

The Hallelujah Acres Story

Hallelujah 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

"... Whether industrialized societies . . . can cure themselves of their meat addictions may ultimately be a greater factor in world health than all the doctors, health insurance policies, and drugs put together."
– China Health Project (summary) 1983

"Many people spend their health to gain their wealth:
They toil, they work, they slave.
Then they spend their wealth to regain their health,
and all they get is the grave."
– Rev. George Malkmus

GOD says:
"My people are
destroyed for lack of
knowledge."
– (Hosea 4:6)

Hallelujah Acres

P.O. Box 2388

Shelby, NC 28151

Address Correction Requested

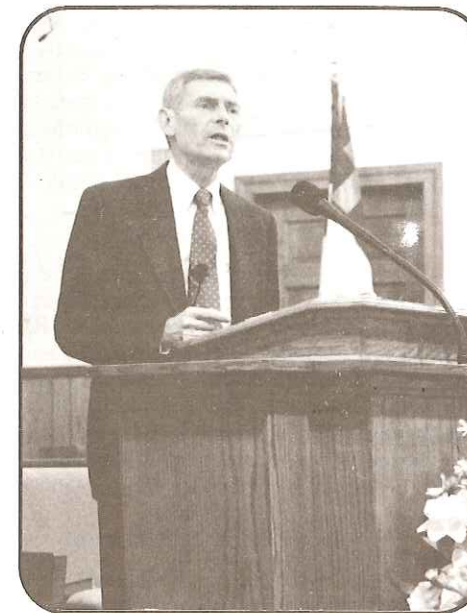
Back to the Garden

July/Aug. 1993

Health News from Hallelujah Acres

Issue No. 3

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



On Father's Day, June 20, Rev. George Malkmus brought his message of health to the combined Sunday School and Morning Service congregation at Central Baptist Church in Greeneville, Tenn. Pastor Jack Underwood and several church members have started on the Hallelujah Diet. Pastor Underwood wrote: "It was really nice having you as our guests this past Sunday morning. The presentation went very well and we have several families that are going to attempt some major dietary changes. As a pastor, I want my fellow believers healthy enough to serve Christ most effectively and to enjoy the riches that He offers this side of glory. May God bless you and continue to use you."

Meat, Dairy & Eggs

By Rev. George Malkmus

Seventeen years ago when the doctor told me I had colon cancer, I thought I was the *innocent victim*! I was told that because my mother had colon cancer, that was the reason I had colon cancer . . . "you inherited it," they said. Almost 17 years of research and personal experience have proved the fallacy of the "innocent victim" or "inherited it" reasoning.

I was not the "innocent victim," nor did I "inherit it" from my mom. I had created my own colon cancer by my MEAT EATING!!!

In this issue of *Back to the Garden*, we are going to look at meat, milk, cheese and eggs and how they relate to our health, quality of life and length of life.

To start with, let me say that we have not been told the truth by the meat, dairy and egg industries! And it is these very industries that provide the educational material for our public schools and even for the American Medical Association and American Dietetic Association. For years, the meat, dairy and egg industries, our doctors

and most nutritionists have told us that we need meat and eggs for protein and strength, and dairy for calcium.

My research has revealed just the opposite . . . that there is no usable protein in the meat and eggs we eat, nor assimilable calcium in the dairy we consume . . . but rather, meat, dairy and eggs sap our strength, do great harm to our body and shorten our lives!

The facts are that meat, dairy and eggs can be linked directly or indirectly to about 90 percent of all physical problems and deaths in America today!!!

The facts are that meat, dairy and eggs can be linked directly or indirectly to about 90 percent of all physical problems and deaths in America today!!!

50 percent of all Americans die from heart attacks and strokes

Heart attacks and strokes are caused primarily by the clogging of the arteries with fat (cholesterol). The average meat, egg and dairy consumer in America today puts into

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Rev. John Stockton of Bakersville, N.C. has lost about 40 pounds – and increased his energy level – on the Hallelujah Diet. But he is even more excited about the progress of his wife, Patsy (right), a diabetic who has reduced her insulin from 130 units a day to 4 to 6 units, and lost 48 pounds since February. And there's more! Her story is on page 5.



Mail Order List — CONTINUED FROM PAGE 13

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, hoof sores, 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 Johns Hopkins revealed he had the arteries of a 20-year-old.

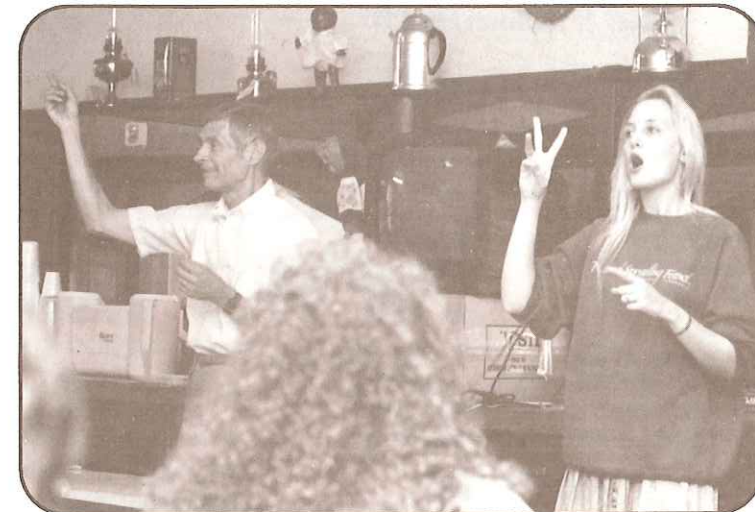
HOW TO GROW MORE VEGETABLES by Jean Jeavens. With this method a backyard gardener can grow a year's supply of fruits & vegetables in under 200 square feet of soil per person with about 10 minutes a day required for upkeep. It teaches the Biodynamic / French Intensive technique . . . a totally natural 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 15



Sign language was provided for the hearing impaired at the May 24 seminar on *How to Eliminate Sickness* at Hallelujah Acres. The packed house included hearing-impaired visitors from Canada, Washington, D.C. and Virginia. Paula Bennett of Johnson City, Tenn. graciously volunteered her time and talents to do the signing.



What's Happening at Hallelujah Acres

With each new issue of *Back to the Garden*, we see the ministry of Hallelujah Acres growing larger, spreading further and helping more and more people, as the hundreds of letters and calls we receive attest. Just last evening (I am writing this on June 25), we had people who had driven here from New York, Michigan, Oregon, South Carolina and Tennessee just to attend our BARLEY-GREEN presentation and other seminars. It is so very exciting as we see lives being changed and health restored by something as simple as changing diet and lifestyle.

Seminars

Seminars thus far in June included one at Heritage USA in Fort Mills, SC on June 1 with about 100 in attendance and at the Central Baptist Church in Greenville, TN, with about 300 in attendance. (See letter from Pastor Jack Underwood below photo on page 1.) In addition to these two seminars, we have been asked to speak in churches in Illinois, Florida, South Carolina, Texas, and several in Tennessee . . . but exact dates have not been set as yet.

More Newspaper Articles

On June 9, the Kingsport Times-News in Kingsport, TN ran a feature article on Hallelujah Acres, and then on June 10, the Rogersville Review in our hometown also ran an article. Every time we get this kind of exposure, our natural food store and restaurant is inundated for the next week with new people. As we go to press, we have another speaking opportunity coming on June 29 when we have been asked to do a live call-in broadcast on radio station WJCW, which will blanket the Tri-City area in Northeast Tennessee.

Construction Complete

We have completed construction on our new offices and shipping room, and we have moved in. Thank you Wes Moore for a job well done! And we are pleased to be able to report that all orders are current and most new orders are going out the same day they are received. Thank you for your patience in some slow turn-arounds on your orders in the past, and we apologize for any inconveniences you experienced.



