

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! (1 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)

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." (1 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!!!

"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." (1 Corinthians 3:16 - 18)

Thoughts to Pass On

"Don't you believe the moth-eaten fallacy that man, as he gets older, must face decrepitude, decay, senility and death. Man does not die - he commits slow suicide with his unnatural habits of living. Your body is the most gloriously accurate instrument of this universe. Given the correct fuel, pure air, exercise and keeping it internally clean by fasting, your body will last indefinitely and function perfectly." - Paul Bragg

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Reprint

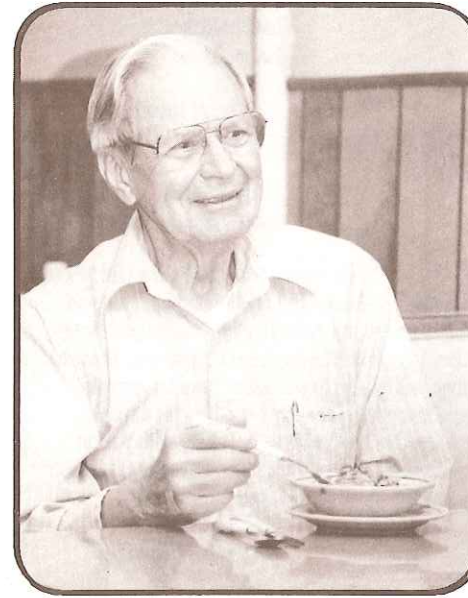
Back to the Garden

June 1993

Health News from Hallelujah Acres

Issue No. 2

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



Harley Flora is all smiles as he shares the news about his recent P.S.A. count, indicating no sign of prostate cancer.

With a New Diet, There's Plenty of Life After Two Heart Attacks & Cancer

By Michael Dye

When Harley Flora, now 76, had his first heart attack in 1982, his cardiologist told him that, at his age, it wouldn't do much good to change his diet.

Flora said he had asked his physician, whom he described as "one of the best-respected and most known cardiologists in Kingsport, (Tenn.);" if he should alter his diet of meat and sweets. "He said it wouldn't do me a bit of good for me to change my diet at my age," Flora recalled with a chuckle as he ate a salad at Hallelujah Acres.

In January 1986, Flora had his second heart attack and another open heart surgery. And on Oct. 14, 1992, he was diagnosed as having prostate cancer. Tests

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The Hallelujah Diet

By Rev. George Malkmus

In 1962, Dr. Frank Logsdon, former pastor of the famous Moody Memorial Church in Chicago, was a dinner guest in my home. Over the dinner table, he told a fascinating story of how he had had cancer and - rather than going the medical route - had gone to the Page Institute in Tampa, Florida.

At this institute, he was told to remove five white foods from his diet, and to switch to a raw vegetarian / fruitarian diet. He had done this and his cancer disappeared! Dr. Logsdon was about 60 years old at the time he was in my home. Several years ago, I learned he was still preaching . . . which would put his age close to 90 now!

Interestingly, the five white foods he was told had caused his cancer are the same foods my research has shown to be causing most of our physical problems.

What are the five white foods causing our physical problems? I will list them, starting with the most dangerous substance we put into our body . . . MEAT!

MEAT contains white fat! The average American meat eater puts over 50

pounds of fat (cholesterol) into their body per year! This fat clogs the arteries, ultimately causing the heart attacks and strokes that will kill approximately 50 percent of our population.

Meat is also the culprit in causing colon cancer, breast cancer, prostrate cancer and other forms of cancer. Cancer is responsible for 33 percent of American deaths.

And meat is the primary cause of adult-onset diabetes, which kills 9 percent

Why should any Christian be surprised to find that modern science and personal experience confirm that "God's Original Diet" of raw fruits and vegetables (Genesis 1:29) is the ideal diet for mankind?

of our population. Meat also causes gout and arthritis and a host of other physical problems.

We are told that we need meat for protein and strength, but we are not told that the cooking of meat changes the molecular structure of the protein and renders the protein in meat unusable by the body. If we look to nature, we will find

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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 of this informative newsletter are available, and you can order multiple-copy subscriptions to share this information in your ministry, health-related business, medical practice . . . or just to have extra copies for friends and family members. The cost of back issues are:

1 copy – \$1.00	For a multiple-issue subscription, determine
2 - 11 copies – .75 ea.	the number of copies you would like, use the
12 - 99 copies – .50 ea.	cost figures on the left, and multiply by 6 or
100 + copies – .35 ea.	12 months, payable in advance.

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 much more.

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)

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 one 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. I recommend all of his books, but list only two here.

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. Heart attacks presently cause 50 percent of all deaths in America! (Paperback \$5.95)

PAUL BRAGG is another of my Natural Health Heroes! Dying of terminal lung tuberculosis as a teenager, he changed his diet and 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, became 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. I recommend all of his books, but list only one here.

