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HealthNews

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January | February 2013

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COUNTING
DOESN'T ADD UP**

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Your Vitality

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from the
Malkmus Family



Paul, Ann, Rhonda & George Malkmus

Dear Friend,

Are you revved up for the new year... or has your "get up and go" got up and left? Sometimes getting back on track after the holidays is as easy as sharing The Hallelujah Diet message of hope and healing with someone.

Sharing what you've learned about a plant-based diet helps to remember why you adopted it in the first place — and how great you felt as a result! Try it and you'll be amazed how easily you can overcome the post-holiday blues and get back to your healthy, youthful-feeling self.

We're trying new ways of sharing The Hallelujah Diet message ourselves! In this issue, we'll let you know what we're doing and give you the tools to do some sharing of your own.

Do you know anyone who relies on energy drinks? Dr. Michael Donaldson reveals some shocking research about why these drinks are dangerous concoctions. Or maybe you know a calorie counter; we have some information that you can pass along that will really simplify things. We also have exciting news about what we're doing with The Hallelujah Diet message around the world, great advice from Olin Idol, ND, CNC about senior health, and an article with some great reasons to get up and move while you're at work!

The season of giving may be over, but consider this the official start of the season of sharing - and start sharing the hope and healing message of The Hallelujah Diet!

Sincerely,
The Malkmus Family

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What's New @ HA



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- Exclusive wholesaler-only resources to help your business grow
- Commissions on qualified sales, leads, and referrals

For more information, contact Michael Johnson at (704) 406-1022 or mjohnson@hacres.com.

International Expansion

In 1998, Hallelujah Acres expanded into Canada and has been going strong ever since. In 2012, we launched Hallelujah Acres in Nigeria, with a bricks-and-mortar store and a brand new website. Plans are in the works to expand to Ghana, Kenya, and South Africa, too!

And now, we've set our sights on the Far East! Translation is underway to bring "Health News" magazine, the Hallelujah Acres website, Rev. Malkmus' Health Tips, books, and more to Hong Kong and China. Plus, plans are being developed to expand into other Asian countries, including Taiwan, Singapore, and Malaysia! The Hallelujah Acres message of hope and healing is truly being heard around the world! See the article on pages 11-12.

NEW

NEW! Getting Started On The Hallelujah Diet

You've heard the message of The Hallelujah Diet — where do you go from here? Paul and Ann Malkmus's brand new DVD, *Getting Started On The Hallelujah Diet*, shows you what to do!

Combining humor, research, and food prep, Paul and Ann show you how easy it is to get tasty, healthy food into your busy lifestyle, how to eat healthy when traveling, how to save time and money, and even tips for dining out! See the ad on page 9.



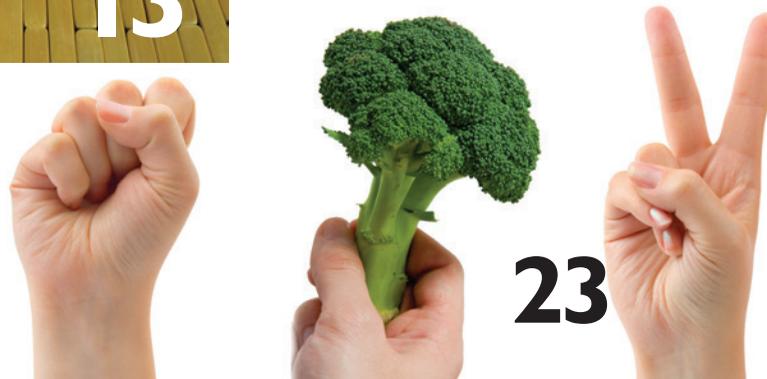
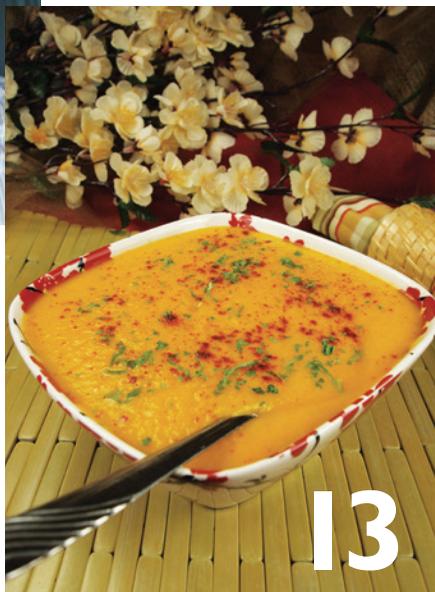
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with purchase of \$150 (in Canada \$165) or more.
See page 30 for details.

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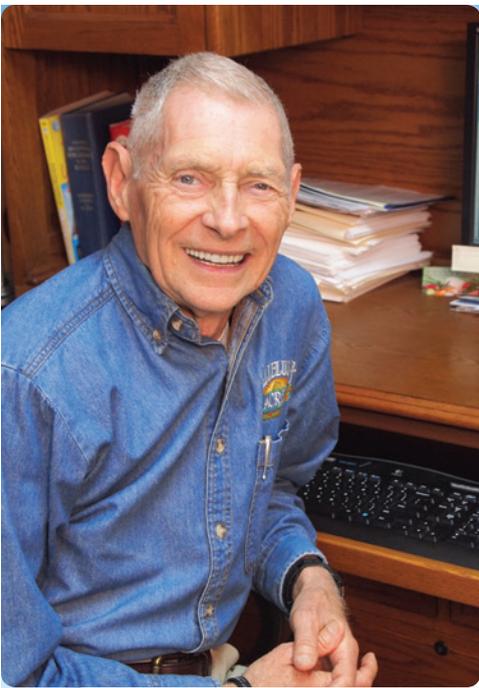
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Hallelujah Acres® is a mission-based, non-denominational Christian organization that provides education, products, services, and other resources to help people everywhere understand and practice God's way to ultimate health. We hope that you will find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



George Malkmus'
Hallelujah Health Tip

America's Most Dangerous Export

By Rev. George Malkmus, LitD

The Standard American Diet (SAD) — the diet most Christians consume each and every day of their lives — has become much more than an American phenomenon; it is now, quite literally, “The World’s Diet.” In fact, this SAD diet is basically the same diet consumed in most western nations and many non-western nations today. This is why there is little difference in the health of the people who eat the world’s way no matter what country they live in.

In 2011, an international healthcare company called Bupa conducted a survey to discover what people around the world thought about their own health.¹ The study surveyed over 13,000 people from Australia, Brazil, China, Hong Kong, India, Mexico, New Zealand, Saudi Arabia, Spain, Thailand, the United Kingdom, and the United States. More than a third of all respondents (38%) indicated that they were suffering from one or more chronic, physical problems, including heart disease, depression, asthma, and others — all of which have a diet-related cause!¹

The data from India was particularly concerning to me because I associated that country with its historical roots in vegetarianism. And yet, 40% of the people surveyed in India were classified as unhealthy and 10% were technically obese! When is the last time you heard of an obesity problem in India?

My friend, this survey proves the point that no matter where you live, nothing is of greater importance to your health than diet. Clearly, the traditional, health-promoting diets in these countries have been abandoned just as they have been here at home! But the good news is that the solution is just as universal. God’s original Genesis 1:29 diet of raw, plant-based foods feeds the body what it needs to restore health. If you are a human being, then God’s Genesis 1:29 diet is for you, because that’s the diet God gave to Adam and his descendants, including you and me.

A primarily raw, 100% plant-based diet is what I have been practicing for the past 37 years and what Hallelujah Acres has been promoting for more than 20 years. And I’m not the only one who has experienced a reversal of physical problems by doing so. We’ve received thousands of testimonies from people who have restored their health by abandoning the world’s way and embracing God’s way to ultimate health through The Hallelujah Diet, based on Genesis 1:29.

But the world’s “standard American health problems” won’t go away with diet alone. If we want to have a strong immune system, we need to make sure that we exercise our body on a daily basis. In fact, without regular exercise, the immune system will suffer greatly. It is second only to diet in importance to our health. Again, in India, the Bupa survey showed that more than 57% of people in that country did less than 2 hours of exercise a week — and diabetes and heart disease are becoming major concerns because of this fact! Interestingly,

the excuses for not exercising are much the same as in America; 61% said that work commitments were to blame.

India and many other countries are just beginning to experience what we have been suffering for years: A diet that promotes disease and misguided priorities that exacerbate the diet’s negative effects. Have we not learned our lesson yet? Isn’t it about time that we, especially in the Christian community, stop submitting ourselves to the world’s diet and return to God’s original diet?