The congregation of Central Baptist Church in Greenville, Tennessee, was reminded that it is our body, and not the church building, that is the "Temple of God."

Letters and Calls

Every day we receive letters with questions coming in from all over the world. They often contain questions like, "I have cancer, what diet changes should I make?" . . . "My niece has diabetes, what should I tell her to do?" . . . "Should I stop taking my vitamins?" . . . "Should I stop taking the medicines my doctor prescribed for me?" . . . etc. There are so many hundreds of letters coming in, it is impossible for us to answer all these letters individually . . . there just are not enough hours in a day. And secondly, the law does not allow us to diagnose or prescribe. What we have done though, is add a new column to this publication called

"Questions about your health?" In this column, we will try to answer the most frequently asked questions and those we feel will be of the greatest benefit to our readers.

Back to the Garden

With this issue of *Back to the Garden*, we are going from a monthly to a bi-monthly publication, and expanding from 12 to 16 pages. There are several reasons for this change. First, the cost of sending out this newsletter absolutely free every month is a tremendous expense, and second, the time involved in researching, compiling and writing the articles, etc., is sometimes overwhelming. But the response to this publication has been fantastic, with people calling and writing us daily to tell us how they have been helped and blessed, and asking to be added to our mailing list. We are presently adding 100 to 200 new names per week to our mailing list. We appreciate those of you who are purchasing products from us because it is you who are helping to make it possible to continue

sending *Back to the Garden* out free. *Back to the Garden* is a ministry! Please remember this ministry in your prayers. If we can get enough people to listen — and especially in high places in our government — we could practically eliminate sickness from this world.

Apartment Available for Visitors

We will have an efficiency apartment available above our health food store and restaurant, starting Aug. 1, for those who would like to spend some time at Hallelujah Acres. This new apartment includes air conditioning, one bedroom, kitchen, dining room, living room and a full bath, and will be available for \$35 a night on a first-come basis.

Beef & Human Health

According to the U.S. Surgeon General, 70 percent of U.S. deaths are related to diet, particularly the over-consumption of beef and other foods high in cholesterol and saturated fat. Study after study has linked red meat to the development of heart disease, strokes and cancer of the colon and breast. Animal products are "linked to the four leading causes of death in the U.S." (Beyond Beef, 1130 17th St. NW, Washington, D.C.)

Diet & Health

Heart Disease, the number one killer, is responsible for the deaths of 725,000 Americans annually . . . Consumption of saturated fat and cholesterol . . . is generally regarded as the key factor in the development of the arterial plaque which eventually cuts off the blood supply to the heart and brings about the fatal heart attack. Strokes, accountable for 190,000 deaths, occur when a similarly occluded artery interrupts the blood supply to the brain.

Cancer of the colon and breast, the types most closely linked with the consumption of meat and animal fat, are responsible for nearly 90,000 deaths annually . . . Consumption of meat and animal fat is responsible for a number of other serious afflictions as well. Liver and kidney diseases frequently result from an excessive intake of protein. Deposition of uric acid from meat in the joints causes a

painful, crippling condition known as gout. The high phosphorus and protein content of meat depletes calcium from the bones, promoting fractures and stooping in older people.

Finally, meat and animal fat contain a number of other toxic substances

merit than of their economic and political consequences.

Thus the record U.S. consumption of meat is largely a testimonial to our wasteful affluence, the resourcefulness of the meat industry, and the political allegiance of the U.S. Departments of Agriculture, Interior and Treasury that have been virtually sustaining the meat industry through generous subsidies of grazing rights,

technical know-how, administrative services, insurance and mortgage programs, special interest rates, tax write-offs, price supports and outright grants.

It is high time for the federal government to stop supporting and promoting the meat industry and to accept its responsibility to protect the public health and the nation's resources. (Vegetarian Society, P.O. Box 344, Los Angeles, CA 90034)

Study Shows Vegetables & Fiber Can Stave the Risk of Colon Cancer

New findings on the link between diet and colon cancer are adding to a growing body of evidence that increased consumption of vegetables, fruits and grains may reduce the risk of fatal colon cancer, according to an American Cancer Society study reported in the Oct. 7 *Journal of the National Cancer Institute*. Colon cancer will be diagnosed in 111,000 people this year, and will cause about 51,000 deaths. (Review Retailer, Rogersville, Tenn.)

that may not necessarily produce clinical symptoms, but do contribute to a lowered resistance to stress and disease, as well as a vague feeling of malaise which the general population has grown to accept as the "normal" state of health. Among these substances are heavy metals, pesticides, pathogenic organisms, . . . etc.

But the health benefits of a vegetarian diet go beyond a reduced risk of contracting a deadly disease and an increased life expectancy. They also encompass a slowing down of the aging process, freedom from debilitating effects of chronic and other diseases, and a higher level of energy and physical endurance. This last effect is readily experienced after only a couple of weeks on a vegetarian diet . . .

At this point, one may well ask the logical question: if meat is so bad for human health, how has it become the principle staple of the American diet? The answer goes to the very heart of what's wrong with the decision-making machinery of the federal government, where issues are decided less on the basis of their scientific

News You Can Use

Recipes from Rhonda

Tofu Egg(less) Salad in Pita

8 ounces firm tofu, drained
5 TBS. cold-pressed Mayonnaise
2 tsp. ground mustard
1 tsp. turmeric
1/4 tsp. ground cumin
1 TBS. Bragg's Amino
1/4 cup diced celery
1/4 cup diced onion
1/4 cup diced green pepper
1/2 tsp. curry powder
1/4 tsp. ground coriander
pinch of cayenne

Crumble tofu into a medium bowl. Add the celery and onion. Add seasonings and mayonnaise. Mix with a fork, mashing large chunks of tofu so salad has uniform texture. Serve in pita pocket with sprouts. Can also be served on a bed of lettuce with tomato. Yield: 1 3/4 cup

Avocado Salad Pita Pocket

Pita pockets are wonderful! One of my favorites is this live, all-raw recipe:

Spread pita bread with mashed avocado and stuffed with your favorite fresh veggies . . . diced tomatoes, sprouts, lettuce, cucumber, shredded carrots, etc. Add favorite salad dressing.

Tip: Use only an aluminum-free baking powder, ie. Rumford

Pritikin French Apple Pie**CRUST:**

Moisten 1 Cup Grape Nuts Cereal with
3 TBS. frozen apple concentrate, thawed
Pat into bottom of pie plate

FILLING:

Peel 5 - 6 Large Red and Yellow Delicious Apples
Cut Core and slice half of the apple slices into pie, sprinkle generously with cinnamon, add remaining apple slices and sprinkle again with cinnamon. Do not skimp.

Cover With plastic wrap
Bake 15 minutes in microwave or cover with aluminum foil and bake approximately 50 minutes at 350 degrees in conventional oven.

Remove from oven and make glaze.

In saucepan, heat & stir 'til clear & thickened:
1/2 cup (or a little more) frozen apple juice
1/2 cup water, distilled
2 heaping TBS. Cornstarch

Pour over top of apples, covering all of them
Cool, cover with clean plastic wrap and refrigerate
Serves 8

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
2 - 11 copies – .75 ea.
12 - 99 copies – .50 ea.
100 + copies – .35 ea.

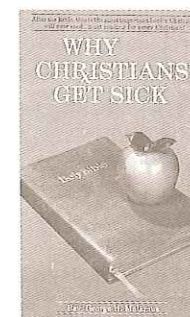
For a one-year, multiple-issue subscription, determine the number of copies you would like, use the cost figures on the left, and multiply by 6 for 6 bi-monthly issues.

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.

