

# The Hallelujah Acres Story

**H**allelujah is a Biblical word "used to express praise, joy or thanksgiving." It was chosen by Rev. Malkmus as an expression of gratitude to God after he was healed of not only colon cancer, but *all* physical problems, following his change to a more natural diet and lifestyle in 1976. Acres was added to the name in 1986 when Rev. Malkmus purchased a 50-acre mountain farm in Eidson, Tennessee. On April 11, 1992, Rev. Malkmus married Rhonda Jean at the farm, and today they own and operate **Hallelujah Acres.**

Hallelujah Acres actually began as a dream after Rev. Malkmus' research and experience revealed that sickness, including cancer, heart attacks, diabetes, arthritis and most other illnesses are created by our diet and lifestyle and are totally unnecessary and avoidable! He also learned that if we will but change our diet and lifestyle, these physical problems will usually go away and stay away!

In an effort to share his

knowledge and healing experience with as many people as possible, Rev. Malkmus wrote his first book, *Why Christians Get Sick*, in 1989. It has been very well-received – as letters from all over the world attest – and is now in its fourth printing. Rev. Malkmus also holds lectures and seminars, not only at the restaurant, but in churches and before civic groups all over the United States and even into Canada. It has been very exciting in recent years to see Rev. Malkmus' teachings substantiated by new studies in how nutrition and lifestyle relate to our wellness.

Since opening Hallelujah Acres Restaurant and Health Foods Store on Feb. 12, 1992, people have been coming in ever-increasing numbers, not only to obtain better food, but to hear the health message. The results Rhonda and Rev. Malkmus are seeing in people's lives have been extremely gratifying as they receive daily testimonies from those who have been helped:

"Since coming to your seminar ... I have experienced increased energy ... lost 30 pounds ... off blood pressure

medicine with blood pressure normal in less than three months ... sleep better ... low blood sugar problem is gone ... lost 44 pounds ... feel great ... arthritis is gone ... no more pain pills ... allergies gone ... cholesterol level dropped from over 300 to 176 in just eight weeks ... lost over 70 pounds ... off insulin with blood sugar normal in just two weeks ... had prostate cancer with PSA count of 270, in just five weeks after changing diet and lifestyle, PSA dropped to normal range of 1.3 ... before coming to your seminar I had been going to the doctor twice weekly for over two years, but since your seminar I haven't been back to see the doctor ... the seminar was so enlightening and instructional that it changed my life completely ..."

Hallelujah Acres is more than just a restaurant or health foods store. It is a ministry. Our dream is to somehow, some day, in some way, reach the whole world with the knowledge and message, "YOU DON'T HAVE TO BE SICK!!!" And then show them how they too can be well!

## Thoughts to Pass On

"One farmer says to me, 'You cannot live on vegetable food solely, for it furnishes nothing to make bones with,' and ... all the while he walks behind his oxen, which, with vegetable-made bones, jerk him and his lumbering plow along in spite of every obstacle."  
– Henry David Thoreau

"Let thy Medicine be thy Food ... and thy Food thy Medicine."  
– Hippocrates, Father of Medicine

"The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of disease."  
– Thomas A. Edison

**Hallelujah Acres**  
**P.O. Box 2388**  
**Shelby, NC 28151**

Reprint

# Back to the Garden

May 1993

Health News from Hallelujah Acres

Issue No. 1

Published by Dr. George Malkmus and Hallelujah Acres / P.O. Box 2388, Shelby, NC 28151 / (704) 481-1700



Rev. George Malkmus juices a carrot at the natural foods restaurant, Hallelujah Acres brings you Back to the Garden.

## What's Happening At Hallelujah Acres

**E**very month we see the ministry of Hallelujah Acres growing larger, spreading further and helping more people, as the hundreds of letters and calls we receive attest. In fact, so many exciting things happened in April we can only briefly share a few.

### April seminars

Rev. Malkmus spoke at the Muncie Memorial Methodist Church in Johnson City, Tenn.; the home of Pastor Gary Schaffer in Blountville, Tenn.; the Kiwanis in Rogersville, Tenn.; and the "Health Barn" in Greeneville, Tenn. These were in addition to the 10 seminars conducted here at the store in April. Already, scheduled speaking opportunities for May include: Gray, Tenn.; Greeneville, Tenn.; W. Frankfort, Ill.; Lexington, S.C.; and the Kiwanis in Johnson City, Tenn. (See Calender of Events, page 5 for dates

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## God's Original Diet

By Rev. George Malkmus

**C**onfusion abounds as to what comprises the ideal diet. Many people are seeking a proper diet, but few are finding it – as the tremendous number of physical problems people are experiencing today strongly attests.

Why is there so much confusion? Why are so many suffering from so many physical problems? Part of the answer to these questions is because so much of the information concerning what we should be eating is contradictory! For instance, one voice says you need meat for protein and strength while other voices say meat causes heart attacks, strokes, cancer, etc., and is bad for you.

We have been told for years that cow's milk is a perfect food and is necessary for strong teeth and bones. Yet recently, Dr. Benjamin Spock and a large number of other medical doctors said cow's milk is not

good for you and should *never* be given to children. How do we know what to believe or who to believe? What is the ideal diet??? For approximately 42 years of my

**When God created man, He placed him in a garden and told him his diet was to consist of raw fruits & vegetables. On this diet, man lived an average of 912 years without sickness! Following the flood, meat and cooked food were added to man's diet. As a result, sickness entered the human race and man's life span declined from an average of 912 years to 100 years by the time you get to the end of Genesis!**

life, my diet consisted of what most people consider the *good-ole American diet*. Bacon and eggs or pancakes and sausage for breakfast, a meat sandwich for lunch, meat and potatoes and a sugar desert for dinner, along with candy, chips, soda, etc. for snacks ... and pizza often. Then I took

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# After Five Years of Pain & Four Operations, It was a Change in Diet that Solved her Problem

By Michael Dye

When we met April 19 at Hallelujah Acres, I observed Dianne McKee to be a healthy, energetic and enthusiastic young woman with a smile that revealed her positive attitude toward life.

I would have never guessed that, up until three months ago, she had been in near-constant pain for the past five years.

During these five years, McKee, 46, said she had "seen at least 20 doctors," had four separate surgical operations, and been on different types of medication . . . but nothing helped to relieve the pain. And she said none of the doctors could even say for certain what her problem was.



Dianne McKee of Morristown, Tenn.

"I was exhausted, unable to get motivated until at least noon or 1 p.m.," she recalls. "It was controlling my life. Whatever I did was determined by how I felt that particular day." She helps her husband with the family business, but she was months behind on paperwork, and the mother of four was unable to keep up with her housework.

She was suffering from abdominal and stomach pain, but doctors were unable to determine its cause or a cure. In her first surgery, her uterus was removed; in her second and third surgeries, both ovaries were removed; and in her fourth operation, adhesions caused by the other operations were removed. After moving from Florida to Morristown, Tenn., about a year ago, McKee went to a Morristown doctor.

"He bombarded me with every test imaginable," she said, "and nothing was found. His only explanation was adhesions (scar tissue that often develops from previous surgeries)."

After five years, 20 doctors, four surgeries and no relief, McKee said, "I decided to just eat right and solve the problem myself."

