

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

**W**ith superior health we are fit vessels for God's Holy Spirit and we are better able to serve God and proclaim our Saviour, the Lord Jesus Christ! Good health is a necessary condition for the enjoyment of life and it is the Lord's will that we enjoy life. Jesus said: "I am come that they might have life, and that they might have it more abundantly." (John 10:10)

- 1) We believe and teach that God created man! (Genesis 1:26 - 27; 2:7)
- 2) We believe that God not only created man, but that He created a perfect body, with a capability of living without sickness forever! (Genesis 1:31, 3:22)
- 3) We believe that the body is the dwelling place or temple of God today. Yea, the Holy Spirit literally dwells in the body of each believer! (I Corinthians 6:19 - 20). Christians often associate the "fleshly nature" with the body itself. This is not a proper interpretation of the Scriptures.
- 4) We believe that health is natural and normal and will be our portion if we will but observe God's Natural Laws in our daily walk through this life! (Galatians 6:7)

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

6) We believe that sickness comes *ONLY* when we violate the Natural Laws God gave us to live by! *Disease is abnormal, unnatural and unnecessary!* The only exception to this statement would be sickness for the "glory of God" (John 9:1-3) or "because of sin." (I Corinthians 11:28-32)

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

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

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

## Thoughts to Pass On

*"...There is a widespread and unfounded confidence in the ability of medical science to cure or mitigate the effects of such diseases once they occur. Appropriate public education must emphasize the unfortunate but clear limitations of current medical practice in curing the common killer diseases. Once hypertension, diabetes, arteriosclerosis or heart disease are manifest, there is, in reality, very little that medical science can do to return a patient to normal physiological function. As awareness of this limitation increases, the importance of prevention will become all the more obvious."*  
— Dr. Beverly Winikoff of the Rockefeller Foundation in New York

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

Address Correction Requested

# Back to the Garden

Jan./Feb. 1994  
Issue No. 6

Health News from Hallelujah Acres

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## A Letter to Hillary Clinton

An Open Letter from Rev. George Malkmus to:  
**HILLARY RODHAM CLINTON**  
SUBJECT: THE HEALTH CARE PROBLEM IN THE UNITED STATES AND  
PROPOSED LEGISLATION TO CORRECT IT

I come to you as a citizen of these United States of America to offer a solution to a problem that is not only causing tremendous suffering to our people . . . but is also bankrupting our great Nation. Mrs. Clinton, I believe you sincerely want an answer to this dilemma, therefore I submit the following for your consideration:

1. "Health is the largest failing business in America," says Prof. E. Cheraskin, M.D. of the University of Alabama School of Medicine. The health care crisis is slowly bankrupting our citizens and our country. Costs for health care are climbing four times faster than the rate of inflation. In 1992 we spent \$817 billion on health care while 1993 is expected to have cost \$942 billion. During 1994 it is projected to reach \$1 trillion and by the turn of the century \$2 trillion. The plan advanced by you and President Clinton *will not stop this constant increase in medical costs!* Actually, it will accelerate the rise in health care costs as more and more people are brought into a system that has already proven to be a failure.

2. *We are a sick nation even though we are spending more to treat sickness per capita than any other nation on earth!* If our present methods of treating disease worked, wouldn't our people be healthier? If our advances in medical technology were heading in the right direction, wouldn't we be winning the war against cancer, heart disease and other killers? Consider these horrible statistics:

- \* Cardiovascular diseases affect 80% of all Americans;
- \* 33 % of all Americans develop cancer and it is projected to reach 50% by the year 2000;
- \* 6.5 million Americans suffer from diabetes;
- \* 77% of the adult population suffers from arthritic and rheumatic disorders;
- \* Over 25 million Americans suffer from asthma, bronchitis or emphysema;
- \* 16 million suffer from ulcers;
- \* 10 million are migraine sufferers;

Continued — Please see page 5



Carol Cover (above) of Northfield, Minn., baffled medical specialists as they were unable to determine a cause or a cure for her severe diarrhea, which lasted 22 months. Four trips to the prestigious Mayo Clinic produced no help, and she lost down to a dangerous 78 pounds. She was then introduced to Barley Green, which helped cure her diarrhea in a few days . . . and that was just the beginning of her restoration of health. Carol's not exaggerating when she says, "Barley Green saved my life." For the rest of Carol's story, see page 8.

A second testimonial comes from Elwin Nichols of Morristown, Tenn., who had his first heart attack and quadruple-bypass surgery 11 years ago. When he had a second heart attack in June 1992, doctors were pessimistic about his chances, and said there wasn't much they could do for him. He came to Hallelujah Acres and changed his diet. He now walks 7 miles a day, cut his cholesterol in half and has a clean bill of health from his doctor. See Nichols' story on page 9.

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Rev. George Malkmus delivers his "How to Eliminate Sickness" Seminar to a full house at the Hallelujah Acres restaurant on Nov. 22. People come from all over the country to attend the seminars, most of which are free. For a schedule of seminars, see page 12.





From the Mailbag

"By now you probably don't remember us - we came down in late June (1993) from New York with our four small children and a husband with prostate cancer. Well he went to his flight doctor in August to renew his pilots license and the doctor checked Greg and said as far as I am concerned, you don't have cancer. Go back for another biopsy. So in January, Greg will go back just to verify (for his testimony) he is healing. Praise God!!!

Cheryl Masaitis,  
Akron, New York

"First, let me tell you how much I have gotten out of your news letters, given me by a friend. I have changed my diet, and have completely cured myself of a congestion in my throat that had kept me from singing for about four years. Music has been an important part of my life most of my life. I had been devastated about my throat. *Now I can sing again, and my energy is back.* I have never been heavy, but I was getting 'different' around the middle. That little extra is gone. My skin has even changed, and I am thrilled, to say the least...I have been drinking Barley Green for several years...but what a difference it makes to change the rest of the diet. Thanks so much for everything that you are doing."

Billie Westerman,  
Social Circle, Georgia

"I started reading your book *Why Christians Get Sick* as a devotional with my husband ... I am an x-drug addict and from that addiction I

went to alcohol and nicotine addiction, then to caffeine and sugar addiction and now I am in the struggle of getting rid of food addiction ... I am 70 pounds overweight and tired of diets that never work, so a lot of of the things you mentioned really hit me where I needed to be hit, in body and mind ... I am 43 years old, have blood clots frequently, varicose veins, get sick more and more often, lots of colds and pain...But after reading your book wow ... it made me want to come alive all over again, it gave me hope again ... But to start to believe that I can actually be healthier starting right now, was something I really didn't believe could happen to me. I thought I was to far gone ... Bless you my Brother in Jesus, this book is exactly what I needed at the right time ... Please pray for me, that I would have the strength and faith to truly live the healthiest life I have ever lived. From drugs, guns, alcohol, food, anger, nicotine, caffeine ... to love, laughter, health, life, joy, happiness, life more abundant!"

M.R.,  
Oregon

"I am so excited about what you folks are doing. For so long I have looked for a place where health and nutrition were being preached from the only one foundation of truth; God's Word. May His blessings shower on you and doors be opened and the enemy pushed back. Keep on keeping on ... God bless you all!"