Just think of the wonderful outcome; if every Christian returned to God’s original instruction for our health and nourishment, we could almost totally eliminate prayers for physical healing of disease within the church! We could instead devote those prayers to saving the lost. And all the money saved trying to recover from these diseases could provide more money to support missions, to not only spread the spiritual message of salvation, but the health message of God’s original diet to a sick and dying world. ☀

References: 1. <http://www.globalsurance.com/blog/bupainternational-healthcare-survey-409620.html>

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Sign up for Rev. Malkmus’ Hallelujah Health Tip to get weekly emails packed with health information, events at Hallelujah Acres, and recipes!
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ENERGY CRISIS

Boost your vitality naturally

By Michael Donaldson, PhD



ENERGY. Biological fortitude. Endurance for another task. Emotional poise. Fast recovery from over-exertion and acute injuries. Energy to keep going, day after day, month after month, year in, year out.

Could you use more energy?

I have some good news and some bad news. The good news is that most of us are not running our biological equipment at its optimal set point. Translation? We don't give our bodies exactly what they need, when they need it, to perform their best. "Why is this good news?" you ask. Because it means there is room for improvement! There is some hope for better performance.

Like a finely-tuned racing car that squeezes all the possible horsepower and torque out of a gallon of fuel, our bodies can perform at a much higher level when they are finely tuned and receiving all of the necessary inputs.

Some of our bodies are more like that old clunker that burns oil and antifreeze, barely starts in the summer, is hopeless to start in the winter, has too many dings, dents, and scrapes to count, and has paper-thin rust for a hapless shell. We are a long cry

from the sports car that can go 0-60 mph in under 3 seconds. But just like there are different vehicles for different purposes, we don't all have to be Olympic athletes. Still, the good news is there's room for improvement.

There are, however, no one-size-fits-all solutions. Just like cars, every person is different. Each of us has a limiting factor as to how fast or efficient the process of improving our energy can be. Now, the limiting factor can be removed, but identifying it is the problem. You see, your limiting factor is not the same as mine, which is not the same as other people's. There are many similarities, but in our unique genetic makeups and our unique life situations, each person must examine his or her own limitations to determine the main factors that need tweaking to improve energy. When you boil it all down, this means that everyone is going to have

something different that works for them. So what are the options?

There is a huge market for energy supplements, energy drinks, energy pills, energy tips and tricks. But what is going to work for you?

In my experience, there is one supplement that has provided consistently great results when it comes to maintaining my energy levels: Vitamin B12.

I take vitamin B12 to make sure I get an adequate supply of this essential vitamin. It is necessary for formation of red blood



cells, for nerve and brain health, and for replication of DNA and RNA. In our family, we all take sublingual B12 once a week and we have a multivitamin that has B12 in it as well. If I have gone several months just taking this amount and then take an extra B12 one night, I notice a big shift in morning energy. I've done this a few times over the last few years and have consistently noticed an immediate impact.

How about BarleyMax? Many people report greater energy when they use it regularly.

B12 has a reputation as an energy and focus vitamin. It has helped many senior adults, especially as their absorption of B12 from foods declines. It is a boon to many autistic children, with therapists noticing dramatic improvements on days when the autistic child gets his B12 shot.

How does it accomplish this boost in energy? Most likely through its role in methylation and the folate-methionine cycle. This can get really technical, but the main thing to know is that without B12, methyl group donors (CH₃ moieties) can't be generated. And methylation is related to everything—inflammation, detoxification, energy production, mood, gene transcription, and much more. Ever heard of SAMe (s-adenosyl methionine)? This is the main compound generated in the methionine cycle. It is a methyl donor for a slew of reactions. Some common nutrients that rely on methyl

group donation from SAMe are creatine, carnitine, CoQ10, myelin (the sheath that insulates your nerves), choline, acetylcholine, dopamine, nor-epinephrine, melatonin, serotonin, and glutathione.

There are some common genetic, single point mutations (SNPs) in the folic acid and methionine pathways that make it harder for some people to make active folate and produce the methyl donor SAMe. But what works for one person won't always work for the next one.

There are other energy supplements that work by different pathways, like MegaH, a form of silica hydride that supplies negative hydrogen ions. It is quite a bit different from

the whole methylation process. Not only is MegaH an antioxidant, it essentially works like a "biochemical fuel cell"—in other words, it's a direct infusion of hydrogen power into your body.¹ For some people, this could remove a limiting factor for energy production, in a very noticeable way.

Another consideration for energy is BarleyMax. I drink BarleyMax because I want the healing benefits of the grass juice factor (cereal grasses provide unique growth factors that aren't found abundantly in other foods). I take it for long-term health, but some people experience an immediate improvement in mood and energy from it. The benefits most likely come from BarleyMax's easily assimilated, broad spectrum of nutrients. There are a multitude of health promoting nutrients in BarleyMax, and the balance seems to remove many people's limiting factors for energy production in their bodies.

What about energy drinks? These are not safe foods nor should they be considered dietary supplements; they need to be used with extreme caution.

Unfortunately, many people don't try things like BarleyMax first; they're drawn to unhealthy alternatives like energy drinks.

The way so-called energy drinks work is with a combination of niacin and caffeine. The niacin opens up the blood vessels and drives the caffeine deep into the cells of the

body, sometimes with catastrophic results. Five people have, in fact, died shortly after drinking Monster® energy drinks over the last 8 years and there were over 13,000 hospital visits in 2009 related to drinking these caffeine-laced energy drinks.² That isn't my idea of boosting energy levels. These do not work with compounds naturally found in the body and can easily overload susceptible people. Again, not everyone has issues with them, but some people die from these drinks. There are better ways to get more energy.

So, what is your limiting factor? Have you figured it out? It is worth some experimenting with B12 and BarleyMax and safe nutritional supplements (not energy drinks) to see if they improve your energy levels. Of course, if you are not following The Hallelujah Diet, or not even close, you will find many improvements from changing your diet that you can't get in any supplement. Whether you want to live life as a clunker or that highly tuned racing car, the choice is yours. 🌅

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 ~ Princeton F., Illinois



“In one day (after adopting The Hallelujah Diet), I went from 5 shots of insulin a day and sometimes more, down to one shot a day. That one shot per day has since decreased from 40 units down to 12 units. HALLELUJAH! Other benefits resulting from this diet change include a 20-pound drop in weight and an **energy increase like nothing I had previously experienced.**”
 ~ Michelle, Canton, Ohio

SUCCESS STORIES

Read more online: www.hacres.com/testimonies



Success Stories

“A missionary friend of mine that lives in **Japan** told me about Rev. Malkmus’ book ‘God’s Way to Ultimate Health.’ It is now three months since I went on The Hallelujah Diet and I wish to testify that I feel so good! My blood pressure has come down from 140/90 to 120/80, and I have already been able to cut my blood pressure medicine by 80%. In just three months on The Hallelujah Diet, my asthma has become so much better that I can now jog on the treadmill without having to use my inhaler. I wish to one day become a Health Minister here in **South Africa.**”

~ Andre, Pretoria, South Africa



“I had a lady come to see me yesterday. She told me she was from **Nigeria** and that she had had cancer, but she went on The Hallelujah Diet and cancer was totally gone. Everyone keeps telling her it’s a miracle. She found my name and phone number from your website. I have people ringing me every week after visiting your site and are pleased to find someone **here in the UK** where they can get your products from.” ~ Eric B., London, England

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“I just got back from **Kenya** where my Health Ministry is growing so fast that I am overwhelmed. The most encouraging thing is that many people in Kenya are now familiar with The Hallelujah Diet and it’s easy for me to talk about it. The testimonies of those who have been on The Hallelujah Diet are so many I cannot share them all. Many, many people in **Africa** are now interested in learning more about The Hallelujah Diet. And we have so many inquiries now coming from the neighboring African countries wanting to know where they can get more information. I have seen my Health Ministry grow so rapidly in a very short time. The work is great and I believe the sky is not even the limit. I am also encouraged by the many testimonies that keep coming. Just this morning I received four more, telling of healing of lupus, leukemia, goiter and diabetes after they had adopted The Hallelujah Diet.”

~ Ester K., Kenya

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Healthy Answers for a DECEIVED WORLD

By Paul and Ann Malkmus



Like a surreal flashback to the 1950s, American marketing overseas is claiming that fast food is healthy — and people believe it.

Last year, National Public Radio (NPR) revealed that Chinese consumers put more trust in American fast food chains than their own food vendors. Thanks to bright, healthy looking marketing images, American fast food, ironically, has become a heroic archetype of fresh and (more importantly) safe food, which is lacking in modern Chinese society.

