

HealthNews

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

November | December 2012

No. 74 | \$4.50

BLADDER CONTROL Is Sugar To Blame?

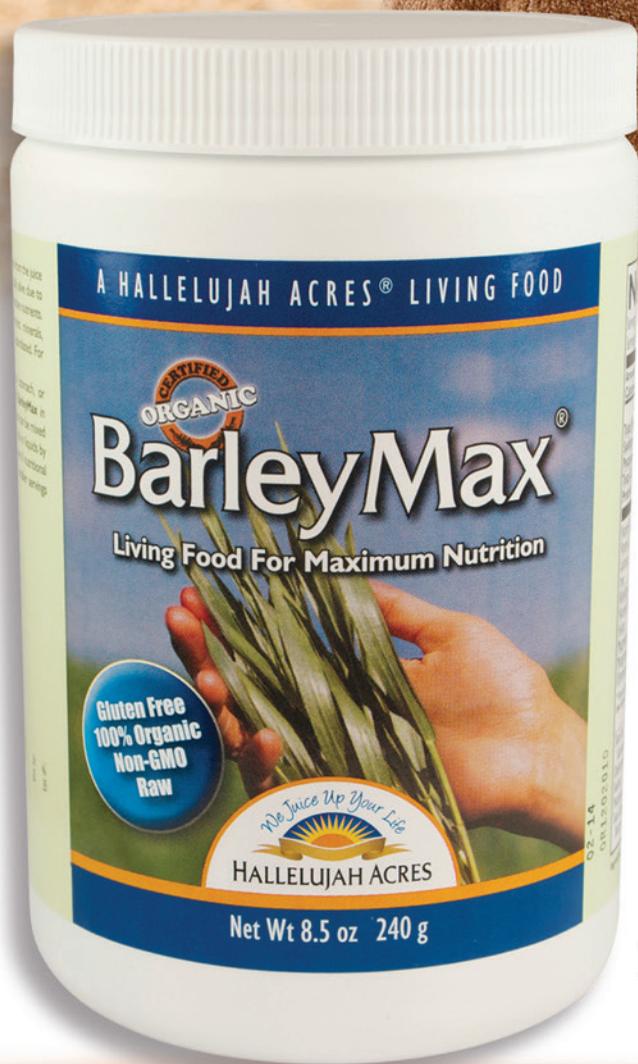
AVOIDING ALZHEIMER'S Dr. Neal Barnard Shows You How

ANTIBIOTICS Do You Really Need Them?

TIMELESS HEALTH

How To Help Your Parents Feel Young Again

IT'S ALL ABOUT GIVING BACK.



Also available in Mint & Berry

In the beginning, your parents were there for you. Now, you can be there for them — by helping them live life to the fullest with BarleyMax.

Because BarleyMax is 100% pure juice powder with no fillers, its naturally occurring vitamins, minerals, amino acids, and trace minerals are easily absorbed, which is especially important for an elderly immune system.

Coupled with increased energy, vitality, clarity of mind, and increased immune support, BarleyMax also helps to replace damaged cells with superior cells, aiding detoxification and rejuvenation.

**Do something special for your parents.
Tell them about BarleyMax.**

www.HAdiet.com/barleymax



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 Writers / Scott Laird, Melody Hord

Photographer / Tera Wooten

Hallelujah Acres Canada

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

All offers and/or discounts in this magazine are intended for retail customers only. Health Minister & other discounts do not apply.

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

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

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

Copyright © 2012 Hallelujah Acres, Inc.

Did you receive this magazine from a friend? Subscribe today - see insert card for details. Call US 800.915.9355 / CAN 866.478.2224



Hallelujah Acres Incorporated
 Accredited Since 1999

Find us on...

Like us on Facebook:
www.facebook.com/hallelujahacres



Follow us on Twitter
www.twitter.com/hallelujahacres



from the Malkmus Family



George, Rhonda, Ann & Paul Malkmus

Dear Friend,

In this season of giving we are reminded that quality of life is one of the greatest gifts of all, no matter how old (or young) we are! But the best part is that we have a great degree of control over that quality! The secret is our diet and lifestyle.

Even common ailments we associate with getting older can be managed naturally so that they have less of an effect on our overall health.

The power to control our health means that instead of avoiding what comes with age, we embrace it by making simple lifestyle changes. In this issue, we'll show you how to do it!

We'll introduce you to a couple in their 80s that boosted their energy and abilities just by making a few, easy changes to their morning routine. You'll also discover why so many people, especially women, have bladder control issues ... and why the remedy is simpler than you think. Plus, you'll read about the connection between dementia and diet, and why bacteria balance should be a priority for people of all ages and how antibiotics disrupt that balance.

So read on and discover the keys to unlocking the timeless gift of good health! And in that same spirit of giving, we wish you a blessed Thanksgiving and Christmas!

Sincerely,
 The Malkmus Family

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

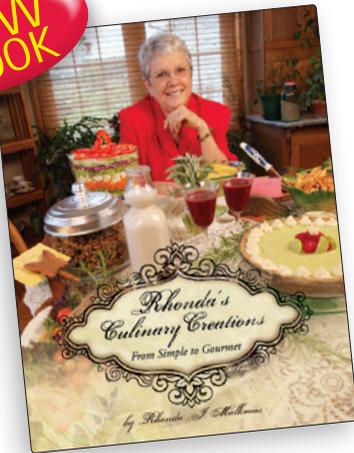
What's New @ HA



Christmas In Africa

If you're traveling to Nigeria this Christmas, you may see Paul and Ann Malkmus there at Hallelujah Acres' newest stores! They're on a Hallelujah health mission in Africa's most populous country and holding five Health Minister Training seminars while they're there. Check our website for the latest updates from their visit at hacres.com.

NEW BOOK



Rhonda's Culinary Creations

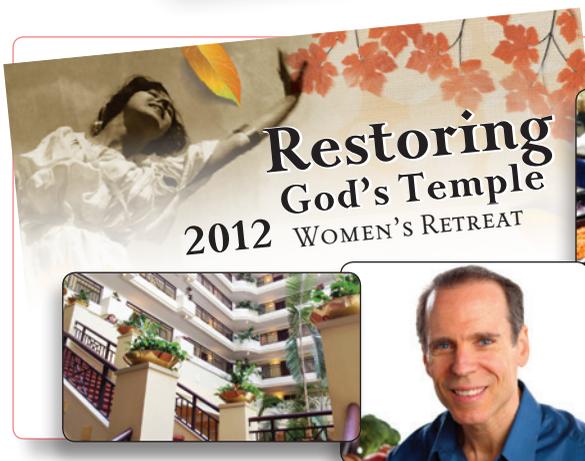
Rhonda's Culinary Creations is a new, comprehensive collection of more than 400 recipes from Rhonda Malkmus' culinary classes at Hallelujah Acres. If you've ever had the pleasure of attending one of Rhonda's classes, or always wanted to, this book is for you! Read all about it on page 12.

Buy it now at hacres.com/store



Hallelujah Senior Kit

We've developed a special health kit, specially suited to senior health issues! It includes everything a senior needs to generate superior cells to naturally reduce inflammation, build healthy gut bacteria, and promote a healthy heart, bones, and red blood cells. See page 11.



Restoring God's Temple 2012 WOMEN'S RETREAT



Wish You Were Here!

Over 200 women gathered in Charlotte, NC for our 2012 Women's Retreat - Hallelujah Acres' largest annual event. Laughter, new friendships and health-restoring seminars from industry leaders like Dr. Joel Fuhrman made this one of our best retreats ever! Check photos on Facebook and reserve your spot at next year's event at <http://www.hacres.com/education/womens-retreat>



18



features

- 7 HMT Online**
A global classroom you can attend from home
- 10 Timeless Health**
Even small changes make a big difference
- 18 Avoiding Alzheimer's**
Must-read advice from Dr. Neal Barnard
- 20 Antibiotics**
Do seniors need them?
- 22 Retirement Health**
The connection between health and independence
- 25 20/20**
Where do we go from here?

every issue

- 6 Hallelujah Health Tip**
The body's amazing self-healing ability
- 9 Healthy Days with AM/PM**
Bladder Control: Sugar?
- 12 Rhonda's Culinary Creations**
Sneak peeks from Rhonda's new book
- 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**
FREE stocking stuffers with \$150 purchase!



FREE GIFT

with purchase of \$150
(in Canada \$165) or more.
See page 30 for details.

Read expanded feature stories and get **FREE** access to the online version of *Health News* magazine!

HAhealthnews.com

Hallelujah Acres® is a mission-based, non-denominational Christian organization that provides education, products, services, and other resources to help people everywhere understand and practice God's way 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.

GET SOCIAL!



www.facebook.com/HallelujahAcres

Find us on Facebook and get monthly savings just like more than **14,000** people do who are living The Hallelujah Lifestyle just like you!

www.twitter.com/HallelujahAcres

Follow us on Twitter to get instant updates on programs, products, and events!



The Body's Amazing Ability To Protect Itself

By Rev. George Malkmus, LitD

When the Bible tells us that “We are fearfully and wonderfully made” in Psalm 139:14, truer words were never spoken! God provided each of us with a body capable of constantly rebuilding, rejuvenating, renewing, and restoring. What a wonderful God we have!

As if that were not enough, He gives us the awesome privilege of nourishing and maintaining this body however we choose. Unfortunately, many people fail to realize that our choices determine how well our bodies function, how healthy we are, and how long we live.

But diet doesn't have to be a guessing game.

God provide our dietary answers in Genesis 1:29, when He told Adam what foods he should nourish his physical body with — living, plant-sourced foods. These foods were intended to provide Adam's cells with the best building materials in order to keep his body strong.

That truth rings true today. In fact, what we eat today determines tomorrow's body. Superior quality building materials — from raw, plant-sourced foods and their juices — produce a new cell that is superior to the cell it is replacing! Anything coming from a food source found outside of the garden or that is cooked, provides the living cells with inferior building materials.

The body takes these building materials and uses them to maintain or even regain great health — at any age!

One of the greatest freedoms of keeping your body in such good health — especially when you're a senior — is that you don't have to worry about getting sick, even right now in the midst of flu season. And by the way, whether a mild or severe outbreak is expected, a flu shot is never the best way to protect one's self. The best way is through a change in diet and lifestyle, which rebuilds the immune system.

I certainly found this to be true! Before my diet change 36 years ago, most every year I came down with the flu. Since adopting a primarily raw, 100% plant-based diet, and plenty of vegetable juices, I haven't come down with the flu even once.

In fact, I haven't experienced a cold in the 36 years since making the diet change, either.

Furthermore, I have never received a flu shot, nor would I ever allow flu vaccine to be injected to my body. Why? Because I have done the research and know the potential dangers risks associated with a flu shot. Instead, I have strengthened my immune system through a healthy diet and lifestyle. I would rather utilize the protection God build into my body than rely on a man-made poison. God's ways are far above man's ways as the Bible so clearly tells us:

“Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile (does harm to) the temple of God, him shall God destroy; for

the temple of God is holy, which temple ye are. Let no man deceive himself. If any man among you seemeth to be wise in this world, let him become a fool, that he may be wise. For the wisdom of this world is foolishness with God.” (I Corinthians 3:16-19)

That is the whole approach of The Hallelujah Diet. It removes the things that hinder the immune system while providing the body with the nutrients and supplements it needs to have the very best chance of maintaining and even improving health. That was, of course, God's original intention.

