

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

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

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

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

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

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

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

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

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

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

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

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

Thoughts to Pass On

"The greatest medical discovery of our time is the awesome power within the human body to heal and rejuvenate itself! This tremendous discovery is destined to change the way we practice medicine in America. In the future, instead of cutting the body... instead of drugging it...instead of working against its natural systems...doctors will strive to feed and enhance the body's amazing power to self-heal. We're starting to see the shift in awareness already..."

The medical establishment still seems to believe that nutrition cannot prevent disease, and is practically useless in treating it. Yet, we now have scientific proof that diet is the single most powerful tool for the treatment of disease. More powerful than drugs. More powerful than surgery. More powerful than anything in the doctor's bag. And you can do it yourself."

— Dr. Julian Whitaker, M.D.

Hallelujah Acres
P.O. Box 2388
Shelby, NC 28151
Address Correction Requested

Back to the Garden

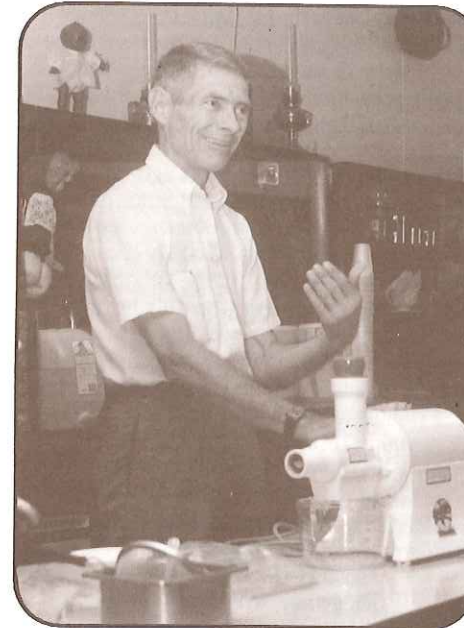
Sept./Oct. 1993

Issue No. 4

Health News from Hallelujah Acres

\$1.00

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



The nutritional benefits of raw vegetable juice are explained by Rev. George Malkmus during an Aug. 14 juicer demonstration at Hallelujah Acres. Our body is a living organism made of living cells that require living food (raw food) to function properly. Drinking fresh vegetable juice is the best way to provide the essential vitamins, minerals, enzymes and protein for your cells to function properly and reproduce new cells. As Rev. Malkmus explains on pages 10 - 11, "The juices do not heal. But what they do is provide the body with concentrated building materials so that the body can heal itself! And the first part of the body that will restore when given proper nutrients is the immune system. As the immune system restores, then it seeks out the trouble spots throughout the body and starts to heal them."

The Healthy Cell Concept

By Rev. George Malkmus

Have you ever thought about where you came from, or where and how your life began? Oh, I know that in the beginning God created the original male and female. But . . . today, where do we come from? How are we made? What are we made of? Let's consider these questions!

Today, human life begins at conception, when the sperm of the male joins the egg of the female and a single cell forms. This single cell contains DNA, which is a blueprint of what the entire body will be like, including the sex of that individual . . . right on down to what the color of the eyes and hair will be.

Now what happens after the sperm and egg unite is pretty awesome.

That original cell divides into two cells (each with its own DNA) and the two cells become four cells and the four become eight and the eight become 16 and the 16 become 32 and on and on these cells continue to divide and multiply at an unbelievable rate of speed for the next 11 months. At the end of approximately 11 months, two months after birth, the body has its full compliment of cells . . . somewhere around 100,000,000,000 (one hundred

trillion) of them, with each cell containing its own blueprint of the entire body!

At about two months of age, this wild proliferation of cells stops and from here on and throughout life, there is not supposed to be any more wild proliferation of cells . . . only the replacement or recreation of cells. For example, throughout life, every week or so, the entire outer layer of our skin is replaced with new cells. Approximately every two months, practically every cell in our heart muscle is rebuilt; and within a two to three year period, our entire bone structure replaces. So, two to three years from this very moment, every cell

So, two to three years from this very moment, every cell in our body will have been replaced with a new cell. Thus, in two to three years, every one of us will have a totally new body!!! We should be struck with awe at what a marvelous, self-healing body God has given us.

in our body will have been replaced with a new cell. Thus, in two to three years, every one of us will have a totally new body!!! We should be struck with awe at what a marvelous, self-healing body God has given us.

The question arises . . . what kind of body will it be? Will this new body be weaker or stronger than the body we possess today?

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Rhonda Malkmus reads the mail as she fills orders in the shipping room of Hallelujah Acres. She also answers incoming calls, oversees kitchen operations in the restaurant and helps out in the dining room when needed. Since her change in diet and lifestyle, Rhonda has found relief from debilitating arthritis, healed a degenerated spine, boosted her energy level and lost 80 pounds in one year. Rhonda's story is on page 9.



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

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

MAY ALL BE FED is the latest book by John Robbins, who has been called "the most eloquent and powerful spokesman in the country for a sane and sustainable future." *May All Be Fed* notes, "Today, a greater percentage of the human race is overweight than at any other time in history. Meanwhile, a greater percentage of the human race suffers from malnutrition than at any other time in recorded history. These two developments stem from a common source." This book includes a list of 124 substantive ideas of what you can do to improve the world, and states that reduction in meat consumption may be the most effective single action you can take. *May All Be Fed* helps one to understand how our food choices effect the world, and it offers 200 new recipes to help ensure this effect is a good one. Robbins also shows how advertising and commercially motivated educational programming shape our food choices and lead us toward disease. (Hardcover, \$23.00)

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)

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.)

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

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

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)

DESSERT ESSENCE 100% PURE TEA TREE OIL — a very high grade of Australian Melaleuca alternifolia, organically grown. This oil is very soothing and brings instant relief to minor burns, scalds, sunburn, insect bites, etc. It is a natural antiseptic and helps prevent infection in minor cuts, wounds, scratches and scrapes, and aids in the healing process. 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, athletes 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. It is effective on various fungal infections such as athlete's foot, ringworm, etc. We have seen this oil clear up problems that have plagued people for years. (The level of terpinol is 37 - 40 %, well above the government minimum of 30 %. The level of cinol is 5 %, well below the government maximum of 15 %) — 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 Tea Tree Oil 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.

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What's Happening at Hallelujah Acres

We thought the summer months would slow down here at Hallelujah Acres so we could have some time to do some catching up on things we had been forced to put aside. Also we had hoped to take some time to relax. But that has not been the case as each week through the summer brought in more letters, phone calls and visitors then ever before. Our goal from the beginning has been to change the world's health . . . and it looks like we are rapidly moving in that direction. Some of the highlights of the past two months include:

Seminars

We held many seminars throughout the summer...including 15 right here in our store at Hallelujah Acres. In addition to these, we spoke at the Ross Campgrounds Methodist Church in Kingsport, Tenn. and the First United Methodist Church in Elizabethton, Tenn. Both of these were well attended and produced much interest. Then there was a Seminar in the Grand Ball Room of the Ramada in Charlotte, North Carolina, sponsored by Gretchen Mack, with about 200 present. We had held a previous Seminar in Charlotte just six weeks earlier and the testimonies shared by those who had adopted the Hallelujah Diet only six weeks earlier were thrilling...pain from a hiatal hernia a man had been treating with drugs for some 20 years was gone in five days . . . migraine headaches for over 10 years gone . . . Chronic Fatigue Syndrome victim said he had improved 85 percent in just six weeks and was jogging five miles every other day.

Toward the end of July we journeyed to Potts Camp, Mississippi for a Seminar with Pastor David Helmic and all of his wonderful people at the Open Door Baptist Church. We have already heard of some great results from that meeting. Then in August we set up a booth at the Sword of the Lord Convention in Walkertown, North Carolina where there was a lot of excitement in what we are doing and over a 100 pastors signed up to receive *Back to the Garden*.