Along with so-called progress in China comes an increasing list of food source concerns. The NPR article noted the memorable scandal of finding melamine in milk and claimed that Chinese fast food vendors prepare foods in secondhand cooking oil “from the sewers.” With concerns like this on their minds, it’s no wonder the Chinese are attracted to the clean, fresh-looking, American fast food images. But as anyone in the U.S. who is interested in healthy food knows, the appearance of health in fast food marketing is deceiving.

For example, we in the U.S. and Canada already know that the primary cause of our countries’ killer diseases (cancer, heart disease, diabetes, etc.) is food choice, and especially fast food; but in nations where a taste for Western food has only recently developed, they’re just discovering this fact the hard way.

Recent findings from a health study of people living in Singapore confirm that people who eat American-style fast food more than two times a week are subject to an “increased risk (27%) of developing type 2 diabetes ... and dying (56%) of coronary heart disease” compared to those who abstain from it. Worse yet, those who ate this junk four or more times a week had an 80% increased risk of cardiac death.¹

“With globalization,” the researchers said, “This way of eating is becoming more common in developing and recently developed populations.”

Meanwhile, in places like Nigeria, they’re creating their own versions of Western-style fast food, selling fried rice, jollof rice (a local favorite), chicken, meat pies, doughnuts, and hamburgers. In fact, one man interviewed for a recent report referred to being seen at a fast food restaurant as “a fashion statement,” due to a combination of the country’s modest incomes and because Western fast food is still a novelty in Nigeria.²

Pastor Gloria Emmanuel, a Hallelujah Acres Health Minister in Jos, Nigeria, can attest to the problem in her country. In fact, she has felt the effects of a Western diet on her own health.

“Western food is the problem in Nigeria, just as it is in America,” she confirms. “And that’s exactly what I was eating. For a time, I was living in England and I did not eat a traditional diet like I did back in Nigeria. But I thought that I was living the good life; I did not want to deprive myself of enjoying it. But I paid for it by getting cancer.”

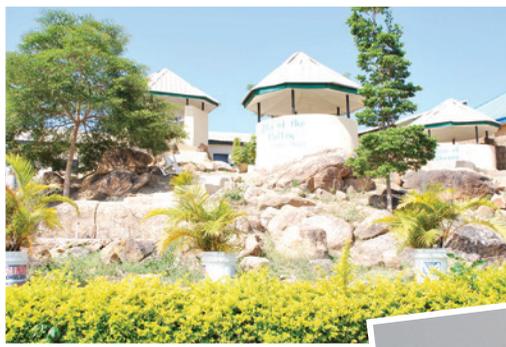
In 2000, Pastor Gloria was diagnosed with breast cancer in a London hospital and was given a few months to live. But she told the doctor, “I will not die. I will live.” She didn’t know how she would be healed; she just knew that the Lord would take care of her, somehow. When she returned to Nigeria, her pastor gave her a copy of Rev. Malkmus’ book, “God’s Way To Ultimate Health.”

“That book was confirmation that I needed to go on The Hallelujah Diet, that is, eating God’s way,” she says. “You see, I was praying the Word of God and believing that He would show me what to do to be healed. I needed Him in my time of pain and He answered me. He reminded me of a vision I had weeks before my diagnosis; it was a vision of fruits and veggies on my right and junk food on my left. I was commanded to choose the fruits and veggies. Being reminded of that vision motivated me to do whatever Rev. Malkmus’ book said to do. After 6 months on The Hallelujah Diet, I was completely healed.”

During her healing, Pastor Gloria wrote a book about the experience. People began reading her book and calling her for advice. She would invite them to her home to explain The Hallelujah Diet, often in groups of eight or nine at a time. After ministering this way for a while, the Lord led her to purchase a piece of land in a serene and quiet place in Jos, Nigeria. Here, she established the Shekinah Wellness and Fitness Center. At the Center, she



Above: The fitness room at the Shekinah Wellness & Fitness Center.



Left: Shekinah Wellness & Fitness Center



teaches The Hallelujah Diet and Lifestyle with a fitness gym, aerobics, salad and juice bar, and other facilities to help her clients achieve wellness. Now, six years later, the facility is much larger, having recently added more rooms to accommodate up to 10 people at a time for three-day and seven-day stays.

“The rates of cancer in my country have become alarming,” she says. “It’s the same as in America — everyone is sick! Every day in Nigeria I get at least four or five phone calls from people who have breast cancer; that is the most common type of cancer. Prostate and colon cancer are common with the men. In fact, colon cancer is really bad; it’s plaguing our nation right now. So, I have resolved to preach the Hallelujah message for as long as I can to my church, to other local churches, and to everywhere else that I am invited, which has been most parts of Nigeria.”

Pastor Gloria doubts that Nigerians would be having the health concerns that they have now if they had continued eating locally farmed food.

“The Hallelujah Diet comes straight from the Word of God,” she asserts. “And that’s why it works in every part of the world. It is the diet that The Creator has given to us, so it doesn’t matter whether you are black or white, no matter where you live. The same diet is applicable to all of us. If it can work in Nigeria for me, it can work anywhere in the world because the dietary principles are the same. If you eat healthy,

you will be healthy. If you put junk into your body, you will have

a miserable life. Anyone can adapt The Hallelujah Diet to their own circumstances. You just have to figure out which foods suit The Hallelujah Diet in your own country. If you can do that, I am sure it will work for anyone.”

Perhaps more urgently than any time in history, the life-saving message of The Hallelujah Diet needs to be spread worldwide. And in awe-inspiring fashion, as only God could orchestrate, opportunities to do so are happening right now.

In 2012, Hallelujah Acres launched Health Minister Training Online, enabling virtually anyone in the world to become a Hallelujah Acres Health Minister (like Pastor Gloria) without having to travel for training. More recently, God has unexpectedly opened the doors for Hallelujah Acres to establish a presence in Africa.

We (Paul and Ann) are currently in Africa conducting Health Minister Training sessions and establishing retail outlets so that Hallelujah Acres information and products can be available to the local population. We’re finding an especially eager population in Africa. People here have had enough of sickness and disease; they’re passionate and motivated to turn their health around with the simple, Biblical model of The Hallelujah Diet.



Pastor Gloria Emmanuel

And Africa is just the beginning! We have also been asked to bring Hallelujah Acres infrastructure to Hong Kong, China, and Taiwan in 2013 and even Australia in the near future. As more countries flirt with the dangers of the Standard American Diet, we’re trusting God that He will lead us to help those who want to escape its consequences and adopt His original, self-healing diet for mankind.

Hallelujah Acres asks that you pray for Paul and Ann’s safety as they bring the message of The Hallelujah Diet to Africa and beyond. If you would like to invite Paul and Ann to your area, please call Hallelujah Acres at 800.915.9355 or email custserv@hacres.com.

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THE NIGERIAN CONNECTION

Read the full interview with Pastor Gloria Emmanuel.

www.HAhealthnews.com



REFERENCES: Odegaard AO, Koh WP, Yuan JM, Gross MD, Pereira MA. Western-style fast food intake and cardiometabolic risk in an Eastern country. *Circulation*. 2012 Jul 10;126(2):182-8. 2. <http://digitaljournal.com/article/313934>

RESOLVE TO EAT RIGHT!

New Recipes for a New You.



Falafel Patties

From *Everyday Wholesome Soup* by Kim Wilson

Falafel street vendors are just as common in Israel as hot dog stands are in New York City.

Ingredients

- 1 onion, quartered
- 3 garlic cloves
- 2 cans of chickpeas, drained*
- 2 Tbsp tahini
- 1 Tbsp lemon juice
- 1 Tbsp extra virgin olive oil
- 1 tsp ground coriander
- 1/2 tsp ground cumin
- 1/2 tsp unrefined sea salt
- 2 Tbsp dried parsley (or 1/4 cup fresh)
- 2 to 3 Tbsp flour**
- Pinch cayenne

Directions

1. Process onion and garlic in a food processor until well chopped.
2. Add the rest of the ingredients and process until well-mixed and fairly well-chopped (not pureed).
3. Scoop and pat into patties on a baking sheet, then bake at 400 degrees for 30 to 35 minutes (flip after about 20 min.) or sauté in a skillet for about five minutes per side.

*or 3 cups cooked chickpeas

**light buckwheat, sorghum, oat, whole wheat, spelt



Ingredients

- 2 Tbsp extra virgin olive oil
- 1 onion chopped
- 2 cloves garlic, crushed
- 3 sweet potatoes, diced
- 3 carrots, sliced
- 4 cups water
- 1-2 tsp curry powder
- 1 tsp ground coriander
- 1/2 tsp ground cumin
- 1/2 tsp ground ginger
- 1 tsp unrefined sea salt
- 1 cup coconut milk*
- Opt: 1 apple, sliced
- Opt: 1 parsnip, sliced

Curried Sweet Potato Soup

From *Everyday Wholesome Soup* by Kim Wilson

Directions

1. Sauté onions in oil until tender and then add garlic for just a minute.
 2. Add the rest of the ingredients, bring to a boil and then simmer for about half an hour.
 3. Puree when done.
- *or non-dairy milk.