By working with the body's own natural defenses and providing those defenses with the nutrients they need (and avoiding the toxins they don't need) we can enjoy a body free of disease and fit for the Master's use! 🌈



GET THE HEALTH TIP!

Sign up for Rev. Malkmus' Hallelujah Health Tip to get regular emails packed with health information, events at Hallelujah Acres, and recipes!
www.georgemalkmus.com



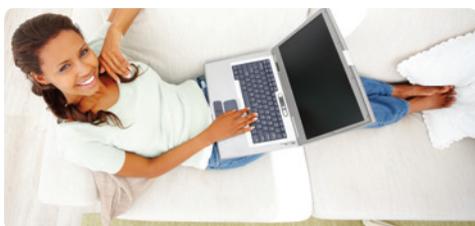
HEALTH MINISTER TRAINING ONLINE



A global classroom you can attend from home

Hallelujah Acres, an online and real world community, has changed the lives of thousands of people around the globe with a simple, yet powerful and Biblically-inspired approach to healthy eating and lifestyle. Many students who learn to achieve positive, life-altering changes with The Hallelujah Diet find themselves passionate to share its good news message. Their goal is to transition from students to teachers, and to become messengers of health.

“Since my husband and I discovered that The Hallelujah Diet was the only way we could improve our daughter’s health, we have been sold (on) promoting The Hallelujah Diet to family and friends,” writes Arb V. from Grandville, Michigan. “People have been so interested and asking so many questions that we thought we should get some official training so that we can better share the Hallelujah Acres health message with others. That is why we want to attend Health Minister Training.”



“My own experience with colorectal cancer this past year has given me firsthand knowledge as to how to deal with major physical problems and I enjoy sharing with others what I have learned and experienced,” shares Harold W. of Dixon, Illinois. “Now I want to come to Health Minister Training at Hallelujah Acres so that I can be helpful in sharing God’s health message with others.”

The Hallelujah Acres Health Minister Training program was created to help people like these achieve their goals.

Life-Changing

Originally, Health Minister Training was only offered onsite at Hallelujah Acres in North Carolina. Students were flying in from around the world, but there were many others whose schedules made it impossible for them to attend in person. “That’s when we decided to move our program online,” says Ann Malkmus, Hallelujah Acres’ Chief of Education. “The response was immediate and enthusiastic.”

Rebecca Campbell, a recent graduate of Health Minister Training Online, is a shining example of the online learning concept. “I can see that it would be different being at the Hallelujah Acres campus, but I am so happy to have learned what I have learned, and been able to take the class from home,” she says.

“I think that doing the class online gave me a better chance of assimilating the vast amount of information,” writes Deborah Herron from Delta, Colorado. A student of the program’s first online class, she is excited about the idea of continuing her education in nutrition and healing lifestyle choices. “I look forward to more online courses I can take through Hallelujah Acres in the future!”

HEALTH MINISTER TRAINING ONLINE

Now you can become a Hallelujah Acres Health Minister right from home!

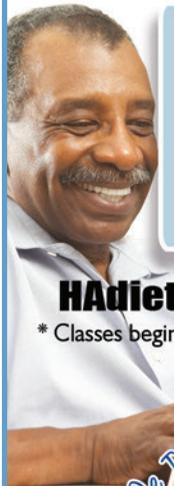
NO TRAVEL

NO TIME OFF FROM WORK

NO EXPENSIVE AIRFARE

ALL YOU NEED IS A COMPUTER, ACCESS TO THE INTERNET AND A DESIRE TO LEARN.

In just 6 weeks, you'll gain the knowledge and the confidence to inspire hope, teach nutritional healing, and help others live vibrant lives with The Hallelujah Diet.



CHOOSE YOUR START DATE & REGISTER NOW!

- NOVEMBER 13
- DECEMBER 11
- JANUARY 8

HAdiet.com/HMtonline
*Classes begin second Tuesday of each month.

We Juice Up Your Life

20 YEARS

HALLELUJAH ACRES
1992 - 2012

Classrooms Without Walls

"Health Minister Training Online is designed to provide quick and easy access to a high quality course of study in healthier living through better diet and lifestyle," says Ann Malkmus.

"We have a tremendous library of lectures, discussions, and downloadable materials. Students can monitor their progress, submit assignments, participate in discussions with classmates around the globe, and get fast answers to questions, all from the comfort of home."

Graduates also get exclusive access to the private, Health Minister-only blog; health reports on major health issues like diabetes, weight loss, cancer, and more; product information sheets on some of Hallelujah Acres most popular products; as well as the latest health news and research. Check out all the benefits at HApartners.com.

Like what you see? Sign up for Health Minister Training online now at www.HAdiet.com/HMtonline. Classes start on the first Tuesday of each month.

SUCCESS STORIES

"I joined **Health Minister Training** because I truly do believe in this lifestyle. I have experienced the amazing results of vibrant health when I fueled my body with God's amazing foods and I saw the reversal of all that good health when I stopped. I have a desire to restore that health again and then in turn help others."

~ Theresa S.

"Although being vegan works wonders for me, I had (and still do) have a hard time convincing my clients and colleagues that a whole foods, plant-based diet is truly the best way to fuel our bodies for optimal health. This is why I enrolled in **Health Minister Training Online** - to arm myself with knowledge and information so that I am better equipped to make the case for a predominately raw, vegan diet."

~ Raini H.



CLASS IS IN SESSION!

Sign up for Health Minister Training Online!

www.HAdiet.com/HMtonline



"The time slots to have the assignments were great as I could work around them and get ahead a little if I knew I was going to be away or busy certain days," writes Patricia Defreitas, of Cambridge, Ontario (Canada).

"This is an extremely blessed ministry," shares Rochelle Thomas from Boston, Massachusetts in a heartfelt message. "I am grateful to the Lord that He allowed me the finances and time to take this course. He knew how much I desired to have this specific teaching on 'how to take care of the body by way of food.' Amen and amen."



Bladder Control: Could It Be The Sugar?

By Paul and Ann Malkmus



No matter who you are, chances are that you or someone you know has had to deal with the all-too-common nuisance of urinary incontinence. It's annoying, embarrassing, and can be difficult to remedy.

Anyone over 50 has a greater chance of experiencing it; women seem to have more trouble with it than men do. And if you're a woman who's given birth, you may have more familiarity with urinary incontinence than you care to admit. For some, the infamous Kegel exercises the doctor orders after birth may help, but others still struggle despite their best efforts. Why? Are there other factors at play?

There are, in fact, many common triggers for urinary incontinence. Coffee, alcohol, chocolate, carbonated soft drinks, and certain medications all make the list (all of which are not recommended on The Hallelujah Diet, incidentally). The question remains, then, if someone is on The Hallelujah Diet and still experiencing the problem, what gives? The answer may lie in a study of women who developed diabetes while pregnant.

Gestational diabetes is a condition in which women without previously diagnosed diabetes exhibit high blood glucose levels during pregnancy (especially during the third trimester).¹ Study findings from Taipei released this summer revealed that gestational diabetes is an independent risk factor for postpartum urinary incontinence.²

What's curious about this finding is that other research confirms that the high blood

sugar evident in gestational diabetes or any diabetic condition can cause an increase in the amount of urine produced. In fact, women with type-2 diabetes have up to a 70% greater risk of developing urinary incontinence.³ There is also a strong correlation between urinary incontinence and metabolic syndrome, for which high blood sugar is major risk factor.⁴

But you don't have to be a diabetic or have metabolic syndrome to have high blood sugar and resulting incontinence. Sugary foods or even refined, simple carbohydrates can trigger the problem, especially at night. What happens is that the blood sugar levels exceed what the kidneys can hold in the body, so the sugar is moved from the kidneys to the bladder, taking water with it, which creates more urine.⁵ Once in the bladder, sugary urine aggravates the bladder and may be a cause of incontinence.

If you're having trouble with incontinence, you may want to examine your Hallelujah Diet regimen to ensure you've eliminated all forms of refined sugar and refined, starchy carbs (white rice, white bread, etc.). These foods digest too quickly, creating a rapid rise in blood sugar. Their unrefined, whole grain counterparts still have the natural fiber in place, which helps the body regulate the rate at which sugar is released into the bloodstream, avoiding the problem.

Bananas, dates, raisins, and pineapple can also contribute to high blood sugar, which is why fruit is limited to 15% of your daily intake on The Hallelujah Diet. However, most of us love fruit, so it's not uncommon for those on The Hallelujah Diet to stray from this guideline, which may explain incontinence in some cases.

Unwelcome as it is when someone is young, the elderly seem to accept urinary incontinence as a consequence of aging — but it's not. It's a symptom of something wrong that is usually reversible. And though many other incontinence risk factors may be involved with someone advanced in age, sugar intake is still a major risk factor for this group that can easily be corrected.

Incidentally, sugar may be more of an incontinence risk factor in the elderly than one may think. Persons over the age of 70 have markedly fewer taste buds than the younger population, and in fact may have only 33% of the taste buds they once had.⁶ As such, an elderly person's sense of taste declines, leading to an overindulgence of sweets, which may explain why so many seniors seem to have a sweet tooth — and in turn, urinary incontinence. 🍌

READ MORE ON OUR BLOG

Paul and Ann give you the Hallelujah perspective on hot topics each week!
Visit: hahealthnews.com/ampm



REFERENCES: 1. http://en.wikipedia.org/wiki/Gestational_diabetes 2. Chuang CM, Lin IF, Horng HC, Hsiao YH, Shyu IL, Chou P. The impact of gestational diabetes mellitus on postpartum urinary incontinence: a longitudinal cohort study on singleton pregnancies. BJOG. 2012 Aug 20. doi: 10.1111/j.1471-0528.2012.03468.x. 3. http://www.diabetesselfmanagement.com/articles/womens-health/urinary_incontinence/all/ 4. Amarenco G, Serikoff A, Chartier-Kastler E, Grise P, Fattou B, Bruyère F, Haab F. [Metabolic syndrome and urinary disorders]. Prog Urol. 2012 Apr;22(4):207-13. 5. www.advuro.com/pdf/uroletters/incontinence.pdf 6. <http://www.elder-careteam.com/public/397.cfm> h

Timeless Health

Even Small Changes Make A Big Difference

By Ann Malkmus



“If you don’t start the day with BarleyMax, the day doesn’t start,” Dad says.

Telling your kids how to live a healthy life is one thing... but telling your parents? You may be surprised — as I was — at how willing they can be to make changes, especially when they discover the empowering secrets of supplementation firsthand.

My Mom is 85, Dad is 83, and they’ve been married for more than 60 years. They’re pretty spry. They’re active in their church, members of volunteer organizations, and even visit their less-healthy peers in nursing homes. They also routinely check in on their 90-something-year-old siblings in the next town. Dad mows his own lawn, weeds the flower beds, walks a block at least once a day, and blows the snow off of his driveway during those Wisconsin winters.

