

The Hallelujah Acres Story

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

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

In an effort to share his

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

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

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

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

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

Thoughts to Pass On

"The diet of the American people has become increasingly rich – rich in meat, other sources of saturated fat and cholesterol, and in sugar . . . It should be emphasized that this diet which affluent people generally consume is everywhere associated with a similar disease pattern – high rates of ischemic heart disease, certain forms of cancer, diabetes, and obesity.

These are the major causes of death and disability in the United States . . . Ischemic heart disease, cancer, diabetes and hypertension are the diseases that kill us. They are epidemic in our population. We cannot afford to temporize. We have an obligation to inform the public of the current state of knowledge and to assist the public in making the correct food choices. To do less is to avoid our responsibility."

– Dr. D.M. Hegsted, Professor of Nutrition, Harvard School of Public Health, Boston, Mass.

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

Address Correction Requested

Back to the Garden

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Health News from Hallelujah Acres

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Why Juice?

By Rev. George Malkmus

Jt has now been almost 18 years since the doctor told me I had colon cancer. When I first heard the word "cancer," it struck terror in me.

I was scared because I knew what I was facing. As a pastor, I had sat at the bedside of many cancer victims and conducted their funerals throughout my ministry. And I had recently watched my own Mother die a slow, torturous death after her colon cancer was treated with chemotherapy, radiation and surgery. Refusing to subject my body to those same medical treatments that I felt had helped kill my Mom, I sought an alternative.

Fortunately, I had a preacher friend in Texas by the name of Lestor Roloff who encouraged me to simply change my diet and lifestyle and drink lots of freshly extracted carrot juice! It sounded too simple, but, I took his advice . . . drastically and overnight changed my diet and lifestyle and almost immediately started to get well! Within one year, not only was my cancer gone, but so were all my other physical problems. These included high blood

pressure, severe sinus and allergy problems, hemorrhoids, hypoglycemia, fatigue, pimples . . . even body odor and dandruff!

With this new diet and lifestyle, I have not suffered any sickness, not even a cold or sore throat, not been to a doctor, nor taken as much as an aspirin in almost 18 years!

Were my experiences unique or unusual? . . . *not at all!!!* I have seen and heard the testimonies of hundreds of others who experienced the same complete reversal and healing of their physical problems when they changed their diet and lifestyle.

***"Drinking the freshly-extracted juices of vegetables is the fastest way I have found to obtain the nutrients necessary to restore the human body to wellness."* -Rev. George Malkmus**

In our first four issues of *Back to the Garden*, we have featured personal testimonies of people who have healed themselves from five years of near-constant stomach pain, heart disease, cancer, diverticulitis, constipation, high cholesterol, high blood pressure, diabetes, obesity, debilitating arthritis, a degenerated spine, and more through the program we teach at Hallelujah Acres. In this issue, we are sharing the success stories of two Multiple Sclerosis patients who now live healthy lives. MS is considered in medical circles to be an incurable and untreatable disease that gets progressively worse with time, leading generally to a wheel chair or worse. That's not the route taken by Becky McClellan (below, left) and Bob East (far left).

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Two MS Success Stories

Mainstream medical doctors consider Multiple Sclerosis to be an incurable and untreatable disease that gets progressively worse with time. This issue of *Back to the Garden* features two people once crippled by MS who now live healthy lives . . . thanks to something as simple as a change in diet.

That's Pastor Bob East (above) rappelling the face of North Carolina's Mount Pilot in 1976, 16 years after he was diagnosed with MS. In the prime of his life, Bob was unable to walk two steps without falling. Now in his mid-60s, Bob lives a perfectly healthy life, and still back-packs up to 100 miles. He has gone more than 25 years without a symptom of MS. Bob's story is on page 9.

Becky McClellan (right) is back to work full-time at her stained glass shop in Kingsport, Tenn. For seven years, she had to put aside her work and family responsibilities because of Multiple Sclerosis. Becky started on the Hallelujah Diet in May. "I feel like somebody handed me my life back this summer," she said. Becky's story is on page 8.



From the Mailbag

"(At age 87) I was afflicted with arthritis in my knees, hands and toes: on crutches and a cane; in and out of hospitals and taking drugs for pain. It was agony going up and down stairs and walking ... My blood pressure hovered around 210/110, and my hair was thin and falling out daily. After a year of taking BARLEYGREEN - although it didn't take that long to show results ... I'm free from arthritis, take no drugs, walk three miles daily, blood pressure normal, lost 20 pounds, hair stopped falling out, growing thicker and taking swimming lessons...I will be 89 years old next July 9."

Mae A. Gadpaille,
Fort Mills, South Carolina

"Dear George and Rhonda...We really appreciated you two coming to Madison (Florida) and doing a Seminar. People's lives are being changed as a result. Many people have chosen to adopt the lifestyle and are getting good results already. Many are losing weight and feeling better. Our lives have certainly been busier with the phone ringing almost continuously. We are continuing to have home meetings and plan to form a support group in Madison. Freddie has lost 50 pounds and feels great as a result of adopting this lifestyle. I have overcome the "incurable" disease of psoriasis and feel "supercharged" all the time. It is exciting to experience such high energy levels ..."

Freddie and Mary Kay Smith,
Madison, Florida

"Just about a month ago, I was at the end of my rope and really in despair. My immune system was so deficient, I just couldn't seem to stay on

top of things without a lot of effort. ... As we were traveling the roads of the United States on furlough this summer my body became weaker and weaker and was overtaken with pain. We tried all kinds of 'natural' means to help but to no avail. It was on this particular day that I was ready to give up all hope that we arrived at the home of friends in Tennessee. The Lord, of course, had gone ahead of us in this time of need. The friends we visited had recently been to one of your seminars. They shared with us a copy of the notes they had received as well as telling about the things they had learned ... Although we had heard before that a large percentage of the diet should be raw foods, we were never really aware of all that it meant, and we didn't know anything about fresh juices ... We thank the Lord for meeting us in the hour of need and for the improvement that has been seen in the past month. A month ago, I could hardly lift my feet to walk, my legs were so painful. Now my husband and I walk about a half hour each morning at a fairly good pace ... We thank you for sharing your experience and research with others, and we thank the Lord for friends who cared enough to share, too.

Lewis and Judy Young,
Missionaries to Papua New Guinea

"I picked up your book (*Why Christians Get Sick*) in a Christian Book Store in North Carolina. The fellow in the store recommended your book to me when I started talking about health ... and it is the best by far that I have ever read - it says everything that I have been trying to say for 20 years!! ... I am giving your book to all my managers (25) and to every Pastor I know!!"

Arlene Oostdyk, R.N., Natural Health Educator,
Asbury, New Jersey

"... Just finished reading your book (*Why Christians Get Sick*) and very much enjoyed it ... Your book is indeed a Masterpiece in presenting the health message the whole world needs ... I am a retired Seventh-day Adventist Minister 86 years old..."

Lewis Dinwiddie,
Middletown, California

"I love everything I have read thus far in the newsletters (*Back to the Garden*) ... It seems that although you do not have a clinic per se, you have nevertheless been able to counsel and educate hundreds in how to improve their health through preventive approaches; and also in the administration of therapies which have resulted in remissions and even cures in chronic and degenerative disease, including cancer. More power to your divine work, George..."

Jack Tropp, Ph.D.,
Los Angeles, California

"I have read your book (*Why Christians Get Sick*) and ALL your *Back to the Garden* Newsletters. I have been a vegetarian for 20 years now, but have eaten an awful lot of dairy products and sweets. I have now given up dairy too and hope to go to more raw fruits and vegetables and carrot juice. You are practicing what my church has been preaching now for over 100 years. Keep up the good work! ... By the way, my uncle saw the 3 A.B.N. video tape with you as speaker that I loaned my mother, and he adopted the program you suggest. He gave up meat and all cooked foods ... His blood pressure has dropped to normal, his blood sugar is almost normal, his arthritis is improving and he says even his eyesight is better ... I wish you well in your ministry to help people."

Jim Jeter,
Douglasville, Georgia.

"I was very pleased to read your book *Why Christians Get Sick*. My wife thought I had written it since our opinions and beliefs are so similar. It is interesting that a Minister learning of Science could mirror the same thoughts as a Scientist learning more about God. Actually I am a Christian. I attended Bethany College for my B.S. in Chemistry. My Ph.D work was in Organic Chemistry with further work in Biochemistry and Pharmacology. My area of interest and research was cancer. I intend to do my part in bringing the "good news" of Christian health to Christians. I am ordering your book to use as one of my reference books for the course that I plan to teach..."

Dr. R. L. Coleman, Ph.D., D.N.H.,
Shepherdsville, Kentucky

"Please send information on lectures you could give here in Brookhaven. We have a growing number of people who are interested in a healthy lifestyle. I have ordered six tapes of your story ... one is going to Tennessee - one to Alabama and the rest here. I gave my other tape to someone here and she has shared it with about 10 people so far! Someone from Alabama is reading your book right now. I just barely finished it when she asked if I had something to read on health. She's already talking about a Champion Juicer. Already someone has asked to read the book when she is finished and the story goes on ... Thank you for your ministry...I love your publication!

Rosemary Leggett,
Brookhaven, Mississippi

"I thank God for putting your book *Why Christians Get Sick* in my hands. I know its only been a couple of months that we have been using BARLEYGREEN. It has already done wonders for us in every way..."

Carrie Donaldson,
Iron Mountain, Michigan

"Praise God I heard you on 3 A.B.N. Immediately I went onto a raw foods only. Was tired, no ambition, pain, couldn't sleep, had to lift left leg into and out of car. Today is my 28th day of raw foods...and my symptoms are gone!