Sun-Dried Tomato Crackers

Serves 12 to 14, From *Rhonda's Culinary Creations*

Ingredients

- 3 cups walnuts, soaked overnight and drained
- 5 cups zucchini, diced
- 1 cup sun-dried tomatoes, soaked 2 hours
- 3/4 cup hemp seeds, ground
- 1/3 cup Meyer lemon juice, freshly extracted
- 2 cups pecans, soaked overnight and drained
- 1 red bell pepper, quartered, seeded
- 1/2 cup flaxseeds, ground
- 1/3 cup nutritional yeast
- 2 tsp unrefined sea salt
- 1/2 cup distilled water

Directions

1. Place walnuts and pecans in a food processor with an S-blade and process to a fine texture. Place in a large bowl and set aside.
2. Put the zucchini, tomatoes, and red pepper in food processor with the S-blade and pulverize to a pulp.
3. Combine zucchini mixture and nuts in a bowl.
4. Add flaxseeds, hemp seeds, lemon juice, yeast, and salt and stir to combine.
5. Slowly add distilled water until a sticky dough forms.
6. Using a spatula, spread the dough thinly (about 1/8-inch) onto a dehydrator tray lined with a Teflex sheet and dehydrate at 105°F for about 6 hours. Remove tray from dehydrator.
7. With a plastic knife or the dull edge of a knife, gently score dough into squares (a sharp knife will damage the Teflex sheet).
8. Return to dehydrator and continue to dry for an additional 6 hours.
9. Remove from dehydrator and place a second tray, with a screen in place, on top. Gripping the sides securely, flip the crackers onto the screen. Gently remove the solid sheet.
10. Break crackers where scored and return to the dehydrator and dry until crisp, about 14 hours. Crackers may be stored in an airtight container for 1 to 2 weeks.

Raw Granola

Yield: 3 cups, From Rhonda's Culinary Creations

Ingredients

1/2 cup buckwheat, soaked overnight, drained and dehydrated 24 hours
1/2 cup almonds, soaked overnight, drained, dehydrated 24 hours and chopped
1/2 cup oat groats, soaked overnight, drained and dehydrated 24 hours
2 Tbsp flaxseeds, ground
1/3 cup sunflower seeds
1/3 cup pumpkin seeds
1/3 cup organic raisins, Medjool dates, cranberries, and/or cherries
1/3 cup unsweetened coconut, dried and shredded
1/3 cup maple syrup or raw, unfiltered honey
1/4 cup coconut or flax oil
2 Tbsp distilled water
1 tsp ground cinnamon
Dash of ground nutmeg
Dash of unrefined sea salt

Directions

1. Mix dry ingredients together in a large bowl.
2. Whisk the maple syrup or honey, oil, water, cinnamon, nutmeg, and sea salt.
3. Pour over dry ingredients and mix well with your hands.
4. For a sweeter granola, add another Tbsp of maple syrup, honey, or a pinch of pure stevia; the amount listed is intended only to add gentle sweetness and to bind the granola together.
5. Dehydrate at 115°F for 10 to 12 hours or until granola is sticky but adhering firmly.
6. Refrigerate until ready to use, to help maintain crunch and texture!

Option: Serve with Hemp Milk or Almond Milk



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Don't Just Remove... Replace!

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

Why is plant-based food best?

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

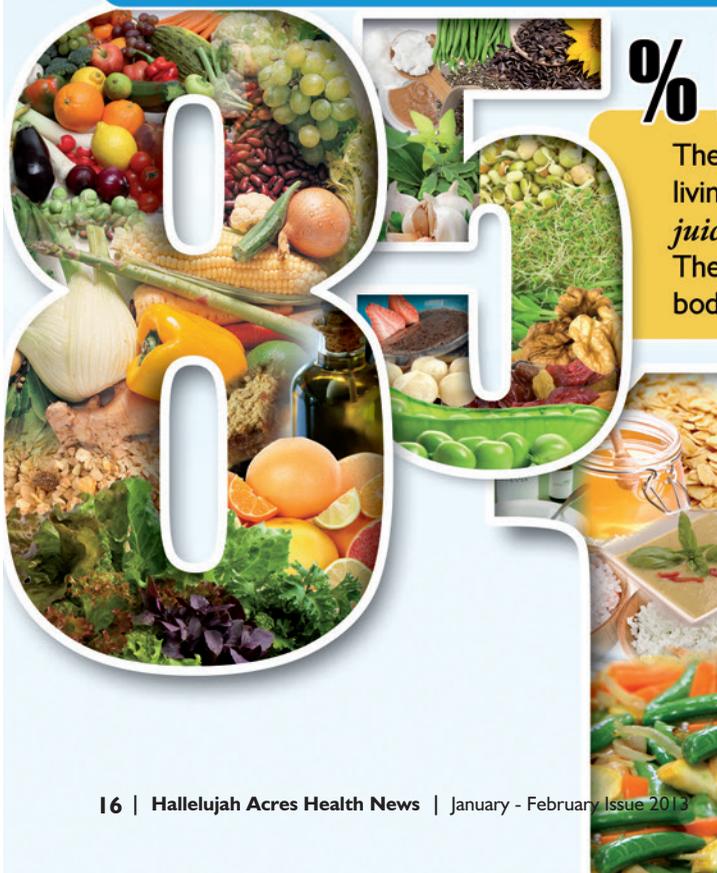
The Hallelujah Diet Recommends:

% Raw Food

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

% Cooked Food

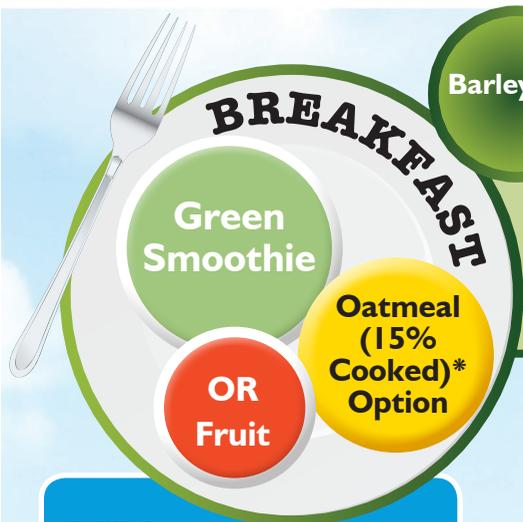
The remaining 15% portion on The Hallelujah Diet consists of cooked, plant-based foods. These foods, eaten after filling up on raw foods, help to curb rapid detoxification, maintain healthy body weight, and can even supply greater concentration of certain nutrients than raw foods. They also satisfy the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

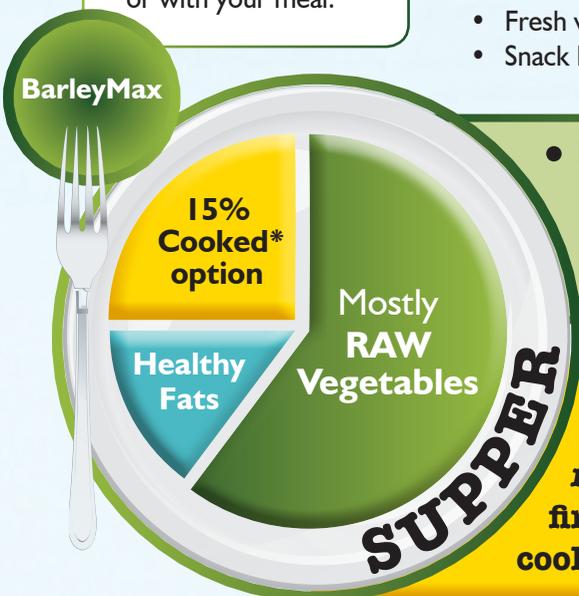
- Try to keep lunch as raw as possible.
- Eat a vegetable salad, blended salad (salad smoothie), green smoothie, Hallelujah Acres Survival Bar, pita pocket with veggies, etc.



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)

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www.hadiet.com/recovery

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Success Stories

"I am most grateful to Hallelujah Acres for improving my quality of life 10-fold if not 100-fold. Because of the Hallelujah Diet I no longer have bouts of **asthma** which were costing me \$150 a month in co-pay prescription costs and I wasn't getting any better." ~ Ken



"I have been following The Hallelujah Diet for the past eight years and have the most **fantastic health** to show for it." ~ Patricia B.