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)

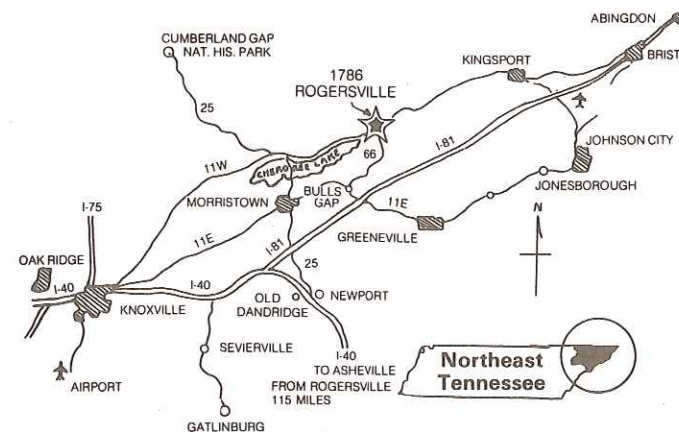


WHY CHRISTIANS GET SICK by Rev. George H. Malkmus is now in its fourth printing. Letters are being received daily from all over the world telling how people have been helped by this book. *Why Christians Get Sick* helps people understand the causes of disease and how they can eliminate sickness from 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 14

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.

Questions about your health

By Rev. George Malkmus

Dear Rev. Malkmus:

After checking out your statements about the Champion Juicer, I found it was better than other juicers. But what about the Champion versus the Vita-Mix? I don't know, but the Vita-Mix seems superior.

— Michael Christie
Anaheim, Calif.

Over the past 17 years, in my search for the best way to nourish the human body and restore the sick body to wellness, the most difficult thing I have had to contend with is weeding through all the misinformation and misleading advertising on behalf of "healthy" foods and products. It would appear that some are more concerned about selling their product and making a buck than they are about telling the truth and helping people. This has been very distressing to me.

Here at Hallelujah Acres, we want most of all to help people get well and stay well! It is a ministry to us! And while we must make a profit in order to stay in business, the most important thing to us is that what we share is factual and accurate to the very best of our knowledge. God is our witness!

Seventeen years of personal experience and research has revealed to us that the fastest way to restore wellness is to stop putting into the body the things that have caused the physical problem to develop in the first place, and then give the body the nutrients it needs to repair and rebuild itself. The body is self-healing when the infraction is stopped and proper nutrients provided.

Shortly after being told that I had colon cancer seventeen years ago, on the advice of a friend, I switched overnight from a typical American diet of meat, dairy, sugar, desserts and pizza... to an all-raw diet of fruits and vegetables, with one to two quarts of carrot juice daily. Immediately I started to get well, and within one year, every physical problem I had was gone!

All these years of personal experience

and research have revealed that the fastest way to restore the body to wellness is

through the use of raw vegetable juices! We have found that many digestive systems are not functioning well and the sicker the person, the more difficult it is to digest and assimilate the nutrients in raw vegetables, because they contain the pulp or fiber. But with the pulp or fiber removed, the nutrients can pass directly into the blood stream and within minutes are feeding the cells and restoring the immune system. But here is where the problem begins. What kind of juicer. My research has revealed that there are only two basic types of juicers on the market today, although there are many different manufacturers. They are the centrifugal juicers (any juicer with a spinning basket) and the mastication juicers. Both types separate the juice from the fiber so that you can drink the pure juice. With the pulp or fiber removed, the nutrients do not have to go through the long and energy-consuming process of digestion... thus the nutrients can pass directly into the blood stream. It is almost like intravenous feeding! **The most important thing to remember about juicing is that the very purpose of juicing is to remove the pulp or fiber so the nutrients can go to**

juicers leave most of the nutrients in the pulp, which then gets thrown away. (I have seen a laboratory report where they ran five pounds of carrots through a centrifugal juicer and a mastication-type juicer, and the mastication-type juicer removed three to four times more nutrients than the centrifugal.) The mastication-type juicer leaves very few nutrients in the pulp. We recommend only mastication juicers.

So where does the "Vita-Mix" fit into what we have been talking about? First of all, **IT IS NOT A JUICER!** Listen to their own words in a recent ad: "The 'juice gurus' on television claim that their juice extractors provide phenomenal nutritional benefits. A recent laboratory study reveals that juice extractors actually decrease the number of vital nutrients you get from fruits and vegetables. That's because they extract and discard the most nutritious part - the pulp... You'll easily get 4 to 6 times more fiber by drinking Vita-Mix Super Juice instead of regular juice!"

Actually, the "VITA-MIX" is nothing but an expensive, glorified blender that blends the juice and pulp into a thick mush, to which you have to add water in order to drink. Listen to their own words again: "Only Vita-Mix makes 'total juice' which includes the cholesterol-lowering fiber... What is 'total juice'? It's made by pureeing whole fruits and vegetables to the consistency of pudding. This fiber-rich, vitamin-rich puree is then treated just like ordinary juice concentrate and diluted to a delicious juice consistency." But what they don't tell you is that because there is pulp in the juice, the nutrients cannot pass

The most important thing to remember about juicing is that the very purpose of juicing is to remove the pulp or fiber so the nutrients can go to work immediately without going through the digestive process.

work immediately without going through the digestive process. Advantages in bypassing the digestive system are that this allows for very minimal loss of the nutrients before they reach our cells, and also this saves our body from expending energy for digestion. We need fiber in our food, but not in our juice.

So if we are going to purchase a juicer, should we buy a centrifugal or a mastication type juicer? At the Gerson Clinic in Mexico, they are healing the "incurables" (lung cancer, spreading melanoma, lymphoma, brain cancer, breast cancer, multiple sclerosis, lupus, migraines, etc.) through the use of freshly-extracted raw vegetable juices. These people at the Gerson Clinic are the most knowledgeable people I know to ask what kind of juicer works best. So what do they teach? They teach that only mastication-type juicers will do the job because centrifugal

directly into the blood stream as does pure juice from a juicer, and thus must go to the stomach and through the digestive process. Because this blended pulp and juice is in a liquid form, it does not get chewed in the mouth where the digestive enzymes would normally be released as when whole raw foods are chewed. And so this "puree" goes directly to the stomach without the digestive enzymes and becomes a difficult substance for the body to deal with. Because of this, very few of the nutrients find their way to the cellular level of the body, which is where nutrients must go if we are to receive any benefit from the foods we eat or the juices we drink.

If you have questions about health, diet, nutrition or Biblical teachings, address them to Dr. George Malkmus, Hallelujah Acres, P.O. Box 2388, Shelby, NC 28151. Time does not allow for individual responses.

Patsy Stockton shares the benefits of the Hallelujah Diet... She reduces insulin, relieves pain, gains energy & loses 48 lbs.

By Michael Dye

When Patsy Stockton first heard about Hallelujah Acres through a friend at church, she was a diabetic taking 130 to 140 units of insulin in two injections a day, with her doctor saying she needed to increase this dosage.

But based on the recommendation of a friend who had found relief from severe arthritic pain after attending a seminar at Hallelujah Acres, Patsy joined church members in two van-loads who traveled to hear Rev. George Malkmus' seminar on "How to Eliminate Sickness" on Monday, Jan. 25, 1993.

"I started on the diet (the next day) Tuesday morning," she recalled. "My blood sugar was 371 that day. I always check it in the morning. Within three days, my blood sugar dropped from 371 to 112. It hadn't been that low in five or six years."

At the time of this interview, Patsy and her husband - Rev. John Stockton, pastor of Piney Grove Freewill Baptist Church in Hampton, Tennessee - have been on a vegetarian diet of mainly raw fruits and vegetables, and BARLEYGREEN for four months. The Stocktons live across the state line in Bakersville, N.C. John has lost 40 pounds and reduced his high blood pressure from 120/95 to 105/62, but he is more excited about the progress of his wife.

Patsy has reduced her insulin from 130 - 140 units a day to 4 to 6 units per day, and can sometimes go two or three days at a time without insulin. She is looking forward to going off insulin altogether, which her doctor believes will be possible once she loses more weight.

