged to participate in sports and social activities for healthy physical, mental, and emotional development. We must embrace life and accept the fact that the possibility of injury is ever present

while preparing the body to be as resistant as possible. When sports injury or trauma is experienced, we don't have to rely on over-the-counter pain and inflammation medication; a properly nourished, self-healing body can do wonders for a speedy recovery! ▽

**RESILIENCY AND EPIGENETICS**

Discover more about why injuries happen!  
[www.HAhealthnews.com](http://www.HAhealthnews.com)



RESOURCES: 1. <http://www.livestrong.com/article/528254-will-increasing-vitamin-d-help-broken-bones-to-heal-faster/#ixzz1tAA358i2> • 2. Redfern, Robert. Pain Relief, Inflammation Relief, and Clear Arteries! The 2nd Gift from the Silkworms is Serrapeptase. Naturally Healthy Publica, 2009.



SUCCESS STORIES

"I am a 51-year-old married woman who in January 2005, at age 47, was diagnosed with **multiple sclerosis**. Between January 2005 until I began The Hallelujah Diet in July 2008, I suffered exacerbations every 6 months that would last anywhere from 2 weeks to a whole month. My last relapse was in May 2008 and was the worst ever.

My brother-in-law told me about The Hallelujah Diet in July 2008 and suggested it might help my condition. He showed me a testimony of a woman who had her multiple sclerosis go into remission after adopting The Hallelujah Diet. That testimony inspired me enough to start the journey.

Since I adopted the diet and since making the diet change **I have not experienced even one relapse**. In fact, I feel great. I bicycle 6 miles 3 times a week, walk several miles twice a week, and swim once a week. I have lost 14 pounds and many inches. I have no other intention than to continue eating food that is in its original state, just as God told us we should eat in Genesis 1:29. I will never go back to the old way of eating because my health depends on my choices, and I know that with God's strength, truth, and promises, I can continue making healthy choices for myself.

I am blessed to have a husband who desires to be healthy also, and so we continue on this journey together, standing strong against those who would challenge us to forsake The Hallelujah Diet. My daughter and her boyfriend have recently joined us on the diet, too." ~ C. B., Maricopa, Arizona

"I have been on The Hallelujah Diet for 10 years, and on this diet I have experienced improvement in my **migraines, arthritis, back pain, hypothyroidism, blood pressure, and cholesterol** as well as weight loss." ~ K. R., Port St. Lucie, Florida

"One year ago my husband's CA19 cancer markers for his pancreas showed 619, and he was faced with the Whipple procedure, a surgery to remove most of his pancreas. Instead of the surgery, he opted for The Hallelujah Diet, and 8 months later a second needle aspiration was performed and revealed that his **CA19 markers had dropped** to 6.9. Hallelujah!" ~ Carol, Camano Island, Washington



# COULD THIS BE YOUR CALLING?

By Paul and Ann Malkmus

*"I'm 35 years old and because of Health Minister Training I have FINALLY realized God's purpose for me. I have always wondered what my purpose was, what do I enjoy doing, what do I want to be when I grow up — I finally have it! Thank God! I truly enjoy learning and teaching healthy living. I love informing people on alternative treatments. Thanks to one of the segments in the class, I also have a strong desire to go back to school to become a Naturopathic physician. It feels so good to finally have a goal/dream/desire/focus for my life.*

*Look how God worked that out for me. How awesome is He!" - Charmaine*

Charmaine is a recent graduate from the very first Health Minister Training that was conducted online. While not everyone who has gone through Health Minister Training has figured out what his or her purpose is as clearly as Charmaine has, the testimony above is not uncommon.

Nearly 1 in 4 of those who read this magazine are Health Ministers. They may have attended the very first one in 1994 or one of the over 70 trainings that have occurred since then. Health Ministers are those whose lives have been touched by the message of the miraculous self-healing body and they have chosen to minister to others by sharing this powerful message.

Health Minister Training has evolved quite a bit in the last 18 years. When Rev. Malkmus started the Health Minister program, his sincere desire was to have a Health Minister in every church. He wanted this person to assist the pastor in leading the congregation to promote healthier diet and lifestyle choices so the list of sick parishioners would reduce and the number of people who were healthy would grow. He knew that Satan was and is behind those poor eating choices that cause people's bodies to break down, which in turn distracts them from performing the work God has for them since all they can do is concentrate on their ill health.

As soon as people began to put Rev. Malkmus' teachings to practice, their health was restored and they began to preach their recovery to others.