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 and move you to live naturally, regardless of how tempting a meat-based diet may seem! 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)

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)

HOW TO GROW MORE VEGETABLES by Jean Jeavens. With this method a backyard gardener could grow a year's supply of fruits and 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 would not even consider going back to the old row method of gardening for most of my garden!** (Paperback \$14.95)

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)

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)

Continued – please see next page

What's Happening at Hallelujah Acres

May has been the most exciting month thus far here at Hallelujah Acres. So many wonderful things are happening, it is getting hard to keep track of them all. Here are some of the highlights:

Seminars

The speaking opportunities were many . . . starting with a seminar sponsored by the Health Barn in Greeneville, Tenn. on May 3 and a lecture at the Optimist Club in Kingsport, Tenn. on May 5. Then to Lexington, S.C., where Rev. George Malkmus spoke to a combined Sunday School / Morning Service at the Calvary Baptist Church where Tor Long is pastor. Following a two-and-a-half-hour message, there were over a half-hour of questions and answers. The interest was phenomenal and they have invited us back for a three-hour seminar yet to be scheduled. On May 18, we had the opportunity to speak to the KWEN-AGERS, a senior citizens group at First Baptist Church here in Rogersville, and finally to the Kiwanis in Johnson City, Tenn. on May 27. There were in addition to the eight seminars held at the restaurant during May. See our Calendar of Events, page 9, for dates and times for the June seminars. (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.

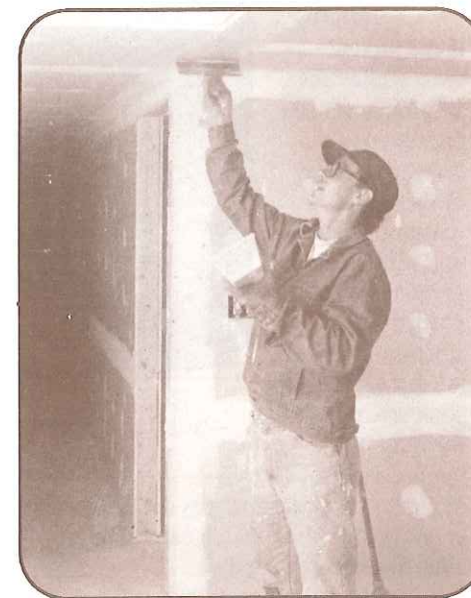
More Television Appearances

On May 13, Rev. Malkmus and Rhonda drove to the Three Angels Broadcasting Studio in W. Frankfort, Ill., to tape four half-hour broadcasts on health and wellness and how it all relates to the Bible. Rhonda was interviewed on one of these. Then after about three hours under the lights doing these four videos for future broadcast, Rev. Malkmus did a two-hour live, call-in show. Some 300 calls came into the studio from all over North America and the Caribbean, keeping six phone lines jammed. About 20 minutes before the show ended, the phone system couldn't handle the load any longer and all phone lines went dead. Surprisingly, even after what we did to their phone system, they asked us to come back for a future telecast.

Construction Nearly Complete

As we go to press, construction is nearing completion on our new offices and shipping room, in the same building as our restaurant and health food store. It will be such a blessing to be able to get this operation out of the basement of our home and where we can have help in this rapidly-expanding area of our ministry. George (who starts at 4:30 each morning) and Rhonda have been averaging

about three hours each day just filling mail orders, in addition to operating the store six days a week along with travel and speaking engagements. We apologize if our filling of your order for information, books or products has been slow. We have hired a lovely young Christian lady to help us in this area as soon as construction is complete.



General Contractor Wes Moore works on our new shipping room and offices.

Visit to the Barley Fields

At the end of April, George and Rhonda flew to Oxnard, Calif., where they attended a three-day conference sponsored by American Image Marketing, the distributors of BARLEYGREEN. It was an exciting trip for both of us as it was the first time either of us had ever been to the west coast or seen the Pacific Ocean. We really enjoyed our early morning jogging and walks along the beach. But most of the time we were kept busy with lectures and other sessions. We had the privilege of visiting the barley fields where BARLEYGREEN is grown, and seeing the processing plant where the juice is extracted and reduced to powder form. On one evening we heard Dr. Shibamoto from the University of California-Davis speak on how laboratory testing is revealing *how and why scientifically*, BARLEYGREEN is reversing illnesses. This was very exciting!