Thus far, she has lost 48 pounds in four months. "I lost quite a bit at first, then I've slowed down to about a pound a week. But I haven't gained one pound of it back. I have lost weight before, but I've always gained it back," Patsy added. "I'm not calling this a diet," she emphasized. "I call it a new way of living. It's not a diet because I eat as much of the raw food as I like."

And when her weight and blood sugar started dropping, it was more than just a change in numbers. "I started feeling better right away. I started having a lot more energy. Before, I hadn't hardly been able to get up in the mornings. I started being able to get up early in the morning. At 6 a.m., I am full of energy and ready to get

up. Before, I couldn't get started 'til about 9 or 10."

Patsy - who sings in the Gospel trio, The Heavenly Echos - just finished teaching Vacation Bible School, which included up to 104 children a day. "Four months ago, I couldn't have done it. I was worn out all the time. When your sugar is up, eyesight and kidneys also get bad," she said.

Another symptom of diabetes from which she was suffering prior to her new diet was cracks and sores on her feet. "It was getting to the point that I couldn't hardly walk on my feet," Patsy said. For a diabetic, these cracks and sores can be a serious problem, leading to gangrene and even possible amputation. "The BARLEYGREEN and diet solved that too. I have smooth feet now."

She was taking a lot of pain medication, sometimes getting up two or three times a night to take something to relieve the pain. But in the past four months, "I've taken just a couple (pain

pills)," she said. The only other medication she now takes is for her thyroid.

"How can you tell kids today, 'Don't take drugs,' when they see you every time you turn around going to the medicine cabinet to take prescriptions?"

Before changing her diet, Patsy said her doctor "was threatening" to either increase her 130 - 140 units of insulin a day with more shots or with a supplemental pill, "but I had such bad allergies, I couldn't hardly take anything... He changed my antibiotics five times in one week. So many of my medications created other problems, he took me off everything. He told me there was nothing he could do. That totally scared me to death."

Before changing her diet, Patsy also had large spots, which she was told were liver spots, on her arms, and they had spread to her hands. "Within two weeks after starting on BARLEYGREEN and new diet, all the spots on my hands were gone. Then they disappeared on my arms too."

Patsy was also suffering from very painful sores on the inside of her mouth, which cleared up within a week after making her dietary change. Other improvements include a reduction in her high cholesterol and

high blood pressure, and what her doctor says is a much-improved functioning of her liver.

Patsy said she took literature from Hallelujah Acres to her doctor, "and he's all for it... He said when most people come to see him, they just want more pills so they can go home and eat everything in sight, and then come back and get more pills. He said he tells people it (diabetes) is a diet problem, but people just want pills to cure it."

But the diet Patsy is following is very different from the diet doctors recommend for diabetics, which includes three meals and three snacks a day, milk and something from the bread group six times a day. Rev. Malkmus says this diet recommended by doctors - high in meat, dairy and eggs - actually contributes to adult-onset diabetes.

Patsy said several members of her family have followed the pattern of being overweight and developing diabetes at about age 40. Part of the family tradition, she said, is to encourage everyone, even people on a diet, "to eat, eat, eat... just a little piece of this cake."

"I agree with George. I believe it's what you eat that makes you sick. I studied nutrition for years, but just didn't put it to use. I really appreciate George sharing what he has learned with everybody... A lot of us that have been helped by George are helping others by telling as many people about this as we can."

Patsy said her daughter has lost 30 pounds on the diet, her daughter's young children have seen improvement in their allergies and friends with sinus and stomach problems have also found relief. She made tapes of the "How to Eliminate Sickness" seminar, and she said people who have either heard these tapes, or heard Rev. Malkmus personally, are more likely to stay on the diet

"I'm not calling this a diet," she emphasized. "I call it a new way of living. It's not a diet because I eat as much of the raw food as I like." - Patsy Stockton

"because they understand the whole story."

And, she said, "Everywhere we go, people who see us notice a big difference, especially in me." Rev. Stockton said he did not have as many health problems as his wife, but that he has experienced a noticeable boost in his energy level. "I work a 40-hour job and pastor this church, so I needed some help," he added.

And she said giving up meat has been easier than most people would expect. "I think if people really thought about killing animals, no one would eat meat. We were all just brought up to think we've got to have it to survive."



Patsy Stockton of Bakersville, N.C.

Diet for a New America Exposes the Incredibly Far-Reaching Consequences of Meat & Dairy

Book Review by Michael Dye

Since our early years in grade school, we have all known that meat and dairy make up two of the four major food groups we need for a balanced diet. We were told we need meat for protein and strength, we need milk for strong bones and that eggs are the perfect food.

If you still believe this, then reading *Diet for a New America* could be the dietary equivalent of hearing 500 years ago that the Earth isn't flat. After reading this book, it is easy to get the feeling that everything we have been programmed to believe about meat, dairy and eggs is wrong. And this revelation comes from a somewhat unlikely source, because author John Robbins – who was nominated for a Pulitzer Prize for this 1987 book – was the heir to the Baskin-Robbins ice cream fortune.

This extremely well-documented book – with 777 footnotes – cites hundreds of articles from major medical journals, nutritional experts and comprehensive medical studies that link meat and animal products with heart attacks, cancer, strokes, diabetes, high blood pressure, gout, kidney stones, gallstones, asthma and more.

You will also read about the creative and almost criminal ways the meat, dairy and egg industries – which are primary sources of nutritional information for our schools, doctors and dietitians – have fought to prevent the public from understanding the relationship of animal products to heart disease, cancer and other plagues of modern society.

But the reasons Robbins provides for turning away from a meat-centered diet are not limited to merely an attempt to avoid these often-fatal diseases. In fact, it would be hard to imagine another book that has so many different reasons for not doing something that so many people do every day.

Ethical reasons for abstaining from animal products are provided in this book by exposing the inhumane and unhealthy conditions by which a half-million animals are slaughtered in the U.S. every hour. The book begins with a touching collection of true stories from newspaper accounts and books about how dogs, dolphins, and even a canary, pig and giant sea turtle have gone out of their way to save human lives. Read why the town of Edinburgh, Scotland erected a statue in honor of a stray terrier named Bobby. Then Robbins reveals the realities of the slaughterhouse, which are so gruesome that it is understandable why anyone contributing to

this appalling ordeal would prefer to pretend they don't exist. And you'll see how modern "factory farms" cram chickens, cattle and pigs into over-crowded, unnatural pens that often allow practically no movement and are breeding grounds for disease, infections and mass hysteria. Even those unconcerned about the welfare of animals should be concerned that government and industry surveys have found between 33 and 90 percent of commercial chickens are contaminated with salmonellosis, and 80 percent of pigs have pneumonia at the time of slaughter. Health officials have told Congress, "The meat we buy is grossly contaminated with both coliform bacteria and salmonella."

"We know today how to prevent heart attacks and strokes . . . But most of us, thanks to the dedicated endeavors of the meat, dairy and egg industries, have not gotten the good news. We still think we must eat animal products in order to be healthy." – John Robbins

Our Natural Resources are being wasted, as we feed 80 percent of the corn and 95 percent of the oats grown in this country to livestock. Feeding grain to livestock and using these animals for meat results in only 10 percent of the calories being available for human consumption, compared to eating the grain directly. Less than half of agricultural acreage harvested in the U.S. is used to grow food for direct human consumption. For every 16 pounds of grain and soybeans fed to beef cattle, we get back only one pound of meat. To supply one person's meat-centered diet for one year, it requires 3 1/4 acres; to supply one pure vegetarian's food for one year, it requires only one-sixth of an acre, meaning 20 times as many people could be fed from a given acreage if they converted from the standard American diet to being a pure vegetarian. This is no minor detail, considering 60 million human beings starve to death in the world every year. Robbins cites author Frances Moore Lappe as showing enough grain is eaten by American livestock daily to provide every human on earth with two loaves of bread. Department of Agriculture statistics show one acre of land can grow 20,000 pounds of potatoes, while that same acre used to grow cattle feed can only produce 165 pounds of beef.