"In 1993 I had been diagnosed with **bipolar disorder** and was taking lithium. There was a homeopathic doctor speaking about natural healing at our local library. I attended, bought a Champion Juicer, started juicing, and saw my bipolar disorder simply go away. Since adopting The Hallelujah Diet, I have gone from a size 16 to a size 12. I now look and feel so much younger and am enjoying all the nice comments I am getting from others."

~ Lorraine

"In 2004 my son was diagnosed as **ADHD**. Not knowing what to do to help him we turned to and trusted our medical doctor. The drugs the doctor prescribed for my son caused him to slowly become angry and depressed, with a flat personality. He also began to get into trouble at school as well as at home. Then in August 2007, while in a local Christian bookstore, I spotted a book titled 'Stop ADHD in 18 Days.' The book said a change in diet could help my son. This was the first sign that God was answering my prayers for my son's healing. Finally, God led us to The Hallelujah Diet, and my doctor encouraged us to adopt it. In January 2008, The Hallelujah Diet became our family's diet. To make a long story short, my son is now drug free. He isn't totally healed as of yet, but he is so much healthier and happier. Concerning my own health, prior to adopting The Hallelujah Diet, I suffered with high blood pressure, high cholesterol, and swollen lymph glands. As a result of making the diet change, I have been able to go off all my medications and my swollen lymph glands have disappeared. Hallelujah!"

~ Kyle, Reynoldsburg, Ohio.

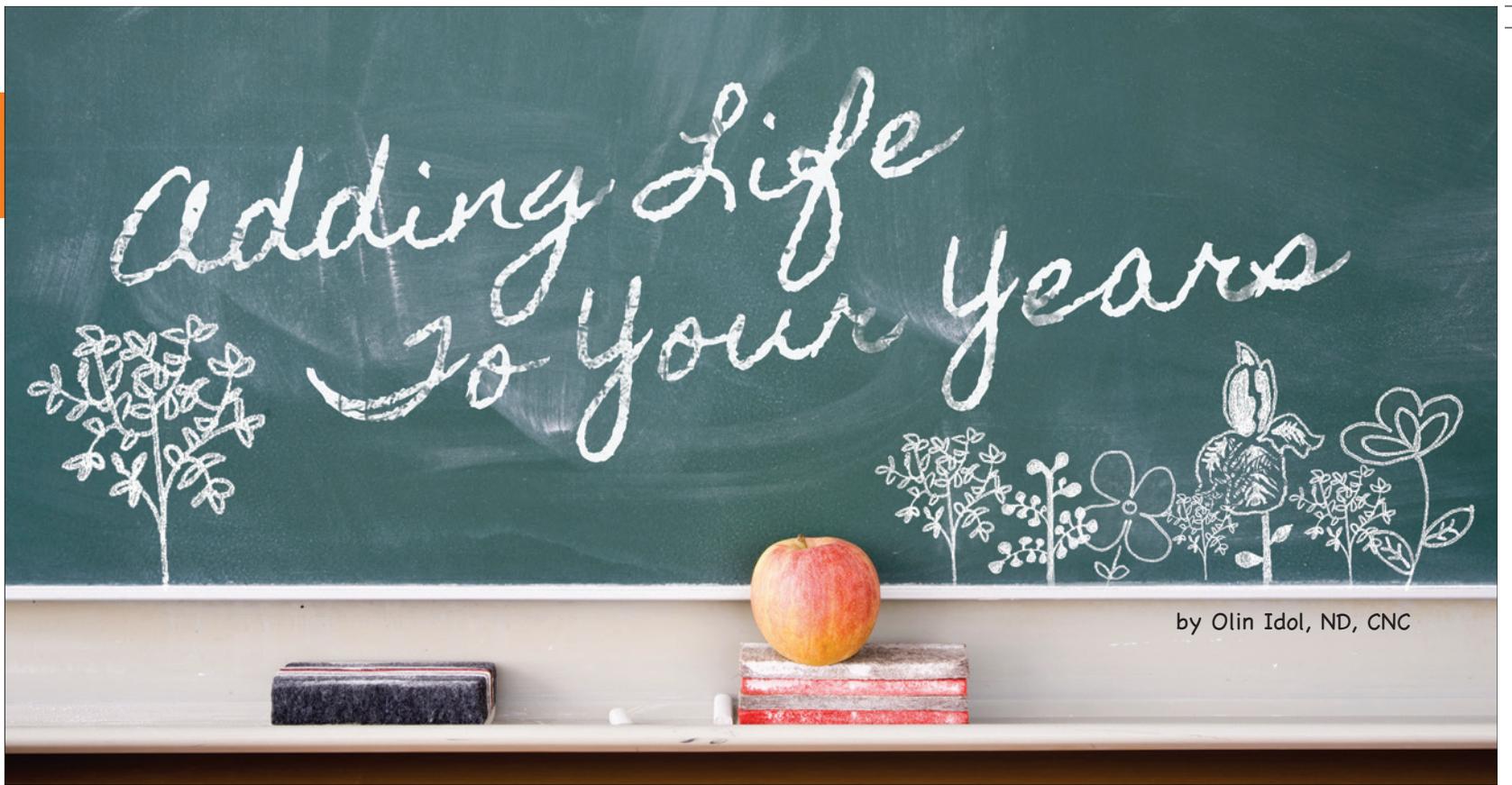


SUCCESS STORIES

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by Olin Idol, ND, CNC

A diet and lifestyle that promotes long term health and wellness is foreign to most people; the role of nutrition in maintaining health is rarely ever considered. But if our foods are so bad, why are we living longer today than 50 years ago?

We may be living longer lives, but we are not living healthier. Nursing homes are overflowing with elderly people who are simply surviving with no ability to care for themselves or to enjoy life. I for one do not want to add years to my life if I cannot add life to those years.

Obviously, the younger you are when introduced to the benefits of The Hallelujah Diet, the better — but what about those who are middle age and older before they discover it? Most people who grow up eating the Standard American Diet (SAD) begin experiencing health challenges by middle age, if not sooner. While medical intervention over the past 30 years has increased the number of people surviving heart attacks and strokes, the underlying cause has not been addressed. Russell Blaylock, M.D. observes, "...over the past 10 years congestive heart disease has increased almost 600%. But, we can keep patients alive, often just barely, by using powerful drugs that force the diseased heart muscle to keep pumping."¹

Isn't there a better way?

God's greatest creation is the human body. He has programmed self-healing within each body that will keep it thriving and in superior health if we provide conditions that support healing rather than impede it. In His infinite wisdom, He provided a whole food, plant-based diet to nourish the human body (Genesis 1:29).

The idea that diet and lifestyle can play a vital role in helping the body reverse physical challenges is foreign to most people. In general, most people have the medical mentality of "let's deal with the symptoms I am experiencing so I can get some quick results." Going to the doctor and getting a pill or vaccine may offer quick relief from the symptoms but does nothing to correct the underlying problem. But can we have the best of both worlds? Can we support the body's innate self-healing with a diet and lifestyle change and experience quick results?

While a whole foods, plant-based diet is fundamental, it takes time for the body to break down the cell structures of the plants and to assimilate the nutrients efficiently and in sufficient quantities to promote healing at the cellular level. Not to mention, most of our foods are grown commercially, even the organic ones, and are lacking in nutrients that those same foods contained just a few decades ago.

We must realize that if we have not been introduced to the nutritional concepts of The Hallelujah Diet until middle age or our senior years, damage to the body from decades of dietary and lifestyle abuse will take time to reverse. This usually requires some help in the form of whole food concentrates and supplements. These modern developments help us deal with the modern world; it's a sort of fight-fire-with-fire approach that supports the body's self-healing and overall health.



OVERCOMING BREAKDOWN

Juicing is a prime example of a homemade, whole food concentrate that makes food more efficient. H.E. Kirschner, M.D., in his book, *Live Food Juices*, tells us that, in the form of vegetable juices, we assimilate up to 92% of the nutrients - as compared to as little as 1%, and never more than 35%, when we eat the whole vegetable!

Properly processed cereal grasses, such as barley grass, provide some yet unidentified nutritional factors that, since the 1930s, have come to be known as the “grass juice factor.” In his book, *Cereal Grass Nature’s Greatest Health Gift*, author Ronald Seibold tells us that “To this day, the “Grass Juice Factor” in young green plants, required for life and health in guinea pigs, has still not been identified as any of the known nutrients.”