A Doctor Speaks on Health

The highlight of the Oxnard Conference was a talk given by Julian Whitaker, M.D., editor of the publication, *Health And Healing*, with a circulation of

400,000. Dr. Whitaker heads a group of over 200 medical doctors who are practicing alternative treatments to the conventional drugs, radiation and surgery practiced by most medical doctors. Some of the things Dr. Whitaker is saying are certainly not what you hear from most medical doctors. Here are a few quotes from Dr. Whitaker: "Doctors have always told us that it was 'normal' to get sick. Some even call it 'natural causes' when people die of heat disease, stroke or the effects of a lifetime of general abuse. Don't you believe it! This kind of thinking is dangerous! The truth is: Illness isn't natural! Most is self-created. By the way we live. By the food, water and air we put into our bodies. By the exercise we do, or don't get . . . There is almost no medical condition today that cannot be improved or even reversed – if you know how to trigger the body's tremendous power to heal itself . . . You have become the most powerful factor in your own well-being. No drug can reduce your chances of arthritis or diabetes – but you can! No hospital can protect you against heart attack or cancer – but you can! No doctor can shield you from stroke or premature aging – but you can! Experts now say that up to 90 percent of all disease could be eliminated by painless lifestyle changes." George had the privilege of spending about 10 minutes talking to Dr. Whitaker, and gave him a copy of *Why Christians Get Sick*, along with other literature. Dr. Whitaker expressed great interest in our ministry and asked to be put on our mailing list. (By the way, Dr. Whitaker personally uses BARLEYGREEN.)

Back to the Garden – Impact

We have received many accolades for the first issue of this publication, *Back to the Garden*. We feel we have a very relevant and informative publication we can be proud of. And we are not ashamed to send it to anyone . . . in fact a copy is being mailed to Hillary Rodham Clinton each month. We want to say a special thank-you to Mike Dye, our editor, and all the wonderful folks at East Tennessee Printing who helped make the first issue such a success. The first printing of 4,000 copies of Issue Number 1 is about to run out and we are re-printing. The initial printing of Issue Number 2 is 6,000 copies. This publication is being distributed free to all on our mailing list and any that request it. The cost to prepare and print this publication is very great . . . but we are trusting that enough people will purchase products from us to allow us to continue to distribute this publication free. *Back to the Garden* is a ministry! Please pray that God will use it mightily to help multitudes who are suffering under the burden of sickness unnecessarily!

The Hallelujah Diet

People often ask me, "What do you eat?"
Here is my answer:

BREAKFAST: One tablespoon of BARLEYGREEN* powder either dry under the tongue or stirred into a couple ounces of distilled water at room temperature. That is often all I have until noon! If I do get hungry, then I may eat a piece of fresh juicy fruit. (It is vitally important to me that it is the BARLEYGREEN powder distributed by AMERICAN IMAGE MARKETING and that it contains kelp. There are several other companies that have tried to imitate this BARLEYGREEN product, but they are not processed in the same way. I have tried other products, but they don't give the same results.)

LUNCH: One tablespoon of BARLEYGREEN* powder, as at breakfast. Often I will stir my BARLEYGREEN into 8 to 12 ounces of freshly extracted carrot juice, which I find especially delicious and extremely nutritious. At least a half hour after the BARLEYGREEN, I have an all-raw fruit lunch or a large raw vegetable salad . . . all I want.

SUPPER: One tablespoon of BARLEYGREEN* powder as at breakfast or added to carrot juice as at lunch. Carrot juice must be freshly extracted, never canned, bottled or frozen. At least 30 minutes after the BARLEYGREEN, I eat a large green salad made up of leaf lettuce, broccoli, cauliflower, celery, carrots, etc., and this is usually followed by some cooked foods (baked potato, baked sweet potato, brown rice, steamed vegetables, etc.). In the evening, I will often have a glass or two of organic apple juice.

**The reason I supplement my diet with BARLEYGREEN is that our food today is being grown for the most part on very deficient soils that often lack all the nutrients our body needs for building new, strong, healthy, vibrant cells. BARLEYGREEN is grown organically and contains the widest spectrum of nutrients available today from a single source that I am aware of. I consider it the most important food I put into my body each day.*

The Hallelujah Diet . . .

Continued from page 1

that there is not a single animal in the wild that *cooks* the flesh it eats! Seventeen years of research has revealed meat as it is produced today to be the single most dangerous food that we put into our body. I have not eaten any meat in 17 years.

DAIRY is the second most dangerous substance we can put into our bodies for many of the same reasons. We are told milk is the perfect food, and needed for calcium. But we are *not told* that the pasteurizing of milk (heating it to temperatures of 160

degrees or higher) changes the calcium to an inorganic form, which cannot be assimilated by the body. In nature, no animal pasteurizes its milk . . . and no animal drinks the milk of another animal, nor does it ever drink milk after the age of weaning. The only source of bad cholesterol (LDL) is animal products! **ANIMAL PRODUCTS ARE NOT GOOD FOOD!!!**

SALT is another *white* substance that creates untold physical problems and suffering. The body needs sodium, but it must be in an *organic* form in order to be usable by the body. Table salt, sodium chloride, is an *inorganic* sodium compound formed by the union of sodium and chlorine that is extremely toxic to the body, causing it to retain fluid in an effort to keep this protoplasmic poison in suspension and out of the cells.