Over half of the water consumed in the U.S. is used to irrigate land growing feed and fodder for livestock, and an average of 2,500 gallons of water is required to produce a single pound of meat. That's as much water as the typical family uses for its household purposes in a month. If the cost of this water was not subsidized by U.S. taxpayers, the cheapest hamburger

meat would cost more than \$35 a pound. It takes over 4,000 gallons of water to produce one day's food for a meat-eater, compared to only 300 gallons for a pure vegetarian. U.S. livestock also have an impact on the water they don't consume, because they produce 20 times as much excrement as this country's humans.

A 1978 study by the U.S. Departments of Interior and Commerce found one-third of all raw materials used for all purposes in the U.S. go to production of meat, eggs and dairy. Ohio State University agricultural engineers found corn or wheat provides 22 times more protein per calorie of fossil fuel expended than feedlot beef, and soybeans produce 40 times more.

Environmental reasons are given by showing the impact meat eating has on our planet. More than 260 million acres of U.S. forests have been clear-cut to sustain our meat-centered diet. If this deforestation

continues, the U.S. would be stripped bare of all its forests in only 50 years. We import 10 percent of our beef, and 90 percent of that is from South and Central America. As of 1985, more than 50,000 of Central America's 130,000 square miles of rain forest had been cleared to raise beef, most of which is exported to the U.S. These lush rainforests support 80 percent of the earth's land vegetation and half of all animal species. As of 1985, 1,000 animal species were becoming extinct every year, most due to destruction of rainforests. These rainforests are essential for offsetting the emission of carbon dioxide in the burning of fossil fuels. One quarter of our medicines are derived from raw materials from the rainforests.

Pesticides and other dangerous chemicals accumulate in increasingly dangerous quantities in the bodies of animals higher up on the food chain. Meat contains 14 times more pesticide residue than plant foods, and dairy products contain 5 1/2 times more. As early as 1966, Congress was told no milk on the market in the nation is free of pesticide residues. The EPA estimates fish can accumulate up to 9 million times the level of PCB's that exist in the water in which they live. Government studies have found significant concentrations of DDT and PCB's in over 99 percent of the mother's milk tested and PCB's in 100 percent of the human sperm samples tested. A 1975 study found meat and dairy products account for over 95 percent of the population's intake of DDT. A 1976 EPA study found breast milk of the average vegetarian

Continued – Please see next page

Calendar of Events for Hallelujah Acres July 1993

Thursday, July 1, 8 & 29 – 7 p.m. "BARLEYGREEN 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, July 3 & 31 – 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, July 10 – 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.)

Sunday July 11 – 7 p.m. Ross Campgrounds Methodist Church in the Allendale section of Kingsport, Tenn.

For more information, call Pastor Jeff Marsh at 245-6669.

Wednesday, July 14 – 7 p.m. First United Methodist Church in Elizabethton, Tenn.

There will be a salad supper at 6 p.m., then Rev. Malkmus will speak at 7 p.m. For more information, call Pastor Jerry Fleener at 543-3505.

Thursday, July 15 – 7 p.m. "BARLEYGREEN Distributors Meeting"

This meeting will be for those who are already BARLEYGREEN distributors or for those who are interested in becoming a distributor for BARLEYGREEN. Being a distributor allows you to help others to obtain this unique product while at the same time rewarding you for your efforts. (There is no cost for this presentation.)

Saturday, July 17 – 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 for this presentation.)

Thursday, July 22 – 7 p.m. Charlotte, North Carolina

Rev. Malkmus will be speaking and Rhonda will be giving her testimony. For more information, contact Gretchen Mack at (803) 548-2434.

Saturday, July 24 – 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.)

Sunday, July 25 – 9:30 a.m. at Open Door Baptist Church in Potts Camp, Mississippi

Rev. Malkmus will speak on "How to Eliminate Sickness." For more information, call Pastor David Helmic at (601) 333-4490.

Monday, July 26 – 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. It 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.

AUGUST 1993

Thursday, Aug. 5 & 26 – 7 p.m. "BARLEYGREEN Presentation" – See description in July Calendar of Events.

Saturday, Aug. 7 – 10 a.m. "The High-Energy Diet" – See description in July Calendar of Events.

Monday, Aug. 9 through Friday Aug. 13 – "Sword of the Lord Convention in Walkertown, North Carolina"

Rev. Malkmus will have a booth at the Convention to share the ministry of Hallelujah Acres. Thirteen thousand are expected to attend this convention. The convention will be held at the Gospel Light Baptist Church in Walkertown.

Saturday, Aug. 14 – 10 a.m. "Juicer Demonstration" – See description in July Calendar of Events.

Sunday, Aug. 15 through Saturday, Aug. 21 – Florida Trip

Monday through Wednesday, Rev. Malkmus and Rhonda will be attending the Barley Green Convention in Orlando, Florida. As we go to press, there are at least two seminars tentatively set on this trip, one in Madison, Fla., and one in Leesburg, Fla. If you live in Florida and are interested in attending or possibly sponsoring another seminar, contact us. **Hallelujah Acres will be closed Aug. 15 through Aug. 21**

Saturday, Aug. 28 – 10 a.m. "The Gerson Therapy" – See description in July Calendar of Events.

Monday, Aug. 30 – 6 p.m. "How to Eliminate Sickness Seminar" – See description in July Calendar of Events.

Objections to the Use of All Animal Products

from *The Health Seekers' Yearbook* by Victoria Bidwell
available from Hallelujah Acres for \$35.00

- 1. ANIMAL PRODUCTS LEAVE AN OVERLOAD OF TOXIC ACID RESIDUES IN THE BODY.** Even occasional use of meat, fish, eggs and dairy products is harmful. The greatest objection – in terms of personal health – to the use of any and all animal foods is that the metabolizing of these foods leaves an inordinately high amount of acid-ash residues in the blood, fluids and tissues. The predominate waste residues are uric, phosphoric, and sulfuric acids . . . humans are not carnivores and do not secrete uricase, the enzyme needed to break down uric acid for elimination. This acid is so poisonous that it must be neutralized at all costs. The price we pay for eating these animal foods is high: alkaline or “base” mineral reserves – primarily calcium – are sacrificed from the bones and teeth. As calcium reserves are called upon, the human skeleton, one day, is left sadly osteoporotic or “bone porous.” This means the skeletal system has lost its normal bone density and is so brittle that “spontaneous fractures” and badly deformed spinal curves and hunchbacks – so common among older people – occur. The pain of an Osteoporotic Sufferer is excruciating and relentless. Furthermore, once neutralization of the over glut of acids from the meat-based diet occurs, calcium urate residues are deposited in the soft tissues and calcify. In time, deposits hard as stone form. Deposits to the arteries result in arteriosclerosis or hard arteries, to the optic lenses in cataracts, to ureters in kidney stones, to the gall bladder in gall stones, to the skin in wrinkles, to the joints in arthritis . . . and so on.
- 2. ANIMAL PRODUCTS ARE HIGH IN FAT.** Red meat is from 30 - 70 percent fat. Dairy products – especially whole milk, cream, butter and cheese – are high fat foods.
- 3. ANIMAL PRODUCTS CONTAIN MAN-MADE POISONS IN ABUNDANCE.** Animals are walking reservoirs for accumulated poisons, which they then pass on to those who eat them. Over a lifetime, animals collect and hold in the tissues a smorgasbord of poisons: pesticides, herbicides, and artificial fertilizers. Growth hormones and other chemicals are also added to their feed.
- 4. ANIMAL PRODUCTS STIMULATE OVEREATING.** Animal products are highly toxic at cellular level: this accounts for their stimulating effect. This stimulation is experienced by some Americans, on the psychological level – in the form of a desire to eat compulsively.
- 5. ANIMAL PRODUCTS CONTAIN NO FIBER.**
- 6. ANIMAL PRODUCTS ARE ALMOST INVARIABLY EATEN IN POOR COMBINATION WITH OTHER FOODS, THUS PROMOTING ENERVATION AND TOXEMIA.**
- 7. ANIMAL PRODUCTS HIGH IN PROTEIN CONTRIBUTE TO CANCER INCIDENCE.** The relationship between diets high in animal protein and cancer has been clearly established. Cancerous cells feed on protein and are characterized by “runaway” protein synthesis and rapid cellular division. A high-protein diet such as recommended by the Basic Four may indeed trigger this abnormal proliferation of cells “gone wild.”