I’m thankful that they’re relatively healthy (Mom had suffered with polymyalgia — a widespread aching and stiffness — for several years), but I wanted them to be in even better health by adopting The Hallelujah Diet. I’ve encouraged them to “just try it” for years. But how can I argue with their logic that they’ve “made it this far” on meat and potatoes and still living in their own home while many of their friends are in assisted living facilities? Not to mention, Dad didn’t buy into the idea that diet had anything to do with longevity. He used to tell me that lifespan all depended on “when it’s your time.”

I couldn’t give up

But I couldn’t give up. Every day my (and Paul’s) focus at Hallelujah Acres is educating and encouraging people on how they can achieve vibrant health by empowering their self-healing bodies. I felt I had an obligation to get my parents to improve their health. Paul’s parents, Rev. George and Rhonda, are the founders of Hallelujah Acres and the picture of health, but my Mom and Dad didn’t think they were unhealthy. They just had the “typical” problems of “old age,” a few aches and pains, lack of energy. Nothing out of the ordinary, right?

So finally

So, finally, I decided to try a different approach. Instead, Paul and I sent them a “Hallelujah Senior Kit” we put together for them: BarleyMax for vitality, vitamin D3 for immune system support and healthy bones, Hallelujah Acres Professional Strength Probiotics for healthy gut bacteria and better digestion, and Hallelujah Acres B-Flax-D for colon, heart, and blood health. I asked them to “just try it for me and see how you feel.” Well, it didn’t take long for them to notice that something had changed.

“I didn’t like the BarleyMax at first,” Mom says. “But you know what? It has helped me a lot. We went for a couple of weeks without it, and for some reason, we were starting to act tired. We had extreme fatigue — but we weren’t tired when we drank it.”

For Mom and Dad

For Mom and Dad, that was the clincher: Energy! The supplement combination we put together for them helped them to boost their energy and achieve a wonderfully empowering sense of well-being. Not to mention, they've been able to escape the colds and flu that everyone else catches. Now, they're big fans of Hallelujah Acres supplements.

"When we ran out of BarleyMax, the first couple of days weren't so bad, but after that, we noticed that something was wrong," Dad says. "Pretty soon we started not feeling so bright and bushy in the morning. Once we figured out what was wrong, we got hold of some more BarleyMax, and now we are back into the swing of things."

I never thought Mom and Dad would even try BarleyMax, so hearing that they missed having it was wonderful! And once they started to realize that there was a connection between diet and health they started to eat better. Now, they always have a salad before each meal. Through experience they are realizing the importance of living food — that makes them willing to make more changes. They still eat many Standard American Diet foods but they are compensating with better nutrition.

Because of what they learned, we even convinced Dad to try supplements for his chronic back pain (Hallelujah Acres' Serrapeptase and BioCurcumin). Within several weeks he found great relief. We have now switched him to Hallelujah Acres' Joint Health supplement (also part of the Hallelujah Senior Kit) and he's quite impressed with it. In fact, Mom was so impressed with Dad's success that she's trying a few of these supplements to see if she can improve her health, too. I'm happy that my parents are experiencing the God-given miracle that self-healing can happen at any age!

If you have elderly parents who are in relatively good health and don't want to change their diet and lifestyle, don't worry over it and don't try to change their world. It doesn't work. Just ask them to try one, new, simple thing. Maybe you can encourage them to start



Hallelujah Senior Kit

Helps older adults naturally reduce inflammation, build healthy gut bacteria, and promote a healthy heart, bones, and red blood cells.

- **BarleyMax**
(1 large - any flavor)
- **Professional Strength Probiotics**
(2 bottles)
- **B-Flax-D**
(2 bottles)
- **Hallelujah Acres Joint Health**
(1 bottle)
- **Vitamin D3**
(1 bottle)

From \$189.95
for a 2-month supply!
*Save 10% off regular prices!

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

www.hacres.com/store
US 800.915.9355
CAN 866.478.2224
*See page 30 for details!

Ask about AutoShip to save 10% and never run out!

eating more raw food or send them a Hallelujah Senior Kit like Paul and I did for my parents. Keep it simple. Plant the seed. Give it some time. The benefits will speak for themselves. 🌱

HOW DO YOU HELP YOUR PARENTS?

Visit our Facebook page to tell us how you encourage your parents or older friends to try The Hallelujah Diet!

www.facebook.com/hallelujahacres



SUCCESS STORIES

"My husband and I are both **senior citizens (70 & 74)** and are in good health. We exercise 6 days a week by walking 2 miles most days, doing yard work, traveling, keeping grandchildren, and we are active in our church. We feel good and experience no body odor since eliminating animal products. Keep up the good work you are doing. God bless you and Hallelujah Acres."

~ C.W., Petal, Mississippi

"I became a subscriber to Rev. Malkmus' Hallelujah Health Tip many, many years ago, read 100% of every issue, and share articles from the tip with others. Since adopting The Hallelujah Diet, I no longer experience colds or the flu and **at 71 years**

of age take no medication and am still very active. May God continue to bless your work there at Hallelujah Acres."

~ J. B., Brisbane, Queensland, Australia

"My mother, who is **in her 70s and had been on medication for diabetes for 30 years**, was taken off her medications by her physician after adopting The Hallelujah Diet, which included the carrot juice and BarleyMax. Thank you so much for being faithful in presenting the message and the good news about the benefits of proper nutrition."

~ Sharon M.

SUCCESS STORIES

Read more online:

www.hacres.com/testimonies



Rhonda's Culinary Creations

New Book Summarizes Culinary Class Recipes

“Over the years many people have asked me to create a book of my culinary class recipes,” says Rhonda Malkmus, co-founder of Hallelujah Acres. “This book is an answer to that request after many hours of prayer and collecting recipes!”

Rhonda's Culinary Creations reveals, for the first time, the complete collection of more than 400 recipes created by Rhonda Malkmus for her culinary classes at Hallelujah Acres. For years, Rhonda's culinary classes preceded Rev. George Malkmus' famous, first-Saturday-of-the-month *God's Way to Ultimate Health* seminars. Her classes literally gave attendees a taste of ultimate health on The Hallelujah Diet. From children preparing their first snacks on their own, to seasoned, raw food chefs, Rhonda's culinary classes inspired them all.

If you've ever had the pleasure of attending one of Rhonda's classes, or always wanted to, this book is for you! From delightfully simple to awe-inspiring gourmet, the recipes in *Rhonda's Culinary Creations* span an entire spectrum of creative ideas for living foods enthusiasts.

Designed to help the reader serve anything from a casual meal to a seven-course banquet, this book contains 464 recipes divided into 14 sections:

- Beverages
- Breakfast
- Soups, Stews, and Chowders
- Bread and Crackers
- Salads
- Dressings
- Entrées
- Dips, Salsas, and Sauces
- Marinades, Oils, Relishes, Spreads, and Seasonings
- Sandwiches and Wraps
- Snacks
- Side Dishes
- Desserts
- Special Meals

“When people first start The Hallelujah Diet, they need simple recipes and I've included lots of those,” Rhonda comments. “In fact, when I first started teaching culinary classes, that's all I knew, too!”

Each recipe is rated according to a “five-star” system to help the reader determine recipes most appropriate for his or her dietary and lifestyle goals. Recipes with five stars are all raw and contain foods that have been shown to have a profound health-producing effect on people who consume them on a regular basis. Four-star recipes are still excellent recipes but should not be consumed as frequently as five-star recipes. Cooked recipes are rated with one, two, or three stars according to how frequently they should be consumed. All recipes, however, are health promoting and do not include any substances that have been shown to cause disease, such as animal products, refined flour, table salt, sugar, or chemical preservatives.

Rhonda has also included some top secret tips and extra special recipes that test the boundaries of raw gourmet food prep — like raw mushroom stroganoff.

“People wonder how you can do that recipe raw, but it's not hard,” Rhonda whispers. “If you marinate the mushrooms and then dehydrate them, they look and taste like cooked mushrooms.”

In addition to her new book, a companion DVD is also available, including more than two hours of food prep instruction from Rhonda Malkmus, filmed during one of her famous culinary classes.

“Remember,” Rhonda says, “We're never too old to learn, and the culinary creations you can make to tantalize your taste buds and the taste buds of those you love are endless. You are limited only by your imagination.”

BONUS OFFER!

Buy 2 copies of *Rhonda's Culinary Creations* and get a FREE copy of the *Rhonda's Culinary Creations* DVD — more than two hours of step-by-step culinary instruction with Rhonda Malkmus!

Great gifts for Christmas!
Get it all for just \$55.90!
 (\$61.90 CAN)





7-Layer Salad

Serves 4 to 6 ★ ★ ★ ★ ★

Ingredients:

- 1 large head Romaine, sliced fine
- 1 cup cauliflower florets, cut into small pieces
- 1 red onion, sliced thin
- 2 English cucumbers, peeled and sliced thin
- 1 cup celery sliced into thin U-shaped pieces
- 2 carrots, shredded
- 2 cups fresh or frozen peas, thawed

Directions:

Layer vegetables in a clear glass bowl in the order given or as desired. Serve with *Delightful Garlic Dressing* or your favorite dressing.



Crimson Delight Juice

Serves 2 ★ ★ ★ ★ ★

Ingredients:

- 3 to 4 carrots (or more to make 6 oz juice), peeled, tips removed
- 1 celery rib (stalk), cut into 2-inch pieces
- 1 beet with greens, washed and dried (peeled if not organic)
- 7 to 8 dark, leafy greens leaves, washed and dried
- 1 tart apple quartered (peeled if not organic)

Directions:

Prepare ingredients. Run ingredients alternately through juicer. Strain juice and serve immediately or fill 8 oz jelly jars to the brim, put on lid, refrigerate and serve later.

Creamy Cauliflower Soup

Serves 6 ★ ★ ★ ★ ★

Ingredients:

- 1 quart distilled water, add more as needed to reach desired consistency
- 1 large cauliflower, cut into florets
- 2 large carrots, quartered
- 2 celery ribs (stalks), cut in 2-inch pieces
- 1 cup pine nuts, soaked 1 hour and drained
- 1 garlic clove, peeled
- 2 tsp fresh dill weed
- 2 Tbsp extra virgin olive oil
- 2 tsp unrefined sea salt (optional)
- 4 green onions or handful of chives for garnish

Directions:

Place all but onions in Vitamix and blend. Serve with slivered green onions or chives.



Yuletide Nut Loaf

Serves 10 ★ ★ ★ ★ ★

Ingredients:

- 1-1/2 cups raw almonds, soaked overnight and drained
- 1-1/2 cups Brazil nuts, soaked overnight and drained
- 2 cups sunflower seeds, soaked overnight and drained
- 2 large carrots, peeled and shredded
- 1 medium, red bell pepper, seeded and diced fine
- 2 celery stalk, sliced and diced fine
- 1/2 medium red onion, diced fine
- 1/3 bunch fresh parsley, minced
- 2 garlic cloves, peeled and minced
- 1 Tbsp fresh basil leaves, minced
- 1 Tbsp fresh marjoram leaves, minced
- 1 Tbsp fresh sage leaves, minced
- 2 Tbsp fresh oregano leaves, minced
- 2 tsp unrefined sea salt (optional)

Directions:

Drain and rinse the almonds, Brazil nuts and sunflower seeds. Transfer to a food processor fitted with the S-blade, and process to a creamy pate and place in a bowl. Prepare vegetables and herbs and fold in remaining ingredients and mix well. Allow to "ferment" prior to serving or place on dehydrator solid sheet and form into the desired shape no more than 2-inch high. Dehydrate 8 to 12 hours and enjoy warm. This festive treat can be made a day in advance and refrigerated, so you can enjoy the holiday too. Yuletide Nut Loaf will keep for 2 days in the refrigerator.