SUGAR is the fourth white substance creating our physical problems. Sugar is so changed and concentrated from its original plant form . . . that it is actually a drug! Just 10 teaspoons (approximately the amount found in one soft drink) will immobilize the immune system by about 33 percent. Approximately 30 teaspoons of sugar will shut down the immune system for a whole day.

WHITE FLOUR has had all the good substances (bran and germ) removed

during processing. Then it is bleached, sometimes with a bleaching agent similar to clorox. Finally, they add some coal-tar-derived (carcinogenic) vitamins and it is sold to the unsuspecting public as "enriched." **WHITE FOUR IS NOT GOOD FOOD . . . IN FACT IT IS**

HAZARDOUS TO YOUR HEALTH!

(The above five white substances are covered in detail in my book, *Why Christians Get Sick.*)

In addition to these five white substances, we must also consider the impact of drugs on our bodies. Most people are aware of how dangerous alcohol and nicotine are to the body, but fail to realize that the caffeine in coffee, tea

and soft drinks is also an extremely dangerous substance! Caffeine is called a stimulant because it excites all of the nerve endings in an effort to rid the body of this poisonous substance. If a person drinks over two or three cups of coffee a day on a regular basis, they will usually develop severe drug withdrawal headaches if they suddenly stop drinking it. Alcohol, nicotine and caffeine are dangerous drugs!

Now that we have briefly covered the substances that are creating most of our physical problems, let us look at the foods that nourish and heal our body.

In the May 1993 issue of *Back to the Garden*, in an article titled "God's Original Diet," I emphasized that the ideal diet for man is raw fruits and vegetables. This opinion is based on my 17 years of scientific and nutritional research, Biblical study and the personal experiences of myself and others who have tried this diet. Much of what I say may sound radical to some, but why should any Christian be surprised to find that modern science and personal experience have confirmed that "God's Original Diet" of raw fruits and vegetables (see Genesis 1:29) is the ideal diet for mankind?

It has now been almost 17 years since I switched from a diet that was

Continued — please see next page



Rev. George Malkmus speaks with the KWEN-AGERS, a senior citizens group at First Baptist Church in Rogersville.

Recipes from Rhonda

Greetings from the kitchen of Hallelujah Acres. I thought you might enjoy a favorite of ours — fresh strawberry pie. People are attracted to it like ants to honey!

The cabbage salad is one that George and I eat frequently. The organic apple juice really enhances the flavor.

A Tip: Eat melons alone or leave them alone. They do not digest well with anything else.

Hallelujah Acres
Cabbage Salad

- 2 large apples, grated
- 1 cup carrots, grated
- 2 cups cabbage, grated
- 2 stalks of celery, chopped
- 1/2 cup organic raisins

Grate apples, carrots and cabbage, chop celery, and add raisins. Mix with the following dressing, refrigerate and allow flavors to blend for one hour.

- Dressing — Combine & mix well:
- 1/2 cup cold-pressed mayonnaise
 - 1/2 tsp. dried onion
 - 2 Tbsp. honey
 - 1/2 tsp. garlic
 - 2-3 Tbsp. organic apple juice

Hallelujah Acres
Fresh Strawberry Pie

Pie Shell:

- 1 cup raw almonds (or 1/2 cup almonds and 1/2 cup cashews)
- 1 cup soft, pitted dates
- 1/2 tsp. vanilla

Grind the nuts in a food processor until finely chopped, add the dates and vanilla, and **blend well**. Press thinly into a pie plate (from center to the outside rim) to form the shell.

Binder:

- 7 or 8 **Large** ripe strawberries
- 5 soft dates, pitted
- 2 bananas, fairly ripe
- 1 Tbsp. fresh lemon juice

Blend all ingredients in food processor or blender until well mixed.

Fruit Filling

Cut 2 pints of fresh strawberries into quarters, fold into binder and fill shell. Decorate with approximately 1/2 pint of quartered strawberries.

Cover with plastic wrap and store in refrigerator. Chill thoroughly before serving.

Next Month: Pita pocket ideas & a surprise.

June 1993 Calendar of Events
for Hallelujah Acres**Tuesday, June 1 — 7 p.m. Fort Mills, S.C.**

Rev. Malkmus will speak at the Heritage U.S.A. Hotel. For more information, contact Gretchen Mack at (803) 548-2434.

Thursday, June 3, 10, 17 & 24 — 7 p.m. "Barley Green Presentation"

We will be showing videos, having testimonies, giving demonstrations, sharing information and answering questions. Come learn about this fabulous product everyone is talking about, and bring a friend! (There is no cost for these presentations)

Saturday, June 5 — 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)

Saturday, June 12 — 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, June 19 — 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, June 20 — 9:30 a.m. Central Baptist Church in Greenville, Tenn., on the Newport Hwy. How to Eliminate Sickness. For more information, call Jack Underwood, pastor, at (615) 639-3191.