Mary Anne Komar,  
Naperville, Illinois

"... I am overjoyed that your voice with the truth about keeping healthy is being heard in the Christian Community. The Christian Booksellers Convention just ended here in Atlanta. Usually someone selects a 'book of the year' ... yours (*Why Christians Get Sick*) deserves to be honored as 'Book of the Century'! ... Congratulations again on your forthright words and stance from a Biblical perspective."

Janet Bryan,  
Stockbridge, Georgia

"My wife and I work at a Medical Clinic operated by the S.D.A. Church. We do family and individual counseling and nutritional counseling. Natural Lifestyle is our orientation. We are right with you in your emphasis of lifestyle. Thanks for being out there on the battlefield. Keep up the good work."

Bob & Betty Forbes,  
Hot Springs, Arkansas

"I appreciate and enjoy your newsletter *Back to the Garden*. It is very encouraging and uplifting. I read it from cover to cover. The information is great."

Grace Sulkowski,  
Fairport, New York

"Six weeks ago I started Barley Green and Herbal Fiber Blend. I have always had a constipation problem and I finally have what I believe are normal bowel movements (never having had them before). At the same time I started on a Vegetarian Diet. I walk 3 miles a day ... and already I have much more get up and go and feel better than I have most of my life ... thank you for all the good work you are doing."

Bernice Guida,  
Longwood, Florida

"Thanks so much for introducing us to Barley Green and a new diet. My husband has been insulin dependent for 11 years. Within just a few days of Barley Green and more raw vegetables, with very little meat, he has dropped his insulin down and his blood sugar has leveled. We are gradually changing diet and adjusting insulin. Thank so much for new hope and health."

Anetta Massey,  
Palo Alto, California

"I heard you on 3ABN and did I ever enjoy the program...I am 92 years old and have been a vegetarian for over sixty years. ..."

Edith Merritt,  
Grandview, Washington

"We were in your meeting at Indian Springs Baptist Church and have been taking Barley Green and purchased a Champion Juicer ... My husband has prostate cancer but (Since going on your program) my husband's PSA has dropped some. I feel you are saving a lot of lives. Thanks!"

Lloyd Tapp,  
Kingsport, Tennessee

"Thank you from my heart for your ministry in the Lord to the multitudes so that I could get my answer to my health problems! I pray God will bless you many, many times over for all your mercy and love and kindness in reaching out to needy people all over the world ... One day I cried out from my heart and said 'Lord, I'm 57 years old and I don't know how to eat right! Please teach me and help me!' I have been reading and studying all kinds of health type books and pamphlets (many said the opposite to each other). However I started to take vitamins and minerals, etc. and started to eat more fruit and vegetables and cut out meat. I ate whole grain breads, nuts and beans ... stopped drinking milk, etc., etc. Then I heard about Barley Green and Herbal Fiber Blend and started to see an improvement but there were still serious health problems ... I have cried in desperation to find the complete answer to get these excess pounds off. I went to Weight Watchers and lost 60 pounds plus and when I quit about half of that came back ... Each thing I have tried has helped some, but I needed the whole answer!! *Then* my friend loaned me your tape this past week and I started to eat some raw vegetables and fruit and the swelling in my stomach started to go down!!! I am so grateful and thankful to the Lord for hearing you speak on that tape Brother Malkmus. Thank you from my heart for sharing all that information to the public so it could get into my hands away up here in *Waren, Ontario, Canada!* ..."

Marlene Putman

Mailbag Continued – Please see page 9

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.

Back to the Garden

Our Featured Product - Creation Soaps

For several years we have searched in vain for a product that met our standards for the external care of the body. The standard we had set was that the product must be raw and non-toxic to the body, because anything applied to the skin is absorbed into the body. Also, it had to work well when used and have a pleasant scent. So we were thrilled to find ... **Creation Soap Hand-crafted Natural Herbals.**

**Creation Soaps** and Herbal Products represent many years of research and development by a young Christian couple, Mike and Anna. They developed these unique products in their little mountain shop not very far from Hallelujah Acres. All their products are handmade, using only 100% natural ingredients. No animal fats ... No animal byproducts ... No chemicals ... No preservatives! Using only *organically-grown* herbs, the herbal extracts are *cold-pressed*, ensuring that the basic ingredients - natural proteins and enzymes essential to proper skin care - are not damaged by heat processing.

**Creation Soaps** are not mass-produced! Each hand-crafted bar receives individual attention at every stage of production. Ingredients are never heated above 100 degrees, thus producing a *raw* product. All Creation Soaps and Shampoos contain an herbal formulation of oak bark, sage, and comfrey root. Comfrey deep-cleans the skin's pores and loosens dirt and oil blockages. Sage is a powerful "on-contact" antibacterial agent, and the oak bark acts as an astringent, helping to close pores once they are cleaned. Different plant oils are used for various formulations, yet each soap type is perfectly pH-balanced. All fragrances are natural essential oils, adding a pleasing scent as well as stimulating the skin's circulation while at the same time *nourishing* the skin with these raw ingredients. All bars are approximately 4 ounces. (Please add \$1.50 shipping for the first bar or bottle, and \$0.50 for each additional item.)

Since the Beginning...

CREATION  
S.O.A.P

Handcrafted Natural Herbals

Rhonda and I have been using these products and are very impressed with their quality, wonderful natural scents and the results they give. We highly recommend them and are thrilled that we can make such a unique and high quality product available. Once you have tried them, you may never want to go back to a regular, commercial bar of soap or moisturizer.

Shampoo / Conditioner / Body Bars - All in One - \$3.45 each

#701 - Rosemary - For Normal to Oily Skin  
#702 - Chamomile - For Normal to Dry Skin  
#703 - Coal Tar Soap - For All Skin Types - A refreshing skin treatment to help soothe and restore conditions of dandruff, psoriasis, poison oak & ivy itch, insect bites & other skin & scalp irritations.

Facial & Body Bars - \$3.45 each

#704 - Rose - For Normal to Oily Skin  
#705 - Sweet Orange with Vitamin E, Lecithin & Sage - Moisturizing facial & body bar for dry skin

#706 - Lavender Scent Rich in Vitamin E - for sensitive skin,  
#707 - Ylang-Ylang - For Normal Skin  
#708 - Carolina Pine (Smells like a pine forest) - For Normal Skin

Moisturizing Skin Oil - \$7.45 each - 4 oz. bottle

#709 - Wheat Germ Oil, Sage & Sweet Orange essentials

Massage Oil - \$7.45 - 4 oz. bottle

#710 - Olive, Wheat Germ, Castor Oil, Lavender, Rosemary & Sage

ABC Liniment Oil - \$6.45 - 4 oz bottle

#711 - Arnica, Benzoin, Solomon's Seal & Olive

Loofa Sponge - \$3.95

#712 - Use as a body sponge to massage and remove old skin and stimulate circulation.

CUSTOMER ORDER FORM

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY / STATE / ZIP \_\_\_\_\_  
AREA CODE / PHONE \_\_\_\_\_ DATE \_\_\_\_\_  
If using P.O. Box, please also provide a physical address for UPS delivery

WE SHIP!  
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.)