Another highlight of the summer was a Seminar we conducted at the North Florida Junior College in Madison, Florida on August 20th. Fred and Mary Kay Smith were the hosts. They have such a tremendous burden to help others after they had been restored to health themselves by something as simple as

changing their diet. The Auditorium at the College was gorgeous and was filled with over 200 people . . . some traveling from as far away as Gainesville and Tallahassee. This was the first Seminar we had conducted in that area.

Radio & Television

Three Angels Broadcasting Network has run and re-run the interview we did for them last spring throughout the summer with continued response each time. It has apparently produced one of the greatest responses they have ever had and they have now invited us back for another interview on September 23, which will also include a medical doctor. We are looking forward to this opportunity. Also we have been contacted by CBS and ABC affiliates for interviews. Then there was a one-hour live interview by Art Countess on Radio Station WJCW out of Kingsport, Tenn., with an invitation to return for another interview.



Pastor Jerry Fleenor and the good people at the First United Methodist Church in Elizabethton, Tenn., hosted a salad supper and seminar by Rev. George Malkmus on July 14.

Back to the Garden

This publication is fast becoming our greatest outreach as we receive letters and phone calls daily from all over the world from people who want to be added to the mailing or who are buying additional copies to share with friends and relatives. We have had many orders for 100 copies or more of a particular issue. We continue to send single-issue subscriptions out free . . . but the cost to us is becoming very great.

Our desire is to continue to make this a "free" publication as we seek to support it through the profits from our mail orders, store and restaurant, and the donations of a few people who have caught the vision. We have had people send in lists of names they want added to our mailing . . . sometimes as many as 50 names. We cannot financially continue to

handle these lists at no cost. Therefore, we request that if you are going to submit lists of more than two or three names, that you include one dollar for each name submitted. Hallelujah Acres is a ministry! Please remember this ministry in your prayers as we seek to tell as many people as possible that they don't have to be sick!

Apartment Available for Visitors

The efficiency apartment above our store is now available. This brand new apartment includes heat and air, one bedroom, kitchen, dining room, living room and full bath. It has turned out very beautiful, and is available for \$35 per night on a first-come basis if you provide sheets and towels. If we provide linens, it is \$40 per night. No children or pets please.

Book Review in The Baptist Evangel

We have just completed the fifth printing of our book *Why Christians Get Sick*. Dr. Jack Warren, Editor of *The Baptist Evangel* gave *Why Christians Get Sick* a very nice review in his July 1993 issue. He writes:

"The book is extremely interesting and sometimes very moving . . . Mr. Malkmus did not throw this book together in an attempt to make money; from his bibliography it is evident that he put much thought and effort into writing the book. He very thoroughly and carefully researched Bible passages and other material on sickness and has come up with THE BEST warning about why we get sick this editor has ever seen . . .

"Every reader could add years to his life by reading this book and applying its principles to his/her life. Pastors could use the principles in this book to warn people about eating habits as well as other habits. This editor has already used some of it to help others with health problems . . .

"Brethren, most of us are not good examples of right eating and right living. **I urge every preacher to get this book.**"

Interested in a Banquet?

It has been suggested that we have a Hallelujah Banquet for those who have been healed of all manner of physical problems by applying the knowledge provided here at Hallelujah Acres. If there is enough interest, we will consider the banquet idea, possibly sometime this coming spring. If you would be interested in attending such an event — here in Rogersville, Tennessee — please let us hear from you!

Green Barley Essence – by Yoshihide Hagiwara, M.D. Nutrition to help our body heal itself

Book Review by Michael Dye

When a research pharmacologist who owned Japan's largest drug manufacturing company became seriously ill, he regained his well-being after finding the key to health is nutrition. From the outset of his extensive research, Yoshihide Hagiwara, M.D. knew the ultimate source of nutrition must be natural rather than synthetic. And he found the young green leaves of early spring contain the most vibrant energy and nutritional density of any life form on Earth.

Our spirit is lifted when we see Spring's new green growth. In addition to reviving our spirit, Dr. Hagiwara believes this fresh green growth is the key to meeting the needs of our physical body. In *Green Barley Essence*, he reflects upon the "marvelous vitality of the earth, which expresses itself most profoundly in the cycle of the green leaf... I cannot but feel that man has overlooked the power of green in favor of science and technology and modern rationalism... Indeed it is no exaggeration to say that since the beginning of life on earth, no animal has been able to live without green."

Dr. Hagiwara has found the prevalent lack of health plaguing modern society is due to a shortage and imbalance of minerals, enzymes and vitamins in our artificial diets, along with chemicals, inorganic drugs and other pollutants. He came to realize that despite the increasing numbers of synthetic drugs his profession was mass-marketing, cancer, cardiovascular and other serious diseases are on the rise.

He was the owner of Yamashiro Pharmaceutical Co., Ltd., which employed 700 people at its peak and introduced more than 200 health products. In 1963, Dr. Hagiwara fell seriously ill, primarily from the effects of handling organic mercury in his lab work, along with his poor diet. His physical and mental health deteriorated, his teeth decayed and fell out, and he began developing red sores and losing his skin. His fellow research assistants, who had also handled the mercury, developed many of the same symptoms.

He tried all the synthetic vitamins, hormones and drugs he and his company had developed for these problems, but none helped. He writes, "Frankly, I feel deeply disgusted to realize what useless things I was making." Dr. Hagiwara changed his approach as he was influenced by Hippocrates, the ancient Greek physician known as the Father of Medicine, who said: "A disease is to be cured naturally by man's own power, and physicians help it."

"In addition to this change in attitude, I credit my current state of excellent health to a regimen of Chinese herb drugs and a complete transformation of my diet which I at last adopted in desperation. Seeing the success this had, I dedicated the next ten years of my life to the pursuit of health in the pure, natural products of God's own Earth," Dr. Hagiwara writes. He then began an exhaustive search to find the best natural source of five essential types of nutrients he felt could provide the

nourishment missing in the diet of modern man. These five nutrients include minerals, enzymes, vitamins, proteins and chlorophyll.

He found these nutrients were most abundant in the green juices of vegetables. After narrowing his search from dozens of green vegetable plants, Dr. Hagiwara selected the young, green leaves of barley as the most prolific and balanced source of these nutrients on earth. He then developed a patented, spray-dried powder from the green juice of the young barley plants, which his book calls "Green Barley Essence."

He refers to the organically-grown Green Barley Essence as "a kind of antidote for the deteriorated nutrition of the fast-food culture because it is a fast food that is totally natural and yet higher than any other natural food in the essential five ingredients... I like to call it the 'Ideal Fast Food' and I believe it can help rescue mankind from the poor state he has let himself fall into."

Although his book focuses on the physical aspects of health, Dr. Hagiwara notes our mental and emotional habits contribute substantially to our condition. Physical, mental and emotional factors can lead to a "vicious cycle" of imbalances in the body that is not aided by modern medicine. "The starting point in breaking this vicious cycle is to make a commitment to mental and physical habits which contribute to good health and the self-healing process."

He warns that people have put so much faith in medical technology that, "little by little they give up their personal responsibility for the good health of their bodies." As for the ways in which we are polluting our bodies, Dr. Hagiwara writes: "I hesitate to try to list these fully. I could mention that we drink chemically-sweetened liquids; we eat foods artificially enhanced with vitamins and minerals; we consume substitutes for whipped cream that are

100 percent artificial; we even take chemicals to sleep and stay awake." He estimates "maybe less than 1 percent" of supermarket floor space is for raw vegetables because the priorities of commodity distribution weigh heavier on commercialism than people's nutritional needs.

Dr. Hagiwara notes the nutritional superiority of raw foods over cooked food, and he cites the advantage in consuming the green juices of vegetables rather than eating the whole vegetable raw. Despite the importance of fiber in the diet, the fibrous tissues of vegetables make them difficult to eat in the quantity needed to receive the full effect of their nutrients. The juice has the most nutritional value, but it is not stable over a long period of time, meaning the juice would have to be dried to powder form. *Green Barley Essence* describes the spray-drying process used to dry the barley juice in as little as two to three seconds with no temperature higher than body temperature. Dr. Hagiwara's patented spray-drying process is used in the U.S. in the production of BARLEYGREEN, which is distributed by American Image Marketing. (For more information on BARLEYGREEN, see page 13 of this newsletter.)