Saturday, June 26 — 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, June 28 — 10 a.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.**

From the Mailbag
Continued from page 2

"Congratulations on your May 1993 issue of *Back to the Garden*. I thoroughly agree with its precepts and concepts . . . I have been taking college courses in nutrition for some five years or so. From being a big meat eater, I am now a vegetarian . . . In 1961, I weighed 206. In nine years I soared to 233. In 1970, I had a massive stroke . . . Subject to my nutritional studies, I changed my eating habits. Forsaking meat and going the raw route on vegetables . . . Today I am 75 and weigh 145 . . . Please ensure that I am on the mailing list for future issues of *Back to the Garden*."

H.P.(Pappy) Neal,
Dunedin, Florida

"I ran through the television channels and happened to hit your telecast . . . you were saying something about how we need to change our whole diet . . . that caught my attention because I am very overweight. As I listened, everything you were saying just made sense. I was so captivated by what I was hearing that I wanted to learn more. Those 30 minutes started me thinking. That very evening I went to the refrigerator and cabinets and found I had nothing that was really good for me even though I had just bought groceries the evening before. . . . I am 46 and I have tried lots of diets with a yo-yo effect, but this one you're talking about has a purpose. . . . God gave it to us . . . Thank you for your insight on showing me that the

best diet should come from God . . . I pray for your ministry . . .”

B.C.,
Illinois

Thank you for a most delightful and informative seminar for our congregation. Our hallways are alive with conversation about better health and eating habits and my phone has not stopped ringing for tapes of the meeting and for additional information. Your presentation was such an encouragement to our people, and so Biblical. It just proves that when the truth is presented there is opportunity and power for change.

I suppose the most immediate benefit that I have seen among our people is HOPE! We have numerous people who are fighting cancer, heart conditions, high blood pressure, high cholesterol, severe arthritis, and a host of other ailments. Most of them had become resigned to live with medication and its side-effects, just hoping to get by. They had lost hope of ever feeling well again. Now that they have been exposed to a 'better way' they have hope again. The testimonies of how BARLEYGREEN and proper eating habits have changed lives in a few short weeks was nothing more than confirmation that the program works. When people hear how others are getting well by changing their diet, it is a tremendous encouragement for them to do the same.

I certainly do not believe our people will ever be the same again. It will be a wonderful day when 'Prayer Meeting' night is a time of praise and thanksgiving to the Lord instead of a place to air our aches and pains before God. I'm sure God will be more

honored by our healthy bodies, living in fullness and peace, than with us always calling on him to heal.

Your message is certainly needed in the churches today. When God's people are remarkably different than the world then we can make progress in telling forth the truth. When we have something to give there will be hundreds seeking us out just to know what makes us different. If our health is better, and our quality of life is better than the world-at-large, then we have a tremendous opportunity to tell them about spiritual things. If we practice the laws of health then we shall start a revolution in this nation that could shake us to our spiritual foundations.

Thank you again for coming. We look forward to having you back again real soon.

Tom Suiter, pastor
Indian Springs Baptist Church
Kingsport, Tennessee

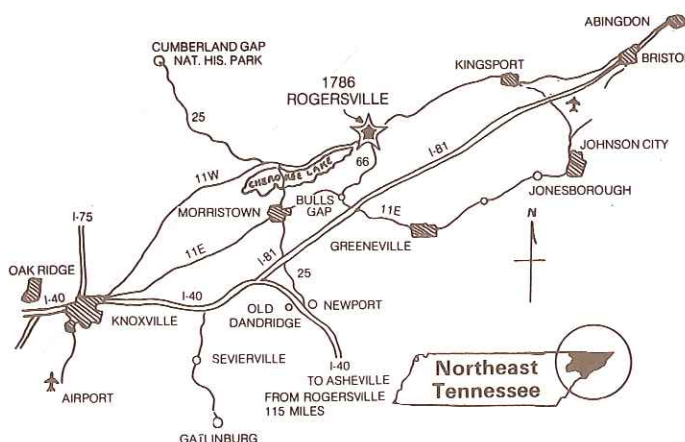
We would love to hear from you. Mail your comments, questions or experiences concerning health, nutrition, diet or biblical teachings to: Dr. George Malkmus, Hallelujah Acres, P.O. Box 2388, Shelby, NC 28151.

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.

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.



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.

predominately made up of the five white substances previously listed, which caused me to have serious teeth and gum problems, hemorrhoids, hypoglycemia, high blood pressure, severe sinus and allergy problems, frequent colds, headaches, pimples, body odor, dandruff, low energy . . . **and colon cancer at age 42!** In 1976, at age 42, I switched to a totally raw vegetarian / fruitarian diet with large amounts of freshly extracted vegetable juices. In fact, for one year I never ate a piece of cooked food. During that year, not only did my colon cancer go away, but so did every other physical problem I had!

After that first year, I added some cooked food to my diet. Presently, my diet

consists of approximately 85 percent raw foods, with the balance made up of freshly prepared cooked vegetarian food. My present diet is described in the box on the left side of page 4.