Options: Use dried thyme, dill or cilantro, ground cumin, or ground coriander.

Raw Fudge ★ ★ ★ ★ ★

Ingredients:

- 1 cup rolled oats
- 3/4 cup raw carob powder
- 1/4 cup sunflower seeds, ground fine
- 1/2 cup raw almond nut butter
- 4 to 6 Medjool dates, pitted, soaked 4 hours, drained (save soaking water)
- 1/4 cup date soaking water
- 1/2 to 1 cup walnuts or pecans, chopped
- 1/4 cup sesame seeds, ground (optional)

Directions:

Place all ingredients (except nuts) in a food processor with the S-blade in place and process until well blended. With the machine running, slowly add just enough date soaking water until mixture forms a ball. Remove from food processor and fold in nuts. Press mixture into 8-inch square pan lined with lecithin or lightly oiled. Chill, cut, and serve. Keep covered in refrigerator.

Option: You can replace the date soaking water with 1/4 cup maple syrup but the recipe then becomes a one-star recipe.



Holiday Sweet Potato Slaw, Serves 4 to 6

Ingredients:

★ ★ ★

- 3 cups sweet potatoes, peeled and shredded
- 1 medium, sweet apple, peeled and chopped fine
- 1 cup pineapple tidbits
- 1/2 cup pecans, chopped
- 1/4 cup organic raisins or chopped dates
- 1/2 cup *Orange Sunset Dressing*

Directions:

In a large bowl, combine sweet potatoes, apple, pineapple, raisins or dates, pecans and *Orange Sunset Dressing*. Mix well, cover and chill before serving.

MORE RECIPES ONLINE
www.hahealthnews.com/recipes



**Delightful
Garlic
Dressing**



**Orange
Sunset
Dressing**



**Simple
Key-Lime Pie**

**Sweet Dream
Creme**

**Zesty Macadamia
Nut Pie Crust**

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:

85% 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.

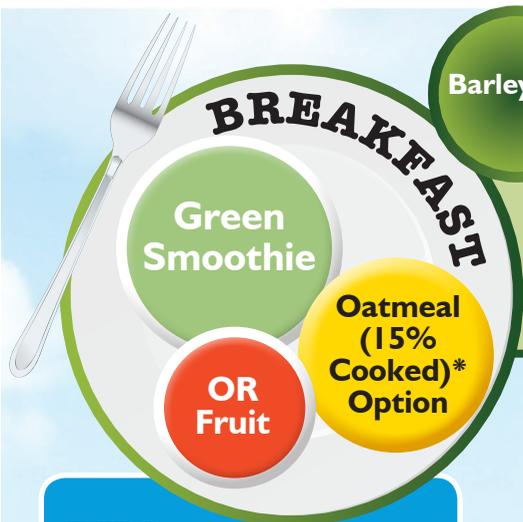
15% Cooked Food

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.

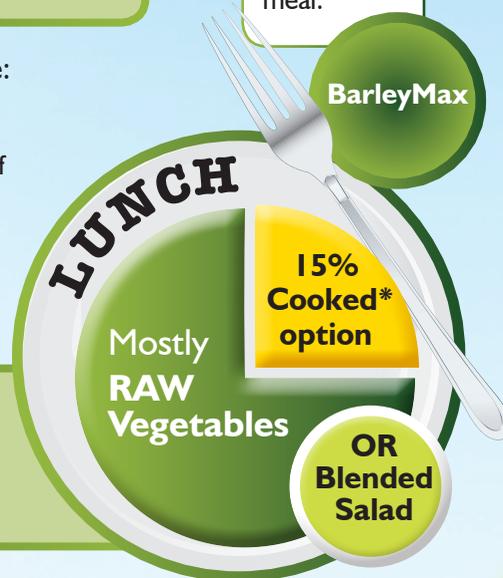
KIDS

- 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.

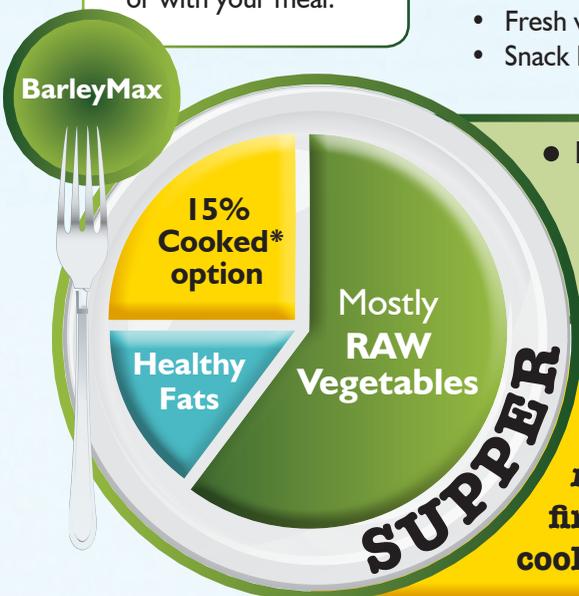
- Try to keep lunch as raw as possible.
- Eat a vegetable salad, blended salad (salad smoothie), green smoothie, Hallelujah Acres Survival Bar, pita pocket with veggies, etc.



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 (i.e. salad). Include healthy fats like nuts, seeds, avocados, etc.
- For cooked portion ideas, visit 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

Avoiding Alzheimer's

WHY YOUR DIET MATTERS



Fewer diseases are more frightening for seniors and their loved ones than dementia. Though it seems to afflict without rhyme or reason, there are indeed reasons why dementia strikes, and Dr. Neal Barnard is leading the charge to make those reasons known.

“People already know that food plays a role with your weight, your heart, diabetes avoidance, and good blood pressure,” Dr. Barnard says. “But almost nobody knows that foods can have a dramatically powerful effect on the brain.”

Neal D. Barnard, M.D. is founder and president of the Physicians Committee for Responsible Medicine. Although he studies many health issues, he has a personal interest in helping to prevent Alzheimer's disease.



“My mother's father was a physician in a small town and became demented in his early 60s and died in his mid 60s,” Dr. Barnard says. “His wife lived much longer but she became demented, too. On my father's side, both of his parents suffered with severe dementia, and my father himself had dementia starting in his 70s.”

Dr. Barnard explains that Alzheimer's disease shows up as beta-amyloid plaques within the brain. Though most everyone knows plaque can narrow arteries, hardly anyone knows that damage in the brain is caused by the same thing — high-fat foods.

“It appears that saturated fat dramatically increases the risk of Alzheimer's disease,” he

states. “Trans fats, the partially hydrogenated oils, seem to have the same sort of effect.”

“There are other contributors to dementia, but fat seems to be number one.”

Oddly enough, this finding is not new. In 1993, The Chicago Health and Aging project began to study the links between diet and brain health and found that the more saturated fat people ate, the higher their risk of developing Alzheimer's disease. Today, saturated fat is the so-called “bad” fat that is found especially in animal products: bacon, pork chops, beef, chicken, and it's especially high in cheese.

“When people eat foods that have this ‘bad’ fat in them,” Dr. Barnard says, “Their bodies make more cholesterol. We've known for a long period of time that if you're eating a lot of butter and lard, your cholesterol level will go up and you'll be at risk for a heart attack. What we didn't realize is that it can also block the arteries that supply the brain. When a person eats this way coupled with a high cholesterol level, their brains show the formation of beta-amyloid plaques — the hallmark of Alzheimer's.”

The result is a snowball effect; the more bad fat people eat, the higher their cholesterol levels, and the more plaques form in the brain that eventually cause dementia.

The good news is that a diet change stops the process. If you skip the “bacon and hot dogs” as Dr. Barnard summarizes, your likelihood of Alzheimer's disease plummets.

You've probably heard that aluminum in antiperspirants and cookware and the mercury in vaccines may lead to Alzheimer's, too — how do they fit in? The metals are carried to the brain and end up in the plaques. But what's so surprising to most is that aluminum and mercury are not the only metals that can cause problems in the brain. Even nutrients necessary for good health like iron and copper can become problematic if too much is consumed.

“Individuals who have a lot of iron and copper in their diets are more likely to develop dementia,” says Dr. Barnard. “This is because the iron and the copper in your

body tend to oxidize, and as they oxidize they create free radicals that are molecules that can damage your tissues and we believe that part of that damage is done in the brain. Red meat is definitely a source of excess iron, and surprisingly, one of the biggest sources of excess copper is multivitamins.”

Aluminum, though not needed in the human body, migrates to the brain just as iron and copper do. In parts of the world where there is more aluminum in the drinking water, there is more Alzheimer’s disease. It’s also in many common products including certain kinds of antacids.

“My dad used to drink Maalox®,” Dr. Barnard notes, “But many people don’t know that the brand name is an acronym of sorts, meaning magnesium and aluminum hydroxide. Without knowing it, he was ingesting a lot of aluminum over many years.”

Another contributor to dementia that very few recognize is hormone replacement therapy (HRT).

HRT, a common treatment sought by menopausal women, is often missed as a cause because of flawed research on the subject, says Dr. Barnard.

“When you look at studies of women who have taken hormone replacement therapy, generally speaking they do have less dementia

than other women. That led some people to believe that it was cause and effect. Researchers decided to put this to the test by randomizing women into two groups; one group got a placebo and the other group received hormone replacement therapy. Women who got the hormones had more dementia compared to the women who did not. So, it turns out to be the opposite of what had been predicted; HRT, if anything, is a problem rather than a solution. The reason that women had seemed to have less dementia in previous studies is because health conscious women [who had not developed other risk factors due to poor diet] were going out and seeking HRT.”

Exercise and proper sleep also play significant roles in brain health. Exercise gets your heart pumping, providing the brain with more oxygen and nutrients and more efficient waste disposal. Plus, exercise can actually reverse the age-related shrinking of parts of the brain involved in memory. Regarding rest, proper sleep helps your brain to integrate memories more effectively. During the first part of the night (slow wave sleep), the brain integrates words and facts. During the second part of the night (rapid eye movement [REM] sleep), the brain integrates emotions and physical skills like riding a bike.

“If you’re not getting adequate sleep, you may have a lot of educational experiences during the day, but you won’t integrate them and you’ll have trouble remembering them,” Dr. Barnard cautions. “That’s why people who stay up all night have trouble with their memory and emotional control.”

Dr. Barnard suggests making your own anti-Alzheimer’s checklist.

Analyze your diet and lifestyle and that of your loved ones to recognize and correct potential problem areas. You don’t need to be a doctor to recognize an overabundance of fat and metals in a person’s diet, or to see that they neglect exercise and proper sleep. Take what you’ve learned in this article and save your family the potential heartache of Alzheimer’s disease: Encourage older members of your family to remove toxins, avoid unnecessary exposure to Alzheimer’s risks, support brain health with The Hallelujah Diet, and supplement for senior age shortfalls with The Hallelujah Senior Kit (see page 11).