MAIL TO:  
Hallelujah Acres  
P.O. Box 2388 Shelby, NC 28151  
Phone: (704) 481-1700 - Fax: (704) 481-0345

Foreign Orders: U.S. currency only, and please inquire about extra shipping costs

If you are not on our mailing list, but would like a free subscription to <i>Back to the Garden</i> , please check this box <input type="checkbox"/>		If you <b>DO NOT</b> want to continue receiving <i>Back to the Garden</i> , 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																		
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**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. If your colon is clogged and coated with mucus, your body cannot function properly. A sluggish and toxic colon effects 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)

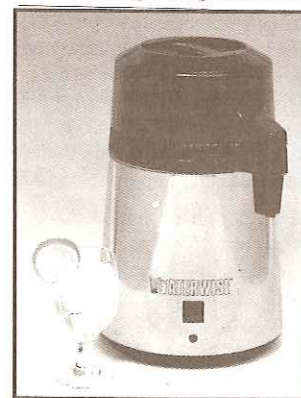
**HERBAL FIBER BLEND** is the result of over 20 years of study and personal experiences of many users. This careful study and consideration has combined selected herbs and fiber for maximum contribution to the daily diet. Contains 18 different herbs in a psyllium base. Each herb is placed in the blend 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: "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 \$6.90)

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

**THE CHOICE IS CLEAR** by Dr. Allen Banik explains how water functions in the body, the effects of pollutants in drinking water, their contribution to disease — and what really pure water is and how to obtain it. You will learn of the hazards of tap water, why filtered water is often more polluted than unfiltered water and why spring water and well water cause hardening of the arteries and contribute to arthritis, kidney and gall stones. **This booklet needs to be read by everyone concerned with their health.** (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.)

### 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 food, forcing its nutritional value into the juice. We do not recommend any juicer with a spinning basket because it only shreds the food, leaving 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 5-year limited warranty. In addition to juicing fruits and vegetables, you can make banana ice cream, baby food, nut butters and more. (Sells at our store for \$269.00 plus Tenn. tax, or we ship for \$269.00, including shipping.)



Rob Vaughan, head waiter and manager of our health food store, demonstrates the Champion Juicer

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

**BECOME YOUNGER** by Dr. N.W. Walker explains how each organ of the body was meant to function. Shows we are never too old to *Become Younger* and tells how to make it a reality in our own lives. (Paperback \$5.95)

**RECIPES FOR LONGER LIFE** by Ann Wigmore is a great guide for the transition from a conventional diet to one of natural raw foods and sprouts. Those new to "living" foods will be pleasantly surprised by the delicious variety. Hundreds of recipes. **My favorite recipe book!** (Paperback \$9.95)

**THE COOKBOOK FOR PEOPLE WHO LOVE ANIMALS** offers 300+ totally vegetarian recipes (no meat, eggs, dairy, sugar, cholesterol). Epidemics of heart disease, cancer, diabetes, arthritis, etc. have been conclusively linked to unhealthy diet and lifestyle. 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 & 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 soothing and brings relief to minor burns, scalds, sunburn, insect bites, etc. It is a natural antiseptic, helps prevent infection in minor cuts, wounds, scratches and scrapes, and aids in the healing process. Tea Tree Oil is becoming a natural first-aid for American families. The long list of problems helped by Tea Tree Oil includes: dandruff, head lice, acne, cold sores, canker sores, sunburn, gingivitis, sore gums, toothache, abscesses, minor cuts, burns, and abrasions, insect bites and stings, dermatitis, psoriasis, rashes, shingles, poison oak and poison ivy, ticks, hives, warts, ringworm, bruises, blisters, athlete's foot, corns, callouses, yeast infections, hemorrhoids, diaper rash, 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. — 1 fl. oz. (\$9.95 plus \$1.50 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 \$1.50 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 designed to provide a high quality cleansing action for clean, bright teeth, and is helpful for gingivitis and periodontal problems. Contains no artificial preservatives, sweeteners, coloring or harsh abrasives. (\$3.95 plus \$1.50 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.**

# What's Happening at Hallelujah Acres

It is hard to believe that 1993 is over and that a new year has begun. **HAPPY NEW YEAR!** Many, many wonderful and exciting things happened in 1993 but we were so incredibly busy it almost seems like a blur. Let's briefly review the old year and then we will share some of the exciting things already scheduled or projected for 1994.

On March 1 of 1993 we moved our restaurant from a 16-seat to a 56-seat restaurant a few doors down the street. The day we opened our new facility a three-page feature article in the *Greenville Sun* was published and we had standing room only! It was incredible. The poor kitchen staff didn't know where everything was or how to properly operate the new equipment. We survived, however, and the restaurant has continued to thrive. We have people traveling from all over the world to dine with us and to learn about nutrition and how it relates to our health. It is not uncommon for folks to drop by from California, Minnesota, New York, Florida, or Canada, France, New Guinea, or Honduras, etc.

Rev. Malkmus appeared on eleven different television programs on Three Angels Broadcasting in Frankfort, Illinois, which was beamed by satellite across North and South America during 1993. He also was on several radio talk shows throughout the country. The most recent being an interview that blanketed the Dallas / Fort Worth, Texas area on December 11. Response to these public interviews has been overwhelming.

We started a bi-monthly publication titled *Back to the Garden* with Issue #1 in May 1993. The circulation of this 16-page newsletter has increased from 4,000 copies to over 10,000 copies, with over 200 requests being received weekly to be added to our mailing list. There is no charge for this paper as all profits from our store, restaurant and mail order business go to support this ministry. *Back to the Garden* now goes out to every state in the United States, as well as to over a dozen foreign countries.

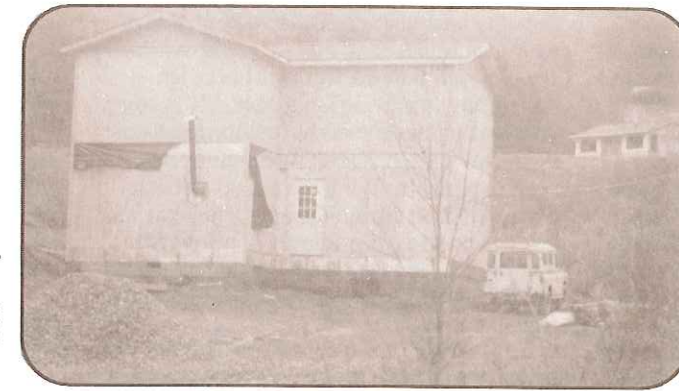
We have been busy this past year traveling to Florida, California, North Carolina, South Carolina and Texas for Barley Green Conventions. The last one was at the Radison Hotel in Charlotte, N.C. on Nov. 13, 1993. At that one, Rev. Malkmus was the featured speaker at the Banquet Dinner. That night he spoke on "How to Eliminate Sickness," and it was professionally videoed. We are anxiously awaiting the tape. If it comes out well, we will be offering it for sale. Our next Barley Green Seminar will be in Lufkin, Texas January 28 and 29, 1994, where Rev. Malkmus will be one of the speakers.

Along with the Barley Green Seminars, we have been speaking in various churches and before civic groups all over the country. These Seminars took us from Florida to Mississippi to Virginia and many points in between. Our most recent was at the Community Church in Blountville, Tenn. on December 12 with Pastor

James Ralph and his wonderful people.