Milk and Dairy

- 1. FOR MOST AMERICANS, MILK IS INDIGESTIBLE ONCE THEY PASS CHILDHOOD.** The fact is that over 75 percent of the world's population cannot even digest milk! Immediate poisoning effects are often experienced: indigestion, gas, cramping, diarrhea.
- 2. MILK IS TOXIC.** When milk products are taken in, our bacterial flora decompose it, fermenting part and putrefying part. Toxic waste by-products result.
- 3. MILK PRECIPITATES MUCUS FORMATION AS THE BODY ATTEMPTS TO DETOXYIFY ITSELF.** That is, the presence of milk products occasions great mucosal detoxification in the form of the respiratory elimination: common colds, asthma, sinusitis, and bronchitis.
- 4. PASTEURIZING MILK DESTROYS ITS ALREADY “SECOND-RATE VALUE.”** Heating milk renders its calcium inorganic. This means that all that highly promoted calcium in milk is not in the ideally usable form because of its altered molecular structure from the heating.
- 5. PASTEURIZED MILK PRODUCTS PROMOTE CALCIFICATION OF THE SOFT TISSUES.** The inorganic and unabsorbed calcium from pasteurized milk products is deposited in the soft tissues and calcify, literally precipitating a number of diseases.

Meat, Dairy & Eggs

Continued from page 9

Other disorders that he says are linked to milk include gastrointestinal bleeding, iron-deficiency anemia, skin rashes, atherosclerosis, acne, recurrent ear infections and bronchitis. And there's more: “Leukemia, multiple sclerosis, rheumatoid arthritis, and simple dental decay have also been proposed as candidates.”

So who is Dr. Oski? He received his M.D. from the University of Pennsylvania; was appointed as an Associate in the Department of Pediatrics, University of Pennsylvania School of Medicine and assumed post of Professor and Chairman, Department of Pediatrics, John Hopkins School of Medicine and Physician-in-chief, the Johns Hopkins Children's Center.

The facts are that meat, dairy products and eggs are not good food . . . but rather, dangerous substances that are HAZARDOUS TO OUR HEALTH!!!

Personally I have not eaten meat or eggs, nor used dairy products for 17 years! Am I weak and sickly as a result? Anyone who knows me, knows that just the opposite is true. I am fast approaching age 60 and yet my strength, endurance and stamina is greater than when I was 20 years old. Few people, even young people, can keep up with me climbing the mountains. Since eliminating meat, dairy and eggs from my diet 17 years ago, I have experienced no sickness of any kind . . . not been to a doctor . . . not taken a drug . . . not even an aspirin! My diet is totally vegetarian and mostly raw.

Based on 17 years of research and personal experience, I can wholeheartedly recommend a vegetarian diet. ALL THE NUTRIENTS OUR BODY NEEDS CAN BE OBTAINED FROM RAW FRUITS AND VEGETABLES!!!

According to the Bible, this is the diet God originally gave man and the diet by which God intended his creation to be sustained!

“And God said: Behold, I have given you every herb (vegetable) bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat.” (Genesis 1:29)

mother contained only 1-2 percent of the pesticide contamination of the national average. Tufts University's *Diet and Nutrition Letter* published a study of the offspring of 242 women who ate varying amounts of fish from Lake Michigan, showing the more fish the mothers had eaten, the more their babies showed abnormal reflexes, general weaknesses, slower response to stimuli and signs of depression. “Even mothers eating the fish only two or three times a month produced babies weighing seven to nine ounces less at birth, with smaller heads,” Robbins notes. A follow-up study in 1986 found a correlation between brain damage and low I.Q.'s in those same children of mothers who had eaten the fish as little as once a month.

We know toxic chemicals weaken our immune system, and many scientists believe the AIDS epidemic is partly a result of the toxic pollution that has compromised the efficiency of our immune systems.

And if you are relying on the government for its U.S.D.A. inspection of your meat, good luck! The U.S.D.A. tests only one out of every quarter-million slaughtered animals for toxic chemical residues, and then it tests for only 10 percent of the toxic chemicals known to be present in meat. Robbins advises, “The most effective way to reduce your intake of toxic chemicals is to minimize or eliminate your intake of meats, fish, dairy products and eggs. Choosing organic or unsprayed produce would be the next step.”

Growth hormones are another hazard in modern meat. Hormones are naturally secreted in minute quantities by the glands of all animals. For an idea of how sensitive our bodies are to these powerful substances, Robbins quotes one author as explaining, “If our taste buds were as sensitive to flavor as our target cells are to hormones, we could detect a single grain of sugar in a swimming pool of water.” Yet these powerful hormones are added to animal feed to increase profits by ensuring the animals mature faster than normal and grow fatter than normal, with little understanding or concern for what their effect will be on the humans who consume them.

One of the serious social problems from these hormones is that they cause girls who eat meat and dairy to reach puberty, and child-bearing capabilities, much younger than normal. A number of studies have found meat- and dairy-consuming girls have a much earlier onset of menses than vegetarian girls.

The protein myth is an old argument for consuming animal products. Dating back to 1914, this theory began with experiments that found rats grew faster when fed a diet of animal protein than vegetable protein. This led nutritionists to classify meat, dairy and eggs as “Class A” proteins, plant food as “Class B” proteins and the egg as closest to the ideal protein. It took awhile, but nutritionists eventually realized there is a difference between nutritional needs of rats and humans. For example, human breast milk is 5 percent protein, compared to 49 percent in rat milk. The theory that animal protein is superior to plant protein has generally

been discarded by nutritionists, although many people are not aware of that. (For a summary of what we now know about human protein needs, see “Protein Requirements” in the table on page 8 of this newsletter.) We also now know that for hard work, it is actually carbohydrates, not protein, that we need. We need protein for other purposes (growing hair, rebuilding blood cells, replacing enzymes, producing antibodies, etc.), but protein combustion is no higher during work than rest. Robbins also cites results from three studies conducted to compare the endurance and stamina of meat-eaters versus vegetarians. The vegetarians surpassed the meat-eaters in all three studies, even when it was sedentary vegetarians compared to meat-eating athletes.

The link between meat and heart disease is a well-established fact in medical literature. Robbins has a good layman's explanation of “atherosclerosis,” which is the cause of almost all heart attacks. Atherosclerosis is a narrowing or clogging of the arteries with fatty, waxy deposits on their inner walls, which reduce the size of the openings through which blood can flow. When a clot forms, it causes either a heart attack or a stroke, depending on its location. Heart attacks and strokes cause 50 percent of all deaths in America. Medical understanding of this process has developed over the past 30 years to the extent that most all major medical organizations agree that diets high in saturated fat and cholesterol raise the level of cholesterol in blood, produce atherosclerosis and lead directly to heart attacks and strokes. To avoid the idea that this is a controversial opinion, Robbins cites 45 different articles in medical journals for this one footnote (which is just one of his 777 footnotes).