“There is nothing more important than the connections with your loved ones,” Dr. Barnard says. “If your heart is beating but your brain cells have been destroyed along with your connections with your children, grandchildren, and everyone else around you, you have lost everything and they have lost you. My hope is that we can change that. Frankly, that’s what Hallelujah Acres has been doing for a long time; helping people to understand that food really matters to protect not only your health but also your relationship with your loved ones.”

BARNARD ON THE BRAIN

Read the transcript of Hallelujah Acres’ interview with Dr. Neal Barnard including details of his family’s experience with Alzheimer’s.
www.HAhealthnews.com

SUCCESS STORIES

“Because of my poor choices in nutrition, not only did I have a weight problem, I also suffered greatly with acid reflux, indigestion, chest pains, and heartburn. But my problems of greatest concern were that I was experiencing **brain fog and forgetfulness, confusion, frustration, and some depression**, topped off with a great loss of energy. I was coming to the conclusion that I was just plain old and worn out and **headed for dementia or Alzheimer’s**. But since my husband and I adopted The Hallelujah Diet, I have experienced a tremendous increase in energy level and we feel so good. My brain fog has cleared. My retention is much improved. My confusion, frustration, and depression are gone!”

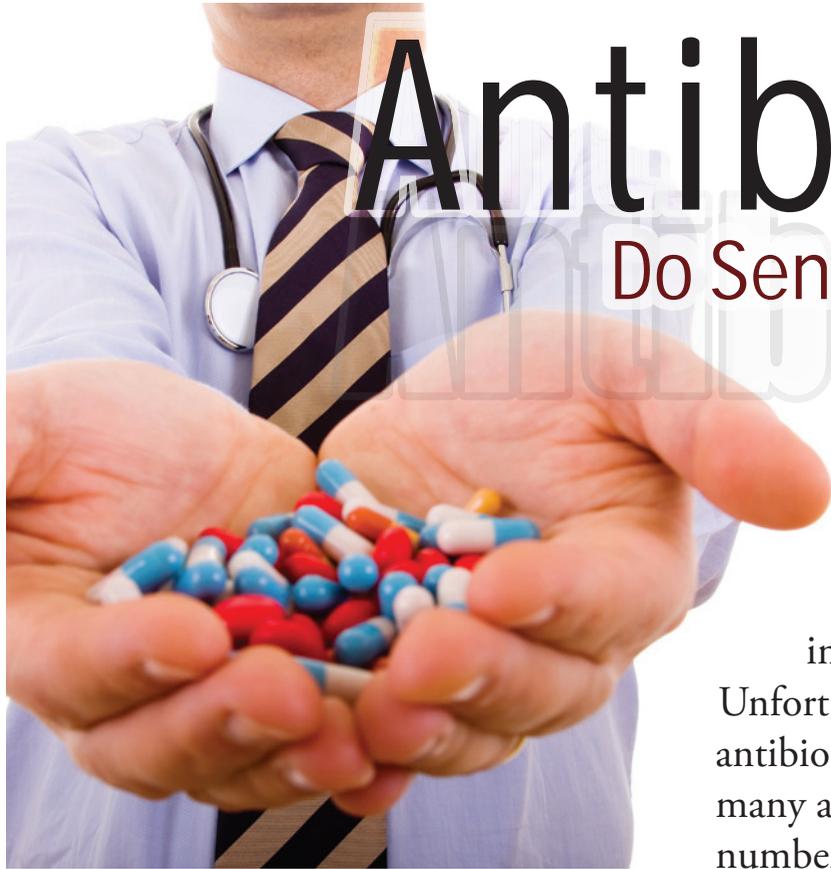
~ Betty H., Kerrville, TX

“I was tired all of the time, and was suffering from depression and had cloudy thinking. **My parents both had Alzheimer’s** and I just figured that these symptoms were the beginning of mine. I was taking 10 medications. But within 6 weeks of starting The Hallelujah Diet, I was off all my medications and have had no headaches since starting the diet three years ago. By month four, I had taken my last allergy shot. In 6 months I had lost 50 pounds and all of my other physical problems were completely gone. I now have lots of energy, and am excited about life!

~ Paula

SUCCESS STORIES

Read more online:
www.hacres.com/testimonies



Antibiotics?

Do Seniors Need Them?

By Olin Idol, ND, CNC

Since the discovery of antibiotics in the 1940s, the leading causes of disease have shifted from infectious diseases to chronic diseases. Antibiotics were incredibly effective in treating most of the bacterial infections.

Unfortunately, due to abusive use of various antibiotics, bacteria have developed a resistance to many antibiotics, leading to a new era of increasing numbers of deaths related to infections.

Antibiotic resistant bacteria are developing in the industrialized world from the indiscriminant overuse of antibiotics, especially here in the United States. The latest figures for 2009 indicate antibiotic use in animals accounted for 80% of the antibiotic use in the U.S.¹ — amounting to 28.8 million pounds annually!² On a positive note, in April 2012 the FDA announced a new ruling that will stop farmers and ranchers from feeding antibiotics to cattle, pigs, chickens and other animals simply to help the animals grow larger.³

The use of small amounts of antibiotics over a lifetime leads to the growth of bacteria that are resistant to the drugs' effects, endangering humans who become infected and

nullifying treatment with routine antibiotic therapy. As a result, stronger and stronger antibiotics are required today to treat bacterial infections that were routinely treated with penicillin just a few decades ago.

Older adults know this better than the rest of the population; they consume a much higher proportion of health care resources

than anyone else and antibiotics are one of many drugs that are prescribed to them more frequently. Due to a number of challenges faced by the elderly, properly prescribing antibiotics for this segment of the population is much more complicated making adverse effects more common. Physiological changes (that accompany aging for the masses, who follow the Standard American Diet) along with the higher prevalence of other chronic diseases make the effective use of pharmaceutical agents more challenging. Older adults are often on numerous medications, prescribed by different doctors and filled by different pharmacists, allowing for a much greater risk

Annually, over 2.2 million people — with the higher percentage being elderly — experience adverse reactions to prescribed drugs.

of adverse interaction of drugs. Indeed, side effects of antibiotics are more common in the elderly.

The number of people who are prescribed unnecessary antibiotics for viral infections (antibiotics are ineffective for viral infections) are 20 million per year.⁴

Over 3 million pounds of antibiotics are prescribed to people in the U.S. each year; this amounts to 10 teaspoons for every man, woman and child per year — including a high percentage going to the elderly. According to William Agger, MD, director of microbiology and chief of infectious disease at Gundersen Lutheran Medical Center in La Crosse, WI, “This steady stream of antibiotics has led to altered pathogens such as *Streptococcus pneumoniae*, *Staphylococcus aureus*, and enterococci, to name a few.” Annually, more than 88,000 deaths occur due to hospital-acquired infections.

Older adults are the ones who find themselves most often hospitalized for injuries that require intervention or for

diseases and sickness that have developed from years of poor nutrition and lifestyle choices. The immune system of such a person has been greatly compromised, leaving them vulnerable to bacterial infections by altered pathogens that are easily transmitted in a hospital environment. It is not uncommon for the elderly to become much more seriously ill during a

hospital admission than they were prior to the admission!

Having been exposed to the use of increasingly stronger antibiotics over the years, older adults are also prone to compromised flora throughout the body, making them more vulnerable to both bacterial and viral influences. When exposed to potentially pathogenic bacteria, it is wise to support the body's immune system with some of the alternatives listed near the end of this article.

The elderly especially need to focus on adopting a diet rich in nutrition along with regular use of probiotics and cultured raw foods to rebuild their body's natural defense system.

Not all bacteria is bad, of course; balance is the key. Your body is host to an innumerable number and variety of organisms that live in harmony with you until that harmonious relationship is disrupted.

One such example is the bacterium called *Helicobacter pylori* (*H. pylori*), identified in the 1980s by Australian physicians Barry Marshall and Robin Warren as the causative agent of peptic ulcers. *H. pylori* is one of the few bacteria that thrive in the acidic environment of the stomach. After this discovery, it became common practice to treat peptic ulcers with antibiotics resulting in a drop by more than 50% in *H. pylori*-induced ulcers. This seems like a good thing!

Many "potentially" pathogenic bacteria reside in harmony in the body until that harmony is disrupted by something that allows for an overgrowth of a specific pathogenic bacterium that manifests a problem.

Martin Blaser, professor of internal medicine and microbiology at New York University, has studied *H. pylori* for 25 years. His work began with the idea that *H. pylori* is a simple pathogenic bacterium:

"In 1998, Blaser and his colleagues published a study showing that in most people, *H. pylori* benefits the body by helping to regulate levels of stomach acid, thus creating an environment that suits itself and its host. If the stomach churns out too much acid for the bacteria to thrive, for example, strains of the bug that contain a gene called *cagA* start producing proteins that signal the stomach to tone down the flow of acid. In susceptible people, however, *cagA* has an unwelcome side effect of provoking the ulcers that earned *H. pylori* its nasty rap."⁵

A decade later, a study published by Blaser was beneficial in yet another way. The stomach produces two hormones that impact appetite: ghrelin, which tells the brain the body needs to eat; and leptin, which tells the brain when the stomach is full. Blaser discovered that when *H. pylori* is eradicated, this signaling mechanism is lost, causing a person to eat too much.

A few generations ago, over 80% of Americans were host to this beneficial bacteria but today less than 6% of children test positive for it. Could this be a major factor in childhood obesity? Have we indiscriminately destroyed yet another of the body's many good bugs through excessive antibiotic use?

Our first line of defense when facing any bacterial influence is our host of friendly flora that resides upon and within our body. It is vitally important that we support an optimum balance of friendly flora by way of a healthy lifestyle and avoiding chlorinated water, antibiotics, radiation, and medications that destroy bacteria. It's also important to consume a diet rich in raw foods, fiber, and fermented raw vegetables that support the growth of friendly bacteria and supplement with effective probiotic supplements — incidentally, the Hallelujah Senior Kit on **page 11** includes everything a senior needs to optimize dietary efforts and to promote friendly bacteria formation.

Garlic is a great for bacterial balance. It supports good blood flow, lowers blood pressure, and is often effective against bacterial, viral, and fungal infections.

In addition, **oregano oil** is considered one of the most potent antibacterials of all

essential oils and has been used for centuries in Eastern cultures to "treat respiratory infections, chronic inflammation, urinary tract infections, dysentery, and jaundice."⁶

Grapefruit seed extract (GSE) has a growth inhibiting effect on bacteria, fungi, parasites, and viruses. It has been shown to be effective in inhibiting pathogenic bacteria such as *S. aureus*, *E. coli*, *P. Aeruginosa*, and *M. tuberculosis*.

Proteolytic enzymes such as bromelain and serrapeptase can strengthen the effect of both traditional and alternative antibiotics by contributing to the digestion of proteins or peptides and helping to form simpler, soluble products. This makes the antibiotics more effective in killing bacteria.