Green Barley Essence also describes the lengthy trial-and-error process Dr. Hagiwara went through in testing a large number of sources for green juices before settling on the barley plant. Some plants are high in nutrition, but also have pungent, aromatic compounds – used to prevent decay or insect infestation – that have germicidal effects that can be toxic to some living cells. Such aromatic and spicy foods can sometimes have a positive effect on the body, but because they are toxic to some living cells, he says they should not be taken habitually in large quantities. It has been barley, rice and other cereals lacking in a pungent odor or taste that have been used as the main staples in man's daily diet throughout history. "This is the wisdom of mankind, and I believe that it is more scientific than modern science," Dr. Hagiwara comments. It has been the kernels of these cereal grasses – such as barley, wheat and rice – that have been most popular, although the young, fast-growing leaves provide the highest nutritional content.

Dr. Hagiwara's patented process "makes the essence of young green barley available without causing degeneration or decomposition of the effective components such as proteins, vitamins, enzymes, minerals and chlorophyll." About 3 grams (1 1/2 teaspoons) of the resulting powder is the equivalent of 100 grams (about two handfuls) of the fresh young barley leaves.

Green Barley Essence contains several tables comparing the nutritional value of this product with other natural foods. In comparing 100 grams of Green Barley Essence to the same weight of other foods, Dr. Hagiwara notes Green Barley Essence is a concentrated food, and is

Continued – Please see next page

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 8,000 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 copies 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 – .85 ea.; 12 - 99 copies – .65 ea.; or 100 + copies – .50 ea. (Includes postage)

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

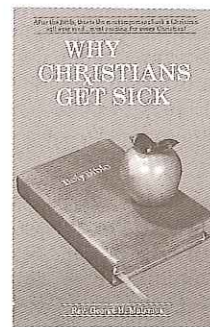
Issue No. 2, June 1993, includes "The Hallelujah Diet," Harley Flora testimonial: "With a New Diet, There's Plenty of Life After Two Hearts Attacks & Cancer," "The Ideal Diet / Transitional Diet / Foods to be Avoided," book review of *Green Leaves of Barley*, Recipes from Rhonda and more.

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

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

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)

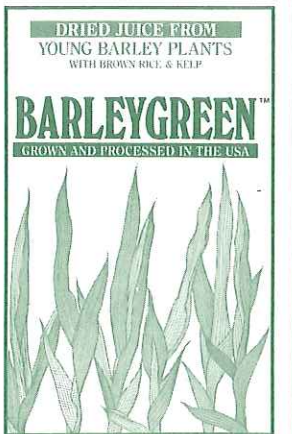
WHY CHRISTIANS GET SICK by Rev. George H. Malkmus is now in its fifth printing. Letters are being received daily from all over the world telling how people have been helped by this book. *Why Christians Get Sick* helps you understand the causes of disease and how you can eliminate sickness from your life. 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. Evangelist Curtis Hutson, D.D., editor of *Sword of the Lord*, writes: "I have read many good books on health, diet, etc.; and this one by George Malkmus is one that I find myself recommending to friends who sincerely want to change their physical life for the better. We fully recommend this book... If you are interested in good health, you should read this book." (Paperback \$7.95)



Our Featured Product

BARLEYGREEN is a live, naturally potent, organically grown food produced from the juice extracted from young barley leaves when they are 8 to 12 inches in height. The juice is spray-dried in a vacuum at room temperature in two seconds, resulting in a bright green powder very rich in vitamins, minerals, live enzymes, chlorophyll and protein. BARLEYGREEN is the most nutritionally-dense food ever found... providing one of the widest spectrums of naturally-occurring nutrients available in a single source on the Earth today. There are other Barley products on the market, but this is the only one we have found that gives truly miraculous results.

Comes in a 7-ounce jar, which contains 100 servings. **BARLEYGREEN is the only nutritional supplement Rhonda and I take. We cannot recommend it highly enough!!!** (\$33.95 plus \$4.00 shipping)



GREEN BARLEY ESSENCE by Yoshihide Hagiwara, M.D., is an extremely informative explanation of how the right nutrition can help our body heal itself from the illnesses that plague modern society. Dr. Hagiwara, a research pharmacologist who developed the patented process by which BARLEYGREEN is made, explains why the body needs proper nutrition, and why this nutrition must come from a natural rather than synthetic source. He explains why the green juices of vegetables are the best source of nutrition, and why young barley leaves contain the most prolific and balanced nutrition of any source on earth. This book also provides an excellent explanation of how vitamins, minerals, enzymes, proteins and chlorophyll work in our bodies. Dr. Hagiwara writes, "My research has shown that the green leaves of those barley plants contain the most prolific, balanced supply of nutrients that exists on Earth in a single source... My contribution has merely been to develop the means to cultivate, package and preserve those nutrients in a powder that is as easy to consume as a morning cup of coffee." (Paperback, \$9.95)

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

SPIRITUAL ROOTS OF BARLEY also by Dr. Mary Ruth Swope, tells of the hidden truths in the Bible's barley stories. At first glance, the Bible's 36 references to barley don't ripple with excitement or miracles – with the exception of Jesus feeding the multitudes with a young boy's five barley loaves and two fish. But when scripture, science and revelation combine, the result is a powerful testimony to God's provision. Learn how all living creatures benefit from God's awesome biochemical engineering in the design and creation of barley. (Paperback, \$5.00)

Continued – please see page 14

Calendar of Events for Hallelujah Acres

SEPTEMBER 1993

Thursday, September 2, 9 & 30 – 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, September 4 – 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, September 11 – 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, September 11 – 6 p.m. Oak Hill Chapel in Greeneville, Tenn.

For more information, call Joyce Mullen at 638-7009.

Thursday, September 16 – 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, September 18 – 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.)

Saturday & Sunday, September 18 & 19 – Tussekiah Baptist Church, Meherrin, Virginia

Rev. Malkmus will speak Saturday evening at 7 p.m. on the subject of “How to Eliminate Sickness,” and then Sunday morning at 10 a.m. and 11 a.m. on “Why Christians Get Sick.” For more information, contact Dr. Stan Gravely, Tussekiah Baptist Church, (804) 696-3244..

Saturday, September 25 – 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, September 27 – 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.**

OCTOBER 1993

Saturday, October 2 & 30 – 10 a.m. “Distiller Demonstration” See description in September Calendar of Events.

Thursday, October 7, 21 & 28 – 7 p.m. “BARLEYGREEN Presentation” – See description in September Calendar of Events.

Saturday, October 9 – 10 a.m. “The High-Energy Diet” – See description in September Calendar of Events.

Thursday, October 14 – 7 p.m. “BARLEYGREEN Distributors Meeting” See description in September Calendar of Events.

Saturday, October 16 – 10 a.m. “Juicer Demonstration” – See description in September Calendar of Events.

Saturday, October 23 – 10 a.m. “The Gerson Therapy” – See description in September Calendar of Events.

Monday, October 25 – 6 p.m. “How to Eliminate Sickness Seminar” – See description in September Calendar of Events.

consumed in much smaller quantities than whole foods. But he notes the nutritional content of these whole foods may be diminished by aging and cooking by the time they are eaten. Spinach is one of the more nutritious foods compared to Green Barley Essence, but by weight, Green Barley Essence has 18.1 times as much potassium, 11.3 times as much calcium, 3.8 times as much magnesium, 4.8 times as much iron, 1.4 times as much phosphorus, 6.5 times as much carotene, 10.8 times as much B1 and 9.2 times as much B2 as spinach. It has 6.6 times as much vitamin C as the same weight of fresh oranges, and 11.1 times as much calcium as milk. By weight, Green Barley Essence has 94 times as much calcium as wheat grain, and 12.9 times as much potassium; it has 59 times as much calcium as polished rice, and 36.5 times as much potassium.