Kathryn Cook,
Selma, Oregon

"Thank you! We heard your tape ... My husband lost one eye to diabetes and we are trying to save the other eye. As of August 3rd (after he went on the Hallelujah Acres Diet) ... from the first day it is the first time in 20 years his blood sugar has been in normal range and has stayed in normal range every day since. Thank you again."

Charles & Retha Stewart,
San Antonio, Texas

"Dear friends at church passed out copies (of *Why Christians Get Sick*) for those interested, to borrow and read ... You are right on! ... Your book is very needful and should be studied in every prayer meeting the world over."

Florence Walters,
Mt. Pleasant, Pennsylvania.

We would love to hear from you. Send us your comments, questions or tell us about your experiences from a change in diet by writing: Dr. George Malkmus, Hallelujah Acres, P.O. Box 2388, Shelby, NC 28151. We prefer to use name and city of residence to letters for publication. If you do not want your name printed, or if your letter is not intended for publication, please indicate such in the letter. Please include your telephone number, in case of questions. Thanks.

For Christmas, Give Someone You Care For
A Gift of Health from Hallelujah Acres

The Champion Juicer
Makes a Great Christmas Gift
Between now and Christmas, buy a Champion Juicer and we'll include a free book – *Fresh Vegetable and Fruit Juices* by Dr. N.W. Walker

Other wonderful Christmas ideas would be a jar of BARLEYGREEN or Herbal Fiber Blend, a Waterwise Water Distiller, a copy of *Why Christians Get Sick* or any of the health-related books listed in this section.

A Free Gift Card will be included with all gift items.

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

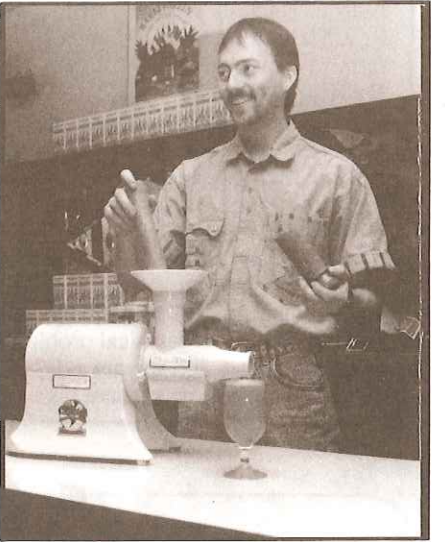
DR. N.W. Walker is another of my Natural Health Heroes! Seriously ill in his early 50s, he was persuaded to try the natural healing route rather than the medical (drug) route. Not only did he become well, but went on to become a Natural Health advocate ... writing his first book in 1936. Dr. Walker wrote his last book at age 115 and lived to be 119. He attributes his healing and long life to the consumption of large quantities of freshly-extracted vegetable and fruit juices, which he consumed daily.

Other Books on Juicing
For more information on these books, please see page 7

Live Food Juices by H.E. Kirschner, M.D. 6.95
Make Your Juicer Your Drug Store by Dr. Laura Newman 4.95
Drink Your Troubles Away by John Lust 4.95
The Juicing Book by Stephen Blauer 8.95
The Juiceman's Power of Juicing by Jay Kordich 5.50

Our Featured Product:
The Champion Juicer

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



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

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

The nutritional and health information in this newsletter is based on the teachings of God's Holy Word – the Bible, as well as personal experiences and research. We do not offer medical advice or prescribe the use of diet as a form of treatment for sickness without the approval of a health professional. Because there is always some risk involved when changing diet and lifestyles, we are not responsible for any adverse effects or consequences that might result. Please do not apply the information in this publication if you are not willing to assume the risk. If you do use the information contained in this newsletter without the approval of a health professional, you are prescribing for yourself, which is your constitutional right, but the editor and publisher assume no responsibility.

CUSTOMER ORDER FORM

NAME _____		WE SHIP!			
ADDRESS _____		Shipping Charges: \$5.00 for all order under \$50.00. For orders over \$50.00, please add 10% for shipping and handling. Outside Continental U.S., please call for foreign rates. (North Carolina residents, please add 6% sales tax to entire order.)			
CITY / STATE / ZIP _____		Foreign Orders: U.S. currency only, and please inquire about extra shipping costs			
AREA CODE / PHONE _____ DATE _____					
If using P.O. Box, please also provide a physical address for UPS delivery					
If you are not on our mailing list, but would like a free subscription to Back to the Garden, please check this box <input type="checkbox"/>		If you DO NOT want to continue receiving Back to the Garden, please check this box <input type="checkbox"/>			
We appreciate your order. The life-blood of this ministry flows from your purchases of the health-related products and books we offer. Every purchase made helps us to reach more people with the message that "You do not have to be sick!" ... If God's laws of natural health are followed. Together, we are changing the way the world maintains health. Thank you and may God Bless.	Quantity	Item #	Item Name	Price Each	Total Price
Method of payment: <input type="checkbox"/> check <input type="checkbox"/> Money Order <input type="checkbox"/> Visa <input type="checkbox"/> MC <input type="checkbox"/> Discover <input type="checkbox"/> American Express				Sub-total	
Card Number: <input type="text"/>				6% Sales Tax (NC residents only)	
Signature _____ Card Exp. Date _____				Shipping	
				Total	

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

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

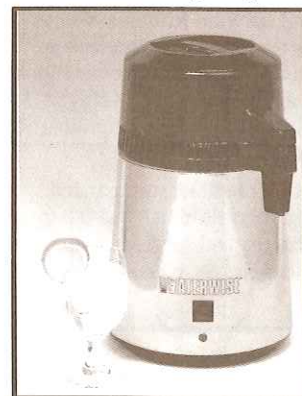
CLEANSING THE BODY AND THE COLON FOR A HAPPIER AND HEALTHIER YOU by Teresa Schumacher. Everyone who eats food produces waste, some of which may remain on the colon wall. Mucus, which is secreted by all intestinal cells, can collect on the colon wall and accumulate and hold fecal matter. All of this collection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

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

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.)

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

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 unhealthful 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)

DESERT 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, athlete's foot, corns and callouses, yeast infections, hemorrhoids, diaper rash on babies, fungal infections such as athlete's foot, ringworm, etc., and numerous animal ailments. 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)

DESERT 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)

DESERT 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.

What's Happening at Hallelujah Acres

Little did we realize when we opened our Natural Foods Restaurant and Health Foods Store on February 12, 1992, and started holding weekly Seminars just how rapidly Hallelujah Acres would grow. Our goal at that time was to reach the whole world with the message "YOU DON'T HAVE TO BE SICK!!!" . . . and then show people how this could become a reality in their own life. But it seemed such a distant and almost impossible goal. Yet here we are less than two years later actually seeing this goal potentially becoming a reality. Last week, (I am writing this October 19), we received a call from an educator in Puerto Rico who wants to translate our book, *Why Christians Get Sick*, into the Spanish language and then yesterday a linguist from Costa Rica called wanting to do the same thing. Then in the mail today came a letter from Germany from a gentlemen who wants to translate our *Back to the Garden* newsletter into the German language. So many people from all over the world are so thrilled about what we are doing that it is exciting, scary and humbling all at the same time.

Seminars

We held many seminars throughout September and October . . . including 19 right here in our store at Hallelujah Acres. In addition to these, we spoke at the Oak Hill Chapel, snuggled back in the Great Smoky Mountains near Greeneville, Tenn., where we saw some beautiful scenery and met some beautiful people who were hungry for knowledge. Then on September 18 & 19 we spoke at the Tussekiah Baptist Church in Meherrin, Virginia (near Richmond). Dr. & Mrs. Stan Gravely had worked hard to make this Seminar a success, and the church was packed on Saturday night, with dozens of churches represented from a huge radius. Then we spoke in the combined Sunday School / Morning Service on Sunday. Still scheduled during October is a Seminar in Collegedale, Tenn. at the Adventist Church on Sunday, October 31.

Presently, we are receiving so many requests for Seminars, that we are booking Seminars for Winter and Spring 1994. We are currently working on arrangements for Seminars in Lufkin, Texas; Chicago, Ill.; and Macon, Ga.

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 requesting additional copies to share with neighbors and friends. We have one reader that ordered over 1,000 copies to give out during the past month, and many are ordering a hundred or more at a time. Some churches are

ordering enough of each issue to give one to every family in the church. We receive requests daily by mail, phone or in person from people who want to be added to our mailing to receive *Back to the Garden*. This publication is sent out *free* but the cost to us is becoming greater and greater (We have already had to reprint 3,000 copies of the September / October Issue . . . which makes a total of 11,000 copies of that issue). Our desire is to continue to make this publication available free to whoever wants it and we are trusting that enough people will purchase products to offset the cost. We want to thank those who have sent in donations to help us make all this possible! Rhonda and I take no salary or profit from the business. All profits go toward making *Back to the Garden* available to whoever requests it. Please continue to pray for this ministry as we seek to tell as many people as possible the good news "YOU DON'T HAVE TO BE SICK!!!"



The entire staff at Hallelujah Acres wishes you a very happy — and healthy — holiday season. Our Health Food Store is open 10 a.m. - 5 p.m. Monday - Saturday, and the serving hours for our Natural Foods Restaurant are from 11 a.m. - 3 p.m. Monday - Saturday.