Silver Biotics[®] is a unique, silver solution patented by American BioTech. It is a vast improvement over typical colloidal silver and is effective against a wide range of bacteria, viruses, fungus, mold, and other pathogens. It is nontoxic, safe for all individuals, and discourages resistant microbial strains.⁷

Maintaining health and wellness is often quite difficult at best for anyone, but especially for seniors. Limit your exposure to toxins in your environment, food, and water. Protect your body from unnecessary exposure to antibiotics and harsh drugs that destroy your natural, innate defense mechanisms that are designed to keep you healthy.

To achieve and maintain health, your body must be nourished with a diet based as closely to the principles of Genesis 1:29 as possible and shore up deficiencies where needed. I encourage you to explore the principles of The Hallelujah Diet. Give it a full 60-day, 110% effort and enjoy the difference you will experience. You will not want to turn back and you will find the need for medical intervention dramatically reduced! 🌈

REFERENCES: 1. Ralph Loglicsi, *Animals Consume Lion's Share of Antibiotics*, Food Safety News (Dec. 27, 2010) 2. FDA CTR. FOR VETERINARY MEDICINE, "2009 Summary Report on Antimicrobials Sold or Distributed for Use in Food-Producing Animals" at Tbl. 1 3. FDA News Release: FDA takes steps to protect public health (April 11, 2012) 4. Death by Medicine, Life Extension Magazine, August, 2006 5. The Ultimate Social Network, Jennifer Ackerman, Scientific American, June, 2012 6. Disease Prevention and Treatment, 4th edition, Life Extension Media 7. A Fighting Chance, Gordon Pedersen, PhD.

RETIREMENT HEALTH OR RETIREMENT HOME?

The connection
between health
and independence



Retirement homes are not the golden years dream of any senior — but if you remain healthy in your senior years, you will have more freedom to live where and how you want to.

The stark reality is that staying healthy in your senior years is a necessity if you want to avoid spending those years in a retirement home. A healthy retirement means you can keep driving, keep your independence, keep your mental sharpness, and keep enjoying life.

Seriously committing to a healthier lifestyle is not what everyone else is doing, but it's what you have to be willing to do in order to avoid ending up like "everyone else." In fact, a healthy mind and body give you more than just the freedom to do the things you want to do; they give you the opportunity to remove yourself from the equation of disease statistics.

Think about it; statistical estimates like "1 in 3 people will get cancer" are usually gathered from a random sample of the population; if the

Standard American Diet (a leading cause of cancer) is truly "standard" then that statistic applies to what "everyone else" is eating. If you're eating differently than the standard, that statistic simply doesn't apply to you!

Consider this logic when reading statistics from *The Fiscal Times*, which reports: "Fifty-five percent of all cancers are diagnosed in individuals 65 and older, and by 2030, 7.7 million of those 65 and older will suffer from Alzheimer's, 50% more than today, according to the Alzheimer's Association. By 2025, the number of those 65 and older with diabetes is projected to almost double to 10.6 million."¹ Imagine not having to worry about any of these diseases, or ending up in a retirement home because of them! Contrary to common assumption, most seniors don't end up living in a retirement home. The vast majority of people who

HALLELUJAH ACRES
lifestyle centers

No Seniors Homes, No

How would you like to live your golden years in the wellness and vigor of your youth? We'll show you how, God's way!

Exercise

Knowledge

Relaxation

Visit www.halifestylecenters.com for a free brochure or call one of our 4 locations:

become chronically ill are cared for in their own home by a loved one or a friend instead of in a retirement or nursing home.² We could learn a lot from Eastern cultures on this point. Extended families living together in one large home is often a cultural norm that dramatically reduces expenses for each individual, including the family's elders. This is a great option for anyone, even with a chronic illness, but if vigorous health and living in your own home are more your speed, there are some things you can do to ensure you have that freedom.

First and foremost, consider the missing pieces in your nutritional intake. Poor nutrient absorption can be a issue in your later years (see page 2) which can be addressed by adopting more nutrient-rich foods. Now, if you're not ready to dive into The Hallelujah Diet just yet, you can at least steer your health in the right direction with whole food supplements. Good, whole food supplements like the ones in the Hallelujah Senior Kit (see page 11) address nutrient deficiencies common with aging. In fact, the supplements in The Hallelujah Senior Kit are in a form that is easy for your body to absorb, which makes them a highly efficient way to make sure you're getting everything you need.

Even if you're doing everything right, it still makes sense to get your blood work done, just to be sure. Blood work enables you to keep tabs on what your body is doing; — let's face it, bodies age eventually and biological changes happen. But if we know what's going on inside, we can supplement or make dietary changes before age gets the upper hand.

One of the hallmarks of an aging body is the decreasing ability to digest or assimilate nutrients. This is often due to a decrease in hydrochloric acid (HCl) levels in the stomach; HCl sterilizes the stomach, allowing the body to absorb vitamins, minerals, and amino acids in food.³ HCl also assists the creation of an enzyme that breaks down proteins so that the body can absorb them.

How To Test Your Hydrochloric Acid Level:

1. As soon as you wake up in the morning, mix ¼ tsp of baking soda in 8 oz of water.
2. With a timer clock ready, drink all 8 oz and start the timer to determine how long it takes for you to burp.
3. If you burped in 2 to 3 minutes, your stomach produces adequate HCl. If, after 5 minutes have passed you have not burped at all, your stomach has low HCl.

If you've been on The Hallelujah Diet for a while, you may not have HCl issues, as natural remedies for increasing HCl suggest the same dietary guidelines as The Hallelujah Diet itself — eat more omega-3 fatty acids through avocados and sprouted nuts; increase your fiber intake; avoid all caffeinated drinks, alcohol, trans fats, refined sugars, refined flour, fish, shellfish, deli meats, and MSG; eat smaller meals; and don't drink water with your meal as it interferes with HCl.

The best part is, once your digestion and absorption are on track, you can increase your activity level with all your newfound energy! In fact, the American College of Sports Medicine confirms that participation in a regular exercise program is an effective intervention to reduce or prevent a number of functional declines associated with aging.⁴ And a Swiss study conducted earlier this year concluded that something as simple as brisk walking for 30 minutes 5 times per week "would lead to a beneficial physiological response."⁵

It is, however, important to manage your expectations. You won't be winning any bodybuilding contests or marathons, but exercise does improve health, reducing your risk of disease and increasing functional capacity.⁶

And finally, get enough sleep. It may sound counterintuitive to lead a healthy, active life by sleeping, but sleep disturbance is a leading cause of decreasing quality of life for seniors. In fact, good quality sleep is a problem for nearly 50% of the people over 65.⁷ A Chinese study of seniors recently found that there is a strong correlation between poor sleep quality and health-related quality of life. Those who had better sleep had better vitality and physical functioning and less bodily pain.⁸ Sleep patterns change as we age, too, so experiment with bedtimes to see what works best for you; most seniors find that an earlier bedtime suits their sleep cycle best.

Aging need not be feared, just managed. Change your daily routine to match the changing needs of your body and you will maintain the freedom to live how you want — and where you want.

REFERENCES: 1. <http://money.msn.com/retirement/the-coming-nursing-home-shortage-fiscaltimes.aspx> 2. Long-Term Care Over an Uncertain Future: What Can Current Retirees Expect? By Peter Kemper, Winter 2005. • 3. http://www.ehow.com/how_4966597_improve-hydrochloric-acid-levels-stomach.html • 4. American College of Sports Medicine Position Stand. Exercise and physical activity for older adults. Med Sci Sports Exerc. 1998 Jun;30(6):992-1008. • 5. Donath L, Zahner L, Cordes M, Hanssen H, Schmidt-Trucksäss A, Faude O. Aerobic Endurance Training Recommendations Based on Subjective Ratings of Perceived Exertion in Healthy Seniors. J Aging Phys Act. 2012 Jul 24. • 6. *ibid* • 7. Monane M. Insomnia in the elderly. J Clin Psychiatry. 1992 Jun;53 Suppl:23-8. • 8. Lo CM, Lee PH. Prevalence and impacts of poor sleep on quality of life and associated factors of good sleepers in a sample of older Chinese adults. Health Qual Life Outcomes. 2012 Jun 18;10:72.

Meds, No Aches, No Pains



It's about more than food; we'll teach you how to be healthy for life — physically, mentally, and spiritually!

Devotions

Food Prep



Parkersburg, WV 855.556.9341 • Branson, MO 888.651.5132 • Plant City, FL 866.757.1771 • Lake Lure, NC 877.743.2589

Hallelujah HEALTH MATTERS

FREE Life-saving
Information
Every Week

**EVERY WEEK FOR A YEAR,
you'll receive an email with
research, advice, recipes,
and testimonies related to
your choice of
11 health
topics!**



**YES! SIGN ME UP FOR
HEALTH MATTERS!**

First Name _____

Last Name _____

Email _____

Please send me weekly emails about
(check up to 2):

- | | |
|-------------------------------------------|-----------------------------------------|
| <input type="checkbox"/> Blood Pressure | <input type="checkbox"/> Heart Health |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Joint Health |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Men's Health |
| <input type="checkbox"/> Digestive Health | <input type="checkbox"/> Weight Loss |
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Women's Health |
| <input type="checkbox"/> Healthy Living | |

MAIL TO:

Health Matters Sign-up
c/o Hallelujah Acres
900 S. Post Rd.
Shelby NC 28152

Or **REGISTER ONLINE** at
www.hacres.com/health-matters

SUCCESS STORIES

"I am on the The Hallelujah Diet myself, as is our entire family of eight. As a result of the diet, **my breathing problems went away**, and I have much more energy. Thank you for your ministry, as I know that without the many things I have learned from you through the years, I as well as my family would not be experiencing the high degree of health we currently are experiencing."

~ C.G. and family, Colorado Springs, Colorado

Sixteen months ago I jumped right into The Hallelujah Acres Recovery Diet cold turkey and almost immediately started to see improvements from physical problems I was experiencing that I thought were just normal consequences of growing older. **Skin cancers** just started disappearing and **within two weeks my allergies were gone**. Then over the next sixteen months my noise sensitive ears were no longer sensitive to noise, **my gums strengthened** and stopped receding, **my eyes recovered** almost to the vision of my youth and to top it all off, I lost 6 inches around my waist and 60 pounds in weight. All the aches and pains in my joints, bones and muscles have now disappeared. I feel as good now as I did when a child and I now realize my body is at last working as God intended when He created it."

~ Irvin B., Roaring River, North Carolina

"I was able to help a man who was on his way to the Mayo Clinic, with severe **irritable bowel syndrome (IBS)**. On The Hallelujah Diet, this man made a complete turnaround in just one month. After the aggressive use of probiotics and enzymes, along with lots of fresh juices, and the full Hallelujah Diet regimen, he was taking daily walks, doing 60 pushups a day, and his digestive tract was working properly!"

~ Linda E., Cape May, New Jersey

"In 1984 I had a kidney removed as it was damaged by a large stone the size of a duck's egg. Over the last sixteen years I have been on **antibiotics because of kidney infection**. After only ten weeks on The Hallelujah Diet. I have been **off all antibiotics and medication**. I am not required to have another kidney scan for one year. My skin has cleared and I have more energy than I have had for years!"

~ Isabel G.