Early evidence that atherosclerosis is related to diet rather than just growing old came during the Korean War. Autopsies of American soldiers found 77 percent had blood vessels that were narrowed, but no such damage was found in the arteries of the opposing forces of the same age group. From 1963 to 1965 a massive worldwide study examined over 20,000 autopsied bodies, and an unmistakable pattern emerged: People who lived in regions where consumption of saturated fat and cholesterol were high had more atherosclerosis, more heart attacks and more strokes. Robbins cites an avalanche of studies since that time that have shown the same result. This is not good news for the meat and dairy industry, because animal products are the only dietary source of cholesterol, and the primary source of saturated fat.

Robbins cites a 1961 editorial from *The Journal of the American Medical Association*: “A vegetarian diet can prevent 97 percent of our coronary occlusions.” A federal study described as the broadest and most expensive research project in medical history – taking 10 years and \$1.5 million to complete – concluded in 1984 “for every one percent reduction in total cholesterol level, there is a two percent reduction of heart attack risk.” Robbins notes, “We know today how to prevent heart attacks and strokes . . . But most

of us, thanks to the dedicated endeavors of the meat, dairy and egg industries, have not gotten the good news. We still think we must eat animal products in order to be healthy.” This book contains an interesting assortment of “nutritional information” and advertising claims (some prohibited after they were ruled “false, deceptive and misleading”) these industries have used to continue marketing their products to consumers and school children. Robbins quotes Michael Jacobson, executive director of the Center for Science in the Public Interest, as saying, “Over the years, the ‘fat lobby’ – the meat, dairy and egg industries, and their academic and political allies – has not only influenced our nation's food and nutrition policies, it has determined those policies.”

The link between meat and cancer has also been well-established. Dr. Gio B. Gori, Deputy Director of the National Cancer Institute's Division of Cancer Cause and Prevention, testified before Congress that nutrition is the key to prevention and control of cancer, and that evidence “makes this notion not only possible but certain (that) dietary factors responsible (are) principally meat and fat intake.” We also know the less fiber in people's diet, the more often they get colon cancer. (Animal products have no fiber.)

Read the embarrassing answer given to a Senate committee by the director of the National Cancer Institute in 1976 when asked why his organization spends only 1 percent of its budget on the area of diet. Robbins quotes two-time Nobel Prize Winner Dr. Linus Pauling as stating, “Everyone should know the war on cancer is largely a fraud.” Robbins notes, “Today, treating cancer is a huge business. Every 30 seconds another American is diagnosed as having the disease. Typical cancer patients spend over \$25,000 to try to treat their condition.” Because treatment is more profitable than prevention, Robbins says, “We are losing a war we could prevent.”

Robbins envisions a time when people understand the consequences of a meat-centered diet, and make a change for the sake of their own personal health, for the sake of animals, and for the sake of our environment. With decreased personal costs for food, medical care and insurance, more efficient use of natural resources and less dependence on foreign oil, he sees potential for major economic benefits. But, he notes:

“At the present time, when most of us sit down to eat, we aren't very aware of how our food choices affect the world. We don't realize that in every Big Mac there is a piece of the tropical rainforests, and with every billion burgers sold another hundred species become extinct. We don't realize that in the sizzle of our steaks there is suffering of animals, the mining of our topsoil, the slashing of our forests, the harming of our economy, and the eroding of our health. We don't hear in the sizzle the cry of the hungry millions who might otherwise be fed. We don't see the toxic poisons accumulating in the food chains, poisoning our children and our earth for generations to come.”

Thoughts to Pass On

“I have no doubt that it is part of the destiny of the human race in its gradual development to leave off the eating of animals, as surely as the savage tribes have left off eating each other when they came in contact with the more civilized.”
– Henry David Thoreau

“Although we think we are one, and we act as if we are one, human beings are not natural carnivores . . . When we kill animals to eat them, they end up killing us because their flesh . . . was never intended for human beings, who are naturally herbivores.”
– William C. Roberts, M.D., editor-in-chief of the *American Journal of Cardiology*

“You put a baby in a crib with an apple and a rabbit. If it eats the rabbit and plays with the apple, I'll buy you a new car.”
– Harvey Diamond

Meat, Dairy & Eggs

Continued from page 1

their body through the use of animal products, over 50 pounds of FAT per year! It is interesting to note that the only source of bad cholesterol (LDL) is in animal products!

33 percent of all Americans die from Cancer

Cancer continues to take more and more lives . . . approximately 500,000 Americans die from cancer each year. One out of every three Americans will develop cancer during their lifetime. Colon cancer, breast cancer and prostate cancer are the fastest growing cancers in America today and the primary cause of these cancers is the consumption of animal products! The relationship between diets high in animal protein and cancer has been clearly established. Cancerous cells feed on animal protein, which triggers the abnormal proliferation of cells.

8 percent of all Americans die from Diabetes

Diabetes is becoming more and more prevalent each year! Yet adult-onset

diabetes is usually not a sugar problem, nor a failure of the pancreas to produce enough insulin, but rather a fat problem! Adult-onset diabetes is usually caused by fat, cholesterol, which coats the cells and prevents the insulin from reaching the insulin receptor within the cell. Sadly, the high animal protein diet most doctors prescribe for their diabetic patients, is the very thing that causes diabetes.

What animal products are doing to the people of America is a travesty! Let's look at a few statistics:

Someone in America suffers a heart attack every 25 seconds.

Someone in America dies from a heart attack every 45 seconds.

Most common cause of death in America: heart attack.

Risk of having a heart attack by average American: 50 percent.

Risk of having a heart attack by average American vegetarian: less than 4 percent.

Amount you reduce your risk of heart attack by eliminating meat, dairy and eggs from diet: over 90 percent.

Increased risk of breast cancer for women who eat meat compared to non-meat eaters: over 4 times.

Increased risk of fatal prostate cancer

for men who consume animal products compared to vegetarians: 3.6 times higher.

Increased risk of fatal ovarian cancer for women who consume animal products, compared to vegetarians: 3 times higher.

The meat, dairy and egg industries tell us, "We are well-fed only with animals products." The meat, dairy and egg industries do not tell us that the diseases which are commonly prevented, consistently improved and often cured by a low-fat, vegetarian diet include:

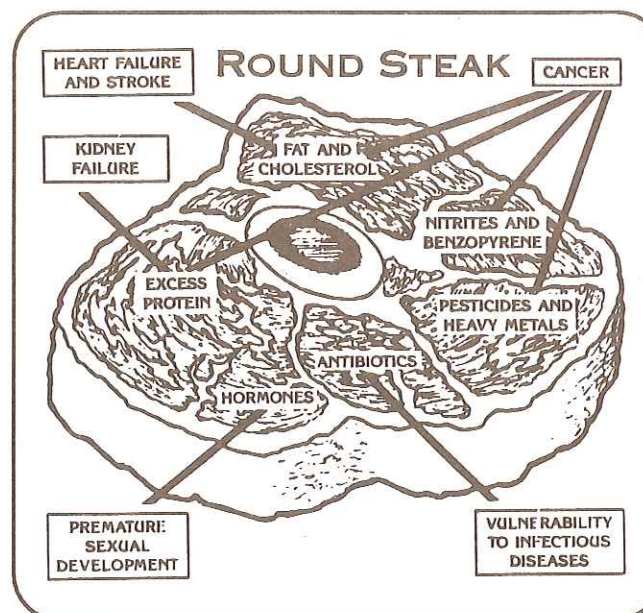
Strokes
Kidney Stones
Prostate Cancer
Diabetes
Peptic Ulcers
Hemorrhoids
Obesity
Salmonellosis
Heart Disease
Breast Cancer
Pancreatic Cancer
Stomach Cancer
Hiatal Hernias
Gallstones
Arthritis
Trichinosis
Osteoporosis
Colon Cancer
Ovarian Cancer
Endometrial Cancer
Constipation
Diverticulosis
Irritable Colon
Gout

(The above facts are excerpted from *Diet for a New America*, for which author John Robbins was nominated for a Pulitzer Prize. This book is available at Hallelujah Acres or by mail, see page 14.)