Why Christians Get Sick

We have recently completed the fifth printing of *Why Christians Get Sick*, and that makes a total of 15,000 copies now in print in the English language. And we have just given the green light for it to be translated into Spanish. We hope to announce in the January / February 1994 issue of *Back to the Garden* that the Spanish translation is available. This past week we sent out five separate orders for a

case of books each, to five separate individuals. Some of these are being purchased by Retail Outlets for resale while others are buying them to give away to others. The letters we receive daily give glowing testimonies of how this book has helped many while giving hope to others. We are thrilled at the large number of Doctors (M.D.'s; D.C.'s and N.D.'s) who are purchasing *Why Christians Get Sick* and selling them, loaning them or giving them to their patients. An example of this is a letter we received from Cindy Hall, a Gospel singer and recording artist from Conyers, Georgia. Cindy writes: "I recently purchased your book (*Why Christians Get Sick*) from my doctor, William Richardson, M.D. of the Atlanta Clinic of Preventative Medicine. I am fascinated!...As God provides the finances, I am going to buy a copy of your book for everyone He puts in my path who needs to know the truth it contains . . . Please continue to educate people! You can be sure that I will let others know about you and your ministry. Thank you for encouraging me in what you've written. God bless you!!!"

Rev. Malkmus Writing New Book

Our next book, which is presently being written, will be a step-by-step guide to wellness. It will be a HOW-TO manual offering a simple yet effective guide to eliminating sickness AND restoring health. It will include tried-and-tested teachings of the type that have already helped so many people to heal themselves from so many different diseases. The nice thing about it all is that people will be able to apply these teachings right in their own homes. In addition to the HOW-TO information, we plan to include recipes and testimonials from people who have eliminated sickness by changing their diet. We hope to have this new book available by spring.

Television

Three Angels Broadcasting Network in West Frankfort, Illinois had me return for another telecast on September 23. This was the third telecast with 3ABN, and this time, I appeared on a panel with three Medical Doctors. As viewers called in, we each had the opportunity to tell how we would deal with various physical problems. As a result of this telecast we have had several hundred people request that they be added to our mailing list for a free subscription to *Back to the Garden*.

Apartment Available for Visitors

The efficiency apartment above our store is now available. This is a brand new apartment which includes heat and air, one bedroom, kitchen, dining room, living room and full bath. It has turned out very beautiful, and is available for \$35.00 per night on a first-come basis if you provide sheets and towels. If we provide linens, it is \$40.00 per night. No children, pets or smoking, please!

MS: A sad example of how diet has been ignored by medical science

From *Diet for a New America* by John Robbins:
“Today’s doctors have been taught in medical school that nothing can be done to prevent Multiple Sclerosis, and nothing can be done to treat it. They tell their patients that this terrible disease is incurable. This represents one of the most profound examples of needless suffering perpetuated by an ignorance of what has been learned about diet and health. If you know anyone who suffers from Multiple Sclerosis, please share this information with him or her ... Multiple Sclerosis is a disease that attacks the brain, spinal cord, and nervous system over a period of years. According to conventional medical doctrine, the attacks just keep coming, and the patient can only look forward to getting ever worse ... The pessimism of conventional medicine is indeed warranted - for M.S. victims who consume the standard American diet. For those on a different diet, however, another outcome is possible. ... In fact, most people would be astounded if they became familiar with the nutritional research on this supposedly ‘incurable’ disease. Dr. Roy Swank, head of the Department of Neurology at the University of Oregon, began treating ‘incurable’ M.S. patients with a very lowfat diet ... The results Dr. Swank obtained in this and many other studies border on the miraculous. About 90% of the M.S. patients who began the lowfat diet during the early stages of the disease not only arrested the disease process, but actually improved over the next 20 years. Of those M.S. victims who began the diet when their disease had already reached an intermediate stage, over 65% were able to prevent further damage, and even after seven years on the diet had suffered no further deterioration. Perhaps most amazing were the results for those M.S. victims who had already progressed to an advanced stage of severe disability. Over 30% were able to arrest the inexorable devastation of the disease, and showed no further decline. ... Dr. Swank has now treated several thousand M.S. patients with a low fat diet over a period of 35 years. His results have met every challenge presented by the medical community, and are enormously superior to those achieved by any other known form of treatment to this otherwise crippling and usually fatal disease. Dr. Swank has found that if M.S. is caught early

enough, then M.S. victims stand a 95% chance of arresting the disease and not getting any worse. For many, there is the very real possibility of a cure. Other physicians have followed up on Dr. Swank’s work, and achieved results comparable to his. One clinic found that a pure vegetarian diet, very low in fat, has been of significant benefit even to the most advanced cases of Multiple Sclerosis.”
To order *Diet for a New America* by John Robbins, see page 13.

From *Vegetarian Times*, June 1989, an article by John A. McDougall, M.D.:
“Multiple Sclerosis is the most common degenerative inflammatory neurological disease in the United States, striking people primarily between the ages of 15 and 55. It is characterized by numerous lesions – areas of damage – on the nerve cells of the brain and / or spinal cord. The lesions are replaced by hard scar tissue, causing the nerve cells to stop functioning. The nearly 500,000 Americans with MS suffer recurrent attacks on the nervous system that rob them of various functions and senses. One attack may take a victim’s vision; the next causes loss of bladder control; a few months later, one arm or leg no longer has strength. After 10 years with the disease, half of all MS victims are severely disabled – bedridden, wheel chair-bound or worse. Clearly, the present approach to MS is a failure. The powerful medications being used have done little to help. The International Federation of Multiple Sclerosis Societies recently examined 140 therapies (excluding diet) and concluded, ‘No treatment has been shown to alter the course of the disease ...’ (*Medical Tribune* 29:1, 1988) This frightening fact should make researchers eager to consider any approach that has the slightest possibility of improving the health of MS patients ... Multiple Sclerosis is common in Canada, the United States and Northern Europe, but rare in Africa and Asia.” (This is among the evidence linking diets rich in animal products and saturated fats with the development of MS.)

“One theory suggests that feeding cow’s milk to infants lays the foundation for nervous system injury later in life. Cow’s milk has only a fifth as much linoleic acid (an essential fatty acid) as human breast milk. Linoleic acid makes up the building blocks for nervous tissues. It may be that children raised on a high animal-fat diet deficient in linoleic acid (as most children are in our society) develop a weaker nervous system that is susceptible to problems as they age. Analysis of brain tissues has shown that people with MS have a higher saturated fat content in their brains than people without the disease (*Lancet* 1:26, 1963) ... One theory holds that the MS attacks are caused by a decreased supply of blood to the sensitive brain tissues. Dietary fat can have this effect. It enters the bloodstream and coats the blood cells (*Circulation* 9:335, 1954; *American Journal of Medicine* 26:68, 1959) ... Tissues deprived of blood and oxygen for long periods of time will die. Could something this simple be a factor in MS? ... During World War II, food was scarce and stress was high in occupied Western Europe. People could no longer afford to eat meat, so they turned instead to the grains and vegetables that once nourished their cows, chickens and pigs. The result was a dramatic reduction in the intake of animal products and of total fat in the diet. Doctors observed that patients with MS had 2 to 2 1/2 times fewer hospitalizations during the war years (*American Journal of Medicine* 220:421, 1950) Roy Swank, M.D. ... observed that MS patients improved on this forced low-fat diet. In the 1950s, Swank began treating his own patients with such a diet. He got excellent results, so for the next 35 years he treated thousands of MS patients in this way. By any medical standard his results have been remarkable: Patients’ conditions improved by as much as 95 percent (*Archives of Neurology* 23:460, 1970) ... Besides arresting MS, a low-fat vegetarian diet promotes weight loss in the obese, relieves constipation and cuts the food bill by 40 percent. In fact this type of diet is in line with recommendations made by other health organizations (including the American Cancer Society, the American Heart Association and the Surgeon General’s office) that urge Americans to eat less fat, meat and dairy products while adding more whole grains, vegetables and fruits.”

Recipes from Rhonda

Carrot Juice Variations
Using your Champion Juicer, you can make many nutritional and different-tasting juices using carrot juice as your base. For instance, to 8 ounces of carrot juice you can add the juice of one apple ... or a stalk of celery ... or a bunch of parsley ... or some lettuce or spinach leaves ... or you add your favorite vegetable. Always use carrot as the base, and never add any other fruit to vegetable juice other than an apple. Experiment to find your favorite mix and to give your body a good variety of vitamins, minerals and enzymes.

Blended Salad
One of George’s favorite ways to fix a salad is to blend it into a course or fine cold soup. He learned this method of preparing salads at the Shangri-La Health Resort in Florida. There it was used for people who had difficulty chewing. But it is a delicious variation of salad preparation for anyone. This salad does require a blender. Here is how:
1 medium tomato 2 cups leaf lettuce or spinach
1/4 of a cucumber 1 stalk of celery
1 ripe avocado 1 tsp. Bragg Liquid Aminos
1/4 cup broccoli & cauliflower florets 1/2 tsp. Parsley Patch All Purpose Seasoning
Blend tomato, cucumber, avocado, Bragg Liquid Aminos & seasoning to make the dressing. Then add remainder of ingredients except for celery. As you push the veggies down into the blades with the celery stalk, quickly turn the blender on and off until all veggies are in the dressing. Then continue turning the blender on & off until desired consistency is reached. If the dressing is too dry, a little distilled water may be added. (If you turn your blender on and leave it on instead of pulsing it on and off rapidly, your salads will be too fine.)

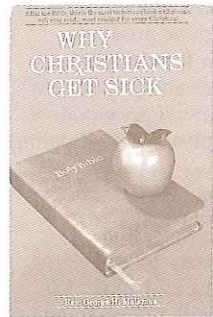
Health Tip
– Avocados –
Avocados are usually hard when purchased. They are not ripe until they give slightly to the touch. Sometimes it takes a little experience to determine just when an avocado is ripe. Once ripe, they remain in useable condition at room temperature only for a couple days, but can be kept in the refrigerator for up to a week.