Two years ago I had **bronchitis five times in one year**. I had to have antibiotics to keep it from going into pneumonia. Since going on The Hallelujah Diet, the only symptoms I have had were when I inadvertently ate foods containing dairy. My energy level is increased, I need less sleep, and other medical conditions are greatly improved, including: asthma, diverticulitis, irritable bowel, ovarian cyst, menstrual cramping, PMS, frequent bladder infections, hypoglycemia, fibromyalgia, arthritis.

~ Jill L.

SUCCESS STORIES

Read more online:
www.hacres.com/testimonies



20/20

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 helped pioneer the vegan health movement 20 years ago and how this influence is setting the stage for the next 20 years.

Where Do We Go From Here?



As festivities wind down for Hallelujah Acres' 20th Anniversary in 2012, we think you'll be amazed at the growth of the plant-based health movement since 1992.

Back in 1992, you'd be hard pressed to find anything labeled "organic." In fact, the USDA Organic label itself was not implemented until 2002, and even basic, nutrition fact labels were not implemented until 1990! The plant-based nutrition books we now take for granted — like T. Colin Campbell's epic, plant-based bible (if you will) *The China Study* — wasn't written until 2004, some 12 years after Hallelujah Acres was founded. And you could forget about finding any (now prolific) food documentaries. Yet, Rev. George Malkmus' pioneer publication *Why Christians Get Sick* was there all along, quietly selling all over the world since 1989.

Indeed, Hallelujah Acres was at the forefront of the organic, vegan craze before it was a craze! But today, there are healthier alternatives to the Standard American Diet wherever you look. Even vending machine companies are getting into the act, offering some of the same brands of carefully scrutinized snacks we sell at the Hallelujah Acres Store. The world is beginning to wake up from its toxic slumber and we are thrilled to be a part of the action.

The best, however, is yet to come! You're about to see the greatest revolution in natural health the world has ever known — and the world needs it! With killer toxins showing up in Chinese milk and fast food restaurants popping up in Nigeria, there's never been a better time to escape the world's way in favor of God's original diet.

www.HAhealthnews.com

The next leg in Hallelujah Acres' journey is indeed expanding the Genesis 1:29 message of hope and healing to the world with more fervency than ever. Recently, God has opened doors for us out of the blue. Paul and Ann Malkmus are in Nigeria right now, teaching the residents how to incorporate The Hallelujah Diet to help them regain and maintain good health. Incidentally, Rev. Malkmus had planted the seed of self-healing in Africa during a speaking tour in 2001; even back then, the African people were extremely interested in Hallelujah Acres. Seminars were held daily for an entire week with an average attendance of 600 people at each one. Thanks to that seed 11 years ago, we are now setting up a permanent Hallelujah Acres presence in Nigeria, and neighboring countries are asking for us to do the same.

Just prior to visiting Africa in 2001, Rev. Malkmus had also spoken to crowds in Australia. As with Africa, that initial seed has matured and Paul and Ann Malkmus will soon be returning to Australia to train others to help spread Rev. Malkmus' message. And for the first time, Hallelujah Acres has been invited to bring the good news of the self-healing body to Iceland, a country with the highest breast cancer incidence in the world (39.4 per 100,000 females). Plus, God willing, in a few month's time, the Hallelujah Acres footprint will be expanding to Hong Kong and China, with plans to expand into other Asian countries, too!

In addition to expanding the reach of The Hallelujah Diet message, we're also expanding our vision. Toxic overload in our

November - December Issue 2012 | Hallelujah Acres Health News | 25



world is reaching new levels, due to inferior foods, environmental factors, or a combination of both. For this reason, we have begun a “fight fire with fire” approach; that is, we are addressing concentrated toxins with concentrated nutrients through the development of one-of-a-kind supplements targeted to address common conditions left over after a diet change.

Like The Hallelujah Diet, these supplements are a step above what the world has to offer. Instead of force-feeding the body with unnatural

“replacement parts” our supplements work in harmony with the body, using whole food-derived building blocks to help it regenerate its own replacement parts.

We’ve learned, through 20 years of diet refinement, that no matter what the problem is, treating the body with a quick fix “sledgehammer approach” (as Hallelujah Acres Research Director Dr. Michael Donaldson puts it) usually does more harm than good and even damages other parts of the body in the process.

A gentle, harmonious repair job using ingredients in potencies the body is designed to handle creates a much better outcome and may even have bonus benefits to other parts of the body.

Our first such supplement was Hallelujah Acres Joint Health, released in 2011, and new, specialized supplements are coming very soon to help you tailor The Hallelujah Diet with an extra, self-healing boost.

Providing more and more ways for you to personally refine The Hallelujah Diet is where Hallelujah Acres is headed into its next 20 years. Instead of a one-size-fits-all program, we want you to be able to take the basics of The Hallelujah Diet and make it your own. After all, self-healing with the right nutritional and lifestyle efforts is a universal principle, but refining the little “extras” is sometimes the key to turning a good result into a great one!

These changes are a result of your requests — thank you for sharing and keep the suggestions coming! As a result, God has shared what He wants us to do next and how to adapt in order to meet the changing demands of having great health in a toxic world. 🌅

REFERENCES 1. http://www.nationmaster.com/graph/hea_bre_can_inc-health-breast-cancer-incidence

SUCCESS STORIES

“As a result of adopting The Hallelujah Diet over a year ago, I no longer have body odor, the numbness I was experiencing in my left arm has disappeared, I no longer experience sharp shooting pains in my legs, I have lots more energy, have lost weight and maintained that weight loss, no longer fall asleep while reading, but the best thing that has happened as a result of making the diet change is that **my cancer is gone!**”

~ J.W., Hendersonville, Tennessee

“Improvements in my health after being on The Hallelujah Diet for 10 years include: My eyesight restored to **20/20 vision**; sports injuries went away; **moles disappeared** and my **hip arthritis is almost completely gone**; I have lost 20 pounds, need less sleep, and I am now able to compete in some master’s track and field events again.

~ R.R., Pilot Point, Texas



“I have been on The Hallelujah Diet for four years and seen the following improvements in my health since adopting the diet: My skin looks much better and is now nice and smooth; at age 56 I still have **no wrinkles** and my previous **sinus problems are gone**; but the biggest change that has taken place since adopting The Hallelujah Diet is that my **Irritable Bowel Syndrome (IBS) is gone!**”

~ K.L., Columbus, Ohio

“The improvements in my health I have experienced since adopting the Hallelujah Diet include my eczema disappearing, **acid reflux is gone**, and so has a mucous problem I was previously experiencing!”

~ L.B., Brooklyn, New York



SUCCESS STORIES

Read more online:
www.hacres.com/testimonies



EVENTS at Hallelujah Acres



God's Way to Ultimate Health



Rev. Malkmus' famous, **FREE**, 2-hour seminar is coming to you — a different city on the first Saturday of each month!

- Hear the self-healing message that has saved thousands of lives
- Learn the biblically-based connection between diet and disease
- Gain the knowledge you need to change your health for life

LIMITED SEATING –
PRE-REGISTER NOW!
800.915.9355

Nov 3 - Charlotte, NC
Dec 1 - Jacksonville, FL
Jan 5 - Tampa, FL

HEALTH MINISTER TRAINING - LIVE!



**Sheraton
Charlotte Airport Hotel
Charlotte, NC**

- No Prerequisite Required
- Expanded Content
- Enhanced Class Participation
- Cutting Edge Science
- Professional Instructors

Nov 6-9 2012
Mar 5-8 2013

REGISTER TODAY!

www.hacres.com/education/hm-training
800.915.9355

HEALTH MINISTER TRAINING - ONLINE



- No travel required
- No prerequisite
- Starts 2nd Tuesday of each month

(see ad on page 8)

HALLELUJAH ACRES WILL BE CLOSED ON:
Nov. 22 (Thanksgiving) • Dec 25 (Christmas) • Jan 1 (New Year's)



800.915.9355 • 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** • 6:45 pm

November 9 - Sudbury, ON /

For location and venue call **866.478.2224** or visit www.hacres.ca

“LET’S GET STARTED” WORKSHOP!

Learn how to be disease-free for life! Enjoy a 3-course lunch and take home Judy's "Kitchen Manual" with over 130 vegetarian recipes. Plus, get an introduction to our Get Healthy program!

\$45 per person • 10:00 am to 3:00 pm

November 3 - Oshawa, ON / November 10 - Sudbury, ON



(registration required)

CELEBRATION FOODS

This annual event shows you new and tasty recipes for the upcoming holidays! Join this **FREE** class and stay for a buffet lunch afterwards for just \$10.

**Saturday,
November 24**

FREE Class:
11:00 am to 1:00 pm
\$10 Lunch:
1:00 pm to 2:00 pm

ONLINE PRODUCT ORDERING: www.hacres.com/store

Phone lines open (Eastern):

Mon-Thur, 10am - 6pm
Fri-Sat, 10am - 4pm

Toronto Office open:

Mon-Thur, 12noon - 5pm
Fri-Sat, 10am - 4pm

CLOSED Dec 23-25 (Christmas)
Dec 29 (inventory)
Dec 30-Jan 1 (New Year's)



2 Queen Elizabeth Blvd., Toronto, Ontario, M8Z 1L8
866.478.2224 or 416.201.9576
www.hacres.ca

We Juice Up Your Life

HALLELUJAH ACRES

Marketplace

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 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 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	\$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

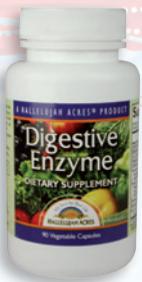
With **28 powerful herbs** to cleanse your colon, expel parasites, and ensure timely elimination of toxins, FiberCleanse prepares your body to embrace much-needed nutrients at the cellular level — and that helps regulate your blood sugar; enable your nervous, vascular, and lymphatic systems; boost your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

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	\$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

Shop for hundreds of other products in our **CATALOG** or order online at www.hacres.com/store





DIGESTIVE ENZYMES

Improves digestion and the absorption of nutrients from food.

SPNTN0447

\$24.95

CAN \$27.45



B12, B6, FOLIC ACID

Supports youthful energy, focus, memory, and stamina.

SPHLS0450

\$14.95

60 Veg Tabs
CAN \$16.45



WATERMAX

Replenishes minerals, alkalizes distilled water to a pH of 8 or higher, and improves hydration.

SPFLD0339

\$32.95

8 oz bottle
CAN \$36.25



B-FLAX-D

Promotes excellent bowel function and includes vitamins B12 and D3.

SPTRC0460

\$24.95

Powder
CAN \$27.45



BIO-CURCUMIN

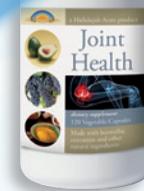
Antioxidant, anti-inflammatory, anti-bacterial, and protects the liver.

SPBNG0457

\$29.95

60 Veg Caps
CAN \$32.95

Contains BosPure®
Boswellia Extract



JOINT HEALTH

Relieves inflammation and rebuilds joint tissue and cartilage for improved mobility.

SPBNG0458

\$39.95

120 Caps
CAN \$43.95



SERRAPEPTASE

Enzymatic action reduces inflammation to help your body heal faster!

SPBNG0454

\$24.95

60 Veg Caps
CAN \$27.45



BALANCED WOMAN CREAM

Progesterone cream to balance female hormones naturally.