Our mail order business has exploded and at times it is more than Rhonda can keep up with and she has to request assistance to process the orders on a timely basis. We have one full-time employee that just keeps up the mailing list, which now numbers over 7,000 and growing daily. It presently takes eight people to keep up with all that is going on.

*Why Christians Get Sick*, Rev. Malkmus' first book is currently in its 6th printing. That makes three new printings in 1993. Many, many orders are currently received for case lots of this book. We are thrilled at the large number of Churches and Christian Book Stores as well as Health Food Stores that are carrying our book.



Construction is progressing on a new building on our 50-acre farm that will offer facilities for guests who come to Hallelujah Acres to learn about health and nutrition. This building also will eventually house our offices and shipping facilities.

Not a day goes by that we do not receive phone calls, letters and people coming by the store to tell us how they have benefited health-wise through the ministry of Hallelujah Acres. We feel so blessed to be involved in a ministry that is helping so many people. And we want to thank each one of you who have stood behind us and have supported this ministry through your prayers, testimonials, donations, purchases, and by sharing with others the good news **YOU DON'T HAVE TO BE SICK!**

### WHAT'S NEW FOR 1994

Something has got to give if we are going to have time to continue developing Hallelujah Acres Ministries. At present we are stretched to the max and we have to reevaluate priorities . . . the ministry is growing too fast for us to continue to try and do it all ourselves. As we look at the situation, we see that the biggest consumer of our time is the Restaurant and Health Food Store. We feel that we must draw back from this heavy time commitment so that we can concentrate our efforts on writing new books and other materials as well as producing more audio and video tapes to reach the masses; conducting seminars and appearing on radio and television. We already have scheduled or have been asked to conduct seminars in California, Nebraska, Texas, Colorado, Illinois,

Pennsylvania, Florida, Georgia, and North Carolina in 1994. It is hard to consider giving up the store and restaurant, as that was our launching platform to what has become this world-wide ministry. But we hope someone reading this article may be interested in taking over — and expanding — this division of Hallelujah Acres.

We would like to find someone who feels strongly that Hallelujah Acres is a ministry with tremendous potential, and who has a strong desire to help and educate others. It must be someone who puts a priority on helping others. Hallelujah Acres Restaurant and Health Food Store is a ministry in itself and needs someone full time. The franchise opportunity is fabulous as we have people all over the country interested

in starting one in their area. If you are interested in talking more about purchasing the store and restaurant, and possibly developing the franchise . . . **PLEASE CONTACT US!**

Our goal is to move our base of operations back to our 50-acre farm here in the mountains of East Tennessee during 1994 and develop Rev. Malkmus' dream as expressed in his book *Why Christians Get Sick* on page 136. "My goal is to make Hallelujah Acres into a modern Garden of Eden, from which God's natural ways of healing and health will flow to Christians around the world!!!"

As we go to press we are in the process of completing another building here on our 50-acre farm, which we plan to become the International Headquarters for Hallelujah Acres Ministries. We have enjoyed watching the daily progress as our dream becomes a reality. As of this writing, the roof is on and the building is in the dry. Completion is scheduled for March.

We plan for this building to eventually house our offices and shipping operations. Also, this new building will contain three guest rooms for folks to come to the farm for an intensive week of hands-on nutritional training. This would include two seminars a day, learning how to grow and prepare natural foods, exercise instruction, etc., all in a beautiful mountain setting here at the farm. We have two small lakes, several ponds and mountain streams, organic gardens and orchard and beautiful walking trails. Additional guest rooms and amenities will be developed as finances allow. We want Hallelujah Acres to be a place where people can come and learn how to live and eat God's way and then take this knowledge back to their families, churches, communities, etc. to share with others. It will be a place for education about and practice of healthy diet and lifestyles. It will not be a medically-staffed facility for sick people to come for healing.

In future issues of *Back to the Garden* we will keep you updated as we progress into 1994. Please pray that God will give us great wisdom as we continue to develop a ministry that we believe with all our hearts could potentially eliminate sickness from the world!



Dr. Julian Whitaker, M.D., writes in the December 1993 issue of *Wellness Today*:

"In medical school, we were taught only two ways to treat disease: drugs or surgery. Either cut it out, or blast it with drugs. We learned that if one drug or surgical procedure doesn't work, you try another. If that doesn't work, you try another. This ridiculous approach is the ONLY one supported by organized medicine. Yet,

as each new high-tech treatment or drug becomes more complicated (and more expensive), doctor-caused complications and bad side effects are rising to RECORD levels! Two years ago, the New England Journal of Medicine reported that in 1984, standard hospital procedures damaged 98,609, and killed 13,451 in New York State alone! Projected on a national scale, this means medical mistakes and malpractice might have harmed 1.4 million Americans, killing about 186,000 in one year. Name another industry which kills and maims so many people annually! Never has it been so IMPORTANT for you to be aware of your alternatives to conventional medicine. They could SAVE YOUR LIFE! . . .

Modern medicine is a business and doctors and hospital administrators are business people facing tremendous economic pressures these days. The temptation to order unnecessary procedures and tests is very real. Critics claim many doctors generate extra business by prescribing additional and sometimes *unnneeded* services to make economic ends meet. **This is shameful! But, look at the evidence...**

\* It is estimated that perhaps 30% of all non-elective surgeries performed in the U.S. are NOT NEEDED!

\* An estimated half-million unnecessary Caesarean sections are being performed yearly, reports the *Washington Post*.

\* Up to 90% of all hysterectomies performed in the U.S. may NOT be needed!

\* Up to 85% of all bypass surgery is performed on patients who do not meet the criteria for benefit. (The AMA admitted this in its official journal!)

\* **'Patients can no longer count on physicians to put their welfare first.'** This is the sad message of Dr. Arnold Relman, past editor of the *New England Journal of Medicine*. He maintains that commercialization has so distorted the health system that it has already become 'difficult or impossible' for doctors to practice in a way that puts patients first.

\* Doctors' fees, hospital charges, and drug prices are the FASTEST-RISING prices on the Consumer Price Index. The growing commercialization of medicine has turned health care into a market-oriented system spinning out of control! **Yet, for all the money we spend on health care, Americans are NOT getting healthier - just poorer!"**

In the Fall 1993 issue of *Tomorrow's Health*, Dr. Robert C. Atkins, M.D., writes:

**"Don't let Drug Companies and Out-of-Date Doctors keep you in the dark.** Open your eyes! . . . Tradition-bound doctors are

able to cure only about 25% of the ailments they treat. Most of what they do is relieve symptoms until your body's natural healing mechanisms and immune system can finish the job. Think about how many people in your town are shut-in invalids, dependent on others, when they

## News You Can Use

could be productive and living life to the fullest. Most people just expect to be bedridden eventually. How sad - and how unnecessary today. You can't afford to drift along, depending on drugs and surgery ... Break free from the herd! Light your own path! Your reward will be many extra years of life - and the physical freedom to enjoy it.