Green Barley Essence contains a sampling of testimonial letters from Japan, where Green Barley Essence has been used for more than 20 years. Relief was found by these letter-writers for asthma, eczema, obesity, pimples, skin problems, anemia, sexual impotency, constipation, stiffness, gastritis, gastroptosis, peptic ulcer, diabetes, hypotension, hypertension, heart disease, nephrosis, hepatitis and cancer. “Thousands of letters from people who used Green Barley Essence have now expanded my estimation of its value,” he writes.

But he does not see this product as a miracle drug or cure-all. “What should be regarded as the cure-all is the human body itself. It is we ourselves who effect the cure of

our diseased bodies by the right application of nutrients and by the formation of healthful attitudes ...”

Along with medical and scientific explanations of how Green Barley

Essence works, this book also includes very good explanations of how minerals, vitamins, proteins, chlorophyll and enzymes function.

Minerals are described as “the ring of life.” Dr. Hagiwara notes if you burn a plant and an animal, “you will get the same minerals from the ashes.” The maintenance and balance of minerals is the key to health on the cellular level. Our cells are constantly recreating themselves in a delicate process upon which our life depends. Minerals maintain the balance between acid and alkaline, and “should this balance be upset, the cell metabolism suffers, leading to conditions such as fatigue.” Dr. Hagiwara describes potassium as “a source of life activity” as this mineral helps enzymes to function. Potassium is “consumed incessantly within our bodies in the process of energy metabolism.” If our potassium supply falls too low, it is replaced by sodium, which can then increase to an unhealthy limit. This upsets a balance, which will effect the functioning of some enzymes. Experiments are cited that show persons submitted to vigorous exercise, fatigue from tension, mental stress or

lack of sleep excrete potassium and store sodium in the cells. Dr. Hagiwara notes the reputation for endurance of cattle and horses; they work to exhaustion and then find renewed energy after feeding on grass, “due presumably to potassium and many other nutrients” in the grass.

A diet in which acidic foods such as meat are dominant will also foster this sodium / potassium imbalance, he adds. “Green Barley Essence is the best food I have found to restore the acid-alkaline balance,” Dr. Hagiwara writes. He notes that spinach, a very popular alkaline food, has an alkalinity of 39.6, while the alkalinity of Green Barley Essence is as high as 66.4.

Vitamins “impart activity to enzymes within the body, thus promoting metabolism,” and “assist the body in maintaining health.” To be effective, vitamins must come from a natural, rather than synthetic source. High doses of chemical-based vitamins “throw off the balance of the body, leading inevitably to side effects,” Dr. Hagiwara writes. He notes the problems caused by high doses of synthetic vitamin B1 and C formulas, and he believes similar problems will be documented with synthetic vitamin E. It has also been reported that excessive vitamin A can have harmful effects by causing hypervitaminosis. Dr. Hagiwara says Green Barley Essence is a good source of vitamin A because its “fairly high quantity” of carotene is called provitamin A since it is converted to vitamin A after it enters the body. Provitamin A cannot cause hypervitaminosis, he writes.

Proteins are provided in high quantity

“In summary, minerals, vitamins, proteins, chlorophyll and enzymes are the keys to health. Together, they maintain our cells in a healthy condition and work to correct any abnormal condition that occurs. They do it not like drugs, which are foreign matter within the body, but serve to invigorate natural activities within the body.”
– Dr. Yoshihide Hagiwara in *Green Barley Essence*

by many vegetables, and Dr. Hagiwara says it is a false assumption that meat is a better protein source. He differentiates between usable protein and crude protein. Meat contains crude protein, whereas green barley contains light-weight protein molecules that are more usable by our bodies.

Chlorophyll is a fascinating nutrient because of its extraordinary similarity with human blood. The structure of chlorophyll and blood “would appear to be twins,” with the only difference being that chlorophyll contains magnesium in the position where hemoglobin contains iron. Chlorophyll attracted medical attention in 1949 following a *Reader's Digest* article titled “Mysterious Power of Chlorophyll.” For a while, chlorophyll was added to a variety of products, from medicines to toothpastes. But this proved ineffective because the chlorophyll being used was not natural chlorophyll, which can be obtained only from the leaves of plants.

Enzymes are the catalyst for all chemical changes in the body. This includes digestion of food, sending oxygen from the lungs to our blood and cells, body movement,

synthesizing proteins from amino acids to make muscle and even the thinking process. Minerals are essential in the functioning of enzymes.

Certain enzymes from plant leaves are found in large amounts in red and white blood cells, but are extremely low in cancerous cells. Dr. Hagiwara theorizes this is an indication these enzymes are likely to result in the inhibition of cancer. Another enzyme being studied for its potential effects in preventing cancer is superoxide dismutase (SOD). Hazardous radical forms of oxygen are expelled in the process of respiration and metabolism, and the enzyme SOD works to destroy these active oxygen radicals. Large amounts of SOD have been found in the organs of long-living primates, leading to the belief that SOD can retard the aging of cells.

“In summary, minerals, vitamins, proteins, chlorophyll and enzymes are the keys to health. Together, they maintain our cells in a healthy condition and work to correct any abnormal condition that occurs. They do it not like drugs, which are foreign matter within the body, but serve to invigorate natural activities within the body.”

Front-page news was made in two leading Japanese newspapers in 1981 from a lab experiment in which Dr. Hagiwara restored a DNA gene infected by cancer to normal condition by application of the components of the juice from young leaves of barley. But he notes the study of toxins that cause cancer and the elements that prevent it “could still be described as an infant endeavor.”

In the final chapter of *Green Barley Essence*, Dr. Hagiwara issues a world-wide invitation for research into how the natural power of green plants

may help prevent cancer and other diseases. He founded the Association of Green and Health, and he provides an address and phone number for people to join. He also founded the Hagiwara Institute of Health to conduct additional research.

He concludes his book by expressing a concern very similar to the warning of John Robbins in *Diet for a New America*. Dr. Hagiwara quotes a Japanese dietary ecologist who, like Robbins, warns the only way to avoid a worldwide food crisis will be to improve the efficiency of food production by revamping our meat-based system of agriculture. As a comparison, he notes that one cow requires grass from ten acres of land, and for X amount of time, this one cow will feed 30 people. “The arithmetic of this waste is stunning ... During the same time that that cow is sustaining those 30 lives, the protein which could be harvested directly from barley leaves grown on that ten acres of land would sustain 300 lives.”

To order *Green Barley Essence*, (paperback, 147 pages), please see page 13 .

The Healthy Cell Concept

Continued from page 1

The answer to that question is entirely up to each of us, because as the old cell dies and the new cell replaces, the new cell is totally dependent on the building materials we have provided it . . . the foods we eat, liquids we drink and air we breath.

In *Green Leaves of Barley*, Dr. Mary Ruth 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." Her book 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."

If the cell's needs are properly met, each cell will live healthily and function properly, ultimately reproducing itself with a new, healthy, strong cell! That is how God made the body to function, and this is where the Healthy Cell Concept comes in. So, if we want to have abundant energy, good physical strength, and experience freedom from sickness, then we **must** take care of our cells so that they will function as God intended. But God will not interfere with this natural process of cause and effect, even if it is done in ignorance! The Bible warns in Galatians 6:7, " . . . for whatsoever a man soweth, that shall he also reap."

In his book, *The Golden Seven Plus One*, Dr. C. Samuel West writes: "The laws of nature are the laws of God. Nature is no respecter of persons. No matter how righteous a person is, if he breaks the mental, nutritional or physical laws of health, **he will cause his own destruction.**"

To put it as simply as I know how: God created for us a marvelous, self-healing body, along with the raw fruits and vegetables (see Genesis 1:29) we need to sustain ourselves in perfect health. Observing God's Natural Laws brings us superior health . . . while violating God's Natural Laws brings us sickness, suffering and often a premature death!