Mail Order List – Books, Audio AND Video CASSETTES & PRODUCTS
Recommended by HALLELUJAH ACRES

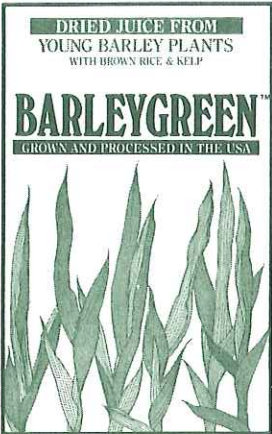
Hallelujah Acres is a Ministry that we support through the sale of products we feel can help people live healthier lives. This issue, we will be printing 10,000 copies of *Back to the Garden*. They will be sent out free of charge to all on our mailing list or those that request it. Most of our seminars 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, relives 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.
Issue No. 4, Sept./Oct. 1993, includes “The Healthy Cell Concept,” testimonial: “Rhonda Malkmus cures arthritis, loses 80 pounds, Heals a degenerated spine & then marries George,” book review of *Green Barley Essence*, 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)



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. **BARLEY-GREEN** 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)



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)

Continued – please see page 14

Calendar of Events for Hallelujah Acres

NOVEMBER 1993

Thursday, November 4, 11 & 18 – 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, November 6 – 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 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, November 13 – 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, November 13 – Radisson Hotel, Charlotte, N.C.

Rev. Malkmus will be the featured speaker at the First Annual Carolina BARLEYGREEN Convention Banquet Dinner. For more information, contact Gretchen Mack at (803) 548-2434.

Saturday, November 20 – 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, November 22 – 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 ... we only have seating for about 65 people.**

Saturday, November 27 – 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.)

Thursday, November 25 – Thanksgiving Day Hallelujah Acres will be closed.

Tuesday, November 30, Harvey House, L.B. & Coit, Dallas, Texas

Rev. Malkmus will be the guest speaker. For information, contact Pat Janus at (214) 980-8884.

DECEMBER 1993

Thursday, December 2, 9, 16, 23 & 30 – 7 p.m. “BARLEYGREEN Presentation” – See description in November Calendar of Events.

Saturday, December 4 – 10 a.m. “Juicer Demonstration” – See description in November Calendar of Events.

Saturday, December 11 – 10 a.m. “The High-Energy Diet” – See description in November Calendar of Events.

Saturday, December 18 – 10 a.m. “The Gerson Therapy” – See description in November Calendar of Events.

Monday, December 20 – 6 p.m. “How to Eliminate Sickness Seminar” – See description in November Calendar of Events.

Saturday, December 25, 1993, and January 1, 1994 Hallelujah Acres will be closed. All of us here at Hallelujah Acres wish you a Blessed Christmas Season and a Happy and Healthy New Year!

Fresh Vegetable & Fruit Juices by Dr. N.W. Walker

Written in 1936 and still used as an essential reference today

Book Review by Michael Dye

The premise of Dr. Norman W. Walker in writing *Fresh Vegetable & Fruit Juices* is that the primary cause of nearly every sickness and disease is the deficiency of vital organic minerals, vitamins and enzymes in our diet.

Then, Dr. Walker asks, “How can we most readily furnish our body with the elements needed?” The answer is the book's title itself, *Fresh Vegetable & Fruit Juices*, and you may find it incredible what was known by Dr. Walker as early as 1936, when this book was written.

The fact that Dr. Walker lived to be 119 and wrote his last book at age 115 may be considered as evidence that he knew his subject matter pretty well. He was seriously ill in his early 50s when he was convinced to go the natural health route. He went on to practically invent carrot juice and the concept of healing with fresh vegetable and fruit juices.

“Except for accidents, all the repair and regeneration of our body must come from within,” Dr. Walker writes. “If the blood stream, cells and tissues, organs, glands and all the rest of the body does not contain these elements in their proper proportion, or if any of these elements is deficient, then the body is out of balance and the condition develops which is known as Toxemia, and Toxemia means just plain poison.

“In order to regain and maintain the proper balance of health, most of the food we eat must contain live, vital, organic elements. These elements are found in fresh-raw vegetables, fruits, nuts and seeds,” he adds.

The Earth and its waters are full of minerals, but the only source we have of organic minerals and organic water that our body can assimilate is plant life. “The rays of the sun send billions of atoms into plant life, activating the enzymes and by this force they change inorganic elements into organic or life-containing elements for food,” Dr. Walker writes.

The advantage in juicing vegetables is that this process separates the living, vital, organic minerals, vitamins and distilled water from the fiber (pulp). With the fiber removed, our body can assimilate these vital nutrients in liquid form in about 10 to 15 minutes, Dr. Walker writes. Fiber has no nutritional content, requires several hours – and considerable energy – for digestion, and some deterioration of nutrients occurs before food reaches our cells.

Dr. Walker emphasizes, however, that fiber is an important element in our diet, because it acts as an “intestinal broom” as it travels through our stomach, duodenum, 25 feet of small intestine and colon. This fiber should be obtained by eating a good quantity of raw fruits and vegetables. Once food is cooked, this fiber turns to a mush that leaves a coat of slime on the walls of our intestines, which can putrefy and cause Toxemia, a sluggish colon, constipation, colitis, diverticulosis and other problems, Dr.

Walker writes. Once food is cooked, its oxygen (a vital element) is lost, enzymes are destroyed “and most of the vital force needed for nourishment is dissipated . . . One can eat four or five big meals a day, and yet the body may be starved through the lack of the vital elements in the food and the disturbance of the enzyme balance.”

Dr. Walker notes, “As a rule it will do no great harm to occasionally eat a little cooked food, but never fried food, provided that a sufficient quantity of raw food is also eaten.” And he recommends a vegetarian, non-dairy diet. Clearly, a physician ahead of his time, Dr. Walker warned nearly 60 years ago that hope for finding a cause and cure of cancer “does not lie in the field of fantastic speculation and destructive research by means of uncontrollable radium experiments, but rather in the deficiency of life in the atoms of the food we eat.”

In addition to ruling out cooked food as a source of anything vital for the body, Dr. Walker notes the limitations of medical drugs: “There is not a drug in the world that will supply the

and vegetable. The book also includes a list of 87 different juice formulas, and in cooperation with Dr. R.D. Pope, M.D., Dr. Walker (a Doctor of Science) lists 155 ailments, with one or more of the 87 juice formulas recommended for the treatment of each ailment.

Much information is presented about the specific values of different vegetable and fruit juices. For example, carrot juice is referred to as “the richest source of Vitamin A which the body can quickly assimilate,” and it also offers an ample supply of other vitamins and minerals. Because of Vitamin A's benefit to the moist lining of our various membranes, carrot juice “helps prevent infections of the eyes and throat as well as the tonsils and sinuses and the respiratory organs generally.”

Because of its high calcium content, carrot juice is valuable in the improvement and maintenance of bones and teeth. “One pint of carrot juice, daily, has more constructive body value than 25 pounds of calcium tablets,” he notes. Like all minerals, calcium must be in an

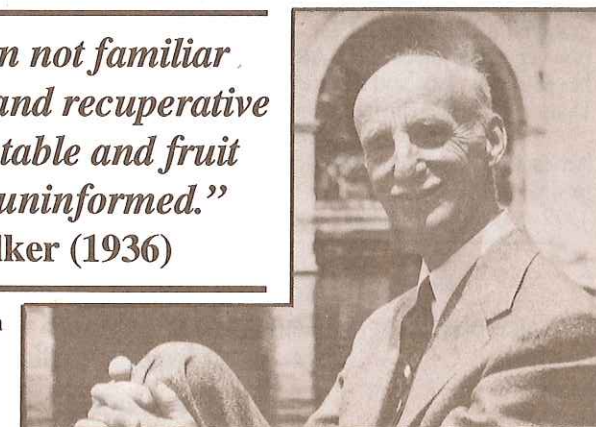
“Today, any person not familiar with the nutritional and recuperative value of fresh vegetable and fruit juices is woefully uninformed.”

– Dr. N.W. Walker (1936)

blood stream with anything in a way in which the body can use it for permanent repair or re-generation.” This regeneration must come from within the body, and Dr. Walker states vegetable juices are the best source of the nutrients needed for regeneration. Even in 1936, Dr. Walker said results of Juice Therapy “in helping the body recover from nearly every disturbance or ailment, have been almost phenomenal the world over . . . Today, any person not familiar with the nutritional and recuperative value of fresh vegetable and fruit juices is woefully uninformed.”

He notes, “Fruit juices are the cleansers of the human system . . . Vegetable juices are the builders and regenerators of the body. They contain all the amino acids, minerals, salts, enzymes, and vitamins needed by the human body, provided that they are used fresh, raw, and without preservatives, and that they have been properly extracted from the vegetables.”

Dr. Walker advises, “Just as long as we include a variety of vegetables in our food combinations, we need not fret or worry about obtaining all the minerals and Vitamins we are trying to furnish our body.” Nonetheless, *Fresh Vegetable & Fruit Juices* offers an exhaustive listing of fruit and vegetable juices, detailing the specific amounts of 21 different elements, vitamins and minerals contained by each fruit



organic (living) form to be assimilable by our body. He warns that a calcium deficiency can result from drinking pasteurized cow's milk, and that this form of calcium “is just as inorganic as that used in making cement.” It can't be used by the body, and ends up forming kidney stones, gall stones, hemorrhoids or tumors, he warns.