She started coming to the seminars at Hallelujah Acres given by Rev. George Malkmus.

"I went on the diet he recommended. I went 'cold turkey' . . . no meat, no white flour, no sugar and no dairy," she said. "I felt horrendous after three or four days, but by the fifth day, it was amazing to me to feel the difference . . . no rumbling and gurgling . . . no gas. From that point on, it has been like night and day, as far as how I feel."

McKee said she is now a total vegetarian, with the majority of her diet composed of raw foods, primarily fresh

fruits and vegetables. She has a juicer, which allows her to drink a lot of fresh fruit and vegetable juices, and she takes Barley Green every day.

Friends and family members who have seen the difference in her life before and after she changed her diet have been very impressed . . . in fact, so impressed, that many of them have also given the diet a try. Her two oldest children, ages 24 and 25, and her sister-in-law have converted to the vegetarian diet, complete with Barley Green, fresh juices and raw fruits and vegetables. Her mother, friends at church, and a business associate with melanoma are also giving it a try, she said.

McKee said her skeptical 25-year-old daughter told her that if anyone besides her mother had told her this, she

wouldn't have believed them. But, her daughter told her, "I know how you were, so I believe it."

McKee admits it was difficult to convince even herself to give it a try. "But," she said, "I was desperate."

"It takes more effort to eat this way, and it takes more time. If people could just take a pill and feel this way, they would," she said.

"Before I started this diet, I had been sick for so long, it had become a constant struggle for me to just get through each day. I was so exhausted at the end of the day, it had an effect on me psychologically."

"I noticed a lot of results after the first week, so that helped me stay on the diet," she said. McKee said she has lost 17 pounds, most of which came off in the first month, and that also helped her attitude.

McKee said she has lost faith in doctors. "They're just not into nutrition or food. They're just interested in treating you with drugs. And if it doesn't show up on an X-ray, they can't help you."

She can't be certain, but McKee said her theory is that her problem was that her colon was sluggish because it was

*"Before I started this diet, I had been sick for so long, it had become a constant struggle for me to just get through each day. I was so exhausted at the end of the day, it had an effect on me psychologically."*

restricted and bound by adhesions. If so, eating meat would have caused the pain because meat is more difficult to digest, causing the colon to work harder, and it stays in the digestive tract a long time.

"I'm so glad I found this place," she said of Hallelujah Acres. "The seminars and the newsletters have been so helpful for me. And there's no charge for most of the seminars, or the newsletter, so I feel they are rightfully motivated. They've helped a lot of people. Any time I get company, I bring them here. It's a neat experience. There aren't many places like this."

**GREEN LEAVES OF BARLEY** is by best-selling author and nutritional educator Dr. Mary Ruth Swope. It tells the exciting story of why she believes the dried juice of barley leaves is "truly a food with real power." Dr. Swope says, "Cells made strong through good nutrition will go a long way in giving us an immune system that will resist modern-day illnesses so prevalent in our society." Dr. Swope earned her doctorate in nutrition at Columbia University in New York City. **Must reading . . . I highly recommend it!** (Paperback \$7.95)

**BARLEYGREEN** is a live, naturally potent, organically grown food produced from the juice extracted from young barley leaves when they are 8 to 12 inches in height. The juice is spray-dried in a vacuum at room temperature in two seconds, resulting in a bright green powder very rich in vitamins, minerals, live enzymes, chlorophyll and protein. **BARLEYGREEN** is the most nutritionally-dense food ever found . . . providing one of the widest spectrums of naturally-occurring nutrients available in a single source on the Earth today. There are other Barley products on the market, but this is the only one we have found that gives truly miraculous results. Comes in a 7-ounce jar, which contains 100 servings. **BARLEYGREEN is the only nutritional supplement Rhonda and I take. We cannot recommend it highly enough!!!** (\$33.95 plus \$4.00 shipping)

**CLEANSING THE BODY AND THE COLON FOR A HAPPIER AND HEALTHIER YOU** by Teresa Schumacher. Everyone who eats food produces waste, some of which may remain on the colon wall. Mucus, which is secreted by all intestinal cells, can collect on the colon wall and accumulate and hold fecal matter. All of this collection interferes with proper functioning of the colon. If your colon is clogged and coated with mucus, your body cannot function properly. A sluggish and toxic colon can effect every part of the body. This book explains why it is so important to keep the colon clean, and how to do that by using Herbal Fiber Blend. (Paperback \$3.95)

**HERBAL FIBER BLEND** is the result of over 20 years of study and the personal experiences of many users. This careful study and consideration has combined selected herbs and fiber for maximum contribution to the daily diet. Contains 18 different herbs in a psyllium base. Each herb is placed in the blend for a specific purpose (e.g. Shavegrass and Black Walnut hulls kill eggs of parasites and expels parasites; Pumpkin Seed is good for prostate problems; Licorice Root is a tonic for the intestinal tract, stimulating enzymes and peristaltic action; Slippery Elm coats the digestive tract and aids in healing inflammation, etc.) Comes in a 16-oz. container. **Rhonda and I use this product every day and highly recommend it!** (\$32.95 plus \$4.00 shipping)

**THE CHAMPION JUICER**  
This is a masticating juicer and the one we recommend. A masticating juicer chews, rubs and breaks up the cells and fibers of the food; forcing its nutritional value into the juice. We do not recommend any juicer that has a spinning basket because it only shreds the food, leaving too much of the nutrients in the pulp. The Champion Juicer is extremely well-made, automatically expels the pulp while juicing, is easy to clean, runs smoothly and quietly and has a five-year limited warranty. In addition to juicing fruits and vegetables, you can make banana ice cream, baby food, nut butters and more. (Available at our store for \$269.00 plus Tenn. tax, or we drop ship out-of-state for \$269.00, including shipping.)



The Champion Juicer is one of the more frequently used appliances in the kitchen of Rob Vaughan. Rob is head waiter and manager of our health food store at Hallelujah Acres.

**FRESH VEGETABLE AND FRUIT JUICES** by Dr. N.W. Walker lists fruit and vegetable juices, explains their elements, and provides suggestions for effective treatment of special ailments. (Paperback \$5.95)

**BECOME YOUNGER** by Dr. N.W. Walker explains how each organ of the body was meant to function. Not only does it teach that we are never too old to **BECOME YOUNGER**, but tells how to make it a reality in our own lives. (Paperback \$5.95)

*DR. N.W. Walker is another of my Natural Health Heroes! Seriously ill in his early 50s, he was persuaded to try the natural healing route rather than the medical (drug) route. Not only did he become well, but went on to become a Natural Health advocate . . . writing his first book in 1936. Dr. Walker wrote his last book at age 115 and died at 120. He attributes his healing and long life to the consumption of large quantities of freshly-extracted vegetable and fruit juices, which he consumed daily.*

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**MAIL TO:**  
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P.O. Box 2388 Shelby, NC 28151  
Phone: (704) 481-1700 • Fax: (704) 481-0345  
Foreign Orders: U.S. currency only, and please inquire about extra shipping costs

☐ If you are not on our mailing list, but would like a free subscription to *Back to the Garden*, please check this box

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	Quantity	Item #	Item Name	Price Each	Total Price
We appreciate your order. The life-blood of this ministry flows from your purchases of the health-related products and books we offer. Every purchase made helps us to reach more people with the message that "You do not have to be sick!" ... If God's laws of natural health are followed. Together, we are changing the way the world maintains health. Thank you and may God Bless.					