Proper cell care is the key to our health, energy, strength, mental stability . . . and, yea, to our very life!!! So it is vitally important that we learn all that we can about our cells! Here are some things to consider:

I. CELL ENVIRONMENT In order for our cells to function properly, they must have a healthy environment. This includes maintaining a body temperature of 98.6 degrees; maintaining a proper acid / alkaline balance of about 7.4 pH; providing the cells with pure air and water, all necessary minerals, and keeping them free from stress. If we can keep the fluids surrounding our cells

free of toxic waste, at proper temperature and pH, provide them with pure water, a sufficient and balanced supply of minerals, and keep them free from stress, the cells will live, function and recreate themselves without any problems. Dr. West concludes in *The Golden Seven Plus One* that " . . . if the fluid medium in and around the cells was right, it would be impossible to damage or kill cells."

II. CELL FOOD Healthy cells require healthy food. Healthy food is food eaten just as close to the way God made it as possible . . . and that means **RAW!!!** Every step in the processing of food takes it further from the way God intended the body cells of man to be nourished, and this includes the cooking of food! Man is the only member of the animal kingdom that destroys his food before he eats it!

Dr. Yoshihide Hagiwara, in his book *Green Barley Essence* (reviewed on page 4), notes that on the cellular level, our bodies relive the "drama of creation millions of times every day, as the cells which form our tissue are reborn in countless succession in the life-sustaining

It is so exciting to realize that we can control the health of our body cells by proper diet and exercise!!! Based on what we put into our bodies . . . we determine what our body will be made of, and how well it will function. Thus, we can prevent sickness!!!

chain." He says "the most delicate of conditions must prevail" for this constant recreation of life to be carried on, and that a "balance and maintenance of minerals is the key to health."

III. CELL EXERCISE In order to ensure proper functioning of all cells, body fluids need to be kept moving. This can be accomplished only by exercise. Exercise is *absolutely essential* for building and maintaining healthy cells. Exercise puts oxygen into the blood, keeps the lymph moving and helps maintain the general health of the entire body. It strengthens and nourishes all the various organs and systems of the body. Many consider it the single, most important component in building superior health! When exercise is neglected, all the cells – muscles, organs, glands, the circulatory and respiratory systems, etc. – become weakened and sluggish, and this leads to all manner of physical breakdown.

IV. CELL PROTECTION God built into man's body a line of defense to protect him from being destroyed by an unfriendly environment. The body's defenses are skin, mucous membranes, friendly bacteria, tear glands, fever, lymphatic system, fighter cells, and the immune system. The immune system contains about a trillion cells called

lymphocytes and about 100 trillion molecules called antibodies. These cells provide protection against all microscopic enemies seeking to enter the body. **We build our immune system by eating raw food and drinking the juices of raw vegetables!!!** We immobilize our immune system by putting *harmful* substances into our body! For example, white table sugar (which is literally a drug), paralyzes the immune system. Just nine teaspoons of sugar (one soda pop contains 10), in a day will immobilize the immune system by about 33% . . . while approximately 30 teaspoons of sugar will wipe out the immune system from even functioning that day. High fat intake seriously impairs the immune systems functioning as does white table salt. Caffeine suppresses the immune system by upsetting the delicate mineral balance, which deprives the immune system of essential minerals. All drugs and pain killers adversely affect the immune system . . . even aspirin.

V. POSITIVE MENTAL ATTITUDE Ron Price, in his book, *The Healthy Cell Concept* says: "A healthy cell attitude is the final ingredient of the HEALTHY CELL CONCEPT, and possibly the most important. All through history, attitude has been recognized as an important ingredient in the quality of life. The Bible says, 'As a man thinks in his heart, so is he.' Research has also documented that laughter and enjoyment can release substances in the body which enhance the immune system, while sadness, anger or worry can actually depress the immune system."

My experience has shown that as we stop putting poison (which many of us call food) into our bodies and give our cells the proper building materials, our physical body as well as our mental and emotional facilities will restore itself to wellness!

My personal conviction after 17 years of research is that if we could get people off the animal products (meat and dairy), sugar, salt, white flour products and their drugs, and onto a raw food diet with lots of raw vegetable juices . . . that not only could we theoretically eliminate sickness from the world, but we could restore emotional and mental health to most people.

It is so exciting to realize that we can control the health of our body cells by proper diet and exercise!!! Based on what we put into our bodies . . . we determine what our body will be made of, and how well it will function. Thus, we can prevent sickness!!! And almost all sickness and disease can be corrected by simply cleansing the body of toxins and providing the cells with the proper building materials. The sickness will usually disappear as the body rebuilds itself! The cause and cure of

Continued – please see next page

Instead, at the advice of a friend, I did something as simple as change my diet and lifestyle, overnight, to a raw diet with lots of raw carrot juice. Immediately I started to get well . . . not only of the cancer, but of every other physical problem that I had, which included severe sinus and allergy problems, hemorrhoids, hypoglycemia, high blood pressure, pimples, dandruff, body odor, etc. It has now been 17 years since I changed my diet and lifestyle and in these seventeen years I have experienced no physical problems of any kind, not been to a doctor, nor taken as much as an aspirin.

You see, 17 years ago, I stopped dealing with *symptoms* and started dealing with *what had caused the symptoms!* Seventeen years ago I started feeding my body what it needed to rebuild itself to wellness and because I have continued to give my body the proper raw building materials, my body hasn't produced any *symptoms* in 17 years.

Here is the crux of the whole matter: **GOD GAVE US A FABULOUS BODY!!!** He didn't make us to be sick! We only get sick when we violate the principles by which he designed these bodies of ours to be nourished.

The most wonderful news of all is that God gave us all the ability of self-healing! When we stop the offense that caused the symptom, and then give the body proper building materials with which to heal, the body heals itself!!! My research has shown that our body is a *living* organism made of *living* cells and *living* cells require *living* food (raw food) if we are to be well, stay well and function properly. All cooked food is *dead* food and devoid of almost any nutrition whatsoever. However, I have also learned that

the fastest way to restore the body to wellness, is not through the *eating* of raw food . . . **but by consuming large quantities of raw, freshly extracted vegetable juices!**

The juices do not heal. But what they do is provide the body with concentrated building materials so that the body can heal itself! And the first part of the body that will restore when given the proper nutrients is the immune system. As the immune system restores, then it seeks out the trouble spots throughout the body and starts to heal them. And it doesn't matter what the *symptoms* are, the body is self-healing when we stop the offense and provide the body cells with the proper building materials.

So where does BARLEYGREEN fit into all that I have been talking about. First, let me repeat what I said earlier . . . BARLEYGREEN will not heal anybody of anything!!! But BARLEYGREEN is the most nutritionally dense food that I am personally aware of on the earth today. When I put it into my body, it provides my body cells with the nutrients my body cells need, not only to heal any physical problem I might have, but also to maintain my body in a high state of health and energy. BARLEYGREEN is the most important food I put into my body every day!

So in conclusion . . . All the established methods of dealing with physical problems in the past has been from the 'symptomatic' approach which has proved of only some help in some cases but usually does not eliminate the **cause** of the *symptoms* . . . and often will create new problems and new *symptoms* ! What my research has revealed is that a far better approach to physical problems

is to stop putting into our bodies what is causing our physical problems (*symptoms*) and then provide the body with the building materials with which to heal itself! When this approach is taken toward our physical problems . . . an apparent miracle takes place within the body, because usually in a very short time the problems (*symptoms*) disappears!

The Bible says in Psalm 103:1-5: *"Bless the Lord, O my soul: and all that is within me, bless his holy name. Bless the Lord, O my soul, and forget not all his benefits; who forgiveth all thine iniquities; who healeth all thy diseases; who redeemeth thy life from destruction; who crowneth thee with loving kindness and tender mercies; who satisfieth thy mouth with good things; so that thy youth is renewed like the eagles!"*

If you have questions about health, diet, nutrition or Biblical teachings, address them to Rev. George Malkmus, Hallelujah Acres, 120 E. Main St., Rogersville, TN 37857. Time does not allow for individual responses.