As for “foods” such as candy, soft drinks and ice cream, Dr. Walker notes, “The human digestive processes were never intended by Nature to be called upon to convert these so-called foods into nourishment for the cells and tissues of the body. The result of using them is apparent in the degeneration of the human system . . . To consider the brief span of two or three score years as constituting old-age is nothing less than a downright insult to Nature and to our Creator. It is a shameful admission that we do not know how to live and have not taken the trouble to learn the first principles of regenerating our body. It is a confession that we eat ourselves into the grave by catering to our appetites.”

To order *Fresh Vegetable and Fruit Juices* by Dr. N.W. Walker (paperback, 125 pages, \$5.95, please see page 15).

Why Juice?

Continued from Page 1

Bob East, a dear friend of mine, was diagnosed with Multiple Sclerosis more than 30 years ago. At that time he could not take a step without falling. He too learned of the raw diet which included large amounts of freshly extracted vegetable juice...adopted this new diet and today he and I go mountain climbing together. Bob's story is on page 9.

Becky McClellan was diagnosed with MS seven years ago, and has tried everything from handfuls of vitamins to a macrobiotic diet during this time, yet her condition steadily deteriorated. This past May, she came to Hallelujah Acres and has been on our program since then. "I feel like somebody handed me my life back this summer," Becky said. Her story is on page 8.

These are not isolated incidences. In Issue No. 1 of *Back to the Garden* we have the testimony of Dianne McKee, who had suffered for five years from severe abdominal pain. She had been to over 20 different doctors, taken every drug the doctors prescribed, had four separate surgical operations and was no better. Five days after going on the Hallelujah Diet - including the raw vegetable juices and BARLEYGREEN - her pain was gone and has stayed gone. Dianne remains pain-free almost a year later.

In Issue No. 2 of *Back to the Garden* we share the testimony of Harley Flora, a retired businessman who came to us in November 1992 at age 76. He had already suffered two

heart attacks, two open heart surgeries, was experiencing severe arthritis in his knees, for 20 years had been unable to eat a salad due to diverticulitis, had bad constipation, a racing heart, and prostate cancer which had metastasised into his bones. Harley came to our seminar, went onto the nutritional program we teach here at Hallelujah Acres, including large amounts of freshly extracted vegetable juices and BARLEYGREEN. In five months every symptom was gone and the PSA count for his prostate cancer had reduced from 57.6 to less than 0.1! Harley is still doing great!

In Issue No. 3 of *Back to the Garden* is the testimony of Patsy Stockton, a Pastor's wife on 130-140 units of injection insulin a day for her diabetes. She also had high blood pressure, high cholesterol and sores in her mouth. Within three days after going on the Hallelujah Diet - including the carrot juice and BARLEYGREEN - her blood sugar had dropped from 371 to 112. And in four months she was able to reduce insulin to four units, her blood pressure and cholesterol were in normal range, sores in her mouth gone, liver spots on hands and arms had disappeared and she had lost 48 pounds. She has now lost another five pounds and is doing great!

My wife Rhonda, featured in issue No. 4 of *Back to the Garden*, attended my Seminar two and a half years ago. At that time she was overweight, wearing a size 20 dress, had severe debilitating arthritis and a degenerated spine. After going on the nutritional program we teach at Hallelujah Acres, she has lost over 80 pounds (down to a size 10), her arthritis is gone, her degenerated spine is healed and she has had a dramatic increase in energy.

How is it that such a wide range of totally different diseases - from arthritis and diabetes to cancer and heart attacks - can be healed by something as simple as a change in diet and lifestyle? And even Multiple Sclerosis! A disease that has shown no response to any medication or therapy ever developed by medical science!

The diet and lifestyle taught here at Hallelujah Acres is the result of what I have learned in my almost 18 years of study and research. This includes two years at the Shangri-La Health Institute in Florida where Natural Hygiene is taught; study at the Hippocrates Health Institute in Boston, under Dr. Ann Wigmore, where I learned the "wheat grass therapy"; and classes under Dr. Carey Rheams in Georgia and T. C. Fry in Texas. I have taken several home study courses and devoured every book, article, cassette and video on the subject that I could get my hands on.

As the result of nearly 18 years of research and experimenting on my own body, and listening to the testimonies of hundreds of others, I am totally convinced that practically every physical problem we experience is caused by improper diet and lifestyle! But the most exciting thing that I have learned is that if we will stop putting into our bodies the things that caused these physical problems... and give our bodies the proper building materials, the body will heal itself of whatever ails it!!!

Today, we are bombarding our bodies with substances they were never designed to handle. These substances either clog our bodies' plumbing systems (blood, lymph, etc.), upset the chemical balance, or outright poison, kill or starve our cells. We are literally filling our bodies with poison! Because God gave us such a fabulous body, it can take a lot of abuse over quite an extended period of time... but eventually the abuse will manifest itself! As a child, this break-down may reveal itself as a cold, fever, sore throat or ear-ache. As we grow older, it may be pimples, eyesight deterioration, overweight, dandruff or body odor. Then as we get older still, and the improper diet and lifestyle continues... these breakdowns often become more serious... like heart attacks, strokes, cancer, diabetes, arthritis, obesity, etc.

How tragic, that no one ever told us that we are creating our own physical problems and those of our children by the things we put into our bodies day-by-day! But how wonderful to know that almost all sickness can be PREVENTED by simply providing our body with the nutrition (foods) by which God designed these bodies of ours to be sustained and nourished.

The most thrilling thing of all is to know that even after we have abused our bodies and experienced physical breakdown... the physical problems will usually disappear if we will simply change to a proper diet and lifestyle!!!

And that is where the juicing comes in!!! Because drinking the freshly-extracted juices of vegetables is the fastest way I have

Questions about your health

By Rev. George Malkmus

Dear Rev. Malkmus: "What do you think about the Macrobiotic Diet?"

Almost everyone has heard the words... Macrobiotic Diet! There are Macrobiotic Restaurants in many cities and hundreds of books have been written on the subject. There are Macrobiotic Retreats and Doctors who prescribe the Macrobiotic Diet for their patients. Many Macrobiotic Conferences are held all over the world each year. And even though there are many people who have tried or even follow the Macrobiotic Diet, it appears that very few really know what it is. So what is this "Macrobiotic Diet"? Let's address that question first and then I will give my evaluation of it.

Where did the Macrobiotic Diet originate? It would appear that it was started by the late Japanese author George Ohsawa who wrote many books on ancient Oriental diet and medicine and it was he who introduced Macrobiotics to the United States.

Macrobiotics basic concept is the use of the ancient complimentary and opposite forces of yin and yang, into which they teach that everything in the world is divided... including food. For instance, sugar and most fruits tend to be yin, while meats and eggs tend to be very yang. And the trick is to balance your menu to maintain a 5-to-1 ratio of yin to yang. Because brown rice contains this ratio, it is the basic or principal food in this diet.

They also advocate various food combinations for the healing of specific physical problems. For example, Macrobiotic Regimen No. 7, a diet of brown rice and whole grain cereals is prescribed for special healing purposes and is intended to be followed for 10 days at a time. And, granted, when people have gone on this regimen some have been helped...but others have stayed on it for extended periods with devastating results. Some have experienced malnutrition as well as scurvy while 24 year old Beth Ann Simon died after losing 50 pounds during nine months on an almost exclusive diet of only whole grain cereals, following Macrobiotic Regimen No. 7.

Most macrobiotics, as they call

themselves, try to follow Ohsawa's other nine diets, which are graduated from six to minus three, including increasing amounts of fish and organically grown vegetables, along with brown rice. In macrobiotics, calories do not count. Nor does scientific nutritional balance.

Macrobiotics has become many things to many people. Some claim it gives them superhuman strength. While others use the diet to become less aggressive and more spiritual. "It's not the food that is important so much. It is the understanding. Through your food you are trying to attain the order of the universe," state many sincere macrobiotic enthusiasts.

Well so much for what they teach and believe. Now let's evaluate the Macrobiotic Diet and the results people have gotten from going on this diet. And in all fairness, I must admit that some people have had positive results by going on this diet.

Often people will feel better in the short run. Some have even seen their cancer go into remission. But the whole Macrobiotic Diet concept is seriously flawed! While people often do experience improvement in

their physical well-being after going on this diet it is not because of the foods they are eating...but because of the foods they are no longer putting into their bodies that were causing their physical problems!

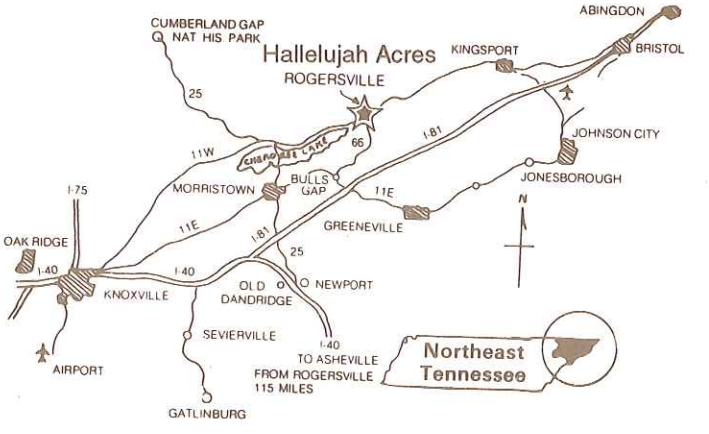
Restoring health to the body requires two equally important aspects... First, the wrong foods that had created the problems must be eliminated from the diet...and Second, the body must be given the building materials it needs to rebuild itself and restore the immune system and other essential organs. The Macrobiotic Diet only deals with the first aspect.