Method of payment: ☐ Check ☐ Money Order ☐ Visa ☐ MC ☐ Discover ☐ American Express  
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6% Sales Tax (NC residents only) \_\_\_\_\_  
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## Mail Order List — CONTINUED FROM PAGE 9

**DIET FOR A NEW AMERICA** is a best-selling book, for which author John Robbins was nominated for a Pulitzer Prize. This is the most important book you could have to motivate you to live without animal products. It is a thorough and exhaustively researched, up-to-date document on "the common sense WHY's of vegetarianism." This revolutionary compilation is powerfully written and intensely emotional, as John Robbins (former heir of the Baskin/Robbins empire) presents the cold, hard facts on the insanity of a meat-based diet. He also succeeds in giving us a caring look at our planet and makes us aware that there are loving, healthy choices for us to make that could do much to heal the Earth during these nightmarish times of pollution. **Must reading!** (Paperback \$14.00)

**REALITIES FOR THE 90'S** is 16 pages of incredible, summarized facts drawn from *Diet for a New America* (by John Robbins) and other sources, showing the health, environmental, energy and social problems created by a meat-centered diet. Published by the EarthSave Foundation. (Paperback, \$1.00)

**DON'T DRINK YOUR MILK** by Frank A. Oski, M.D. New frightening medical facts about the world's most over-rated nutrient. Dr. Oski concludes his book by saying, "Perhaps when the public is educated as to the hazards of milk only calves will be left to drink the real thing. Only calves should drink the real thing." Dr. Oski is Director, Departments of Pediatrics, Johns Hopkins University School of Medicine and Physician-in-Chief, the Johns Hopkins Children's Center. (92-page paperback \$5.95)

**RECIPES FOR LONGER LIFE** by Ann Wigmore is a great guide for the transition from a conventional diet to one of natural raw foods, sprouts and food combining. Those new to "living" foods will be pleasantly surprised by the delicious variety that awaits them. Those familiar with this form of nourishment will find the book indispensable. Hundreds of recipes. **My favorite recipe book!** (Paperback \$9.95)

**THE COOKBOOK FOR PEOPLE WHO LOVE ANIMALS** offers over 300 totally vegetarian recipes (no meat — no eggs — no dairy — no sugar — no cholesterol). Studies have revealed that the epidemics of heart disease, cancer, diabetes, arthritis, etc. have been conclusively linked to unhealthy diet and lifestyle. It is clear the human body becomes lean, strong and healthy when run on a *fuel* free of the fat of animals and rich in the grains, legumes, fruits and vegetables. **Our best-selling recipe book!** (Paperback \$10.95)

**LIVING HEALTH** is by Harvey & Marilyn Diamond, who promote the teachings of "Natural Hygiene," a tradition that has advocated a natural diet and lifestyle for over 100 years. This excellent, 446-page book deals with the elements of natural health, challenging the medical orthodoxy and offering much documentation. Also there are 14 days of living menus. Plus much, much more. (Paperback \$5.95)

**THE CHOICE IS CLEAR** by Dr. Allen Banik explains how water functions in the body, the effects of myriad pollutants in drinking water, their contribution to disease — and most important of all, what really pure water is and how to obtain it. You will learn of the hazards of tap water and why filtered water is often more polluted than unfiltered water. Also why spring water and well water cause hardening of the arteries and contribute to arthritis, kidney and gall stones. **This little booklet needs to be read by everyone concerned with their health. I have not put tap water into my body in 17 years.** (Paperback \$2.50)



**THE WATERWISE 5000 DISTILLER** Produces high-quality water by steam distillation. Kills bacteria, germs, and removes foreign particles. Enhances the taste of soups, juices and beverages. Easy to use and easy to clean. Totally automatic — can make one gallon in six hours. **I have used this type of distiller for 12 years with no problems. We recommend it highly!** (Regularly \$289.00 ... our price is \$229.00, including shipping.)

## Our Featured Product

... We'd Like You to Know About

**Tea Tree Oil** is fast becoming a natural first-aid for American families. Seventy years ago, the oil from the leaves of the Melaleuca alternifolia was discovered to contain valuable antiseptic and fungicidal properties. The list of problems helped by Tea Tree Oil is a long one ... dandruff, head lice, acne, cold sores, canker sores, sunburn, gingivitis, sore and bleeding gums, toothache, abscesses, minor burns, minor cuts and abrasions, insect bites and stings, dermatitis, psoriasis, rashes, shingles, poison oak and poison ivy, ticks, hives, callouses, warts, ringworm, bruises, blisters, athlete's foot, corns and callouses, yeast infections, hemorrhoids, and more. It can also be used for diaper rash on babies, for fleas, ticks, ear mites, etc. on dogs and cats, and for saddle sores, wounds, insect bites, etc. on horses.

**Hallelujah Acres carries the following Tea Tree items:**

**DESSERT ESSENCE 100% PURE TEA TREE OIL** — a very high grade of Australian Melaleuca Oil — 1 fl. oz. (\$9.95 plus \$1.00 shipping)

**DESSERT ESSENCE TEA TREE OINTMENT** — A natural blend of pure oils and herbs known for their ability to soothe the skin. Use this ointment on minor cuts, abrasions, burns and athlete's foot. It is powerful enough to use on fungus and rashes, yet gentle enough to use on a baby. Excellent for acne and cold sore problems. Best results are usually obtained by applying the pure oil first, followed by the ointment. (\$7.95 plus \$1.00 shipping)

**DESSERT ESSENCE TEA TREE OIL TOOTHPASTE** — A totally natural dentifrice containing Australian Tea Tree Oil and essential oil of mint. This natural toothpaste is a superior oral hygiene product designed to provide a high quality cleansing action for clean, bright teeth. It is especially good for gingivitis and periodontal problems or the prevention of these problems. Contains no artificial preservatives, sweeteners or coloring or harsh abrasives. (\$3.95 plus \$1.00 shipping)

**TEA TREE OIL GUIDE** lists 101 uses, conditions and suggested treatments using Tea Tree Oil. (68-page paperback, \$4.95)

**Rhonda and I use these products every day ... by massaging our gums with the pure oil we have seen loose teeth tighten and sore and bleeding gums become firm and pink. We have also found the pure oil and cream excellent for burns, cuts and insect bites. When we travel, these products always go with us. We highly recommend them!**

**HOW TO KEEP YOUR HEART AND CARDIO-VASCULAR HEALTHY & FIT AT ANY AGE** by Paul Bragg is a fabulous book on how to strengthen and improve the heart so as not to become a heart-attack victim. (Paperback \$5.95)

*Paul Bragg is one of my Natural Health Heroes! Dying of terminal lung tuberculosis as a teenager, he changed his diet & lifestyle and was totally restored to health. In his twenties he became the second-strongest man in the world! Later became a nutritional consultant to many Hollywood stars, an avid writer and started the first Health Food Store. At age 95, still surfing, jogging, mountain climbing and carrying on a worldwide lecture ministry, a physical at John Hopkins revealed he had the arteries of a 20-year-old.*

**HOW TO GROW MORE VEGETABLES** by Jean Jeavens. With this method a backyard gardener can grow a year's supply of fruits & vegetables in under 200 square feet of soil per person with about 10 minutes a day required for upkeep. It teaches the Biodynamic / French Intensive technique ... a totally natural approach to gardening! **This is the gardening method that I personally use ... it is excellent!** (Paperback \$14.95)

**SQUARE FOOT GARDENING** by Mel Bartholomew shows gardeners his revolutionary system of planting in square foot sections to boost vegetable yields. Contains step-by-step instructions. **Excellent - I have used this system successfully for years and wouldn't even consider going back to the old row method of gardening for most of my garden!** (Paperback \$14.95)

Continued — please see page 11

## What's Happening ...

### Continued from page 1

and times). If you are interested in us holding a seminar in your church or speaking before your civic group, etc., please contact us as much in advance as possible.