Assimilation is the key here. When cereal grasses are juiced, all of the vitamins, minerals, and trace elements in the grass (nutrients that are often missing or deficient in our foods today) are made

readily available to the body without the impediment of fiber. By supplying them to the body in this manner, the body uses minimal energy to absorb the nutrients and gets maximum benefit from them - benefits that are mysteriously marked and wide-ranging. People who have added green juice to their diet have reported health benefits including everything from increased energy to more focused thought, better circulation, and improved moods. Indeed, God’s foods, as provided in nature, are a storehouse of nutrients that are vital to each cell in the human body.

PROBIOTICS FOR A HEALTHY COLON

Though the human body is made up of somewhere between 75 trillion and 100 trillion cells, there are 10 times as many microbes! This amounts to approximately 3.5 pounds of microbes in your gut. Some

80% of this colony of organisms should consist of friendly bacteria while the remaining 20% are potentially pathogenic. The predominance of friendly microbes creates an environment that makes it almost impossible for the pathogenic organisms to take over and create problems. Thus, it is vital that we culture an environment in the gastrointestinal tract that supports the proliferation of these vital microbes.

Furthermore, few people realize that about 85% of the immune system resides in the gut wall; knowing this, it’s easy to see why a colon environment dominated with friendly microbes is essential for optimal function of the immune system! When this balance is disrupted, the immune response may be suppressed or become overactive (autoimmune diseases). Many factors in today’s lifestyle destroy these vital organisms, which enable pathogenic microbes to dominate, creating an environment that welcomes disease.

A lifetime of exposure to antibiotics by way of the food supply (meats and dairy products from animals fed antibiotics), as well as inappropriate and overuse of antibiotic drugs, destroy these essential friendly microbes and promote development of antibiotic resistant bacteria that endanger life. Even exposure to chlorine in drinking and bathing water can negatively impact the balance of friendly microbes, leaving us vulnerable to bacterial and viral influences.

One of the most important things we can do to support our body’s efforts to achieve and maintain a higher level of health is to replenish the friendly microbes in the gut.

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We can replenish the friendly microbes in the gut by limiting our exposure to drugs and lifestyle factors that destroy these health promoting, friendly organisms, while aggressively supplying the body with friendly bacteria through probiotic supplementation and the consumption of raw, fermented vegetables.

When considering probiotic supplementation, consider that the bacteria in the supplement must be able to survive the acid conditions of the stomach and make their way to the colon to re-colonize and proliferate. It is especially important for probiotics to survive until they reach the colon, where they attach to its wall. Here, they help to build beneficial bacteria and fight against harmful bacteria that can bring down the immune system, causing all manner of illness and disease.

KEEP IT MOVIN'

Another major concern in supporting the body's healing efforts in middle age and into our senior years is the timely and efficient elimination of toxins through bowel movements. It's not uncommon to find older folks with a very sluggish colon, often having only two or three bowel movements per week. Most of these people do not realize that a diet rich in animal based and highly processed foods provides little, if any, fiber to stimulate the bowel. Without adequate fiber in the diet, feces moves very slowly through the colon, often taking as much as three days to pass through the system. This putrefying waste continually intoxicates the body.

If a person has three meals a day, they should have three good bowel movements

daily. A plant-based diet supplies much of the fiber needed to timely and efficiently eliminate the toxins as they are released by the body.

Supplemental fiber in the form of ground flax seed supplies long-term support of good bowel activity. In addition to fiber, flax seed also provides a bonus benefit - a good, vegetarian source of omega 3 fats, which are lacking in most diets. Omega 3 fats are anti-inflammatory (inflammation is an underlying factor in most chronic

SUNSHINE: WHERE ART THOU?

We neglect to (or are simply unable to) get enough sun exposure to enable our bodies to produce adequate levels of vitamin D3. In fact, most people throughout the world are either deficient in vitamin D or have less than optimal blood levels (50 to 80 ng/ml). For this reason, supplemental vitamin D3 is necessary. Vitamin D influences over 200 genes in the body and is of special importance for older people because deficiency in this vitamin is an underlying factor in most chronic diseases, especially

Ideally, the leftover waste of metabolism should be eliminated within 24 hours; what we eat at noon today should be out of the body by noon tomorrow.

diseases), and are a major component in the membrane surrounding each of our cells. The integrity of that membrane is crucial to allow nutrients into the cell and to eliminate toxins from the cell.

BEAUTIFUL B12

Plant foods do not contain B12; God's design is for the bacteria in the gut to produce the B12, but since many older folks are woefully deficient in friendly gut bacteria, they are unable to produce adequate levels of B12. Thus, their ability to assimilate dietary B12 becomes impaired with age. A 990 mcg serving of the methylcobalamin form of B12 supplement will provide enough of the active form of B12 to insure that the body's B12 needs are met and to support nerve function, mental acuity, and energy production.

autoimmune conditions. Most middle aged people and seniors are surprised to learn that they are deficient in vitamin D (blood levels below 30 ng/ml are considered deficient). With deficient or less-than-optimal levels of vitamin D, the body cannot utilize calcium and magnesium efficiently. This fact, coupled with a lack of weight bearing or resistance exercise to signal the bones to draw in calcium, is a contributing factor to low bone density in middle age.

Most people will need as much as 5,000 to 10,000 IU of D3 daily for a period of time to bring their blood levels of vitamin D to between 50 and 80 ng/ml (these are optimal levels; individual levels may be determined by a blood test). I have personally found that I need about 5,000 IU daily to maintain a blood level of 75 ng/ml.

continued on next page

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One of the reasons for the need for D3 supplementation is that, in the northern hemisphere, it is impossible to get access to adequate vitamin D-producing UVB rays of the sun during late fall, winter, and early spring. It is thought that the lack of vitamin D is one of the main underlying factors in the increased frequency of colds and the flu

vital nutrients that support joint and bone health. Impaired joint function also leads to mobility limitations. Such conditions severely limit a person's ability to get the exercise needed to promote wellness.

With limited ability to exercise, the healing process is further impaired. But mass-

Most importantly, though dietary complements and supplements are important in today's deficient world, they won't help you achieve the best results without a solid, nutritional foundation on which to build good health. I encourage you to give The Hallelujah Diet a full 90-day trial, following it 110% and incorporating the complements and supplements mentioned in this article. You'll add years to your life and life to those years. 🌟

REFERENCES: 1. Health and Nutrition Secrets that can save your life, Russell Blaylock, MD.

While The Hallelujah Diet provides the nutrition needed for rebuilding and supporting joint health, repair to damaged joints is a very slow process.

during these months. However, research has shown that getting up to 5,000 IU of vitamin D3 daily may provide significant health benefits beyond the avoidance of colds and flu, including arterial health, healthy blood glucose levels, and better cognitive performance.

Vitamin D is a fat soluble nutrient and is better utilized when taken along with a meal containing some fat or at the same time one takes their omega 3s. When supplementing, remember that vitamin D3 (not D2) is the active form and the form that is much better utilized by the body.

SQUEAKY HINGES?

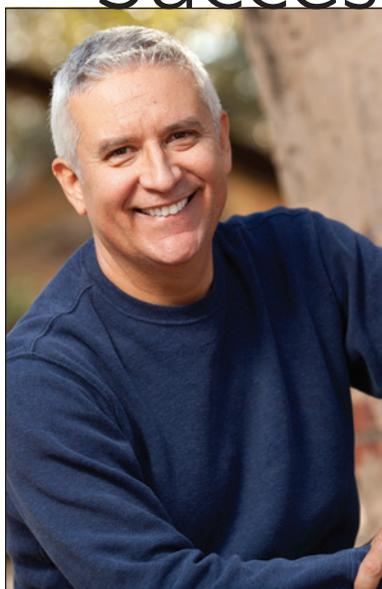
Wear and tear on the joints is also a common complaint associated with aging, especially when a person's diet is lacking in

market "pain relievers" like acetaminophen, ibuprofen, and naproxen sodium can lead to other problems, like liver damage and bleeding. At best, they address your symptoms, not the cause, of your aches and pains. To help support the body's healing process in the area of the joints and to help tone down inflammation and pain associated with inflammation, many people have had success using natural alternatives such as turmeric and boswellia. These substances have been clinically proven (and known for centuries) to reduce the inflammation, an underlying cause of joint stiffness and pain. With improved mobility, a regular exercise program may be established to enhance overall health and well-being.

ADD LIFE TO YOUR YEARS WITH THE HALLELUJAH SENIOR KIT

See ad on insert and details on page 30.