*"I really liked this class. At times it really stretched me. I'm so glad to have taken it!" - Margaret*

Health Minister Training assists those who have chosen to take on the exciting task of sharing the message of hope and healing with others. During the training they learn how the body can restore its health just by consuming the right foods and juices. They are also given many tools to demonstrate how to share this message with family, friends, colleagues, and health care providers. The training allows them the opportunity to search into themselves to discover more of what God's purpose in their life really is — like Charmaine did.

Although not everyone can articulate why they attend Health Minister Training, by the end of the training, they can stand up in front of the crowd (or write their comment in front of their class) and say that this class has "changed their life!" It is not uncommon for Health Ministers to complete the class and return home to find that their lives really have changed. Suddenly, the doors of

*continued next page*



**REGISTER FOR OUR NEXT CLASS!**  
[www.hadiet.com/hmtonline](http://www.hadiet.com/hmtonline)

opportunity to spread this message open wide and they realize why God led them to Health Minister Training.

*"I feel so blessed to have completed this training. It was truly a life-changing and rewarding experience."* - Antoinette

Recently, God placed on our hearts that there were many who could not attend the trainings in person and that we needed to find a way to bring the training to them. Since it isn't practical to try to go to every country or even every state to give trainings, we created a different, incredibly effective way to conduct Health Minister Training, which could be available to practically anyone in the world.

Health Minister Training Online began in April of this year and has been met with an enthusiastic response. Just two hours after the email was sent announcing the first class, the class was completely filled! The response continues to be strong.

*"It's been a pleasure taking this course and I'll recommend it to anyone wanting in-depth knowledge of this diet/lifestyle.*

*I've learned a tremendous amount and I feel this is the best class I've taken in my studies so far, both in the subject matter and the business end."*

- Diane

Although much has changed in the 18 years since the first Health Minister Training, whether it is all the new scientific evidence that supports this lifestyle or the innovative technology that affords nearly everyone the opportunity to take the class, one thing hasn't changed. Sickness and disease are still rampant and there is an even greater need for people to learn that there is hope and there is healing left in their bodies.

*"This has certainly been a tremendous blessing to me! I've learned so much! I've also learned a lot about myself."* - CJ

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**NO PREREQUISITE NEEDED!**

**NOVEMBER 6-9**

# Health Minister Training

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*We Juice Up Your Life*  
**20 YEARS**  
 HALLELUJAH ACRES  
 1992 - 2012

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 and how this influence is setting the stage for the next 20 years.

## HOW HALLELUJAH ACRES MADE HYDRATION HISTORY

**If food is fuel for the body, then staying properly hydrated is the engine oil. Without adequate hydration, the body doesn't run smoothly, deteriorates, and eventually breaks down. It's arguably as important as the food on The Hallelujah Diet — in fact, Hallelujah Acres has played a significant role in influencing the mainstream health movement about the importance of staying hydrated and the best choices for doing so.**

The practice of juicing, for example, has been around for decades, but only in the last few years has it become mainstream. Today, juicers, juice bars, and vegan celebrities are all helping to elevate the once-obscure practice of juicing from hippie to hip. One of the influential pioneers who brought it to that status was none other than Rev. George Malkmus.

**JUICING is one of the best ways to nourish your body and to provide it the building materials it needs to build healthy cells and a strong immune system.**

Rev. Malkmus was juicing when juicing was still “weird.” In fact, he learned of it when he consulted a preacher friend (Lester Roloff) who was regarded as a “health nut.” In 1977, Roloff advised Rev. Malkmus to adopt a plant-

based diet and to drink a lot of carrot juice to help his body reverse colon cancer. Lo and behold, it worked.

He continued to juice for years though he was ridiculed for doing so; but he never gave in. In fact, the message of juicing became the cornerstone of Rev. Malkmus' health message when he and Rhonda began Hallelujah Acres in 1992 — and it remains to this day.

Thanks to modern science, we know a lot more about juicing than we did in 1977, and many an author has refined the art of juicing into an exact science. There are concoctions for this and superfood juices for that. Still, Rev. Malkmus is living proof that the simplicity of a bag of carrots and a crude, 1970s juicer is enough to help the body reverse something as serious as cancer.

To this day, Hallelujah Acres still recommends carrot juice as a base for most freshly extracted vegetable juices, though some have raised the concern over the years, citing that carrots contain approximately 16% sugar. Since Hallelujah Acres strongly promotes carrot juice for ideal hydration, we decided to do some research on the subject a few years ago. Results showed that carrot juice actually has less spiking affect on the blood than a baked potato or two slices of whole wheat toast.