Thoughts to Pass On

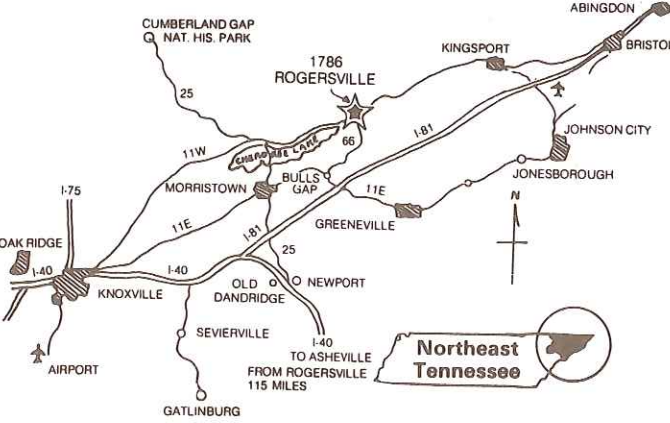
"You cannot be poisoned into health with drugs called medicines. Neither can you be returned to health by herbs, treatments or modalities. All healing is self-healing. Health is produced ONLY by healthful practices."

–T.C. Fry

"The greatest danger in all disease lies in the treatment of it, not in the sickness itself."

– Purinton

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
Store Hours 10 a.m. – 5 p.m.; Restaurant Hours 11 a.m. – 3 p.m.
Monday through Saturday

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:

"I have cancer, what diet changes should I make" . . . "My niece has diabetes, what should I tell her to do" . . . "Will BARLEYGREEN help my arthritis?" . . . And so the letters and phone calls pour in from all over the world.

Let me begin to answer these questions by stating that I am not a doctor and it is against the law for me to diagnose or prescribe . . . and so I cannot directly address or answer any of the above type questions. But what I will do is try to share some of the things I have learned over the past 17 years in regard to physical problems and how diet and lifestyle relate to our wellness. My knowledge has not come from professional training in the establishment type schools of the American Medical Association or the American Dietetic Association. All of my knowledge has been gained from personal experience, research and the testimonies of others who have made diet changes similar to mine.

So, what have I learned? The first thing I want to share is that there is not a drug, or vitamin, or herb, or food, or glass of juice, or even a BARLEYGREEN in the world today that will heal anybody of anything!

WHY? BECAUSE ONLY THE BODY CAN HEAL ITSELF!!! All healing must come from within the body as we give the body the proper building materials with which to heal itself! **True healing does not come from the treating of symptoms!!!**

Let me elaborate . . . The medical doctor's approach to healing is to ask the patient: "What is your *symptom*?" and then prescribe a drug that may relieve that particular *symptom*. If that drug doesn't relieve the *symptom*, the doctor will often prescribe a different drug that hopefully will relieve the *symptom* . . . or maybe some radiation to relieve the *symptom*, or maybe even remove the body part through a surgical operation in a further effort to remove the *symptom*!

It is interesting to observe that the vitamin therapist and herbalist and homeopathic

doctor all operate in a similar fashion! When a person comes to any one of them, they will ask that person "What is your *symptom*?" and then prescribe a vitamin or herb or mild medicine that will hopefully relieve that particular *symptom*. But they are all approaching physical problems in a similar manner . . . "What is your *symptom*?" . . . 'Here is something that will hopefully help to relieve that particular *symptom*!' The difficulty with this approach to physical problems is that they are *all* dealing with *symptoms* rather than *causes*! The *symptom* will often go away with this method of treatment . . . only to return later.

Suppose a person has a headache and wants to get rid of the pain. In our society, we have been programmed by the commercial advertisements and medical profession to take an aspirin or stronger drug and usually within a short time, the pain will go away. But what has that person really done? All they have done is short circuit the body's warning or alarm system which was indicating a problem within the body. Yes, the headache may be gone, for the *moment*, but it will usually surface again, because all that was dealt with was the *symptom* (the headache) . . . not what had caused the headache. Let me give some

removed the *cause* of her headaches, **the symptoms went away!**

Next, let me tell of a gentleman who came to our seminar, having been diagnosed with adult-onset diabetes many years prior. I first met this man about five years ago when he was still trying to control his diabetes, the *symptom*, through the use of a pill. About three years ago his doctor put him into the hospital to stabilize his blood sugar as he placed him on injection insulin. Well, his diabetic condition continued to worsen and about eight months ago this gentleman was told by his doctor that his foot had to be amputated because gangrene had set in. At this point, this gentlemen came to one of our seminars, made an immediate and drastic change in his diet and lifestyle and within less than two weeks he was off insulin with blood sugar normal. Just prior to this man coming to us, his blood sugar had been running 150 to 200 each morning, even though he was on two shots of injection insulin daily. Today, eight months after changing his diet and lifestyle, his blood sugar is running in the 80's with no insulin injections or any medication of any kind in eight months. **All those years, diabetes had not been his problem. The problem was his improper diet and lifestyle, which was creating a symptom called diabetes. When he changed his diet and lifestyle, diabetes, the symptom, went away!**

A lady came to our seminar last fall with severe rheumatoid arthritis, in constant pain, on cortisone, overweight, couldn't get out of bed alone or dress herself alone and had been told by her doctor that she was wheel chair bound. For years she had been taking drugs for her *symptoms* but was progressively getting worse. Eight weeks after she changed her diet and lifestyle, she had lost over 30 pounds, was off all medication, pain was almost totally gone and she was able to get out of bed alone and dress herself alone. Eight months later, she has

lost over 80 pounds and there is hardly a trace of the arthritis. What caused this to happen? **The arthritis was only the symptom, and when she removed the cause of the symptom, the symptom went away!** Also, her weight problem went away. WHY? Because that also is a *symptom* of improper diet and lifestyle!

Seventeen years ago my mom was diagnosed with cancer. Mom allowed the medical doctors to treat her cancer *symptoms* with chemotherapy, radiation and a surgical operation. Watching the physical torture mom went through as the doctors treated her *symptoms* was horrible. In fact, at the time, I felt it was the treatments that mom received that ultimately caused her death rather than the cancer itself. Well, shortly after mom's death, the doctor told me that I had colon cancer also . . . **only I refused to have my cancer symptoms treated!**

Continued – please see next page

sickness is not a mystery . . . it is simply a matter of cause and effect!!!

Probably, the greatest single thing I have learned in 17 years of research and personal experience is **the only food that is "cell food" is raw food!!!** And the quickest way to restore the body to wellness is by consuming large amounts of raw vegetable juices, especially *BARLEYGREEN!

Seventeen years ago, I was told that I had colon cancer. At that time I was also suffering from hypoglycemia, hemorrhoids, severe allergies and sinus problems, high blood pressure, colds, pimples, dandruff, body odor, lack of energy, etc. Seventeen years ago I switched overnight from the 'good-ol' American diet of meat, dairy, sugar, salt, white flour products, cooked food, etc., to an all-raw diet with large amounts of freshly extracted vegetable juices. What was the result? Within less than one year, every physical problem I had was *gone* . . . and has stayed gone to this present day!!!

Thoughts to Pass On

"The medical community has been continually collecting evidence to support what I discovered some years ago: Cooked food is harmful to our bodies . . . Only by using unfired (raw) foods can we make ourselves, our race and the world healthy once again."

– Dr. John Michael Douglass, M.D., Ph.D.

Recipes from Rhonda

How to Build a Salad

When people come to Hallelujah Acres and eat one of our raw vegetable salads, they often make the comment: "This is the best salad I have ever had in my life!" Actually, building a salad is really quite easy once you have the ingredients assembled...and it does take more than iceberg lettuce and a tomato to make a salad. Here is how we do it here at Hallelujah Acres:

Start with deep green leaf lettuce (*Never use iceberg lettuce . . . it has practically no nutrition!*) Make sure it is washed well and completely drained. This can be accomplished by washing and loosely roll in a towel. Then place in the refrigerator still rolled in the towel for a half hour or so to chill while you prepare the rest of the vegetables. (Never use paper towels for drying because they are coated with formaldehyde.) Use a clean dish towel to dry or store food like spinach or lettuce.

While the lettuce is crisping in the refrigerator, clean and prepare the rest of the vegetables. After the vegetables have been prepared, you are ready to build your salad. The first thing you do is tear your crisped lettuce into small, bite sized pieces...and fill salad bowl half full with the lettuce. Next, add in layers the following vegetables...