**Expand your choices** ... Join the tiny minority who have decided to take charge of their own health. If you don't, you'll eventually find yourself trapped, like nine out of ten Americans, in a living nightmare ... 'I'm sorry,' your doctor says somberly, 'but the results of your tests are conclusive. We must operate as soon as possible. We'll have to do a double bypass (or start chemo-therapy or remove your prostate or do a hysterectomy or whatever).' You object, 'But isn't there something else we can do?' 'No,' he shakes his head, 'this is the way it's done. You have no choice.'

My experience with patients has taught me that such a statement is almost always wrong. You may have some very good choices. But he probably won't be familiar with them - or inclined to use them. And time may be pressing. You may not have a few weeks to research your options. That's how millions of people will be trapped this year: a sudden pain, a surprise symptom, and BINGO - there they are in the doctor's office ...

You probably think I'm trying to scare you. Well maybe I am, a bit. But believe me, life itself often looks scary when you sit and talk to frightened people eight hours a day, people who never took charge of their own health, but just ate and behaved like all their friends and hoped for the best. That's suicide by lifestyle, friend. Don't copy them!...

**Let Nature work for you, not against you.** Don't try to play tricks on Mother Nature. It's not very smart. You'll soon find that she has her own tricks, and if you keep annoying her, she'll get even with you! Stay on her side ... Avoid drugs when you can: They're blocking agents with side effects that often fight your body's normal healing process. In general, you'll discover your body is capable of healing itself if you give it the right stuff."

From an article titled "Patient, Heal Thyself!" in the Nov. 22, 1993 *U.S. News & World Report*

"The best medicine for a surprising number of ills, including some forms of heart disease and cancer may be: Watch and wait. While no one suggests that sick people should stay away from doctors' offices, evidence is growing that for a number of conditions, high-

cost speciality care often makes no difference in the long run and may even hurt more than help. Hard data are slowly convincing doctors and insurance companies of the merits of non-medical healing, *such as diet and exercise*. The most intriguing studies suggest that some worrisome medical problems often go away on their own when doctors simply monitor the conditions - a deliberate, seemingly hands-off

approach that advocates dub 'watchful waiting.'

Such study findings mesh nicely with current efforts to control runaway health costs. The Clinton administration's proposed health care reforms would push medical consumers to health maintenance organizations and other managed-care plans that limit access to medical specialists and, thus, to the expensive tests and treatments that recent research increasingly calls into question. Among the latest reports:

\* For most men with a slow growing, "indolent" prostate tumor - one that hasn't spread beyond the gland - monitoring is sufficient.

\* Most women with the kind of minimally abnormal Pap smears that are generally thought to signal precancerous cervical changes show clear improvement, often completely returning to normal, following nine months of careful monitoring.

\* More than one third of heart transplant candidates at the University of California at Los Angeles who followed a personalized exercise program and took medication to reduce excess fluid and relax blood vessels improved so dramatically that they no longer needed new hearts.

\* With membranous glomerulonephritis, an inflammation that's among the most common causes of kidney failure, the condition disappears or goes into remission within five years for 60 percent of patients who reject the standard treatments of steroids and immunity-suppressing drugs, if the protein in their urine stays within acceptable limits.

It is hardly surprising that doctors have not embraced this do-less approach. It bumps up against the search-and-destroy ethic drummed into generations of American physicians and reinforced by the abundant weaponry of medical technology..."

From an insurance booklet published by Blue Cross:

"... for the most part, unnoticed bad living habits - not germs, are the big killers in industrialized society. Most Americans choose the way they die. ... The biggest killers today are heart disease, cancer, stroke, cirrhosis of the liver, bronchitis, emphysema and asthma - which kill 76 percent of the two million people who die each year in this country. There are no vaccines to prevent such threats to life. Cleaning up our lifestyle is the cure. Ironically, rather than improving, lifestyles are getting worse. **Changes in diet, smoking, exercise, alcohol consumption and a reduction of stress would do more to improve health than doubling outlays in medical care."**

## 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 12,000 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** Extra copies of current or back issues of this informative newsletter are available, so you can 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 extra 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.

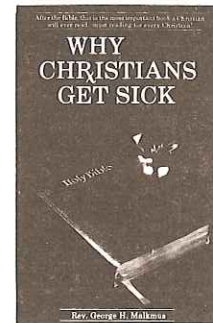
**Issue No. 4, Sept./Oct. 1993**, includes "The Healthy Cell Concept," testimonial: "Rhonda Malkmus cures arthritis, loses 80 pounds, Heals a degenerated spine & then marries George," book review of *Green Barley Essence*, Questions about your health?, News You Can Use, Recipes from Rhonda and more.

**Issue No. 5, Nov./Dec. 1993**, includes "Why Juice," Becky McClellan testimonial: "After 7 years of MS ... I feel like somebody handed me my life back," Pastor Bob East testimonial: "Living Above MS," book review of *Fresh Vegetable and Fruit Juices*, Questions about your health?, News You Can Use, Recipes from Rhonda and more.

**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)



**BARLEY GREEN** 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. **BARLEY GREEN is the only nutritional supplement Rhonda and I take. We cannot recommend it highly enough!!!** (\$33.95 plus \$4.00 shipping)

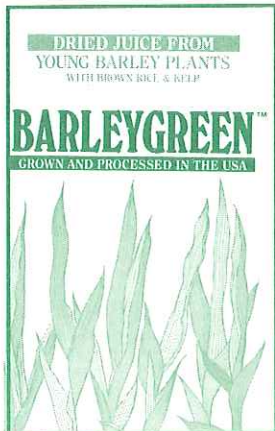
**GREEN BARLEY ESSENCE** by Yoshihide Hagiwara, M.D., is an extremely informative explanation of how the right nutrition can help our body heal itself from the illnesses that plague modern society. Dr. Hagiwara, a research pharmacologist who developed the patented process by which Barley Green is made, 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. An excellent explanation of how vitamins, minerals, enzymes, proteins and chlorophyll work in our bodies. (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)

**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)

**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. **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

JANUARY 1994

## Thursday, January 6, 13 & 20 - 7 p.m. "BARLEY GREEN Presentation"

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

## Saturday, January 8 - 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, January 15 - 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, January 22 - 10 a.m. "The Gerson Therapy"

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

## Monday, January 24 - 6 p.m. "How to Eliminate Sickness Seminar"

This three-hour seminar explains how the body functions, why we get sick and how to eliminate sickness. 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.**

## Friday & Saturday, January 28 & 29 - Day's Inn, Lufkin, Texas

Rev. Malkmus will be speaking 10 a.m. Friday at the Southwest Barley Green Convention. For more information, call Tom Flournoy (409) 875-2981

FEBRUARY 1994

## Thursday, February 3, 10, 17 & 24 - 7 p.m. "BARLEY GREEN Presentation" - See description in January Calendar of Events.

## Saturday, February 5 - 10 a.m. "Distiller Demonstration"

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

## Saturday, February 12 - 10 a.m. "The High-Energy Diet" - See description in January Calendar of Events.

## Saturday, February 19 - 10 a.m. "Juicer Demonstration" - See description in January Calendar of Events.

## Monday, February 21 - Hallelujah Acres will be closed for President's Day.

## Saturday, February 26 - 10 a.m. "The Gerson Therapy" - See description in January Calendar of Events.

## Monday, February 28 - 6 p.m. "How to Eliminate Sickness Seminar" - See description in January Calendar of Events.

## Recipes from Rhonda

### Fresh Fruit Salad

8 dates, cut into small pieces  
3 bananas, sliced  
2 apples (Granny Smith), diced  
1 pear, diced  
3/4 C raisins, organic  
3/4 C apple juice, organic

Prepare all fruits and combine with apple juice. Stir, cover and chill before serving.