**The glycemic load is the expected blood sugar response from a typical serving of a food, which is often less than 50 grams of carbohydrates. For an eight-ounce glass of carrot juice the glycemic load is 46; two slices of bread is 92.**

*continued next page*

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

Obviously, vegetable juices pack a lot of nutrition. But drinking lots of vegetable juice is still not a replacement for drinking water. Here again, Rev. Malkmus was ahead of his time. His quest for the world’s finest water began around the same time he began reversing his colon cancer in 1977, long before the phenomenon of buying single serving, purified, bottled water on a shelf.

Nutritional deficiency is rarely considered in terms of getting enough water — but it should be. Chronic dehydration diminishes physical and mental performance and is a major, underlying cause of many common ailments:

- Allergies (and even asthma)
- Heartburn
- Joint pain
- Gastro-esophageal reflux disorder (GERD)
- Kidney stones
- Fatigue
- Depression
- High and low blood pressure
- Constipation or digestive disorders
- Eczema
- Obesity
- Cystitis, urinary infections
- High Cholesterol
- Rheumatism
- Premature aging

“Shortly after Brother Roloff told me about diet, someone else encouraged me to switch to distilled water,” Rev. Malkmus recalls. “I bought a large, square edged (hard to clean), stainless steel water distiller and started making my own distilled water.”

Rev. Malkmus was on the right track from the beginning. Distillation is indeed the best choice for toxin-free water. In combination with a carbon filter (as today’s

Waterwise brand distillers have), distillation removes more toxins from

water than any other filtration method: chlorine or chloramine, fluoride, arsenic, lead, industrial organic pollutants, pharmaceutical residues, viruses, and bacteria.

Distillation also removes minerals, which has caused some health advocates to discourage the practice, claiming that the result is aggressive, acidic water that leaches minerals from the body. While there is some truth to this statement, it’s not the whole story and certainly not enough to discourage toxin-free water. Here again, Dr. Donaldson conducted a study. He determined how “aggressive” distilled water really is, and how to “tame” it.

Dr. Donaldson also pointed out that the right type of minerals make a difference. The fact that minerals in water are removed is not necessarily a bad thing, as minerals found in ground water are not in optimal forms for use by the body. The answer is ionic minerals — minerals that the body can fully utilize. This conclusion led to the development of Hallelujah Acres’ WaterMax supplement, which contains ionic minerals.

Distilled water that is supplemented with WaterMax becomes re-mineralized, alkaline (8.2 pH) and has lower surface tension, which means it is better able to hydrate thirsty body tissues.

But carrot juice and distilled water are just the beginning! Hallelujah Acres is now conducting further research into the issue of water to determine other options now available thanks to recent technology. Stay tuned — and stay hydrated!

1. [http://en.wikipedia.org/wiki/Bottled\\_water](http://en.wikipedia.org/wiki/Bottled_water)



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\* One bottle of WaterMax treats 48 gallons. Based on US retail price of \$32.95. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# EVENTS at Hallelujah Acres



## FIRST WEEKEND EACH MONTH



### An Evening with Rhonda Malkmus

July 6 • Aug 3 • Aug 31  
Friday • 6 pm to 8 pm • \$30 per person



### God's Way to Ultimate Health Seminar **FREE**

July 7 • Aug 4 • Sept 1  
Saturday • 10:00 am to 1:00 pm



### Where Do I Go From Here?

July 7 • Aug 4 • Sept 1  
Saturday • 1:30 pm to 5:00 pm  
\$45 per person • \$10 for spouse or kids aged 13-17 • Under 12 free with adult



## HEALTH MINISTER TRAINING



**NOVEMBER 6-9**  
Tuesday - Friday  
**On-Site In North Carolina:**  
- 4 days of training  
- **NO PREREQUISITE** (see page 24)



**ONLINE TRAINING:**  
- Starts 2nd Tuesday each month  
- No prerequisite (see back cover)

## 2012 WOMEN'S RETREAT



**OCTOBER 18-20**  
Thursday - Saturday  
(see page 11)



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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** • 6:45 pm

**JULY** – Nova Scotia, New Brunswick, Quebec, & Ontario

**AUGUST** – Ontario

For locations and venues call 866.478.2224 or visit www.hacres.ca

## "LET'S GET STARTED" WORKSHOP!

Learn how to be disease-free for life! Judy guides you through her "Kitchen Manual", plus you'll enjoy a three-course lunch and manual with over 130 vegetarian recipes.  
**\$30 per person at Hallelujah Acres in Toronto**  
10:30 am to 2:00 pm • July 7 / Aug 18

**\$45 per person at locations on the road**  
10 am to 3 pm • Call to register, space is limited!  
July 14 – Moncton, NB / July 28 – Ottawa /  
Aug 11 – London / Aug 25 – Simcoe

## GET HEALTHY 3-DAY WORKSHOP

The whole-body workshop at Hallelujah Acres in Toronto features lectures and DVDs 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 • October 11-13

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HALLELUJAH ACRES

# MARKET PLACE

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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 less than 37 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 and alfalfa grasses 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!**

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

Available in Original, Berry, & Mint flavors!