### Rev. Malkmus appears on television

The Three Angels Broadcasting Network in W. Frankfort, Ill. asked Rev. Malkmus to do a one-hour television interview on April 13. This interview was aired via satellite on Saturday, April 17. As we go to press, calls and letters are flooding in from all over the world as this telecast blanketed the North and South American continents, in addition to being picked up by 23 cable networks. Rev. Malkmus has been asked to do a monthly telecast and possibly go to Russia to share the message of Hallelujah Acres with the Russian people via television. Please pray for this exciting new opportunity.

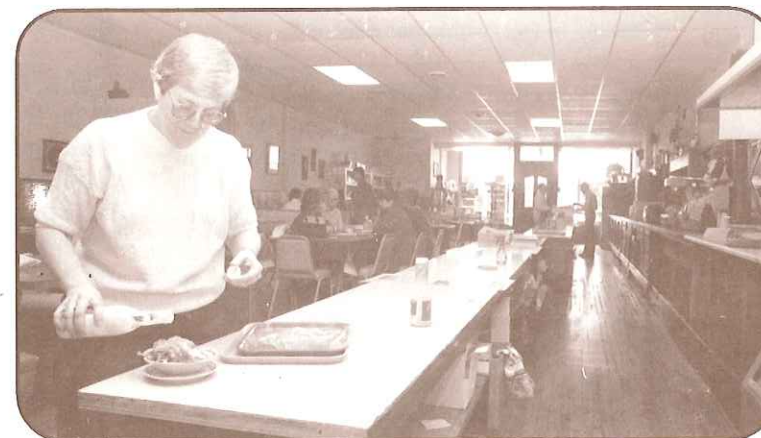
### Construction Under Way

Construction has begun on new offices and a shipping room. Since the ministry began, the basement of our home has served as office and shipping room, but we have completely outgrown this facility. When we moved our Restaurant and Health Food Store down the street to a larger facility, on March 1 of this year, we also acquired another floor for future expansion. Construction has begun and we hope to have the new offices and shipping room

operational by early May. It is all very exciting, but also very expensive and time-consuming. However, it is also very necessary if the ministry is to continue to expand.

### A New Newsletter format

Hallelujah Acres is launching its own newsletter with this May 1993 issue. We have been publishing *Health Tips from Hallelujah Acres* since February 1992, and this expanded newsletter format and increased circulation will allow us to reach



Rhonda Malkmus prepares a salad at Hallelujah Acres

more people with more information. The name of our publication is *Back to the Garden*. This name indicates what we are trying to do ... take the Christian Community — and the whole world — Back to the Garden ... and the simplistic diet and lifestyle God originally planned for mankind. If we could get the whole world to adopt this diet and lifestyle, we could practically eliminate sickness from the world. Here in the United States, we could solve the cost of health care that has become such a financial burden.

### Michael Dye Joins the Staff

"Mike," a former reporter for the *Kingsport Times-News*, has become a part of Hallelujah Acres. He will be putting together our new publication, *Back to the Garden*, and taking on other responsibilities. In addition to being a writer, Mike is a photographer and does desktop publishing. He has been a vegetarian for the past 18 years, and has a positive personality. We are excited to have him as a part of our team.

### George & Rhonda travel to Calif.

This trip is very exciting to us as we visit the barley fields and processing facilities where "Barley Green" is grown and packaged. We will share our experiences from this trip in next month's issue of *Back to the Garden*. We continue to receive daily testimonies from literally all over the world from people who tell of the tremendous improvements in their health after changing their diet and using this product.

### For the hearing impaired

We have had requests from the state of Virginia and Toronto, Canada from some folks with hearing impairments who want to attend our seminar on How to Eliminate Sickness. At the present time, we are trying to line up someone to come and "sign" this seminar on May 24. If you are hearing impaired, or know someone who is, and interested, please let us know as soon as possible. If you can "sign" or know someone who would like to volunteer for this important opportunity to minister to others, please let us hear from you as soon as possible.

## From the Mailbag

I just finished reading your book, *Why Christians Get Sick*. I know where you are coming from because I have been on a 90-percent raw diet for the last five years. And as you wrote of the changes (for the better) in your body, the same changes have happened to my body. I am now 64 1/2 and in better physical health than I have ever been.

The reason I bought your book is because a little over a year ago I started back to church and became a Christian again. But there is a frustrating part of going to church and that is because every week the pastor reads off a list of people to pray for because they are sick and dying. I thought Christians were healthier than that, but I was wrong.

Last Sunday, the pastor informed the congregation that he has prostate cancer ... I have been talking to all of my friends and all of my family, and I can't seem to get through to them the importance of proper diet. So far all I have accomplished is to get everyone tired of listening to me and my diet. I am so frustrated with people not

willing to listen for their own health ... It is so simple to be well and happy, I just don't understand why people want to be sick and to die younger than they should.

Thank God for someone like you who took the time to write on a subject to save the people of this world from themselves.

Yours sincerely,  
Clifford R. Hoenicke  
Sterling Heights, MI

We would love to hear from you. Mail your comments, questions or experiences concerning health, nutrition, diet or Biblical teachings to: Dr. George Malkmus, Hallelujah Acres, P.O. Box 2388, Shelby, NC 28151.

We prefer to use the name and city of residence of letters for publication. If you do not want your name to be printed, or if your letter is not intended for publication, please indicate such in the letter. Please include your telephone number in all letters for publication, in case of questions. Thanks.



# God's Original Diet . . .

Continued from page 1

vitamin, mineral and protein supplements to make up for whatever my diet might be lacking in nutrition. This was the way I had been brought up to eat and it was also the diet most people I knew were eating.

Well, how did I fare on this good-ole American diet? Tonsils removed at age 3. Had most of the childhood diseases. Over 30 dental fillings in one year at age 12. Had to start wearing eyeglasses in my early 30s. By age 42, I wore eyeglasses, had serious teeth and gum problems, had severe sinus and allergy problems, hemorrhoids, hypoglycemia, high blood pressure, frequent colds, headaches, pimples, etc. Also had body odor, dandruff, and my energy level was rapidly declining . . . I was starting to feel old!

Then at age 42 came the most devastating news . . . I was told that I had colon cancer! Wow!!! "Why me, dear Lord? . . . I don't understand! . . . I am a minister, doing your work! . . . I'm too young! . . ."