### Raw Carrot Soup

2 C hot vegetable soup stock or distilled water  
1/2 C cashews (raw, unsalted)  
1 C fresh parsley or 1 TBS dried  
2-3 TBS Braggs Liquid Aminos  
1/4 C finely chopped scallions, green onions or chives  
1 C shredded carrot

Blend first four ingredients, add carrots. Pulse blender to chop carrots to desired consistency. Pour into bowls, garnish with green onions before serving. A garden salad and soup make a wonderful meal.

### Split Pea Soup

1 TBS Olive Oil  
1 Med. onion, chopped  
1 t garlic powder  
1 t ground cumin  
3 T Braggs Liquid Aminos  
3 stalks celery, chopped  
1/2 C parsley flakes  
1/8 t cayenne  
2 C uncooked split peas  
2 qts. soup stock  
1 medium potato, cubed  
2 carrots, shredded

Soak peas overnight. Drain & rinse, set aside. Saute onion and spices in olive oil for 1 minute. Add Braggs, peas and soup stock. Bring to boil, simmer for one hour. Add potatoes and celery. Cook additional hour on low until peas have reached a creamy consistency. Stir often to prevent soup from sticking.

Every cook knows the secret to any good soup is a soup stock that adds lots of extra flavor and body. If you would like a copy of the soup stock recipe we use here at Hallelujah Acres, just send us a request along with a self-addressed, stamped envelope.

## Letter to Hillary Clinton

Continued from page 1

\* Over 50% suffer chronic digestive disorders;

\* 80 million suffer from allergies;

\* 22 million suffer mental illness;

\* 98.5% of our population have bad teeth, and 31 million have no teeth of their own;

\* 70-80% are overweight and 80

million are classified as obese;

\* Nearly 90% of our children cannot pass a minimum physical fitness test.

These somber statistics (from the Statistical Abstract of the United States 1992 as published by the U.S. Department of Commerce) are strong proof that the health of the American people is not getting better regardless of how much money is poured into so-called health care. **Also, these statistics reflect the poor health of our population even though over 70% of Americans already possess health insurance. Obviously, possessing health insurance does not produce health!** Sadly, the very drugs and treatments administered by our health-care

professionals are the cause of many problems. (Over 25 percent of all hospital admissions are the result of adverse reactions caused by drugs prescribed by medical doctors.)

### 3. Calling

your proposed

legislation a "Health-Care Plan" is a **misnomer!** The plan you and President Clinton have advanced **will not produce health.** On the contrary it will continue to perpetuate the same status-quo of sickness and ill health we presently face while costing more and more money. It would be more accurate to call the proposed plan a "Disease-Care Plan."

4. **Countries that have plans similar to the one you advocate (e.g., Canada, England, etc.) have found it to be an increasingly more costly plan that just doesn't provide quality health care for all citizens as you say you want for the United States.**

5. **Our present health-care system is geared to rewarding sickness and its treatment!** It allows people that create their physical problems by improper diet and lifestyle to be rewarded when they get sick by providing them with health care, often paid for by those who take care of their bodies so as to maintain health. Your plan would also allow the physicians, hospitals and drug companies to make even larger sums of money because your plan promotes and perpetuates the **treating** of disease rather than the **prevention** of disease! Physicians' incomes average \$130,000 per year; surgeons and radiologists make over \$200,000; cardiovascular surgeons \$500,000; while the pharmaceutical industry takes in \$55 billion a year, making it the

nation's most profitable business.

6. **The plan you and President Clinton advance will increase our taxes and put even more money into a failing health-care system that, by any standards, offers ridiculously high costs and pathetically poor results.** It would be hard to imagine another American institution that offers less value per dollar. This is a system we must reform rather than expand, if we truly want to improve the health of the American people.

**IF WE ARE GOING TO CORRECT THE ABOVE PROBLEMS, A RADICAL CHANGE IS NECESSARY - AND IT MUST BE RADICALLY DIFFERENT FROM THE WASTEFUL, PROFIT-ORIENTED PROGRAM THAT CURRENTLY GOVERNS OUR HEALTH-CARE SYSTEM.**

Here is what I propose:

1. **Shift our emphasis to prevention of disease rather than the current goal of merely trying to treat disease after it has occurred. The public must be told how to alter their diet and lifestyle so that disease is**

**"Our present health-care system is geared to provide what is most profitable for physicians, drug companies and hospitals - not to what is best for the people of our great land. This, Mrs. Clinton, is what must be changed if you and your husband wish to implement any true health-care reform." - Rev. George Malkmus**

**not created in the first place.** This would be true health-care reform! **The proposed health-care reform is doomed to failure because it is geared to treating the symptoms of sickness rather than the causes of sickness!**

Dr. John Knowles, president of the Rockefeller Foundation says: **"the next major advances in the health of American people will come from the assumption of individual responsibility for one's own health and a necessary change in lifestyle."** With knowledge, people would then be able to intelligently choose between a system that promotes wellness through proper diet and lifestyle and a system that promotes disease and rewards an industry with a vested interest in sickness and disease. The Department of Health, Education and Welfare says: **"it has become clear that only by preventing disease rather than treating it later, can we hope to achieve any major improvement in the nations health."**

2. **Educate the people!** True health-care reform will not result by rewarding people who continue their disease-producing diet and lifestyles. **Any health-care plan that does not have as its primary goal the education of the American people as to what they should and should not eat to produce wellness will fail!** It will only produce more physical problems and larger expenditures of money.

Almost all sickness and disease is

caused by improper diet and lifestyle, not by bacteria, viruses or inheritance as we have been lead to believe by the Medical Industry. **The way to restore wellness to the American people is to teach them how to eat and live so as to create wellness.**

Dr. Beverly Winikoff of the Rockefeller Foundation in New York said: **"...There is a widespread and unfounded confidence in the ability of medical science to cure or mitigate the effects of such diseases once they occur. Appropriate public education must emphasize the unfortunate but clear limitations of current medical practice in curing the common killer diseases. Once hypertension, diabetes, arteriosclerosis or heart disease are manifest, there is, in reality, very little that medical science can do to return a patient to normal physiological function. As awareness of this limitation increases, the importance of prevention will become all the more obvious."**

3. **Any new health-care plan must be one that encourages health by rewarding wellness and those who maintain health!**

Most disease is self-induced by improper diet and lifestyle, thus, almost all sickness and disease is preventable by a diet and lifestyle that produces wellness. **Any health-care plan that does not place the responsibility for maintaining health on the individual will fail!** If you feel it is necessary to continue

paying for the medical treatments of those who refuse to change their diet and lifestyle, then please reward those who maintain wellness. A voucher system would be a tremendous incentive. Allot every American citizen X number of dollars a year for health care. If they don't spend it, then send them a check each year for the amount not used.