When a

person is ill, the body desperately needs nutrition! Now when you analyze the Macrobiotic Diet you will find that it is composed of almost 100% cooked food. And all cooked food is dead food, practically devoid of nutritional value. So how can this Macrobiotic Diet be good for an ill person or even for a well person? Here at Hallelujah Acres we teach a 75% to 85% raw food diet and while we do allow some brown rice and other cooked food to make up the balance...that cooked food is more for enjoyment rather than nutritional value. Also, the Macrobiotic Diet is loaded with sodium chloride, table salt, which is a very toxic substance in the body. When I went to a Macrobiotic Restaurant some years ago, my taste buds rejected their food because I do not put salt in any of the food that I eat.

About three months ago, a couple from Florida came to one of our seminars here at Hallelujah Acres. They had been on the Macrobiotic Diet for over twelve years. Had attended their annual, national conventions for twelve years. They said that they had experienced some improvement in their health when they first went on the Macrobiotic Diet, but that their health had been deteriorating more and more the longer that they were on the diet. They had attributed this deterioration as being just signs of growing older. However, they were impressed with the logic of the teachings here at Hallelujah Acres. So they made the diet and lifestyle changes to what we teach and today, three months later, almost every physical problem they had is gone or much improved and they are experiencing abundant energy and life has taken on a new glow.

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.



Why Juice?
Continued from Page 7

And when you understand the advantage of juicing vegetables to get their nutrients in minutes without having to spend time and energy digesting their fiber, you should know about BARLEYGREEN.

BARLEYGREEN is obtained from the juice of young, organically grown barley grass. Barley grass at this young stage is the most nutritionally dense food – containing the widest spectrum of vitamins, minerals, enzymes, protein and chlorophyll – that has been found on the earth today. This juice is reduced to a power form through a patented, no-heat, spray-drying process.

After 18 years of personal experience and research, I consider BARLEYGREEN the single most important food I put into my body each day. It is the most nutritionally dense food I know of on earth today, and it provides my body cells with all the nutrients they need to remain

Becky McClellan
Continued from page 8

it. I came back home and went face-down. Three weeks was too soon to be healed of MS.” This exhaustion did not lead to a full-scale exacerbation like her MS attacks of the past, but Becky says she feels it was probably MS-related. While in the healing stages, Becky advises to use new-found energy wisely, and not exhaust your body while it is healing. Following this course, Becky has not had an MS-related attack since, and she has more energy than any time since she was struck with MS seven years ago.

She puts the significance of her added energy into perspective as she recalls a banquet she attended in the summer of 1992 honoring

Pastor Bob East
Continued from Page 9

sugar, and, for some people, wheat products. This low-fat, non-gluten diet is patterned after a diet recommended by Professor Roger MacDougall, of London, England, as detailed in a six-page typed paper provided by East. MacDougall was diagnosed as having MS in 1953, but recovered to live a normal life, and apply his method to thousands of other people in 33 countries. MacDougall writes, “Multiple Sclerosis is a degenerative condition and it must be attacked by natural regenerative methods. ONLY YOUR OWN BODY CAN REGENERATE ITSELF.”

MacDougall says he recovered from MS by using logic and the method of causality. MacDougall drew an analogy between two concepts: “the constant process of cell renewal which is life, and the breakdown of cell tissue which is degenerative disease. Because of this I saw what was required in treating a degenerative disease was very simply to enable the body to build new tissue. My therapy emphasizes the two ways in which this can be done. Firstly, substances which prevent the building of tissue

strong and healthy. I personally consume three to four tablespoons of BARLEYGREEN daily.

The second most important food in my diet is carrot juice. Presently I consume an average of 16 ounces of freshly extracted carrot juice from a Champion Juicer daily. During my bout with cancer 18 years ago I consumed one to two quarts daily as BARLEYGREEN did not exist at that time. At the Gerson Clinic today, they give eight 8-ounce servings of carrot juice daily to their patients along with 4 glasses of a green drink similar to BARLEYGREEN. Using this juice therapy along with a cleansing program, they are healing “incurable” diseases, such as lung cancer, brain cancer, spreading melanoma and more.

The third most important food I put into my body is the raw fruits and vegetables, which are consumed at the noon and evening meals. I eat no breakfast and haven’t for almost 18 years. (A glass of BARLEYGREEN is my only breakfast food.) Thus, my average daily food intake consists of approximately 85% raw food. I do allow myself some cooked

Dr. Swank for his 35 years of work with MS. While most long-term MS patients are either in a wheel chair, bedridden or dead, Becky said of those MS patients on Dr. Swank’s diet, “more than 80, almost 90 percent, are still walking.” One woman at the banquet had been on Dr. Swank’s diet for 35 years “and she was still walking, still mobile, still able to continue on with her life.” Becky said that woman and others who had been on Dr. Swank’s diet for 12 to 18 years gave similar stories: They experienced fewer MS attacks, but their biggest complaint was tiredness . . . “they can only push so far.”

Becky knew exactly what they were talking about. She feels she has solved this energy shortage in her life with the added nutrition gained from being on the program at Hallelujah

must be removed from the diet. Secondly, nutrients which encourage cell building must be added . . . The body is its own best doctor. Give it the right working conditions and the right tools, and it will get on with the job.”

MacDougall says the process can be slow, “but a slow rebuilding is preferable to the slow degeneration which is all the Establishment has to offer.” MacDougall says it took him 15 years to “recover completely,” and that, “Using myself as my own guinea pig, I made some advances and many mistakes . . . As a result of what I have learned and applied to other people, the first signs of recovery – which appeared after four years with me – can come now in less than four months. I have had many letters to testify to this – at least 500 . . . Progress can be seen in a few months. A year can now bring quite a radical improvement – as witness the results in what amounted to a controlled test at the Cheshire Home in Surrey where, for instance, a man of 74, after just over one year on the therapy, has progressed from total paralysis to the ability to wheel his fellow patients round the ward, and others have experienced similar improvements.”

But East notes, “Until a person decides in their own mind that there is hope,

food at the end of the evening meal, which might consist of a baked white or sweet potato, brown rice or steamed vegetables, but this is more for its taste than nutritional value.

On this basically raw food diet, which has included large amounts of raw vegetable juices, I have not only been able to remove all my physical problems and keep them gone for almost 18 years, but also experience abundant energy, great enthusiasm, wonderful clarity of mind, freedom from stress (even though I am in a potentially stressful ministry), and have marvelous physical endurance. What more could anyone ask or want from their body? And my desire is that everyone might be able to know how they too can experience the same . . . thus the reason for Hallelujah Acres!

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

Acres. Becky said she would like to share her results from the program at Hallelujah Acres with Dr. Swank. “I hope to introduce it to him within the next few months,” she said. Dr. Swank has developed a blood test that positively diagnoses MS and, Becky said, “through this blood test, he can pretty much tell you what your past year has been like without seeing you. He can tell you where you stand with the disease. The test can tell whether you’re going forward or backward.” When she can arrange to have her blood tested again, “Maybe he (Dr. Swank) will want to evaluate what I’m doing.”

Becky wants to help people with MS and other diseases. “I’m realizing the more knowledge the Lord has revealed to me, the more responsibility I have to share that knowledge.”

there isn’t any hope. The first thing you deal with is a mindset. People need to look at the challenge of not being sick.”

East emphasizes that exercise and a healthy diet are “not a way of drudgery. You don’t give up anything . . . you gain. The good life is when you are able to enjoy living.” Most people don’t have the time and freedom to do everything they want to do when they are young. But unless people are careful, by the time they get old enough to find time and freedom, they no longer have their health, he warned.

Because East changed his diet more than 30 years ago, he has had the privilege of watching his children and grandchildren grow up, and he has been able to use his later years to travel extensively. He has seen the pyramids of Egypt, the Aztec and Incan ruins of South and Central America, Hawaii, Europe, Africa and is doing mission work in Alaska as we go to press with this newsletter. As part of his outreach ministry, Pastor Bob conducts revivals in which he preaches the Gospel and the message of health. He also offers cassette tapes and literature on health. East suggests that anyone wanting additional information about diet and lifestyle to contact Hallelujah Acres.

found to obtain the nutrients necessary to restore the human body to wellness.

To understand why this is true, we must understand what our body is made of, how our body’s amazing process of self-healing works . . . and what is the best way of consuming the elements that contribute to this self-healing.

Our body is a living organism made of living cells that require living food (raw food) to function properly. Cooked food is dead food and has very little nutritional value. Cooking destroys all enzymes, about 83 percent of vitamin content, changes the molecular structure of the protein and turns organic minerals into an inorganic form that is not usable by our bodies. Here at Hallelujah Acres we encourage a diet composed of at least 75 to 85 percent raw foods, and teach that raw fruits and vegetables were the original diet God gave to mankind in Genesis 1:29.

Raw vegetables are the perfect source of nutrition, but eating raw vegetables is not the best way to obtain this nutrition. Compare the benefits of eating raw vegetables versus juicing raw vegetables: When you eat a raw carrot, you must first chew it and digest it. Even if we chew well, this is a less-than-perfect process of breaking down nutrients to make them available at the cellular level. Digestion takes energy, which means part of the energy you are getting from the carrot must be used up to get it. And digestion takes time, which leads to some deterioration of nutrients. And the sicker a person is, the more likely it is that his or her digestive system is not functioning well enough to assimilate raw vegetables.