To put it mildly, I didn't understand and I was

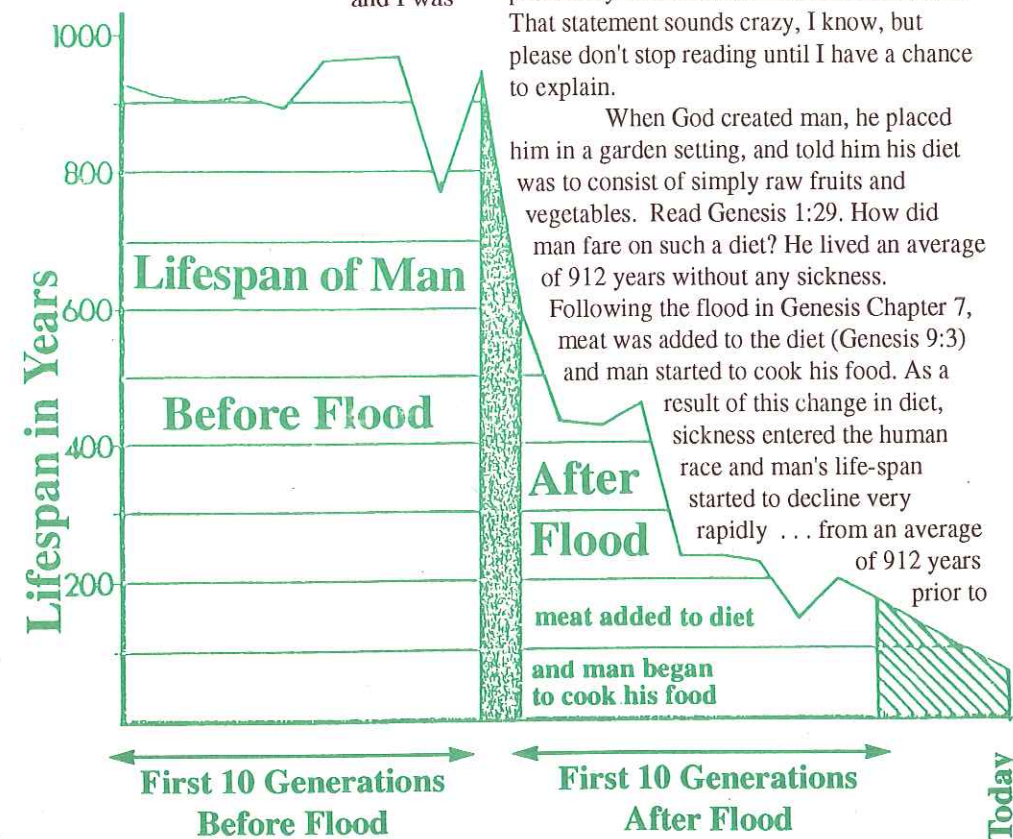
scared. Some said I had inherited my cancer from my mom, who had just died from the same problem. Others said God was punishing me for some sin I must have in my life. Others said God was testing me. But dear-ole Brother Lestor Roloff, an Evangelist friend in Texas, said, "Your diet has been wrong. Change it!!!"

I took his advice, totally and overnight, changed my diet and almost as if by magic, my physical problems started to go away. In fact, within one year, every physical problem I had was gone, even my dandruff and body odor!!! And for the past 17 years, I have experienced no physical problems . . . not been to a doctor . . . nor taken even an aspirin. My energy level has soared and today as I rapidly approach age 60, I can honestly say I have more energy, endurance, and stamina than I had when I was 20 years old. It has all been very exciting, to say the least.

So what did I learn from all this? For the past 17 years, I have been studying nutrition and how it relates to wellness, and what I have learned is so exciting I want to share it with the whole world. In fact, if everyone in the whole world would apply what I have learned, within one year we could potentially eliminate sickness from the world! That statement sounds crazy, I know, but please don't stop reading until I have a chance to explain.

When God created man, he placed him in a garden setting, and told him his diet was to consist of simply raw fruits and vegetables. Read Genesis 1:29. How did man fare on such a diet? He lived an average of 912 years without any sickness.

Following the flood in Genesis Chapter 7, meat was added to the diet (Genesis 9:3) and man started to cook his food. As a result of this change in diet, sickness entered the human race and man's life-span started to decline very rapidly . . . from an average of 912 years prior to



the flood to 100 years by the time you get to the end of the Book of Genesis!

Seventeen years ago, it was this same diet of raw fruits and vegetables – that God originally gave mankind in Genesis 1:29 – that saved my life and restored my health! And it has been this same diet that has kept me in perfect health with extremely high energy for 17 years!

So if someone were to ask me, "What is the ideal diet?" I would have to answer, "Based upon all my personal experiences and research over these past 17 years, without hesitation, I would have to say raw fruits and vegetables!"

This was the diet God originally gave to man. This was the diet that restored me to health 17 years ago, and has sustained me ever since. And this is the diet we see people turning to after they attend our seminars. Usually it takes only a short while before they return to tell us that their physical problems are "much better" or "totally gone."

Why did I and why do others experience such wonderful results after adopting a raw fruit and vegetable diet? Let me give an illustration that I hope will make it more understandable. Most people drive an automobile and realize they must put the proper grade of gasoline in the gas tank if it is going to run properly. If a low-grade fuel is used, it will ping and knock. If sugar is put in the gas tank, it will destroy the engine. Why? Because the engine was designed to run on a certain grade of fuel. We seem to understand that our car requires the proper grade of fuel in order to run properly, and so most people are very careful to put in good fuel.

Well, what about our body? Certainly, it is much more complex than any automobile engine. But what most people fail to realize is that God designed the human body to run on a certain grade of fuel also! If we give our bodies a low-grade fuel, or the wrong fuel, they won't run properly either.

Here's why: Our body is made up of approximately one hundred trillion cells. Each of these cells has a DNA or blueprint of the cell that will replace it. As our cells die and are replaced by new cells, the new cell is totally dependent on the building materials available (the food we have been putting into our body). If the building materials have been poor, the new cell will be weaker than the cell it is

Continued – Please see page 5, column 1

## Mail Order List – Books, Audio and Video CASSETTES & PRODUCTS RECOMMENDED by HALLELUJAH ACRES

Hallelujah Acres is a Ministry that we support through the sale of products we feel can help people live healthier lives. This month, we will be printing 6,000 copies of Back to the Garden. They will be sent out free of charge to all on our mailing list or those that request it. Most of our seminars are free of charge, and so is our nutritional counseling. Our goal is to let the whole world know that they don't have to be sick and then show them how they can be well. We appreciate your support of this ministry by the purchase of the health products we sell.

**BACK TO THE GARDEN** Back issues are available, and you can order multiple-copy subscriptions. The cost of back issues are:

1 copy – \$1.00	For a one-year, multiple-issue subscription, determine the number of copies you would like, use the cost figures on the left, and multiply by 6 for 6 bi-monthly issues.
2 - 11 copies – .75 ea.	
12 - 99 copies – .50 ea.	
100 + copies – .35 ea.	