4. **Products that produce ill health should be removed from the market place or heavily taxed.** Let those who manufacture these unhealthy products and those who consume them help pay for the physical problems they produce. Some examples:

\* **Tobacco** products cause most of the cases of cancer in the throat, lungs and stomach as well as a multitude of other physical problems including emphysema. Second-hand smoke, according to Paul Harvey, kills 2000 Americans weekly.

\* **Beverage alcohol** in any form is a destroyer, an addicting drug and a killer. Alcohol poisons the body, damaging the brain, heart, nerves, lungs and liver to mention only a few. Thousands die yearly from cirrhosis while the influence of alcohol kills 25,000 people on our highways and maims multitudes. At the same time it disrupts homes while causing child and spousal abuse and lowers

Continued - Please see page 6



# Letter to Hillary Clinton

Continued from page 5

productivity in the business place.

\* **Caffeine** is an addictive drug found in coffee, tea, chocolate, soft drinks and many over-the-counter remedies. It causes birth defects, cardiovascular disease, and has been linked to cancer of kidney, pancreas, breast, ovaries, and large intestines.

\* **Saturated Fat** is linked to over 50% of all deaths in America. If a person eliminates saturated fat from their diet, they would reduce their chances of ever having a heart attack or stroke by over 96%. Animal protein and fat is the main cause or a contributing cause in many cancers, including breast, prostate, colon and uterine. Saturated fat is also the main cause of adult-onset diabetes. Dr. John McDougal, M.D. wrote you a few months ago suggesting: “*Tax all unhealthy goods. You propose more taxes on cigarettes and alcohol. Great! But how about a ‘fat tax.’ Saturated fat could be taxed at 1 cent a gram, and all fats purposely added to a product would be taxed at 2 cents a gram. Under this system, a Big Mac would be taxed 24 cents per ounce...*”

\* **Sugar** is another item creating untold suffering among our citizens, including tooth decay and all kinds of physical, mental and emotional problems. The average American consumes 50 teaspoons of sugar per day. Just one can of soda pop contains 10 teaspoons of sugar, which can immobilize the immune system by 30% for a whole day.

If we are going to improve the health of our people, we must warn them of the consequences of eating things that harm them. Calling the public's attention to the harm these products are doing by placing a tax and warning labels on them certainly would be a step in the right direction.

**5. Government-controlled institutions and agencies must not be allowed to use their powers to promote sickness and disease!** Some examples would be:

\* Of the 129 state-accredited medical schools in America, only 29 require a course in nutrition. Doctors receive an average of less than three hours of nutritional training in medical school. This is outrageous! Doctors must become promoters of health through diet and lifestyle rather than just treaters of disease! The American Medical Association must be required to prepare a curriculum to teach doctors the value of nutrition in the prevention and treatment of disease.

\* The American Dietetic Association (ADA) is responsible for preparing the diets and approving all meals served in our public schools, jails, hospitals and to the elderly. An evaluation of these meals would show that they are high in sugar, saturated fat, sodium chloride and white flour, while being of little nutritional value. Some schools have even brought fast food restaurants right into their school cafeterias with the approval of the ADA. An evaluation of the meals served in our nation's hospitals would reveal a menu that

produces sickness rather than helping to heal those hospitalized. This poisoning of our citizens through Government mandate and control must be stopped and the ADA must be required to teach dietitians the TRUTH about what is and what is not nutrition!

\* Each year, the USDA buys \$3 to \$4 billion worth of surplus foods (with tax payers' money), which it donates to the nation's schools. In 1991, 90% of the USDA surplus foods were eggs, high-fat cheeses, butter, ground pork, ground beef and whole milk. If the USDA had gone out intentionally to obtain foods that would destroy the health of our children, they could hardly have done better. This use of tax payers' money to produce sickness in the youth of America is intolerable and must be stopped if we want to improve the health of our children.

\* **We are spending taxpayers' money to subsidize farmers to grow tobacco instead of vegetables.** Then we pay for anti-smoking public education campaigns and treatment of cancer and heart disease caused by smoking. Why are we funding both sides of the war on cancer? If we are going to use government subsidies to encourage farmers to grow specific crops, these should be healthful products.

\* Even the Food Stamp program needs to be re-evaluated. While not allowing Food Stamps to be used for the purchase of alcohol and tobacco, Food Stamps can be used to purchase products loaded with sugar and oozing with saturated fat. **The Government of these United States has a responsibility to its citizens not to use its power to promote or subsidize products that harm its people!**

**6. Please consider my own personal experience and the testimonials of others who have regained their health by something as simple as a change in diet.** Approximately 18 years ago I lost my Mother to colon cancer. She was a Registered Nurse who believed her doctors when they told her that chemotherapy, radiation and surgery were her only hope. At the time of her death, I felt it was the treatments and not the cancer that ultimately caused her death.

Shortly after Mom's death, I was told I had colon cancer at age 42. Refusing to go the traditional medical route after seeing what it had done to Mom, I opted for a change in diet and lifestyle. In less than one year, every physical problem was gone! Not just the cancer, but also high blood pressure, hemorrhoids, hypoglycemia, severe sinus and allergy problems, fatigue, even body odor and dandruff. I have maintained a vegetarian diet of at least 75 to 85 percent raw food, with daily consumption of carrot juice and Barley Green as a nutritional supplement for the past 18 years and have experienced absolutely no sickness ... not even a cold, sore throat, headache or upset stomach, taken as much as an aspirin or gone to a doctor. At age 60 I can still play football with the boys, jog five miles, and have more energy and endurance than I had when I was 20 years old.

What made this change in my health possible was learning – and acting on the knowledge – that our bodies are a living organism made up 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 unusable by our bodies. Unlike drugs and synthetic vitamins, which are toxic substances to our body, the nutrients of raw foods work with the body to invigorate its own healing capabilities. We teach that TRUE HEALING IS SELF-HEALING as we give the body proper building materials to heal itself.

And my personal experiences are not unique!! Several years ago I started a ministry called Hallelujah Acres in an effort to make what I had learned from my personal experience and research available to others. My book titled “*Why Christians Get Sick*” is now in its 6th printing while our bi-Monthly publication titled *Back to the Garden* presently has a circulation of over 10,000. We also hold seminars all over the United States. What has been the results? Daily we receive testimonies from people who have applied our teaching and been made well from all kinds of physical problems by doing something as simple as changing their diet. Following are some testimonies. Please note that these are all real people with real names and can be documented.

\* **Dianne McKee**, suffered for five years from severe abdominal pain. She had been to over 20 doctors, had four surgical operations, and was no better. Five days after changing her diet and lifestyle to what we teach here at Hallelujah Acres her pain was gone. Dianne remains pain-free almost a year later.

\* **Harley Flora**, a retired businessman came to us in November 1992 at age 76. He had already suffered two heart attacks, two open heart surgeries, and prostate cancer that had metastasized into his bones. He was also experiencing severe arthritis in his knees and could hardly walk, he had been unable to eat a salad for 20 years due to diverticulitis, he had severe constipation and a racing heart. Harley came to our seminar, went on the program we teach here at Hallelujah Acres, and in five months every symptom was gone and his PSA count, which determines prostate cancer, had reduced from 57.6 to less than 0.1. Harley is still doing great a year later and recent blood work shows every test area in the ideal range!