Success Stories



"I am a 63-year-old Canadian and have been **partially paralyzed** from the waist down. Twenty days ago I started on The Hallelujah Diet. Up until 12 days ago I still thought it was all over for me, but then something wonderful started to happen within my body and, to my surprise, three days ago I found myself **pain free!** Before the diet change my blood sugar was at 9.4 or higher, blood pressure was 187/97, and I had been on five medications to control my blood pressure for some 25 years. I now weigh 177 pounds, for a weight loss of 40 pounds in just 20 days; blood pressure is now 127/83; blood sugar is down to 5.8 and lower. These are miracles and I thank God and The Hallelujah Diet!" ~ Ron C., Canada

"Since childhood, I have suffered with **seasonal allergies**, and it seemed with each passing year, the allergies became worse. I refused allergy shots but did take Claritin as needed and would suffer its side effects of fatigue and drowsiness. I suffered with **headaches** as well. In August 2006... I was introduced to The Hallelujah Diet. My eyes were opened to the cause of my physical problems. Allergies and headaches simply disappeared and within three months I had lost 30 pounds. I am so thankful to the Lord for His wisdom and for using Rev. Malkmus to deliver the vision of good health to the body of Christ." ~ Patricia F., Illinois

SUCCESS STORIES
Read more online: www.hacres.com/testimonies





Why Calorie Counting Doesn't Add Up

By Scott Laird, CHS

The number of calories you consume is important, but counting them is a misguided practice. If you simply make better choices, your body can do the calorie counting for you.

Remember the theory of protein combining? Relatively speaking, it wasn't that long ago (1971) that Frances Moore Lappe developed the theory. It dictated that you had to combine foods in the same meal to make a complete protein. For example, both beans and rice are incomplete proteins, but if combined in a single meal, technically they make a complete protein.

You have to admit that it made sense: How could the body make use of an incomplete protein? Really, it can't. So, surely the body needs us to help it make complete proteins! Thus, the practice of "protein combining" ensued and suddenly everyone was panicked about the complicated process of matching proteins in each meal. Even the American National Research Council and the American Dietetic Association jumped on the bandwagon, urging vegetarians to combine their proteins.¹

But it was all a misunderstanding. Proteins do not need combining and, in fact, Frances Moore Lappe freely admitted that she was mistaken only 10 years after developing the theory (1981). The problem was simply ignorance of how the body works. Today, we know that proteins do not need to be combined at each meal

because the body breaks down each protein into individual (free) amino acids before being used. At this point, the body sends the free amino acids into the bloodstream where the body reassembles them into specific proteins, which are used to build or repair various tissues. In essence, the body doesn't need our help — it does the thinking for us. Furthermore, as long as a person's diet includes a good variety of vegetarian food sources in adequate amounts, a protein deficiency is practically impossible.

This same concept of "letting the body do its thing" applies to calorie counting.

"The choices you make on a daily basis are more powerful than calorie counting," says Tiffany Esser, a certified personal trainer, pre/post-natal exercise specialist, and former guest speaker at Hallelujah Acres. "It is important to get back to

basics by eating whole fruits and vegetables as well as adding whole-grains as healthy carbohydrates into our diets as our main source of energy (oatmeal, brown rice, whole-wheat pasta)."

Notice that Esser describes a range of foods; that's the key — variety! You can count calories all day long while eating one particular food but you won't be healthy. Your body needs a wide spectrum of vitamins, minerals, antioxidants, and other compounds in small amounts from various sources. That's what God intended. Why else would He create so many different foods? The awe-inspiring part is that if you focus on getting variety from whole foods, your body gets all its needs, feels full, and your calorie intake will be just about right every time. God's way works!



History proves the need for dietary variety. Those who limited their diets to a few staples soon ran into health troubles, like the British seafarers of the early 1500s. Since fresh food would spoil on long, ocean voyages, the British Royal Navy had to develop a nutritious (to their knowledge at the time), non-perishable diet for its sailors. The standard ration was designed to supply each sailor with 4,000 calories a day: A pound of dried biscuits, a pound of salt meat or dried fish, several ounces of butter, cheese or dried peas, and a gallon of beer. Though the diet provided enough fat, carbohydrates, and protein, the vitamins, minerals, and other nutrients that would have been supplied from a more varied diet were lacking. As a result, more than 10,000 sailors lost their lives to scurvy (lack of vitamin C), a disease that could have been avoided with something as simple as potatoes or lemon juice.²

“The majority of foods you consume on a plant-based diet are high in fiber and micronutrients and low in caloric density,” Esser says. “Eating this way, along with incorporating more physical activity into your daily routine, will promote healthy living.”

Plant-based foods have fiber to make you feel full, provide all the necessary nutrients, and are used efficiently in the body. Essentially, there’s no reason to count calories because

your intake on a variety-packed, plant-based diet is self-limiting. That is, you’ll feel full long before you consume too many calories. Not to mention, if you’re following The Hallelujah Diet, it’s not just about food, it’s a lifestyle change that also includes increased exercise. And that’s the other side of the coin. Counting calories doesn’t mean anything if you’re sitting around all day. Your body needs to move, metabolize, and energize!

“Imagine your body as a car,” Esser suggests. “If you’re not eating right and you’re not getting enough exercise, you are gaining weight and moving in reverse; if you’re eating right and getting exercise, you will kick-start yourself into drive. You want to embrace total health to experience the benefits of a well-balanced lifestyle.”

Making choices, not counting calories, is the real way to have it all. Choose to eat The Hallelujah Diet to give your body all it needs. Choose to exercise to ensure all the moving parts in your body keep moving. Choose to get enough sleep by making time to wind down before you go to bed. Choose to forgive and request forgiveness from others to re-establish emotional peace in your life. And above all, choose Christ and do His will — everything else will just fall into place. 🌱

“Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, How shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knows that you have need of all these things. But seek you first the kingdom of God, and his righteousness; and all these things shall be added unto you.” - Matt 6:31-33

REFERENCES: 1. Maurer, Donna. *Vegetarianism: Movement or Moment?* Philadelphia: Temple University Press, 2002.
 • 2. Ballentine, Rudolph. *Diet and Nutrition.* Honesdale: Himalayan Institute Press, 1978.

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Experience the best health of your life

Learn how to restore your self-healing body

Discover vital information about diet and disease

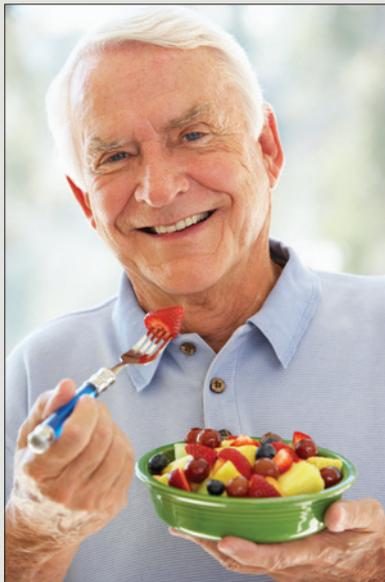


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www.60DaysToReclaimYourHealth.com

Success Stories

“When I began The Hallelujah Diet, I weighed 205 pounds. At only 5’ 3” in height, being over 200 pounds in weight was unhealthy and unsightly to me. When I began the diet I was also taking medication for **interstitial cystitis (IC)** every day, taking antidepressants, along with muscle relaxers, and Prilosec® every day for acid reflux. When I went on The Hallelujah Diet I jumped in with both feet, doing the diet 100% with no cheating and no looking back. Today, six months after making this diet change, I am **68 pounds lighter** and I no longer take any medications. I have shared The Hallelujah Diet with everyone who will give me ten minutes of their time and I have made a few converts. I am still working on my husband.” ~ Sherri S.



“I am a pastor and want to email you to say a special ‘Thank You’ for all the work you are doing for the Lord. I pastor a small church up here in Illinois, in a little town called Paris. Please pray for our ministry. We have so much sickness in this little town of 9,000 and not much in the way of nutritional knowledge. I just printed out your 12-lesson series on ‘Biblical Nutrition 101’ and will be teaching this Thursday nights in our church. Please pray! This health message needs God’s power on it because I believe we are living in a day where men have itching ears and they will turn away from truth and unto fables. We have lots of meat eaters in our church, including me up until recently. I have been convicted by God that **there is a better way to eat** and I want to take the high road. There is no other way but God’s way for me. Thank you for the ‘Pastor-to-Pastor’ DVD. May God bless Hallelujah Acres as you continue doing God’s work.” ~ Pastor Rick B., Paris, Illinois

SUCCESS STORIES

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www.hacres.com/testimonies



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STAND UP FOR YOUR HEALTH

THE SCARY TRUTH ABOUT SITTING

BY MELISSA A. BARTOSZEWSKI, DC

Smoking, alcohol, lack of exercise, and junk food are all detrimental to our health...but there's one more thing to add to that list - sitting! "Sitting diseases" are quickly lowering our life spans and increasing healthcare costs.