Often in my seminars, Christians will challenge me by stating that people ate meat in the Bible. "That may be true," I answer, "but the meat in Bible days and the meat our forefathers ate was a totally different animal!" The meat in Bible days and the meat our forefathers ate was only about 3 percent fat. Beef, the way it is grown today is 20 to 30 percent fat . . . while pork is 40 to 60 percent fat! Nor was the meat our forefathers ate full of antibiotics, growth hormones, preservatives, toxins and cancer! Nor did they pasteurize and homogenize their milk or produce eggs in wire cages without benefit of daylight, green food, insects, etc.!

The effect growth hormones are having on the youth of America is producing a social tragedy that I find particularly distressing. This one will shock you. In the year 1950, the age of puberty for a young lady was around age 16 to 17. But something happened during the 1950's that has had a devastating effect on our young people . . . they started feeding animals growth hormones to

Continued - please see next page



make them ready for market sooner . . . and "fast food" restaurants came on the scene.

Because of these growth hormones and the increased consumption of meat by American youth, due to its easy availability through fast food restaurants, the age of puberty in the past 40 years has dropped from age 16-17 to age 10-11! This capability to reproduce is coming much too early in life and the young people are not mature enough mentally or emotionally to handle it. This is creating monumental problems for our youth, their parents, teachers, youth workers and society as a whole. These growth hormones have also found their way into our milk and dairy products.

Following are a few of the dramatic testimonies shared with us at Hallelujah Acres by people who have stopped their use of animal products and adopted a vegetarian diet with large amounts of freshly extracted vegetable juices and BARLEYGREEN:

F.C. - a diabetic on injection insulin - stopped using animal products and in less than two weeks was off insulin with blood sugar normal! Heart murmur for over 60 years . . . gone! Was skipping every third heartbeat before changing diet . . . Doctor says this is also gone!

M.P. - had rheumatoid arthritis, much pain, couldn't dress self, been on cortisone, pain killers, etc. - stopped using animal products and in only eight weeks, pain was almost gone, off all medication, could dress self and had lost over 30 pounds! Update: Has now lost over 80 pounds!

G.C. - couldn't get cholesterol level below 300, even with medication - eight weeks after eliminating animal products, cholesterol level was 176! Triglycerides had dropped from over 500 to under 200 and had lost 28 pounds in the same eight weeks.

C.B. - had been on drugs for high blood pressure for years - in less than 12 weeks, blood pressure was normal and was off

medication!

E.C. - had a serious acid stomach condition, paying over \$2,000 every few months for drugs that weren't helping that much. In such pain some days wanted to die. In three days after consumption of animal products stopped, the problem was gone!

Often people will say: "Oh, I don't eat red meat any more . . . I only eat chicken and fish." Somehow the American public has the misconception that chicken and fish are healthy. NOT SO! Chicken has the same amount of cholesterol as beef and is loaded with growth hormones. A chicken that used to take 15 weeks to

mature is now ready for market in just six weeks. Sixty percent of all chicken is contaminated with salmonella. Then there are the antibiotics and other drugs. And when we look at fish, we find that in terms of calories consumed, fish has *twice* the cholesterol of pork or beef; has no fiber (as is the case with all other animal products), which promotes problems connected with lack of fiber, ranging from constipation to colon cancer; not to mention the risks associated with eating contaminated fish from polluted waters. Studies consistently show that when a person switches from a red meat diet to a diet high in chicken and fish, there is no drop in serum cholesterol levels!

Meat eating and the use of dairy products have not a single redeeming feature! There is no *assimilable* protein in meat or eggs, and no *usable* calcium in dairy! Why? Because the heating (cooking) of the protein deranges the molecular structure of the protein, making it *unassimilable* by the body. The pasteurizing of dairy products changes the organic calcium to an inorganic, *unusable* form. If we look to nature, there is not a single meat-eating animal in the wild that cooks the flesh it eats, nor is there an animal in the wild that pasteurizes the milk it feeds its young. Nor is there even an animal in the wild that drinks the milk of another animal, or drinks milk after the age of weaning.

In his book, *Don't Drink Your Milk!* Dr. Frank A. Oski, M.D. states that when the public is educated about the hazards of cow's milk, only calves will be left to drink it. "Cow milk has no valid claim as the perfect food. As nutrition, it produces allergies in infants, diarrhea and cramps in the older child and adult, and may be a factor in the development of heart attacks and strokes," Dr. Oski warns.

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Vegetarian Athletes

Anyone who may be skeptical about the strength, endurance and general health of people choosing a vegetarian diet might consider these vegetarian athletes:

Only man to win Ironman Triathlon more than twice: **Dave Scott, six-time winner**

World record 24-hour triathlon: swim 4.8 miles, cycle 185 miles, run 52.2 miles: **Sixto Linares**

Twenty world records in distance running, Nine Olympic medals: **Paavo Nurmi**

World's premier ultra-distance walker: **Robert Sweetgall**

World records, 400 and 1500-meter freestyle: **Murray Rose**

World records, distance butterfly stroke swimming: **James & Jonathon de Donato**

World record, cross country tandem cycling: **Estelle Gray & Cheryl Marek**

All-time major league baseball home run champion: **Henry Aaron**

Starting center for Boston Celtics, at age 36, 7'0", 240 lbs.: **Robert Parish**

World record, bench press: **Stan Price**

Mr. International body building champion: **Andreas Cahling**

Mr. America body building champion: **Roy Hilligan**

Eight national champions in Karate, including U.S. Karate Association World Champion: **Ridgely Abele**

World champion gymnast: **Dan Millman**

Excerpted from *Realities for the 90's*, published by EarthSave Foundation. *Realities* includes summarized facts from *Diet for a New America* by John Robbins and other sources. Both books available from Hallelujah Acres (see page 14).

Cholesterol

Rise in blood cholesterol from consuming one egg per day: 12 percent

Rise in heart attack risk for 12 percent rise in blood cholesterol: 24 percent

Average cholesterol level of people eating a meat centered diet: 210 mg/dl

Chance of a male dying from heart disease if his blood cholesterol is 210/dl: Greater than 50 percent

Dietary cholesterol intake needed to support human health: None - the body makes its own.

Leading sources of saturated fat and cholesterol in American diets: Meat, poultry and dairy products

Amount of cholesterol in an average egg: 275 mg

Amount of cholesterol in chicken: The same as beef, 25 mg per ounce

Main location of cholesterol in animal flesh: The lean portion

Cholesterol found in all grains, legumes, fruits, vegetables, nuts and seed: None

Chance of dying from heart disease if you do not consume cholesterol: Less than 4 percent

Protein Requirements

Recommendations of the amount of daily calories to be provided by protein according to:

World Health Organizations of the United Nations: 4.5 percent

Food and Nutrition Board of the USDA: 6 percent

National Research Council: 8 percent

Amount of total calories provided by protein in human milk: 5 percent

(Period of most rapid human growth: Infancy)

Percentage of calories as protein in: Spinach 49 percent; Broccoli 47 percent; Lettuce 34 percent;

Zucchini 28 percent; Tomatoes 18 percent

Health status of pure vegetarians from many populations of the world according to the Food and Nutrition Board of the National Academy of Sciences: Excellent

Calcium

Documented cases of calcium deficiency caused by an insufficient amount of calcium in human diet: None

Disease linked to excess animal protein consumption: Osteoporosis

The average measurable bone loss of female meat-eaters at age 65: 35 percent

The average measurable bone loss of female vegetarians at age 65: 18 percent

(Excerpted from *Realities for the 90's*, 18 pages; EarthSave Foundation, 706 Frederick St., Santa Cruz, CA 95062. This book is also available from Hallelujah Acres for only \$1.00, plus 50 cents shipping.)