So the obvious solution is to juice the raw vegetables. With the pulp or fiber removed, the nutrients do not have to go through the long and energy-consuming process of digestion. This allows the nutrients to pass directly into the blood stream. It is almost like intravenous feeding! Within minutes these nutrients are feeding the cells and restoring the immune system.

Unlike drugs, which are a foreign substance to the body, these nutrients work with the body to invigorate its own healing capabilities. We teach that TRUE HEALING IS SELF-HEALING. All healing must come from within the body as we give it the proper building materials with which to heal itself.

We emphasize that the juices themselves do not heal! But what they do is provide the body with concentrated building material 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, it starts expelling poisons within the body and seeking out the trouble spots to heal them.

When you understand this concept, it is easy to see how a diet with an emphasis on freshly-extracted vegetable juice and raw foods can help the body to heal anything from abdominal pain, arthritis and diabetes to heart disease, cancer, Multiple Sclerosis and more.

Continued – Please see Page 10

Books on Juicing

There are six books on juicing we recommend that are available at Hallelujah Acres. To order any of these books, please see page 15. Here are some brief excerpts:

Fresh Vegetable and Fruit Juices by Dr. Norman W. Walker. Vegetable and fruit juices are categorically listed, their elements explained, and a formula guide provides suggestions for effective treatment of specific ailments. Dr. Walker was seriously ill in his early 50’s, and was persuaded to try the natural healing approach over the traditional medical (drug) route. He went on to practically “invent” carrot juice and the concept of healing with fresh vegetable and fruit juice. After healing himself with the juices he developed, Dr. Walker went on to become a pioneer juicer and an early advocate of natural health, writing his first book in 1936. Dr. Walker wrote his last book at age 115, and he lived to be 119. He attributed his healing and long life to the daily consumption of freshly-extracted vegetable and fruit juices. See page 5 for a review of this book. (Paperback first published in 1936, 125 pages, \$5.95)

Live Food Juices by H.E. Kirschner, M.D. includes many case histories, with some photographs, of miraculous cures effected by the use of raw vegetable and fruit juices, especially carrot juice. This book provides information about the qualities of specific vegetable and fruit juices, as well as why juicing is beneficial. Dr. Kirschner notes, “. . . if modern research is correct, the power to break down the cellular structure of raw vegetables, and assimilate the precious elements they contain, even in the healthiest individual is only fractional – not more than 35%, and in the less healthy, down to 1%. In the form of juice, these same individuals assimilate up to 92% of these elements . . . It is a well-known fact that all foods must become liquid before they can be assimilated.” (Paperback first published in 1957, 120 pages, \$6.95)

Make Your Juicer Your Drug Store by Dr. Laura Newman, a Canadian born school teacher, Doctor of Physiotherapy and Doctor of Naturopathy. Dr. Newman made a remarkable recovery from various illnesses while using raw vegetable juices. Dr. Newman writes: “The minerals and vitamins, so necessary for the rebuilding of healthy cells, are found in abundance in the natural foods, and yet most people are deficient in these precious elements . . . A carrot left in your basement all winter can still be planted in the spring and it will grow. It is a live food. But that same carrot, if cooked, is dead food, and no power on earth will make it grow. What most people are doing is feeding live cells with dead food, and that is one of the reasons why degeneration sets in. (Paperback first published in 1970, 191 pages, \$4.95)

Drink Your Troubles Away by John Lust, editor and publisher of *Nature’s Path* magazine. Lust writes that “Nature’s medicines are locked in the cells of growing plants and released in their juices . . . These

juices, subtle in their action, yet more potent than any medicine, and without the toxic effect of drugs, can eliminate or prevent many of the chronic and degenerative disease with which human beings are afflicted. Fresh fruit juices are the *cleansers* of the human system. Vegetable juices are the *regenerators* and *builders* of the body.” (Paperback first published in 1967, 182 pages, \$4.95)

The Juicing Book by Stephen Blauer, former director of the Hippocrates Health Institute. Blauer writes: “If you’re looking for vitamin potency, fresh juices deliver. Just choose the vitamins you want and drink the juices that contain them. It’s as simple as that . . . Minerals found in foods are quite different from those found in supplemental minerals pills . . . In foods, minerals are always combined with specific amino acids; sometimes with vitamins. The process of bonding mineral to amino acid or mineral to vitamin is called ‘chelation.’ Chelated minerals are preferable to synthetic minerals because the body easily recognizes and uses minerals in chelated form . . . Enzymes are the body’s labor force, the active construction-and-demolition teams that constantly build and rebuild the body. Approximately 1,000 different enzymes are known. At any one time there will be millions of enzymes working in every living body. Without enzymes a human would be a lifeless pile of unusable chemicals. Outside the human body, enzymes are found in all living things, including food in its raw, uncooked state . . . Fresh juices are excellent sources of important food enzymes, as are all raw foods . . . Proteins, in turn, are composed of protein chains called amino acids. Whereas enzymes do the building, amino acids are the raw materials used to build . . . All fresh juices contain amino acids in an easy-to-digest form.” (Paperback first published in 1989, 164 pages, \$8.95)

The Juiceman’s Power of Juicing by Jay Kordich. Kordich was healed of life-threatening illness with juice therapy at the Gerson Clinic, and was a student of Dr. N.W. Walker before becoming “The Juiceman.” He writes: “I believe that if you add juice to your life, you will contribute to your overall cardiovascular health, enhance your physical performance, help lower your blood pressure, sleep better at night – and have more energy and better health than you probably ever dreamed possible . . . All fruits and vegetables have important roles to play in maintaining good health, but a few stand out above the others. Carrot juice and celery juice will quickly become part of your daily regimen when you start juicing, as will apple juice, a wonderfully versatile juice that bridges the gap between fruits and vegetables, as it is the only one that should be mixed with either. Leafy greens . . . are vitally important. Melon juices . . . and pineapple juice are especially healthful and . . . citrus juice is a terrific source of vitamin C.” (Paperback published in 1992, 279 pages, \$5.50)

Becky McClellan: After 7 years of MS . . . “I feel like somebody handed me my life back”

By Michael Dye

In the first seven years after she was diagnosed with Multiple Sclerosis, Becky McClellan feels she lost a good part of her life to this crippling disease.

But she came to Hallelujah Acres this May. With a new diet, Becky has found new energy, new hope . . . and she is doing things she has not been able to do in seven years.

After five months on the Hallelujah Diet – mainly raw vegetables and fruits, lots of carrot juice and BARLEYGREEN – Becky said, “I feel like somebody handed me my life back this summer. I feel like I felt seven years ago.”

For the first time in seven years, Becky is back to work full-time at the stained glass shop she owns and operates with her father in Kingsport, Tenn. When she was struck with MS seven years ago, Becky said she “first cut back one day a week, then two, then it got down to about three hours a day, two or three days a week. And there were times I had to pretty much give it up.” One of the first things she had to quit seven years ago was teaching classes in stained glass. “This summer, I started teaching my stained glass classes again,” she proudly announced.

And on the home front, Becky, a mother of two children, said, “My husband carried the whole load for those seven years, getting the kids ready for school and cooking.”

MS started for Becky with exhaustion and partial loss of vision, and led into numbness and loss of sensory perception and coordination in her arms, hands, feet and legs. The first sign of a problem came when she returned exhausted from a trip out West in 1986, and a circle of the vision in her right eye was “blacked out.” Six weeks later, her left hand went numb, and at age 30, Becky was diagnosed with MS.

Most MS victims go several years from the first sign of MS until a full-scale exacerbation, rather than just six weeks. Becky’s MS appeared to be striking faster than normal. She suffered four bouts of partial vision loss, twice in each eye. She was once left with practically no vision when circles in both eyes were blacked out at the same time. Then came bouts of numbness and lack of coordination in her hands, arms, feet and legs. Explaining what it is like to have your legs and feet go numb from an attack of Multiple Sclerosis, Becky notes, “You can’t walk very well when you can’t feel anything under your feet. So I was pretty much stumbling and holding onto things to try to move around at that time. At one point I actually was totally numb from my bust to the bottom of my feet.”

In March 1991, she suffered a severe numbness in her right hand and arm. The numbness moved very rapidly and within a few days, she had no use of her right hand and arm. “It pretty much just hung there. It was put in a sling to keep it from pulling out of the socket. That lasted several months.”

Becky learned to write with her left hand, although she said nobody else could read it. Describing such adaptations, Becky said, “You make changes in your life to compensate for whatever is happening. So I felt like for the past seven years I daily gave up more and more of my life . . . always thankful for what I still had. But I felt like I was gradually giving up my life.”

During those seven years, Becky said she averaged two or three exacerbations a year. MS is generally an exacerbating and remitting



disease, meaning it is characterized by a severe attack (exacerbation), followed by a remission and more attacks. The exacerbations become more severe and frequent with time, often without remission. After 10 years, most MS victims are severely disabled, living the rest of their brief life in a bed or wheel chair.

During her seven years of struggling with MS, Becky “read everything I could get my hands on” about health, and said “I’ve tried it all – from taking handfuls of vitamins to going on a macrobiotic diet.” Becky said she feels fortunate to have heard about the work of Dr. Roy Swank of Oregon, who has spent the last 35 years doing nothing but treating and researching Multiple Sclerosis. (For more information about MS and Dr. Swank, see page 4.) She started on the lowfat diet recommended by Dr. Swank immediately after her diagnosis of MS, and she feels that program kept her exacerbations to a minimum, and prevented the disease from getting worse. “I firmly believe I would be in a wheel chair if I hadn’t maintained what I have for the past seven years,” Becky said. Dr. Swank’s lowfat diet eliminated red meat and dairy, but includes white meat, fish, sugar, salt and white flour.