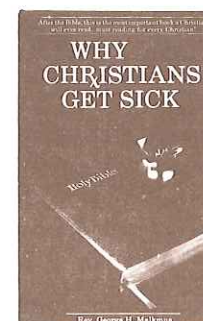
### Back issues:

Issue No. 1, May 1993, includes "God's Original Diet," Dianne McKee testimonial: "After Five Years of Pain & Four Operations, It was a Change in Diet that Solved her Problem," book review of *Why Christians Get Sick*, Recipes from Rhonda and more.

Issue No. 2, June 1993, includes "The Hallelujah Diet," Harley Flora testimonial: "With a New Diet, There's Plenty of Life After Two Hearts Attacks & Cancer," "The Ideal Diet / Transitional Diet / Foods to be Avoided," book review of *Green Leaves of Barley*, "Recipes from Rhonda" and more.

Issue No. 3, July/Aug. 1993, includes "Meat Dairy & Eggs," Patsy Stockton testimonial: "She reduces insulin, relieves pain, gains energy & loses 48 lbs.," book review of *Diet for a New America*, Questions about your health?, News You Can Use, Recipes from Rhonda and more.

**HEAR REV. MALKMUS ON AUDIO CASSETTE** This 90-minute cassette is a message delivered at the Indian Springs Baptist Church in Kingsport, Tenn. It covers the basics of why we get sick and goes into detail on how to restore our health. This audio is revolutionary in its concepts and will change your thinking forever as to what is nutrition and what is not. A powerful presentation of the health message! (\$9.95)

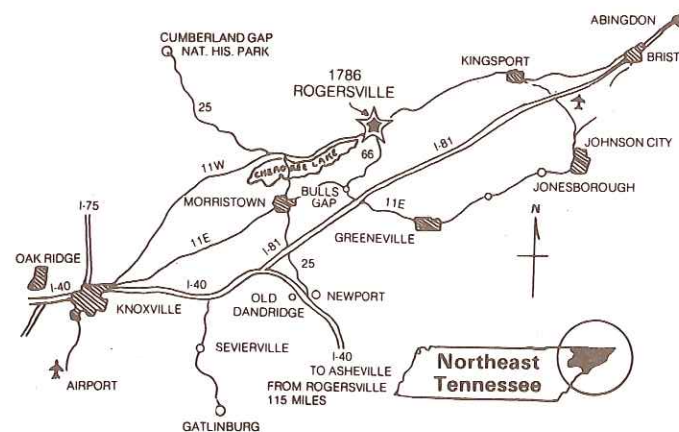


**WHY CHRISTIANS GET SICK** by Rev. George H. Malkmus is now in its fourth printing. Letters are being received daily from all over the world telling how people have been helped by this book. *Why Christians Get Sick* helps people understand the causes of disease and how they can eliminate sickness from their lives. It is especially helpful in introducing Christians to a natural diet and lifestyle. *Why Christians Get Sick* is written on a solid Biblical foundation . . . containing over 150 Bible verses. (Paperback \$7.95)

**SEE REV. MALKMUS ON VIDEO** This full-color, one-hour VHS video was beamed via satellite to the entire North and South American continents and was picked up by 23 cable networks. It features an interview of Rev. Malkmus by Danny and Linda Shelton over the Three Angels Broadcasting Network. Rev. Malkmus explains what is and what is not nutrition, and how to eliminate sickness from our lives. The response to this video has been overwhelming, with calls and letters coming in from as far north as Alaska and Canada, as far south as the Bahamas and Camen Islands, and almost every state in the United States. **This video will change your life forever!** (\$19.95)

Continued – please see page 10

WE RECEIVE MANY INQUIRIES ON  
HOW TO GET TO ROGERSVILLE, TENNESSEE,  
TO VISIT OUR NATURAL FOODS RESTAURANT AND HEALTH  
FOOD STORE, OR TO ATTEND OUR SEMINARS.  
THIS MAP WILL HELP, AND IF YOU NEED ADDITIONAL  
DIRECTIONS OR INFORMATION, JUST GIVE US A CALL.



*Hallelujah Acres*  
brings you . . . *Back to the Garden*

120 East Main Street Rogersville, TN 37857 (615) 272-1800

Our Health Food Store & Restaurant  
in Rogersville, Tennessee  
is a vital ingredient in the  
ministry of Hallelujah Acres.

We offer our food to demonstrate  
that a natural diet is not only  
healthy and nutritional . . .  
but also mighty good tastin'.

If you would like more information  
on preparation of natural foods  
and living a healthier lifestyle, we invite  
you to dine in our restaurant, attend our  
seminars (most are free) and check out  
our books and literature.



Thoughts  
To Pass On

*"In most cases, impaired health is more the result of indulgences and practices that are absolutely harmful, than it is the result of omissions. Most sick people are very anxious to find out what they can do to get them well. What they fail to ask is, 'What can I stop doing that is making me sick?'"*  
- Dr. Ralph Cinque

*"A short life is not given us, but we ourselves make it so."*  
- Seneca, 62 A.D.

*"Every mirror that is sold should have an inscription: 'The person you see in this mirror is the person most responsible for your own health and happiness.'"*  
- Dr. Keki Sidwa

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Editor: Michael Dye

Subscriptions are free!  
Send us your name & address,  
and we'll add you to our mailing list.

The nutritional and health information in this newsletter 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 newsletter without the approval of a health professional, you are prescribing for yourself, which is your constitutional right, but the editor and publisher assume no responsibility.

May 1993  
Calendar of Events  
for Hallelujah Acres

**Thursday, May 6 & 20 - 7 p.m. "Barley Green Presentation"**  
We will be showing videos, having testimonies, giving demonstrations and answering questions. Come learn about this fabulous product everyone is talking about, and bring a friend! (There is no cost) **There will not be a "Barley Green Presentation" on Thursday, May 13 or 27.**

**Saturday, May 1 - 10 a.m. "Distiller Demonstration"**  
Today, there is much confusion as to what kind of water we should drink. Most people realize that "tap water" is hazardous to their health . . . but what should they do about it? During this session, we will show **why** tap water is so dangerous and what we can do about it. We will discuss filtered water, spring water, water softeners, reverse osmosis and distillation, and show why distillation is the only source of consistent pure water. (There is no cost for this demonstration)

**Monday, May 3 - 7 p.m. at the East View Recreation Center in Greeneville, TN**  
This seminar is sponsored by the Health Barn. The East View Recreation Center is on Bernard Street behind the East View Swimming Pool. For more information call 639-1381.

**Saturday, May 8 - 10 a.m. "The High-Energy Diet"**  
This 75-minute full-color video shows what the **ideal diet** is and how to prepare it. Includes actual food preparation demonstrations, how to properly combine foods and much more. **This is an excellent video and a "must see" if you are interested in changing to a more nutritional diet!** (There is no cost for this presentation)

**Saturday, May 15 - 10 a.m. "Juicer Demonstration"**  
At the Gerson Clinic in Mexico, they are healing the "incurables" through the use of freshly extracted raw vegetable juices. (This is the therapy I personally turned to almost 17 years ago that corrected all my physical problems, including colon cancer, within one year.) The Gerson Clinic says that only mastication-type juicers will do the job. We will demonstrate a mastication juicer and a centrifugal juicer and show why neither a centrifugal juicer nor a blender will bring the desired results. (There is no cost)

**Sunday, May 16 - 10 a.m. Calvary Baptist Church in Lexington, S.C. How to Eliminate Sickness.** For more information, call (803) 359-2974.