I eat no meat, no dairy, no sugar and no white flour products, and haven't for 17 years! My diet is usually *raw* until the conclusion of the day, with my only cooked food – if any at all – coming at the end of the evening meal.

The reason one should maintain at least a 75- to 85-percent ratio of raw foods is that when food is cooked, almost all its nutritional value is destroyed. All enzymes are destroyed by cooking. Approximately 83 percent of all vitamins are destroyed by cooking and the heat

changes protein into an unassimilable form. Cooking also reduces the organic minerals our body needs into an inorganic, unusable form.

In addition to diet, a lifestyle that includes exercise is an essential element to healthy living. I almost always do stretching exercises, deep breathing exercises and *at least* an hour of aerobic exercise *each day*. This diet and lifestyle has sustained me in perfect health with high energy for 17 years now!

The Bible says: “Bless the Lord . . . Who healeth all thy diseases; who redeemeth thy life from destruction . . . Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagles.” (Psalms 103: 1 – 5)

Many people seem to have a problem understanding what constitutes a nutritional diet. In an effort to clarify this, I have prepared a chart showing the IDEAL DIET, the TRANSITIONAL DIET, and the FOODS TO BE AVOIDED. I encourage people to work out of the FOODS TO BE AVOIDED column as quickly as possible. These are the *killer foods* that

are creating most of our physical problems! Then add as much food as possible from the IDEAL DIET column. These are life-giving, cell-building and healing foods that will strengthen and rebuild the immune system. The TRANSITIONAL DIET column is OK for the cooked food portion of the diet, the 15- to 25-percent . . . if cooked food is desired.

CATEGORY	IDEAL DIET	TRANSITIONAL DIET	FOODS TO BE AVOIDED
BEVERAGES	Freshly extracted fruit & vegetable juices & distilled water	Herb teas & cereal coffees. Organic bottled juices	Alcohol, coffee, tea, cocoa, carbonated beverages, Pepsi, Coke and all other soft drinks, all artificial fruit drinks (kool-aid, gater-aid, etc.) and all canned juices
DAIRY PRODUCTS	NONE	Non-dairy cheese, non-fat yogurt, low-fat cottage cheese & butter, all sparingly!	All milk, cheese & eggs, ice cream, whipped toppings, non-dairy coffee creamers
FISH	NONE	NONE	Clams, oysters, shrimp, lobster, and all fish
FRUIT	All fresh & unsulfured dried fruit	Stewed & unsweetened frozen fruit	Canned & sweetened fruits (Commercial raisins are hazardous)
GRAINS	NONE	Whole-grain cereals, bread, muffins, pasta, brown rice, millet, etc.	All white-flour products, all hullless grains (pasta, crackers, snack foods, white rice, cold cereals, etc.)
MEATS	NONE	NONE	All meat. Hot dogs, bacon, sausage, liver & luncheon meats are extremely hazardous
NUTS & SEEDS	Raw almonds & sunflower seeds in small amounts	Other raw nuts & seeds in limited amounts	All roasted and/or salted seeds & nuts (Peanuts and peanut butter are hazardous)
OILS	Extra virgin olive oil	Cold-pressed oils (e.g. canola, safflower) & cold-pressed mayo	All lard & shortenings & margerines made w/ hydrogenated oils are extremely hazardous
SEASONINGS	Herbs, garlic, parsley	Onions. Use Bragg Liquid Aminos in place of salt	Salt, pepper
SOUPS	Cold, raw soups	Soups made from scratch without fat stock or salt	All canned & creamed soups
SWEETS	NONE	Raw, unfiltered honey, rice syrup, unsulfured molasses, carob, pure maple syrup, date sugar (all in limited quantities)	All refined white or brown sugars, syrups, chocolate, candy, gum, cake, cookies, donuts, pies, etc.
VEGETABLES	All raw vegetables	Cooked fresh or frozen vegetables, baked white & sweet potatoes	All canned vegetables, fried potatoes in any form, corn & potato chips

With a New Diet, There's Life After Heart Attacks & Cancer

Continued from page 1

at Holston Valley Hospital and Medical Center in Kingsport also revealed this had spread into bone cancer in his chest, spine, pelvic area and part of his neck.

"That was pretty hard for me to accept. I didn't just get a second opinion. I got two more. They all told me about the same thing," said Flora, who is a well-known retired business owner in Rogersville, Tenn.

Doctors classified the prostate cancer as untreatable, because it had spread so far, but they recommended injections of Lupron to control the spread of bone cancer. Flora began his Lupron injections Dec. 15.

But by this time, Flora had embarked upon a new treatment of his own initiative. Following the advice of a friend, Flora began taking BARLEYGREEN on Nov. 3, and the next day he started drinking freshly-extracted fruit and vegetable juices.

Concerning the new diet that was being popularized locally by Hallelujah Acres, Flora acknowledged, "I was pretty skeptical. But I talked to some people around town that were using BARLEYGREEN, raw fruits and vegetables and carrot juice, and they had good results."