Becky followed Dr. Swank’s diet for seven years, but this past May she was introduced to Rev. George Malkmus and Hallelujah Acres. She started the Hallelujah Diet May 12, 1993, which, in addition to eliminating red meat and dairy, also cuts out white meat, fish, sugar, salt and white flour, while adding lots of raw fruits and vegetables, carrot juice and BARLEYGREEN.

“Since starting on this program, I can’t tell you how much difference it has made in the amount of energy I have had,” Becky said. “My 13-year-old son was the first to notice the difference. Two weeks after I started on the Hallelujah Acres program, he commented to my mother that I had been outside playing ball with him in the afternoons. I could never do that before because my arms were too weak.”

Becky drinks three 8 to 10-ounce glasses of carrot juice every day (24 lbs. of carrots

“My 13-year-old son was the first to notice the difference. Two weeks after I had been on the Hallelujah Acres program, he commented to my mother that I had been outside playing ball with him in the afternoons. I could never do that before because my arms were too weak.” – Becky McClellan

a week), three tablespoons of BARLEYGREEN a day, and raw fruits and vegetables make up at least 75 percent of her diet. “It’s nice to feel my body has what it needs to function, and live healthfully and happily. Sometimes I take my BARLEYGREEN and drink my carrot juice and I almost hear my cells say ‘thank you.’ ”

Prior to this summer, Becky said, “I didn’t know how to take care of myself. That is something George has taught me, and I do appreciate that. My body is so happy to have food it can use. I’m realizing if it isn’t living when I consume it, I really don’t need it. I don’t consider it a diet. It’s a way of life. I feel like my health is my responsibility. Especially in my case, because there wasn’t much the doctors could do.”

As for her advice to other people with serious health problems, Becky says, “It’s never too late to change your diet. Age has nothing to do with it. Disease has nothing to do with it. If you’ve still got your life, and you’ve still got your breath, it’s not too late to start.”

But she warned, “For people with serious diseases, you may start to feel better immediately on this diet, but be patient and take it easy for awhile. Just because you feel better and have more energy, that doesn’t mean your body is totally healed immediately.” As an example of what not to do with MS, Becky took a trip with her family to Disney World three weeks after starting on her new diet in May. Although she was feeling a tremendous increase in energy at that point, Becky admits, “I overdid

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Back to the Garden

Pastor Bob East: “Living Above” MS

By Michael Dye

Anyone who thinks he has an “incurable” disease beyond all hope should consider the story of Pastor Bob East. Bob went from being unable to walk two steps at a time in the prime of his life because of Multiple Sclerosis to being a middle-aged mountain climber . . . and more.

East refers to himself as a “retired” Seventh Day Adventist minister / educator, although he continues in his mid-60’s to travel extensively in his own active outreach ministry. Pastor Bob, now living here in Rogersville, Tenn., preaches the Gospel and a message of health . . . and he has a powerful story to tell.

As a young man, Bob was active in outdoor sports and exercise, and taught physical education. But as he entered his late 20’s, Bob’s health deteriorated rapidly. One of the first signs was difficulty walking up the slight incline in the driveway of his home in rural, northeast Georgia. In the prime of his life, it became a struggle for Bob to stand without a cane or to walk more than a couple feet without falling. He was diagnosed in 1960 by several doctors, including a neurologist, as having Multiple Sclerosis – thecrippler of young adults – at age 28.

Doctors who made East’s diagnosis of MS did not recommend any treatment. MS is a disease said to have no cure and its victims are expected to get progressively worse with time. Had he gone the standard route, Bob would now be in a wheel chair or his grave.

But an elderly couple from one of the two churches Bob had been pastoring gave him a book by Dr. H.E. Kirschner on fresh vegetable and fruit juices. (Titled *Live Food Juices* – see page 7 for a summary of this book) Carrot juice became a part of his daily diet, and Bob emphasizes, “The juice therapy is a key factor in me being able to sit here and talk to you today.” The fresh juices did not offer immediate relief for his MS symptoms, but it did give him tremendous hope. Within days after starting on a regimen of fresh vegetable and fruit juices, Bob received relief from his painful stomach ulcers. And shortly later, other problems began to vanish . . . constipation, insomnia, headaches, fatigue, “and I noticed I had more energy.”

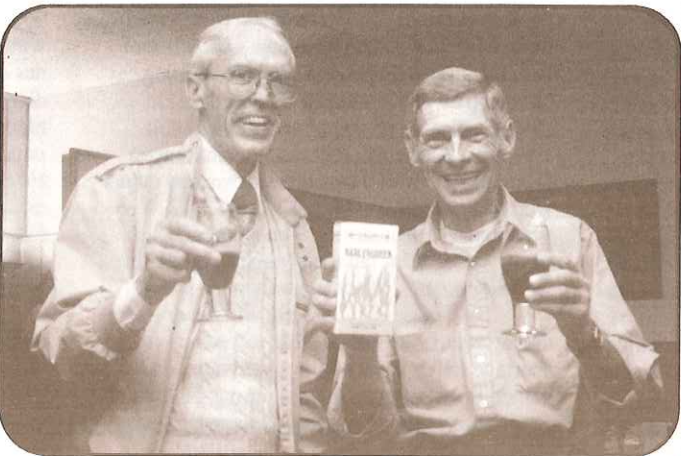
“If it could help all those things in a matter of weeks, I wasn’t going to question that it could go even deeper and do more than that,” East said. When it comes to nutrition and healing, he said, “A lot of what needs to be done is not seen. It’s going on behind the scenes. Just like a heart attack comes on over a long period of time. Healing and the wheels of nature turn slow. Fortunately, it doesn’t take as long to get unsick

as it does to get sick. But it’s not always something you can look at and see while it is happening. All this can be related to nutritional factors, BARLEYGREEN and all the rest,” Bob said.

Today, in addition to his daily consumption of fresh vegetable and fruit juices, Bob maintains a low-fat, vegetarian and non-gluten, wheat-free diet, although he occasionally eats some wheat. Bob is also a consumer and promoter of BARLEYGREEN.

Bob has gone for more than 25 years without any symptoms of Multiple Sclerosis. He has found a way of – as his book is titled – *Living Above It*. His last MS-related problem came about 1965 or 1966, when, “through negligence, I got busy enjoying the benefits and slacked up on my juicing and my diet.” And that, he said, “wasn’t an exacerbation. It was mainly physical depletion.”

When Pastor Bob presents his lectures on health, he does not aim his message



Pastor Bob East and Rev. George Malkmus enjoy a glass of BARLEYGREEN at Hallelujah Acres. Thanks to his change in diet, Pastor Bob, now in his mid-60s, still enjoys backpacking, canoeing, and other outdoor sports – more than 30 years after being crippled by MS.

just at those with Multiple Sclerosis. “I’m thinking personally of a larger field, that is people with all kinds of degenerative diseases, which are the plague of America today.”

East feels the message of health taught by himself and Rev. George Malkmus at Hallelujah Acres is one that should catch the attention of any person suffering from a degenerative disease. But East says people who have no major health problems should also see the importance of a healthy diet and lifestyle. It is easier to prevent disease before it strikes than to cure it afterward. Prevention is also much less expensive. Looking at the agony created by chemotherapy, radiation, surgical removal of body parts or dependence on a lifetime of prescription drugs that often cause more problems than they solve, East finds it somewhat humorous

when he hears people say, “Oh, I wouldn’t want to have to mess with making that carrot juice.”

East adds, “Any thinking person should not have to be prodded in this direction.”

In addition to the juice therapy, which East attributes as the key factor in his recovery, exercise and a positive attitude played vital roles. Along with his daily juice regimen, East fought against being an invalid by struggling every day to walk just a little further than he had the day before.

His experience with MS was steady decline, without remission, until he turned to Juice Therapy. Bob refers to the period of 1958 to the early 1960s as his “low years.” He was first diagnosed with MS in 1960. But by 1962 he was able to complete – with some difficulty – a 20-mile hike, and by 1963, he was walking nine miles a day. The front of this newsletter has a picture of Bob mountain-climbing in 1976, and now in his mid-60s, he still backpacks up to 100 miles at a time.

Describing his experience, East said, “I never got to the wheel chair stage. I could have used crutches, but I chose not to. I used a walking cane. At the worst stages, I was only able to walk a few feet – and this was usually in a falling process – and I’d have to catch onto something. It was mostly leaning against things, holding onto things, sitting down to rest when I had to stop. Falling, oh, many, many times. I tore many suits. My knees, elbows and chin banged on the floor.

“Where was the turning point? Probably a fall I took one time doing my best to hike. I was following Dr.

Kirschner’s and Paul Bragg’s advice. I knew both of them personally, and they advised me. As I was out walking in the cold part of the year, and I fell and banged up my elbows and knees and hands. I didn’t have gloves on. And for some unbelievable reason, the next morning, I was out again. I was out every day. I kept adding a few feet each day. But I fell again, and hit on the same hand I had hit on the day before. And I lay there on the ground with the blood coming out of my fist. I was about 28 or 29 years old, and I cried. A grown man crying. I said, ‘By the Grace of God, I’m going to lick this thing.’ ”

When asked for recommendations for treating MS, East said, “I think you can relate it to exactly what Hallelujah Acres is all about, in terms of its dealing with the reality of the body being its own best physician.” East recommends offering the body a “smorgasbord of natural foods that offer a nutritional variance from the standard American diet.”

Many people have found success in dealing with diseases such as MS with diets that avoid saturated fats, meat, dairy, refined

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