**Saturday, May 22 - 10 a.m. "The Gerson Therapy"**  
This video gives an overview of the Gerson Therapy. It clearly and forcefully shows how the Gerson Therapy offers patients with cancer or other so-called "incurable" diseases a good chance of winning if they follow the therapy diligently. Also, it shows that if the therapy principles are applied as a way of life, heart disease, strokes, cancer, diabetes, arthritis, osteoporosis and the other diseases of civilization that kill and cripple us **will not occur!** Dr. Max Gerson began his therapy before World War I to cure his own severe migraines. During the 1920s, Gerson's diet cured 446 of 450 "incurable" TB patients. His diet cured Dr. Albert Schweitzer at age 75 of life-threatening diabetes. Schweitzer wrote: **"I see in Dr. Gerson one of the most eminent geniuses in Medical history."** Today, at the Gerson Clinic in Mexico, using the Gerson Therapy, they are **curing** all kinds of cancer . . . including, but not limited to . . . lung, spreading melanoma, lymphoma, bone, colon, breast, brain, liver, prostate, etc. In addition to the cancers, they have had excellent success with multiple sclerosis, severe asthma, emphysema, rheumatoid arthritis, osteoporosis, diabetes, lupus, migraines, infertility, etc. (There is no cost for this presentation)

**Monday, May 24 - 6 p.m. "How to Eliminate Sickness Seminar"**  
This three-hour seminar explains how the body functions, why we get sick and how to eliminate sickness. Also shows how to lose weight comfortably - and without painful dieting. If the principles of this seminar were applied universally, sickness could practically be eliminated from the world within one year! This is the same seminar Rev. Malkmus has given throughout the United States and Canada. (Cost: \$10 donation per person, \$15 per couple) **Registration Recommended.**

**Saturday, May 29 - 10 a.m. "The High-Energy Diet"**  
This will be a repeat of the May 8 seminar.

Continued from page 4

replacing. If the building materials have been good, the new cell will be as strong as the cell it is replacing. If the building materials are superior, then the new cell will be stronger than the cell it is replacing. It is that basic and simple. We literally become what we eat!!!

Most people do not seem to realize that when food is cooked, almost all the nutritional value of the food is destroyed. All enzymes are destroyed by cooking. Approximately 83 percent of all vitamins are destroyed by cooking. The heat changes the protein into an unassimilable form, while the organic minerals our body so desperately needs are reduced to an inorganic, unusable form! Many put drugs in their body in the form of alcohol, nicotine and caffeine, all strong poisons! Then there are those who put drugs in the form of medicine into their bodies in an effort to try to correct physical problems caused by these low-grade fuels or poisons. But all these drugs do is mask the real problem and create new problems for which another drug must be taken. Every one of these drugs, even aspirin, is liver toxic . . . it damages the liver. It is a miracle our bodies survive as long as they do, with the abuses we heap upon them. Fortunately, there is a better answer to our physical problems.

Here at Hallelujah Acres, we teach that almost all our physical problems are caused by improper diet and lifestyle . . . and that if we will but change to a higher grade of fuel - raw food - the body will usually heal itself of whatever ails it!!!

We also teach that the fastest way to restore the body to wellness is to rebuild the immune system and other essential organs. This can best be done through the use of freshly extracted, raw, vegetable juices. Why? Because with the pulp or fiber removed, no digestion is necessary and within 5 to 10 minutes, the concentrated nutrients are in the blood stream feeding the cells and rebuilding the immune system. Then as the immune system rebuilds, the body's own healing mechanism goes to work correcting the body of whatever physical problems it may have . . . whether it be high cholesterol, high blood pressure, diabetes, arthritis, cancer, migraines, obesity, anemia, acid stomach, etc.

Our bodies will usually literally heal themselves when we stop putting into them what has caused our physical problems, and then provide the body with the proper building materials to rebuild. Here at Hallelujah Acres, we receive word daily, from all over the world, from people who have adopted the ideal diet, and have been healed . . . often problems they have had for 10, 20, 30 years or more, are better or gone in a few days to a few months.

Yes, **God's Original Diet** does work!

**Thoughts to Pass On**

*"Some may retort that the work of winning souls is more important than helping people stay or get well physically or than prolonging their lives. But unless men who know the Word of God and who have the riches of experience stay well and alive physically, how can they tell the message of man's redemption?"*  
- Quoted from God's Key to Health and Happiness, by Elmer A. Josephson (Ordained Baptist Minister)



"George, you old health nut, I never thought you'd get here!"

Recipes from Rhonda

Here at Hallelujah Acres, we are often asked the questions, "How do I begin to change my diet? What in the world can I prepare for my family? In an attempt to offer some ideas and encouragement, we are beginning this column. Each month we will offer a recipe or two and healthy hints for your kitchen.

If you have healthy vegetarian tips or recipes you would like to share with our readers, please submit them to my attention. I look forward to hearing from you.

Tip: Eat foods just as close to the way God made them as possible.

**Hallelujah Acres Cornbread**

In first bowl, combine the following:  
3/4 C Corn Meal  
3/4 C Unbleached White Flour  
1/4 C Rye Flour  
2 t Rumford ~~Aluminum-~~  
Free Baking Powder  
1 t Italian Seasoning  
1 T Onion Flakes

In second bowl, combine the following:  
1 C Water  
1 1/2 T Honey  
1 T Apple Cider Vinegar  
1 T Bragg's Liquid Aminos

Spray muffin tin with Pam. Mix wet ingredients well until honey is dissolved. Add dry ingredients. Mix quickly & pour into a 6-muffin pan, filling each 1/2 full. Bake 20 min. in 350-degree oven. Let cool 5-10 min., remove from muffin pan and cool on wire racks. Store covered in refrigerator.

**Frozen Banana Smoothie**

This is a treat that is frequently ordered at Hallelujah Acres, and loved by those who try it. A tasty, all-natural drink with nothing to harm the body. Your family will love it.

1 1/2 - 2 frozen bananas  
8 oz. organic apple juice  
2-3 frozen strawberries  
or other frozen fruit

Pour apple juice into blender. Start machine and add strawberries and bananas in pieces until desired consistency is reached. (Note: peel bananas before freezing.)



# Rev. George Malkmus Discovers What We Need To Know about Health & Diet Begins with Genesis

In his book, *Why Christians Get Sick*, Rev. Malkmus helps the reader to get a grasp on this latest scientific knowledge about health, which begins on the cellular level. Our body's 125 trillion cells must constantly be cleansed and replaced with its DNA and RNA. Malkmus notes that cells cannot properly cleanse themselves or renew when the body is full of junk, poison and inadequate nutrients. He says the only food that can be used to rebuild a healthy living cell is live food – specifically raw fruits and vegetables. His book supports this position with the opinions of nutrition and medical experts, people who have tried the diet, and a bibliography of 70 books.

And Rev. Malkmus cites more than 150 Bible verses in *Why Christians Get Sick* to support these conclusions. In fact, he writes, "Yea, all that men needed to know in order to live a healthy, happy, successful, spiritual life is found in the pages of the Bible!!!"

For example, he notes that only in relatively recent times has science learned what the Bible has been telling us for millennia... that the human body is made from "the dust of the ground." It is easy to see that a body made up of living, natural elements from the Earth would need living, natural food from the Earth to renew its cells.