Item #	Description	US	CAN
SPTRC0441	8.5 oz powder	\$43.95	\$48.35
SPTRC0440	4.2 oz powder	\$28.95	\$31.85
SPTRC0453	8.5 oz powder (alfalfa-free)	\$43.95	\$48.35
SPTRC0442	240 veg caps	\$37.95	\$41.75
SPTRC0510	8.5 oz Mint flavor powder	\$45.95	\$50.55
SPTRC0511	8.5 oz Berry flavor powder	\$45.95	\$50.55

## 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	\$36.95	\$40.65

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.

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SPTRC0445	16 oz powder	\$32.95	\$36.25
SPTRC0446	240 veg caps	\$32.95	\$36.25
SPTRC0521	16 oz Green Apple flavor powder	\$35.95	\$39.55
SPTRC0520	16 oz Lemon flavor powder	\$35.95	\$39.55

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Improves digestion and the absorption of nutrients from food.

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Supports youthful energy, focus, memory, and stamina.

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60 Veg Tabs  
CAN \$16.45



### WATERMAX

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SPFLD0339

**\$32.95**

8 oz bottle  
CAN \$36.25



### B-FLAX-D

Promotes excellent bowel function and includes vitamins B12 and D3.

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Powder  
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### BALANCED WOMAN CREAM

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CAN n/a

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

Item #	Description	US	CAN
KTHLH0882	w/BarleyMax regular	\$84.95	\$93.45
KTHLH0883	w/BarleyMax capsules	\$79.95	\$87.95
KTHLH0891	w/BarleyMax Berry	\$86.95	\$95.65
KTHLH0892	w/BarleyMax Mint	\$86.95	\$95.65

\*As compared to purchasing each item separately.



### SURVIVAL BAR

The raw food body fuel used by athletes, military personnel, and people on the go! Survival Bars give your living cells a powerful boost of living nutrition to keep you going all day long!

Item #	Description	US	CAN
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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)	\$32.95	\$36.25



### Hallelujah Acres SNACK BARS

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

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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	\$21.95	\$24.15



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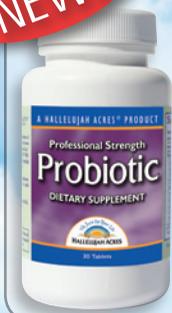
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**NEW!**



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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

**JULY & AUGUST ONLY**

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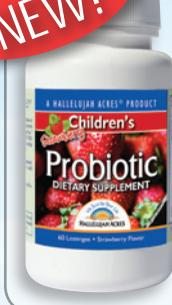


### NEW! ORAL HEALTH PROBIOTICS

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

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Offer expires August 31, 2012

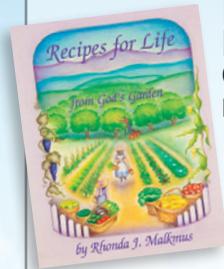
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Prevents gum inflammation, reduces plaque, and inhibits bad bacteria for whole body health - no refrigeration needed.

**\$24.95** SPNTN0459  
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More than 400 delicious recipes for The Hallelujah Diet.

BKHPL0203  
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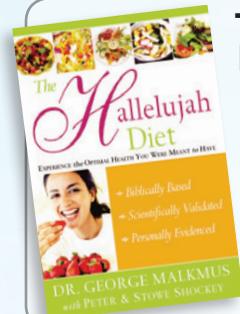
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### THE HALLELUJAH DIET

Discover the benefits of healthy eating and a healthy lifestyle.

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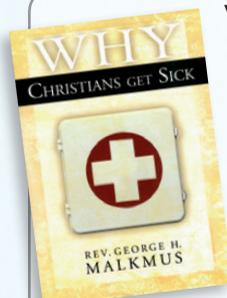
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Discover God's way to live a healthy life through proper diet.

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### Kale Chips

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



**NEW!**



### 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

# U.S. Customers Only



Name \_\_\_\_\_  
 Mailing Address \_\_\_\_\_  
 Physical Address (if different from mailing address) \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_

Note: Products, prices, and availability subject to change. Prices valid through August 31, 2012.