Ten Simple Steps to Healthy Cells

1. Eat foods just as close to the way they grow as possible!
2. Make at least 75 to 85 percent of your food intake raw!
3. Take at least three teaspoons of BARLEYGREEN daily!
4. Drink only pure distilled water and never drink with a meal! (It dilutes the digestive juices! Water filters *do not* produce pure water!)
5. Eliminate breakfast! Have BARLEYGREEN. Eat some juicy fruit if you get hungry.
6. Eliminate all meat and dairy products!
7. Eliminate all products containing white sugar! (Use a *little* raw honey if desired).
8. Eliminate all white flour and table salt! Use Braggs Amino as a substitute for salt and whole grain flour instead of white.)
9. Eliminate all products containing hydrogenated oil! (This would include all margarine, products containing Crisco type oils, peanut butter, etc.)
10. Exercise vigorously every day and learn to breath deeply!

*BARLEYGREEN is the only supplement (for lack of a better word) Rhonda and I take, and the only one I recommend! BARLEYGREEN is produced from organically grown barley, harvested at its most nutritious stage. The juice is extracted and then dehydrated at room temperature, thus retaining all of its nutrients, including enzymes. BARLEYGREEN is the most "nutrient dense" food you can buy to provide the cells with the elements crucial to their optimal growth and functioning! Within 5 minutes after it enters the body, BARLEYGREEN is in the blood stream feeding the cells and building the immune system. BARLEYGREEN is a vital part of our daily nutritional program and I recommend it highly! In fact, I consider BARLEYGREEN the single most important food I put into my body each day. (We do not recommend BARLEYGREEN in tablet form! Nor do we recommend it be taken in juice . . . only in a small amount of distilled water or dissolved dry in the mouth! Other companies have tried to imitate BARLEYGREEN but we do not find that their products give the same results!)

Avocado-Tomato Dressing

Blend in a blender, 1 medium or 2 small ripe tomatoes with one ripe avocado adding a teaspoon (to taste) of BRAGG'S LIQUID AMINO (can be found in most Health Food Stores) for flavor enhancement. You can also add celery to thicken if desired. Then add your favorite herbs for additional flavor. (We like Parsley Patch All Purpose).

HEALTH TIP: Wash fruits and vegetables thoroughly before you eat them. I use a product called BRONNER'S SAL SUDS. Amway makes a product called LOC and Shaklee's is called BASIC H. There are other fruit and vegetable cleaners on the market. Use recommended amount in a basin or sink of water. Wash fruits and vegetables with a vegetable brush if appropriate. Don't leave fruit in water; wash it quickly to minimize discoloration. Never soak vegetables for more than a few minutes. Rinse thoroughly. Dry with a cloth towel.

The Greatest Medical Discovery of the Past 50 Years

"It's not penicillin. Not insulin. And it isn't bypass surgery! The greatest medical discovery of our time is the awesome power within the human body to heal and rejuvenate itself!

"This tremendous discovery is destined to change the way we practice medicine in America. In the future, instead of cutting the body...instead of drugging it...instead of working against its natural systems...doctors will strive to feed and enhance the body's amazing power to self-heal. We're starting to see the shift in awareness already.

"... The medical establishment still seems to believe that nutrition cannot prevent disease, and is practically useless in treating it. Yet, we now have scientific proof that diet is the single most powerful tool for the treatment of disease. More powerful than drugs. More powerful than surgery. More powerful than anything in the doctor's bag. And you can do it yourself.

"Even in hospitals, nutrition is almost ignored. Scientific studies have repeatedly shown that the longer you stay in the hospital, the more malnourished you become. The medical profession is too narrow minded to admit the enormous value of nutritional healing." - Julian Whitaker, M.D. in *Wellness Today*, July 1993

A Letter to Hillary Clinton From John A. McDougall, M.D.

"If you want to solve the health care crisis in America, right two wrongs:

"(1) stop disproven and dishonest medical therapies; and

"(2) change the focus from treatment to removing the causes of disease ...

"Over-charging and submitting false claims by doctors represents a tiny portion of the wrongful activities in the medical business. The 'big robbery' of the public comes from prescribing useless and harmful therapies. This 'white coat crime' is fueled by the undeniable fact that most doctors are financially rewarded for their efforts to test and treat people - the sicker you are the more money your doctor makes.

"Check with your medical advisors and you will quickly discover drug therapies for chronic diseases such as arthritis, adult-type diabetes, high blood pressure and multiple sclerosis cause more problems than they cure. Because drug prescribing is highly profitable for the doctors, hospitals and pharmaceutical companies, this approach continues to be the community standard of practice... Heart surgeons are stealing America blind. Conservative estimates indicate half of the bypass operations and at least half of the angiograms are done unnecessarily.

"According to the U.S. Surgeon General's Report on Nutrition and Health (1988), most of the illnesses in our country are caused by diet and lifestyle practices, and therefore are preventable. Of even more importance is the fact that most of these same diseases are dramatically improved, even cured, with correction of diet and lifestyle. Even though the benefits are far

greater than any drug or surgical therapy, simple changes in the way we eat and live lack the one quality that would give them their deserved importance - profitability.

"Atherosclerosis (underlying heart disease, strokes and angina), rheumatoid arthritis, high blood pressure, multiple sclerosis, adult-type diabetes, obesity, constipation and indigestion are but a few of the common health problems that have been documented in the scientific literature to be dramatically benefitted, even

News You Can Use

cured, by a healthy diet and lifestyle.

Ten Practical Remedies

"(1) Pay doctors and hospitals per capita. Reward systems that encourage health and discourage the treatment of disease must be implemented ...

"(2) Reward people for good health ... Base health insurance premiums upon a patient's risk factors ...

"(3) Pay primary care doctors more ... Doctors providing primary care ... usually make one-fifth the money of cardiologists, gastroenterologists or surgeons ...

"(4) Improve medical school curriculum. The average medical student receives three hours of nutrition education in four years of medical school ... Cooking and exercise classes would be more valuable than pharmacology for doctors interested in helping people with chronic diseases.

"(5) Begin a massive educational campaign ... many products deserve a warning label like those found on tobacco products: 'Surgeon general's warning: The American diet causes heart disease and cancer' ...

"(6) Encourage informed consent laws ... We need 'Informed Consent Laws' to explain the limitations of medical tests ... and treatments ...

"(7) Subsidize only healthy products ...

"(8) Tax all unhealthy goods. You propose more taxes on cigarettes and alcohol. Great! But how about a 'fat tax.' Saturated fat could be taxed at 1 cent a gram, and all fats purposely added to a product would be taxed at 2 cents a gram. Under this system, a Big Mac would be taxed 24 cents per ounce ...

"(9) Reform government institutions. The government has direct control over the foods used in prisons, schools, government-run hospitals and other businesses ... Begin by offering healthy foods at least as an alternative ...

"(10) Support beneficial research and organizations. Most research is funded by pharmaceutical industry and special interest groups looking for new products to make more profits ... Taxpayers' money must be spent on research and education that deals with the cause and cure of most diseases - diet and lifestyle ..."

- McDougall Newsletter, March/April 1993

School Lunches are Killing Our Kids

"Each year, the USDA buys \$3 to \$4 billion worth of surplus foods which it donates to the nation's schools. These donated items make

up 20 to 30 percent of the food served in school lunches. This may sound like the USDA is helping our children to eat well, but look again. The school lunch programs are being used by the Department of Agriculture to guarantee a market for the meat and dairy industries. In 1991, the evidence implicating high-fat, high-cholesterol animal products in the creation of heart disease, cancer, adult-onset diabetes and obesity had become as massive and incontrovertible as the evidence linking smoking to lung cancer. Yet in 1991, 90 percent

of the USDA surplus foods were eggs, high-fat cheeses, butter, ground pork, ground beef and whole milk. If the USDA had gone out intentionally to obtain foods

that would destroy the health of our children, they could hardly have done better.