SPHMN0443

\$24.95

2 oz pump
CAN n/a

SAVE*
\$11 US / \$13 CAN



Hallelujah Acres MONTHLY SUPPORT KIT

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
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)	\$32.95	\$36.25



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	\$21.95	\$24.15



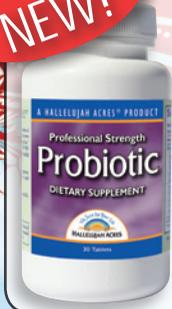
Order Online at www.hacres.com/store

ORDER NOW!

Call Toll Free U.S. 800.915.9355
Call Toll Free in Canada 866.478.2224



NEW!



PROFESSIONAL STRENGTH PROBIOTIC

Time-released probiotics that benefit your entire digestive tract, and no refrigeration needed!

\$29.95 SPNTN0458
30 tablets
CAN \$32.95

NEW!



DRY SKIN RELIEF Soap

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

Item #	Description	US	CAN
HBHHV0016	DRS Soap	\$5.95	\$6.55

FREE

NOV. & DEC. ONLY

HALLELUJAH ACRES NOURISHING SOAPS

Oatmeal & Honey / Lemon Poppyseed (2 bars)

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

Mention: HN74HNS

Offer expires December 31, 2012.

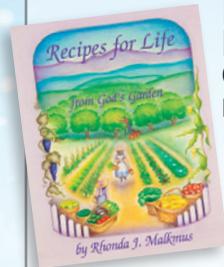
NEW!



CHILDREN'S PROBIOTIC

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

\$24.95 SPNTN0459
60 lozenges
CAN \$27.45



RECIPES FOR LIFE... FROM GOD'S GARDEN

More than 400 delicious recipes for The Hallelujah Diet.

BKHPL0203
\$24.95 344 Pages
CAN \$27.45

ORDER NOW!

Call Toll Free U.S.
800.915.9355

Call Toll Free in Canada
866.478.2224

Order Online at
www.hacres.com/store

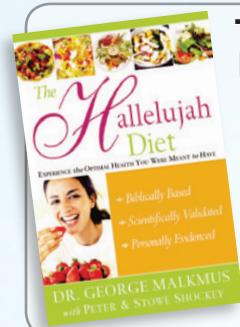
NEW!



ORAL HEALTH PROBIOTICS

Promotes good digestive bacteria where it starts - in the mouth! Chewable, no refrigeration needed.

\$24.95 SPNTT0461
60 lozenges
CAN \$27.45



THE HALLELUJAH DIET

Discover the benefits of healthy eating and a healthy lifestyle.

BKDSN0215
\$14.95 Book
CAN \$16.45



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

GET 10% OFF* every time!

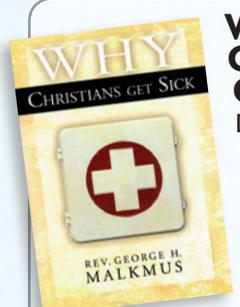
CALL US 800.915.9355
CAN 866.478.2224

Sign up for AutoShip NOW!
Retail customers only. Restrictions apply.

ANTIOXIDANTS

Fights the effects of free radicals and includes digestive enzymes.

SPNTN0455
\$29.95
CAN \$32.95



WHY CHRISTIANS GET SICK

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

BKDSN0201
\$13.95 159 Pages
CAN \$15.35

NEW!

PERFECT PICKLER

Gives a probiotic boost to your favorite raw veggies!

FDTHG0432 **\$19.95** pickling kit
CAN \$21.95



NEW!



Hallelujah Senior Kit

Helps seniors reduce inflammation, build healthy gut bacteria, and promote a healthy heart, bones, and red blood cells.

- BarleyMax • B-Flax-D • Vitamin D3
- Professional Strength Probiotics
- Hallelujah Acres Joint Health

*Save 10% off regular prices!

60 DAY SUPPLY

Item #	Description	US	CAN
KTHLH0893	w/BarleyMax Original	\$189.95	\$208.95
KTHLH0894	w/BarleyMax Berry	\$194.95	\$214.45
KTHLH0895	w/BarleyMax Mint	\$194.95	\$214.45
KTHLH0896	w/BarleyMax Alfalfa-free	\$194.95	\$214.45

* Compared to individual purchases.

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 December 31, 2012.

Keycode: HN74 Your Health Minister PIN# _____ Customer # _____

QTY.	ITEM #	ITEM NAME	PRICE EACH	TOTAL
Method of Payment <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			Sub-Total	
Card Number _____ Security Code _____ Card Exp. Date _____ Signature _____			Local State Tax (NC Residents Only)	
			Shipping (10% of Subtotal)	
			Handling	+ 1.00
			TOTAL	

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 - 6:00 pm Eastern
 Saturday 9:00 am - 4:00 pm Eastern



24 Hour Fax:
704.481.0345

CLOSED
 Nov 22
 Dec 25 Jan 1



Order Online:
www.hacres.com/store



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

Shipping & Handling Charges:

- \$7.00 for all orders under \$70.00.
- For orders over \$70.00 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

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 December 31, 2012.

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



Credit Card Orders Call:
866.478.2224

or **416.201.9576**
 Mon-Thurs, 10:00 am - 6:00 pm Eastern
 Fri-Sat, 10:00 am - 4:00 pm Eastern



24 Hour Fax:
416.201.3051

CLOSED
 Dec 23-25
 Dec 29 Jan 1



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: AOA)
 - 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



RETURN SERVICE REQUESTED

U.S.

P.O. Box 2388
Shelby, NC 28151

CANADA

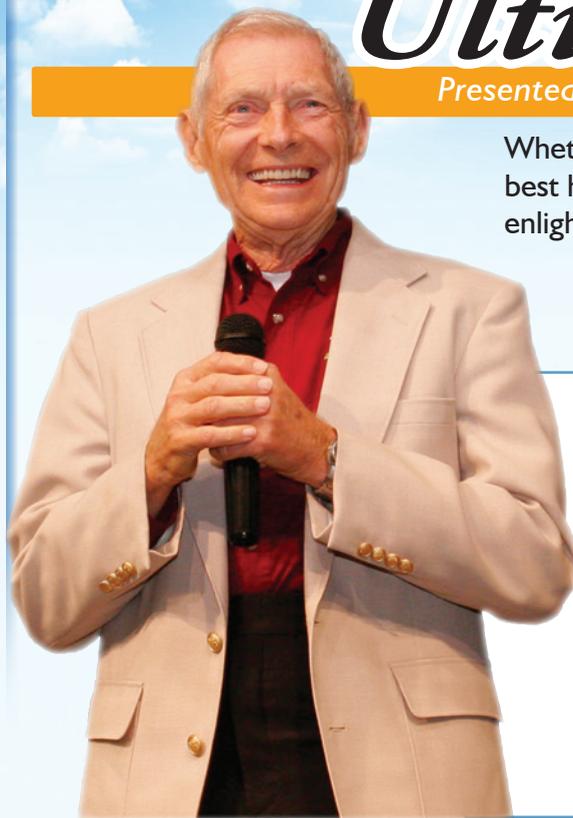
2 Queen Elizabeth Blvd.
Toronto, ON M8Z 1L8

Keycode: HN74

NEW!

God's Way to Ultimate Health

Presented by Rev. George Malkmus, Founder of Hallelujah Acres



Whether you're battling a life-threatening disease, or just want the best health of your life, Rev. Malkmus' **FREE 2-hour seminar** will enlighten you and inspire you to take that first step to self-healing!

Now appearing in a different city each month — bring a friend and change a life!

- Find out which foods are meant for human consumption according to the Bible
- Discover how the body uses these foods to stay healthy
- Learn the truth of how food choices can reverse disease
- Hear testimonies of healing from people who have adopted The Hallelujah Diet
- Get a **FREE** copy of our healthy living guide, *Living The Hallelujah Diet*.

DEC 1 JACKSONVILLE, FL

JAN 5 TAMPA, FL

FEB 2 ORLANDO, FL



LIMITED SEATING - PRE-REGISTER NOW! **800.915.9355**

*These **FREE** seminars replace the Saturday Seminar on-site at Hallelujah Acres.*



PRINTED IN USA.

Hallelujah Senior Kit



Reduces inflammation, builds healthy gut bacteria, and promotes a healthy heart, bones, and red blood cells.

- **BarleyMax**
(1 large - any flavor)
- **Professional Strength Probiotics**
(2 bottles)
- **B-Flax-D**
(2 bottles)
- **Hallelujah Acres Joint Health**
(1 bottle)
- **Vitamin D3**
(1 bottle)



www.hacres.com
800.915.9355 • 866.478.2224

Health News



SUBSCRIBE NOW!

\$80 in HA Dollars*

6 bi-monthly issues of Health News

FREE Product Catalog

FREE access to Health News online edition

GET ALL THIS FOR JUST \$24.95

Name _____

Address _____

City _____

State/Prov _____ Zip/PC _____

Country _____

Email _____

(receive our FREE e-newsletters)



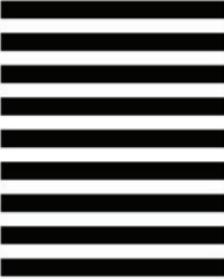
Please send my first issue right away and bill me later for just **\$24.95**

Please allow 4 to 6 weeks for delivery.

Health News subscriptions available only to residents of USA and Canada. Includes 6 issues mailed bi-monthly for 12 months. Value of printed edition membership: \$110.00. All prices in US currency. *HA Dollars will be distributed as promotional codes to be used \$20 at a time, 4 times per year. HA Dollars are redeemable for any regular-priced Hallelujah Acres merchandise purchase of \$100 or more. Not valid with any other offers or discounts. See www.hacres.com/magazine for details.



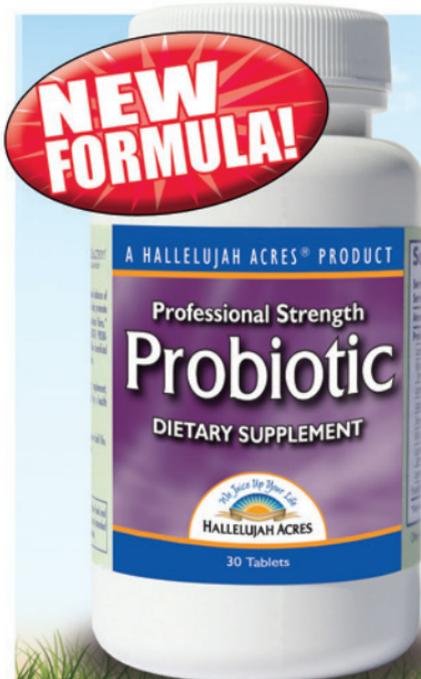
NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES



BUSINESS REPLY MAIL
FIRST-CLASS MAIL PERMIT NO. 70 SHELBY NC

POSTAGE WILL BE PAID BY ADDRESSEE

Health News
HALLELUJAH ACRES
PO BOX 2388
SHELBY NC 28151-9905



**GET MORE.
TAKE LESS.**

The improved formula in Hallelujah Acres **Professional Strength Probiotics** delivers more probiotics to your entire digestive tract, so you can **take less** and get **better results**.

**The most powerful
and effective probiotic
on the market!**

**ORDER NOW! www.hacres.com/store
800.915.9355 US • 866.478.2224 CAN**

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.