"The first benefit was immediate," he said. "I hadn't had a bowel movement in years without a laxative or stool softener." After taking BARLEYGREEN and carrot juice, he had regular bowel movements. "If nothing else in the world happened, that would have been worth it," he said.

Flora started with the BARLEYGREEN and carrot juice routine, but was initially unable to eat raw fruits or vegetables because of diverticulosis. Eating raw foods caused a pain in the colon, which had kept him from eating salads for 20 years. "I had to go to the hospital for three weeks one time," he said.

But after starting the BARLEYGREEN and carrot juice routine, Flora said he gradually began eating salads again, "very lightly to start with . . . and within a few weeks, I could eat almost anything. Now I can eat anything," he said in the

May 18 interview. Flora said he believes it was the BARLEYGREEN and carrot juice that improved his digestive system enough that allowed him to eat raw foods again.

But the real clincher came in April. In a P.S.A. test on Dec. 3, Flora had registered a 57.6. Doctors told him 0 to 4 is considered normal, 15 to 20 is a sign of prostate cancer, and 10 could be a problem that calls for more testing.



As for the Hallelujah Diet, Flora said, "I don't see how it could fail to help anyone at any age. I believe it takes all three – carrot juice, BARLEYGREEN and raw fruits and vegetables."

When Flora went back for a follow-up P.S.A. test on April 20, five-and-a-half months after starting his new diet, he registered less than 0.1, which indicated no sign of prostate cancer. "My doctor didn't say the prostate cancer was cured . . . he just said there was no sign of cancer on the P.S.A. test," he explained.

Flora said he asked the doctor if Lupron, used to control the spread of bone cancer, could have this effect on the P.S.A. count, which is a measure of prostate cancer. He said the doctor said some good results had been reported, "but we've never had anything as dramatic as this."

"Then I proceeded to tell him about BARLEYGREEN, carrot juice and raw foods. He listened to me and I left him some literature . . . whether he read it or not, I don't know."

Flora said results from his new diet are not limited to improvements in prostate cancer, diverticulosis and regular bowel movements. His cholesterol "was nearly always over 200," but his last reading in December – after just over one month on the program – was 173. "I hadn't been on the diet very long then. It may be lower now," he added. "I also have a lot more energy now . . . I don't get tired as easy."

Another problem Flora had been forced to contend with was from a 1968 car wreck, which he said "almost killed me." In addition to tearing out his wind pipe and

damaging his vocal chords, it also injured his knees. Walking is recommended to help heart problems, but pain in Flora's left knee made walking difficult.

"I have an exercise bike, but I couldn't ride it at all. Now I don't have any pain," he said. "I can ride or walk for about as long as I want. I ride my exercise bike every day, three or four miles in the morning at a pretty brisk speed."

Prior to starting the diet, Flora found it necessary to receive some cortisone shots in his knee, and he used a popularly-advertised gel for relief from the pain. "Now I don't use any of that," he said. Even when he needed them, Flora said he tried to avoid the cortisone

shots because of the side-effects.

He noted there are also side-effects from the new diet, "but they're good ones instead of bad ones."

Two other examples, he said, are his relief from persistent dry, itching skin and from an occasional irregular heartbeat. "My heart has skipped a beat about all my life. It got worse after my heart attacks. And I've had a racing heart. I was once hospitalized with 200 beats a minute. It's a peculiar feeling . . . I can tell when it's racing. It hasn't done that lately."

Flora said it has sometimes been a challenge to stay on the diet. He said it helps to have plenty of fresh pineapples, oranges, bananas, apples, grapes, canteloups, strawberries and organic raisins – rather than sweets – around the house. And he can be found eating lunch about every day at Hallelujah Acres. In his earlier days, "After every meal I had dessert, and I had sweets between meals. Now I scarcely ever touch anything with sugar in it . . . and I've possibly had three char-broiled hamburgers in six months."

As for the Hallelujah Diet, Flora said, "I don't see how it could fail to help anyone at any age. I believe it takes all three – the carrot juice, BARLEYGREEN and raw fruits and vegetables."

"When I do anything, I don't do it half-heartedly. I do it at full force," he added.

Green Leaves of Barley: Offering Nutrition as an Alternative to Drugs, Chemotherapy & Surgery

Book Review by Michael Dye

Green Leaves of Barley, by Dr. Mary Ruth Swope, begins by warning "there's a war going on" between orthodox medicine and the advocates of nutrition as a means of health care.

The foreword and first chapter – written by David A. Darbro, M.D. – make a good case for the advantages of preventing and reversing degenerative disease by building a healthy immune system . . . rather than resorting to the orthodox medical route of pharmaceutical drugs, radiation, chemotherapy and surgery.