"While the USDA donates hundreds of millions of dollars worth of high-fat cheeses, it charges schools for low-fat cheese. Thanks to the dairy lobby, the 25 million children in the school lunch program must be provided with whole (full-fat) milk. This, even though milk fat is highly saturated.

"The results are catastrophic for the health of our children. A 1990 study in the *Journal of School Health* found the average school lunch gets 39 percent of its calories from fat. This, while the Surgeon General was saying that anything over 30 percent is dangerous, and health experts who were not as bound by political considerations were urgently calling for a reduction to 20 percent.

"As a result of the USDA's programs, the average school lunch contains 1,200 mg. of sodium. Three meals a day at that rate would assault these young human bodies with 3,732 mg. of sodium - while the Food and Nutrition Board of the National Academy of Sciences recommends a daily sodium intake of 600 to 1800 mg. for children ages 7 to 10.

"No wonder a report in the *Journal of Pediatrics* noted that as many as one in eight school children in the United States have blood pressure levels that are unhealthily high. No wonder our children have the most clogged arteries in the world, and their rate of atherosclerosis is increasing. No wonder the American Heart Association reports that in a recent seventeen year period obesity in children ages 6 - 11 jumped a startling 54 percent; while obesity in children ages 12 - 17 leaped 39 percent.

"School lunches are a nutritional nightmare. Meanwhile, the Department of Agriculture is providing three to four billion dollars a year worth of guaranteed business to the meat and dairy industries."

- *EarthSave*, December 1992.

Coffee: America's Favorite Drug

"Studies now link coffee with cancer of the bladder, rectum, pancreas, colon, ovaries, prostate, and breast. Even a single cup quadruples hydrochloric acid secretions; raising the stomach temperature by 10 to 15 degrees; places measurable stress on the heart, lungs, kidneys, liver, pancreas, and adrenal glands; and narrows blood vessels in the brain. As little as three cups daily can create psychological / physical addiction."

- *Hippocrates News*, Volume 12, Number 1.

Rhonda Malkmus cures arthritis, loses 80 pounds, Heals a degenerated spine & then marries George

By Michael Dye

When the car Rhonda Malkmus (then Rhonda Brandow) was driving was hit by a train in 1981, she was fortunate to walk away with no broken bones. Rhonda suffered a jarred spine, underwent a year of chiropractic treatment three times a week, and was left with severe arthritis in her whole body.

"I was overweight, and had arthritis in every joint in my body from the train wreck," Rhonda said. The debilitating arthritis prevented her from exercising, which made her weight problem all the worse.

"I couldn't walk a block without pain," she recalls. "When I woke up in the morning, my hands would be stiff.

It would take a couple hours before I could use them. The stiffness was in the rest of my body, too, but mainly in my back and neck.

"I couldn't scrub floors, because when I got down, I couldn't get up. If I sat in a chair for any length of time, I couldn't get up without having to pull myself up."

Then she met Rev. George Malkmus in August of 1990, when he was selling

health foods from a booth labeled Hallelujah Acres in the Mountain Star Craft Mall in downtown Rogersville, Tenn. George and Rhonda became friends and she began attending the church he pastored at that time, Abundant Life Fellowship in the Clinch Mountain Community. Then in January 1991, she attended George's seminar on "How to Eliminate Sickness" at the Hale Springs Inn, and went on the diet and exercise program he teaches.

This sequence of events has come to have a greater impact on her life than the train that hit her ten years earlier. Within one year, she had found relief from her arthritis, lost 80 pounds, went from a size 20 to a size 10, gained renewed energy ... and on April 11, 1992, George and Rhonda were married.

"As soon as I got home from the seminar, I changed my diet and started walking, like George recommended," Rhonda said. "At first, I could only walk a block, but I started doing better once I changed my diet and began to find relief from arthritis. It took a couple of months, but I was gradually able to work my way up to meet the goal George sets of being able to walk a mile in 15 minutes, and then four miles in one hour.

"George told me, 'When you start walking, you'll notice the difference.' I would say to George, 'Are you sure this works?' because at first I was losing inches, but not pounds."

The weight loss was gradual, but Rhonda said one of the more immediate benefits from the diet and exercise was, "I noticed I wasn't as sore when I got up in the morning. And the more I walked, the better it felt.

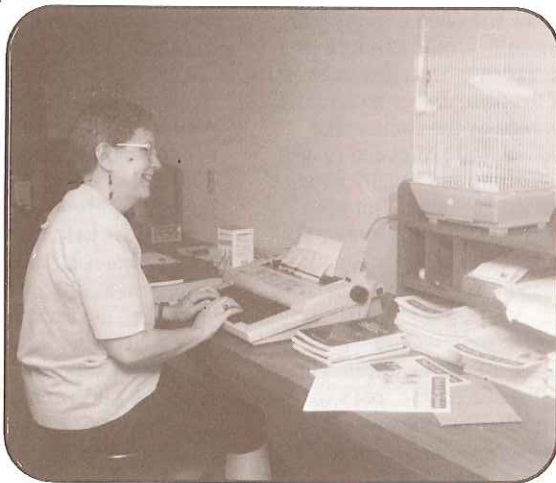
"Some people think if you change your diet to what George teaches, you will be hungry all the time. What I found is when I changed my diet and began exercising, the hunger went away. I just started substituting good food for the bad. I added more raw foods and gradually left out meat. I find it's easier to do this gradually unless you have a medical problem that requires

my parents, and I noticed I was doing very sloppy needlework. I took my glasses off and I found I could see clearer close up without my glasses than with them."

The other major improvement Rhonda noticed after her diet change was in her energy level. "There was a big difference in my energy before and after. Before, I didn't have any. I found more energy almost immediately. And as time has gone by, and my body has gotten purer and healthier, I notice I can work harder and longer hours. I often work 'til late at night here at Hallelujah Acres. I certainly couldn't have done that before," she said.

Rhonda spends most of her time at Hallelujah Acres sending out mail orders in the shipping and receiving room. She also answers

"Some people think if you change your diet to what George teaches, you will be hungry all the time. What I found is when I changed my diet and began exercising, the hunger went away... You have to realize, it's a lifestyle change. It's not a fad and it's not just a diet," Rhonda emphasized.



you to do it quicker. I found it very easy to make these dietary changes, and I certainly don't miss meat. Once you change your diet, you can listen to your body, and it will tell you what is good food and what is not. Then you gradually lose your taste for what is not good food.

"You have to realize, it's a lifestyle change. It's not a fad and it's not just a diet," Rhonda emphasized.

In addition to ridding herself of arthritis and 80 pounds, Rhonda also found other unexpected benefits from her new way of living. She said X-rays following her 1981 train wreck revealed "lots of deterioration of my spine from the spinal meningitis I had when I was seven years old. Doctors said they had never seen such a mess. But recent X-rays have shown my spine is totally healed. The degeneration is gone. That's pretty exciting. It's almost too good to be true."

Another unexpected benefit from the new diet has been an improvement in her eyesight. "I've worn eyeglasses since I was in junior high, and every year I noticed my eyesight had been getting a little worse, requiring stronger and stronger glasses. But after a couple years on this diet, I was working on a quilt square for

incoming calls, oversees kitchen operations in the restaurant, and helps out in the dining room when needed. "It's hard to believe that less than a year ago, all this was being done by just George and myself. It's amazing the way this ministry has grown. We have added five full-time employees, two part-time, and we can barely keep up with it all." In her spare time, she raises canaries (pictured in photo).

"One of the fringe benefits of working here at Hallelujah Acres is that I get to see these miraculous changes in the lives of so many people who are being introduced to a new diet and lifestyle. I wish people could see what I have seen. It's incredible the way lives are changed," Rhonda said.

"People come in here after being diagnosed with diseases they never expect to get well from ... diabetes, cancer, arthritis, heart attacks, high blood pressure or cholesterol, and more. And they do get well. If it was just one case, you could say it was a coincidence, or maybe even a miracle. But when you see it time after time, you realize the tremendous self-healing power of the human body. It all goes back to what George says, 'God gave us a miraculous body.'"