As to the need for exercise, Genesis 3:19 commands: "In the sweat of thy face shalt thou eat bread..." After man

our body, citing I Corinthians 3:16 -18: "Know ye not that ye are the temple of God and that the spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy: For the temple of God is holy, which temple ye are." But he notes, "The average person uses more care in selecting the grade of gasoline to put into their automobiles than they do the food they put in their mouth."

He notes that since World War II, our food has been increasingly contaminated with chemical pesticides and preservatives that weaken our immune systems and cause an array of physical problems. "There is no such thing as a safe chemical," he emphasizes. "Most Americans just take it for granted that if it is a product sold for food, that it is safe to eat. NOT SO!!! It's also amazing, but true, that the average person never associates his physical problems with what he eats or drinks." And then, when people get sick, instead of changing their diet or lifestyle that caused the problem, they turn to drugs offered by the medical profession.

Rev. Malkmus laments, "Christians are just as drug-oriented as non-Christians." He warns: "Health cannot be restored by taking drugs!!! Drugs cannot rebuild the cells of the body!!! The body is self-healing, when healthful practices are followed!!! Just as you are able to witness the healing of a cut... on the exterior as the body heals itself... just so it heals on

***Rev. Malkmus reminds us that the Bible warns of the consequences of defiling our body... "the temple of God." But he notes, "The average person uses more care in selecting the grade of gasoline to put into their automobiles than they do the food they put in their mouth."***

sinned, "The Lord God sent him from the Garden of Eden to till the ground..." (Genesis 3:23).

Citing this verse, Rev. Malkmus writes: "Here is what I am getting at... the further man removes himself from the way God intended man to live, the more likelihood there is that man will experience problems!!!" We are "not only eating processed, packaged foods almost totally devoid of nutritional value, loaded with chemicals, but no physical exercise was required to obtain them."

Rev. Malkmus reminds us that the Bible warns of the consequences of defiling

the inside when conditions are made favorable for it to do so!!!"

He quotes Sir William A. Lane, a world authority on medical matters and regarded as England's foremost abdominal surgeon, addressing the John Hopkins Hospital and Medical College: "Gentlemen, I will never die of cancer. I am taking measures to prevent it... It is caused by poisons created in our bodies by the food we eat... What we should do, then, if we would avoid cancer, is to eat... raw fruits and vegetables; first, that we may be better

Continued - Please see next page

nourished; secondly, that we may more easily eliminate waste products... We have been studying germs when we should have been studying diet and drainage... The world has been on the wrong track. The answer has been within ourselves all the time... Drain the body of its poisons, feed it properly, and the miracle is done. Nobody need have cancer who will take the trouble to avoid it."

But Malkmus shows the American Medical Association has played a major role in fighting against the recognition that what we eat is related to our health.

After reading *Why Christians Get Sick*, it is clear there are two basic approaches to health care. One is to prevent disease by a more natural diet and lifestyle, and the second is to consume all the chemical food additives, processed foods, meat, sugar, salt, white flour and dairy that society has to offer, and then accept whatever drugs and surgical operations are prescribed as a cure.

Statistics in the book reveal that one million Americans die from heart disease every year, while a half-million die from cancer. Cancer is killing more children between the ages of 3 and 14 than anything else. One out of every three Americans will

develop cancer during their lifetime, and more than \$5 billion a year is being spent on cancer treatment.

For Rev. Malkmus, these represent more than just numbers and statistics. His father died from a heart attack. His mother died from colon cancer. He was seeing dedicated Christian evangelists struck down at the height of their careers with disease. And in 1976, Rev. Malkmus was diagnosed with colon cancer at age 42. He was baffled as to why good Christians were sick and dying despite the passionate prayers of fellow Christians.

As he began an endeavor to heal his own body, Rev. Malkmus also began an intense search that would ultimately lead to an answer to his deeply heart-felt question: *Why Christians Get Sick*. He concludes that Christians get sick because they have violated the natural Laws of God and accepted modern society's diet and lifestyle. To solve problems caused by this, they seek man-made solutions in the form of prescribed drugs, rather than changing back to the diet and lifestyle that God originally intended.

In *Why Christians Get Sick*, Malkmus attempts to educate readers about the consequences of such a choice, but his

emphasis is on the positive. He warns, "Many people in the world have shunned Christianity because they think it is only a religion of don'ts, and many of the Christians they come in contact with are anything but positive and happy. The world needs to see a consistent, positive Christianity!!! Christians need to accentuate the positive for their own mental and physical well-being as well as to show a negative old world something different! Something better!!! Christians ought to be the healthiest and happiest people on the face of this earth!!!"

Malkmus concludes his book with suggestions on how this can become a reality. It's enough to make you turn off your soap operas, give up your frozen TV dinners and walk outside in the fresh air to enjoy the full beauty of God's creation... and maybe even plant a row of carrots while you're out there.

## ***Why Christians Get Sick***

by Rev. George Malkmus  
self-published by Hallelujah Acres  
120 E. Main St., Rogersville, TN 37857  
\$7.95

See Mail Order List, page 9

## The Message of Hallelujah Acres is essentially... Superior Health will exist if our Living practices are in keeping with God's Natural Laws

With superior health we are fit vessels for God's Holy Spirit and we are better able to serve God and proclaim our Saviour, the Lord Jesus Christ!

Good health is a necessary condition for the enjoyment of life and it is the Lord's will that we enjoy life. Jesus said: "I am come that they might have life, and that they might have it more abundantly." (John 10:10)

1) We believe and teach that God created man! (Genesis 1:26 - 27; 2:7)

2) We believe that God not only created man, but that He created a perfect body, with a capability of living without sickness forever! (Genesis 1:31, 3:22)

3) We believe that the body is the dwelling place or temple of God today. Yea, the Holy Spirit literally dwells in the body of each believer! (I Corinthians 6:19 - 20). Christians often associate the "fleshly nature" with the body itself. This is not a proper interpretation of the Scriptures.

4) We believe that health is natural and normal and will be our portion if we will but observe God's Natural Laws in our daily walk through this life! (Galatians 6:7)

"Know ye not that ye are the temple of God and that the spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy: For the temple of God is holy, which temple ye are." (I Corinthians 3:16 - 18)

5) We believe that God does not want us to be sick! The Bible tells us in III John 2 that God wishes "above all things that thou mayest prosper and be in health, even as thy soul prospereth."

6) We believe that sickness comes ONLY when we violate the Natural Laws God gave us to live by! Disease is abnormal, unnatural and unnecessary! The only exception to this statement would be sickness for the "glory of God" or "because of sin." (I Corinthians 3:16-17)

7) We believe that using treatments, drugs, radiation and the surgical removal of body parts in an effort to bring about healing is unnatural to the body and interferes with healthful body functions and the body's efforts to heal itself! (Mark 5:25 - 26)

8) We reject the idea that sickness and disease are inevitable in our lives. Rather, we contend that sickness and disease will not occur unless there is sufficient cause! Proverbs 26:2 says, "... the curse causeless shall not come." We believe that no curse of sickness or ill health comes without a cause... and further, that if we will but eliminate the CAUSE, the curse (sickness) will usually go away and stay away!!!