After making a case for nutrition, Drs. Swope and Darbro agree the best way of improving one's nutritional intake is with the dried powder of green leaves of barley. Swope's purpose in writing this book is "to encourage Americans, and people everywhere, to improve their declining health through improving their diet." The author and nutrition educator writes that she feels "the best, easiest, quickest, least-expensive single way of improving the nutrient density of your diet is by the daily addition of a serving of green leaves of barley."

Dr. Swope details an extremely wide range of advantages to adding this nutritional supplement to one's diet. She explains the medical and scientific reasons why green leaves of barley benefit the body, and her book includes the written testimonies of over 100

people who say this supplement has helped their arthritis, cancer, high blood pressure, hay fever, digestion, cardiovascular problems and more.

A careful reading of this book allows one to not only learn much about the humble barley plant, but also our own bodies, beginning with the cellular level. Swope writes: "If it could be expected that all scientists in the world agreed on a single fact, I believe they would agree . . . 'Life begins, is maintained and ends at the cellular level.' The health of a single cell holds the key to the health of the whole organism." Darbro adds, "Cells made strong through good nutrition will go a long way in giving you an immune system that will resist the illnesses so prevalent in our society."

In addition to scientific knowledge, the book also has its share of common sense about nutrition. For example: "What humans (or animals for that matter) regularly consume in terms of their food and drink can

be used as a remarkably accurate predictor of their length and quality of life, their reproductibility, their size, vitality, disease patterns, mental problems, productivity and so forth." And: "All living, rejuvenating, healing processes are intimately related to the work of nutrients." These appear to be simple, harmless truths, but by the time you are half-way through Chapter 1, you will see how these two common-sense statements lead to medical heresy.

Darbro begins the book by giving the reader a history of the controversy between the American Medical Association and alternative health care. He notes there is irony in the fact that the word "physician" is derived from the ancient Greek word "physis," which was used to describe the body's tendency to heal itself. The word was coined in the Fourth Century B.C. by Hippocrates, The Father of Medicine, who described the phenomena of physis by saying, "It is nature that finds the way . . . though untaught and uninstructed, it does what is proper . . . to preserve a perfect equilibrium . . . to re-establish order and harmony."

Doctors graduating from medical school still take the Hippocratic Oath today. But over 2,000 years after the time of

"Cells made strong through good nutrition will go a long way in giving you an immune system that will resist the illnesses so prevalent in our society."

Hippocrates, the medical profession split over the issue of whether disease should be fought by strengthening the physis, or to offer a bolder form of intervention that fights the specific disease being treated.

It was the latter school of thought – allopathy – that won the battle. Darbro refers to this war as a "fight to the death" in which "no prisoners are taken . . . no mercy is shown." For example, he quotes a pamphlet stating that when the A.M.A. formed in 1849, it began a tradition of "economic self-interest and the squelching of all intellectual opposition" by barring homeopathic doctors from its ranks and prohibiting its membership from using any homeopathic techniques. And under the heading of "Big Business Gets Bigger," Darbro details how pharmaceutical companies became involved, buying some influential medical journals, and advertising in others. With the flow of information to

physicians owned or supported by the drug industry, Darbro quotes *Dr. Atkins' Health Revolution* as saying doctors that "had once been open to any therapeutic system . . . (now) assumed the only answer was pharmaceutical." Another way, cited from Atkins' book, that medical choice is under corporate control is that funding for grants for new research go more often to study pharmaceuticals and chemotherapy than nutrition.

Dr. Darbro spent 15 years of his medical career as "card-carrying AMA type," dispensing drugs designed to "maintain disease at an acceptable level" before realizing he needed "to do much less of fighting disease and do much more of promoting wellness."

Drs. Swope and Darbro agree that in the time of a medical emergency, a hospital is the best place to be. But they note that 70 percent of all deaths in the U.S. are caused by diseases linked to diet, and modern medicine has not been successful in curing these degenerative conditions, such as cancer and heart disease. Swope writes: "The tragedy of degenerative disease is that the conditions which are so often fatal by the time they require attention from a doctor are the very same conditions that are almost entirely preventable through a personal commitment to good nutrition." To this end, Drs. Swope and

Darbro recommend improved eating habits and the addition of dried powder from the juice of green barley leaves. Swope recommends the specific product formulated by Dr.

Yoshihide Hagiwara, a Japanese medical doctor and research pharmacologist. But with the exception of comparative nutrition tables, the book avoids mention of the product name "BARLEYGREEN."

Much of the book is dedicated to the scientific and medical reasons as to why this powdered juice from barley leaves is beneficial to the body. The young barley plant is described by Dr. Hagiwara as containing "the most prolific balanced supply of nutrients that exist on earth in a single source." Entire chapters are used to explain why its alkalinity makes this product the ideal antacid (and the importance of pH in cell functioning); why the body needs the live enzymes contained in green barley; the benefits of chlorophyll found in green barley; the advantages of receiving vitamins in a natural, chelated form; and the other ways in which this supplement helps bolster the immune system.

To order *Green Leaves of Barley*, please see Mail Order List on pages 10 and 11.