Keycode: **HN72** Your Health Minister PIN# \_\_\_\_\_ Customer # \_\_\_\_\_

QTY.	ITEM #	ITEM NAME	PRICE EACH	TOTAL
<b>Method of Payment</b> <input type="checkbox"/> Check <input type="checkbox"/> Money Order <input type="checkbox"/> VISA <input type="checkbox"/> MC <input type="checkbox"/> Discover <input type="checkbox"/> American Express			<b>Sub-Total</b>	
<b>Card Number</b> _____ <b>Security Code</b> _____ <b>Card Exp. Date</b> _____ <b>Signature</b> _____			<b>Local State Tax</b> (NC Residents Only)	
			<b>Shipping</b> (10% of Subtotal)	
			<b>Handling</b>	<b>+ 1.00</b>
			<b>TOTAL</b>	

International Orders: US Currency only, and please inquire about extra shipping costs. **800.915.9355**



Credit Card Orders Call:

**800.915.9355**

Mon - Fri, 8:00 am - 8:00 pm Eastern  
 Saturday 9:00 am - 4:00 pm Eastern



24 Hour Fax:

**704.481.0345**

**CLOSED**  
 July 4



Order Online:

**www.hacres.com/store**



Mail Orders to:

**Hallelujah Acres**  
**PO Box 2388**  
**Shelby, NC 28151**

Shipping & Handling Charges:

- \$5.00 for all orders under \$50.00.
- For orders over \$50.00 shipping will be 10% of subtotal of all items.
- Sales Tax: North Carolina residents will be charged sales tax based on subtotal amount.
- Express Service: Hallelujah Acres is pleased to offer FedEx Next day, 2nd day, and 3rd day delivery service. To request one of our faster express services, please call 800.915.9355 for details.
- Any order requesting our express service that is received before 12:00 p.m. EST will be shipped the same business day.

Please see our Return Policy at: [www.hacres.com/contact/return-policy](http://www.hacres.com/contact/return-policy)

# Canadian Customers Only



Name \_\_\_\_\_  
 Mailing Address \_\_\_\_\_  
 Physical Address (if different from mailing address) \_\_\_\_\_  
 City \_\_\_\_\_ Prov. \_\_\_\_\_ Postal Code \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email \_\_\_\_\_

Note: Products, prices, and availability subject to change. Prices valid through August 31, 2012.

QTY.	ITEM #	ITEM NAME	PRICE EACH	TOTAL
<b>Method of Payment</b> <input type="checkbox"/> Money Order <input type="checkbox"/> VISA <input type="checkbox"/> MC <input type="checkbox"/> American Express			<b>Sub-Total</b>	
<b>Card Number</b> _____ <b>Security Code</b> _____ <b>Card Exp. Date</b> _____ <b>Signature</b> _____			<b>Shipping</b> (10% of Subtotal)	
			<b>5% GST</b> (AB, SK, MB, QC, YK, NT, PE)	
			<b>12% HST</b> (BC)	
			<b>13% HST</b> (ON, NB, NL)	
			<b>15% HST</b> (NS)	
			<b>TOTAL</b>	



Credit Card Orders Call:

**866.478.2224**

Mon-Wed, 9:00 am - 6:00 pm Eastern  
 Thurs-Sat, 9:00 am - 5:00 pm Eastern



24 Hour Fax:

**416.201.3051**

**CLOSED**  
 June 30 - July 2



Order Online:

**www.hacres.com/store**



Mail Orders to:

**Hallelujah Acres Canada**  
**2 Queen Elizabeth Blvd.**  
**Toronto, Ontario / M8Z 1L8**

- Shipping and handling charges: \$7.00 for all orders under \$70.00.
- For orders over \$70.00 shipping will be 10% of subtotal of all items.
- A handling charge of \$2.00 will be applied to each order.
- Additional charges apply to shipments going to postal codes with a zero in the code (example: A0A)
- Express Service: Hallelujah Acres Canada is pleased to offer Express/Priority Post Next day, 2nd day, and 3rd day delivery service. To request one of our faster express services, please call 866.478.2224 for details.
- Any order requesting our express service that is received before 12:00 p.m. ET will be shipped the same business day.

Please see our Return Policy at: [www.hacres.ca](http://www.hacres.ca)

**U.S.**

P.O. Box 2388  
 Shelby, NC 28151

**CANADA**

2 Queen Elizabeth Blvd.  
 Toronto, ON M8Z 1L8

**Keycode: HN72**

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 (See page 27)



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(See page 27)

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(See page 27)

Tips, tricks, and time-savers for doing The Hallelujah Diet at home!



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