Sitting requires little to no energy expenditure, drops calorie burning to 1 per minute, and greatly reduces activation of low back muscles. It also causes "electrical activity in the legs shut off, enzymes that break down fat drop by 90%." After 2 hours of sitting, good cholesterol levels drop by 20% and after 24 hours, insulin effectiveness drops by 24%; which means your risk of developing diabetes rises. "People with sitting jobs have twice the rate of cardiovascular disease as people with standing jobs. Sitting 6+ hours/day makes you up to 40% likelier to die within 15 years than someone who sits less than 3, even if you exercise" (www.billingandcoding.org/sitting-kills).

Sitting negatively affects our internal body systems, our spinal musculature, and strength. Remaining seated for prolonged periods of time causes our low back muscles to "take a back seat." If the muscles

aren't working properly, other structures, ligaments, and intervertebral discs must work overtime. Our trunk muscles become deconditioned and lazy. This means that sitting times and low back pain are related. One study found that "lumbar muscle activation does not differ when seated on an exercise ball, different dynamic office chairs, or on a reference chair." (McGill et al., 2006; Ellegast et al., 2012)

The journal, *Diabetologia*, performed a meta-analysis to see the correlation between sitting and disease. They concluded that "sedentary time is associated with an increased risk of diabetes, cardiovascular disease, and all-cause mortality; the strength of the association is most consistent for diabetes."

With obesity at an all-time high, is it because we are eating more and moving less? Obese people sit approximately 2.5 more hours a day than "thin" people. While exercise rates have stayed the same from 1980-2000, sitting time has doubled and so have our waistlines!

If your job requires you to sit at a desk, get up a minimum of every 30 minutes to walk, increase circulation, stretch, hydrate,

etc. Set a timer on your phone/computer to remind you to get up... you will forget if you don't! Can't leave your desk? At least stand up and move around. Touch your toes, jog in place - do something! Many offices are now transitioning to standing work stations to decrease sitting times and, inevitably, health problems. Activation of the muscles in the lumbar spine will greatly improve with movement and standing.

Once the working day is done, minimize sitting at home, in a meeting, at a party, or on the train/bus. If you sit all day at work, then sit all night at home to "relax," you're not doing your body any favors. Watching TV for 3 hours/day increases your chances of dying from heart disease by 64%! If you "have" to watch TV, try doing jumping jacks/squats/weight lifting/yoga moves or stand during the show; at a minimum during the commercials. Your body will thank you!

MOVEMENT IS LIFE!

Dr. Melissa Bartoszewski is a chiropractor at Estramonte Chiropractic & Wellness Center in Charlotte, NC and is also a raw food and natural healthcare advocate.
www.facebook.com/MelissaABartoszewskiDC

REFERENCES: Mörl F, Bradl I. Lumbar posture and muscular activity while sitting during office work. *J Electromyogr Kinesiol.* 2012 Nov 1. doi:pii: S1050-6411(12)00172-1. 10.1016/j.jelekin.2012.10.002. • Dowd KP, Harrington DM, Bourke AK, Nelson J, Donnelly AE. The measurement of sedentary patterns and behaviors using the activPAL™ Professional physical activity monitor. *Physiol Meas.* 2012 Nov;33(11):1887-99. doi: 10.1088/0967-3334/33/11/1887. • http://d24w6bsrbeh9d.cloudfront.net/photo/417749_700b.jpg • Wilmot EG, Edwardson CL, Achana FA, Davies MJ, Gorely T, Gray LJ, Khunti K, Yates T, Biddle SJ. Sedentary time in adults and the association with diabetes, cardiovascular disease and death: systematic review and meta-analysis. *Diabetologia.* 2012 Nov;55(11):2895-905. doi: 10.1007/s00125-012-2677-z. • <http://www.sciencedaily.com/releases/2012/10/121015090048.htm> • <http://www.boston.com/lifestyle/health/2012/11/06/the-anti-sitting-movement-moves-outside-the-office-more-studies-show-sitting-stinks/mUUHJ3WSOYABD9CTRMBpPP/story-1.html>

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(see ad on page 18)

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Jan 1 (New Year's)



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TAKE A RAW FOOD ROAD TRIP IN BC!

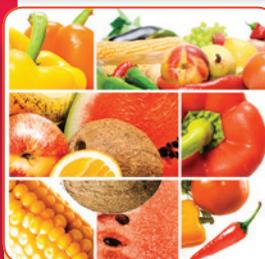
Join Judy Fleming, director Hallelujah Acres Canada, for her special winter series road trip in BC to learn about juicing, raw foods, and more. Includes gourmet supper!
\$10/person • 6:00 pm

Jan 14 "Cancer" – Victoria / Jan 15 "Diabetes" – Richmond / Jan 16 "Heart & Stroke" – North Vancouver / Jan 17 "Fibromyalgia" – Abbotsford / Jan 18 "Arthritis" – Coquitlam

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

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Available in Original, Berry, & Mint flavors!

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

CarrotJuiceMax®

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

Available in Original & Grapefruit/Ginger flavors!



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

TrioMax™

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

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| 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 |

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

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Available in Original, Green Apple, & Lemon Flavors!



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TRY FIBER CLEANSE and see a big boost in vitality! Recommended during the first three months of The Hallelujah Diet.

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| SPTRC0446 | 240 veg caps | \$32.95 | \$36.25 |
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| SPTRC0520 | 16 oz Lemon flavor powder | \$35.95 | \$39.55 |

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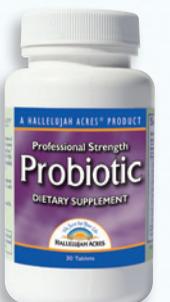
Progesterone cream to balance female hormones naturally.

SPHMN0443

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2 oz pump
CAN n/a

SAVE*

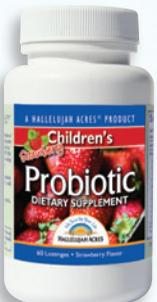
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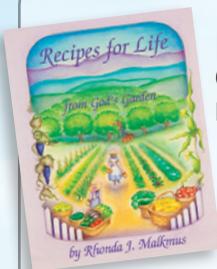
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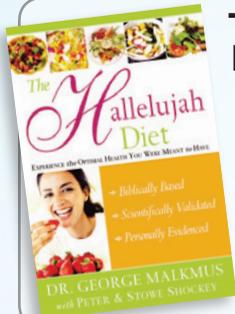
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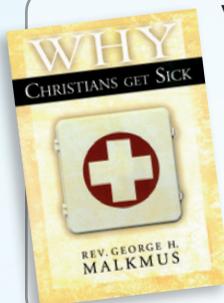
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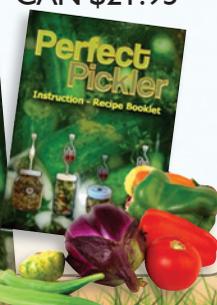
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| Method of Payment <input type="checkbox"/> Money Order <input type="checkbox"/> VISA <input type="checkbox"/> MC <input type="checkbox"/> American Express | | | Sub-Total | |
| Card Number _____ Security Code _____ Card Exp. Date _____ Signature _____ | | | Shipping (10% of Subtotal) | |
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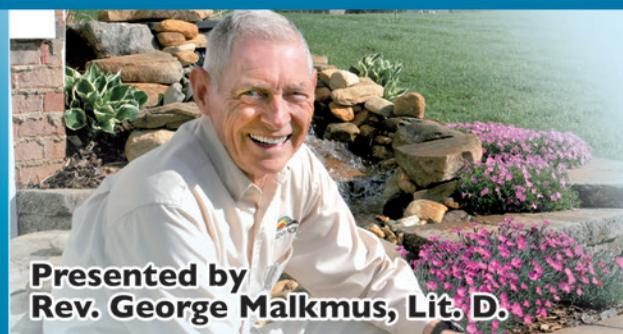
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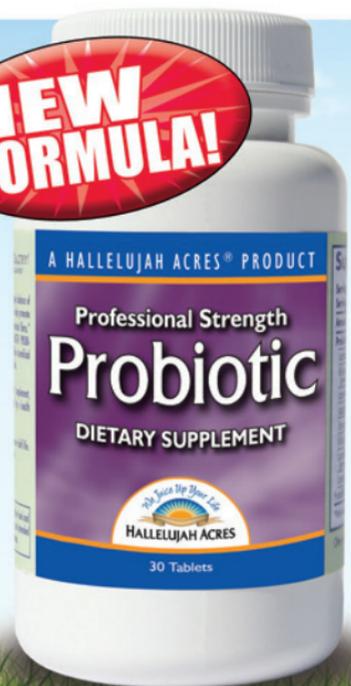
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