\* **Patsy Stockton**, a Pastor's wife on 130-140 units of injection insulin a day for her diabetes came to our seminar in January 1993. She also had high blood pressure, high cholesterol, sores in her mouth and she was overweight. Within three days after going on our program, her blood sugar had dropped from 371 to 112. In four months she was able to reduce insulin to four units, her blood pressure and cholesterol were normal, sores in her mouth were gone, liver spots on her hands and arms disappeared and she lost 48 pounds.

\* **Rhonda**, my wife, (we were married in April 1992), came to my Seminar in January 1991. At that time she was overweight, wearing a size 20 dress, had severe debilitating arthritis and a degenerated spine and was unable to

can form kidney stones, gall stones, tumors and calcium deposits in joints, while leaving our bones deficient in calcium. This paradox could be explained if orthodox medical science would acknowledge the difference between inorganic calcium (which our bodies can't use) and organic calcium (found, for example, in raw carrots or green, leafy vegetables.)

Dr. Walker, a doctor of science, was among the first to differentiate between organic and inorganic minerals. He offered an example to explain this distinction simple enough for a six-year-old to understand. Dr. Walker noted the Earth is full of minerals, but the only source of organic minerals our bodies can assimilate is from plants. We know we can't eat a scoop of dirt and get nutrition from minerals in the earth. That's because these minerals are inorganic. The only means of turning inorganic minerals from the earth into organic minerals we can assimilate is through plants and their photosynthesis. Plants take in these dead, inorganic minerals through their roots and transform them into living, organic minerals we can use. Heat from cooking returns these minerals to their dead, inorganic form.

In their book, *Living Health*, Harvey and Marilyn Diamond emphasize: “It is physiologically impossible for your body to use an inorganic mineral ... Anyone who knows biochemistry and physiology knows this to be true ... chemically an organic mineral is the same as an inorganic one. But there the similarities cease,” because inorganic minerals have not been organically processed by plants.

## Nutrients Don't Work Alone

Modern science is also learning more about the ways in which minerals, vitamins, amino acids and enzymes work together, and in relationship with other factors, ranging from pH (acidity and alkalinity) to stress. The more we know about nutrients, the more we realize they don't work on their own as isolated chemical compounds. Minerals in their natural form (in raw foods), are always combined with specific amino acids, and sometimes with vitamins, in a process known as chelation. Our bodies are designed to consume minerals in chelated form.

Amino acids and enzymes also have a vital working relationship. While amino acids (which make up protein) provide building material for our cells, enzymes are the life forces that do the building. Promoters of synthetic vitamins and processed foods don't talk much about enzymes, because they are found only in living organisms (including raw food). Enzymes are a vital element of nutrition. They are the catalyst for all chemical changes in our body, such as digestion of food, sending oxygen from the lungs to our blood and cells, body movement, synthesizing proteins from amino acids to make muscle, and even thinking. Vitamins and minerals work together to help these enzymes function, and are sometimes referred to as “co-enzymes.” Those who depend solely on cooked food and synthetic vitamins for nutrition will be deficient in enzymes.

We also know some nutrients are necessary for the absorption of other nutrients, but modern science has just begun to discover the interrelationships that exist between these nutrients. So, our goal should be to ensure that our body has a sufficient, balanced supply of all necessary nutrients in natural form, rather

than focusing on just one specific vitamin.

## Why Barley Green?

A modern-day medical scientist who has done ground-breaking research in this area is Dr. Yoshihide Hagiwara, M.D., a research pharmacologist who is the inventor of Barley Green and the author of *Green Barley Essence*.

As the owner of Japan's largest drug manufacturing company, Dr. Hagiwara fell seriously ill in 1963 from mercury poisoning, to which he was exposed in his lab work. In the extensive research that led to his recovery, Dr. Hagiwara abandoned the pharmaceutical approach when he found the key to health is nutrition – not drugs – and that the source of nutrition should be natural rather than synthetic. These nutrients are most abundant in the green juices of vegetables, and after researching dozens of green vegetables, Dr. Hagiwara found young barley plants to be the most prolific and balanced source of essential nutrients on Earth.

Dr. Hagiwara writes, “I cannot but feel that man has overlooked the power of green in favor of science and technology.” To capture the power and the nutrition of this “green,” Dr. Hagiwara developed a patented process to extract the juice from young barley plants, and spray-dry this juice into powder. This process involves no heat above body temperature and no freezing, so nothing is done that would destroy the life or vitality of its nutrients. As with other juicing processes, when the juice of barley plants is extracted from the fiber, nutrients in the juice become unstable. To prevent decomposition of nutrients, the juice is spray-dried in a process that takes two or three seconds onto maltodextrin, a water-soluble complex carbohydrate derived from pine nuts and corn. Maltodextrin replaces the role of plant fiber in stabilizing the juice, keeping it from oxidizing. But unlike plant fiber, maltodextrin dissolves in water, allowing the nutrients to be quickly absorbed by the body. This bright green powder is rich in natural vitamins, organic minerals, live enzymes, chlorophyll and assimilable protein. The green color of Barley Green is from the chlorophyll (no artificial colors or flavors are added).

Small amounts of brown rice powder and kelp are added for additional nutrients. The brown rice adds Vitamins B-1, B-2, nicotinic acid and linoleic acid, while kelp offers an extremely broad range of the trace minerals missing from our diets and our soil.

The finished product, Barley Green, contains an extremely broad and well-balanced spectrum of nutrients, including at least 16 vitamins, 23 minerals and 20 enzymes. By weight, Barley Green has 13 times as much carotene as carrots, 65 times as much Vitamin C as apples, 18 times as much potassium and 11 times as much calcium as spinach. Barley Green is also one of the most alkaline substance that can be consumed, which helps balance the acidity found in most American diets. Dr. Hagiwara says “minerals, vitamins, proteins, chlorophyll and enzymes are the keys to health. Together, they maintain our cells in a healthy condition and work to correct any abnormal condition that occurs. They do it not like drugs, which are foreign matter within the body, but serve to invigorate natural activities within the body.”

Advantages to Barley Green as a nutritional supplement are that it comes from a

natural, organically-grown source; it has an extremely broad spectrum of major nutrients and trace minerals; the barley has been juiced to remove the fiber from these nutrients for better assimilation; and it has not been processed with temperatures that destroy or alter natural vitamins, organic minerals, living enzymes and easy-to-digest protein. These are all important factors to consider when choosing a nutritional supplement.

You don't need a Ph.D. to figure out man-made synthetic nutrients are not the equivalent to natural. How much education should it take for a scientist to know a mega-dose of synthetic Vitamin C in pill form is not superior (or even equal) to a smaller amount of Vitamin C in fresh, natural food? And although the nutritional claims may be identical, how much reasoning is required to know that a tin can of processed and preserved vegetables from a grocery store does not contain the same benefit to your body as live, raw vegetables? Promoters of synthetic vitamins and processed foods expect us to ignore our common sense and scientific fact when they offer man-made or altered products as the nutritional equivalent to the natural foods from which our bodies were designed to be nourished.

Raw vegetables and fruits are the perfect source of the live nutrients our living cells need. The chemical complexities of nutrition on the cellular level are such that it is futile to attempt to duplicate this in a laboratory. Our bodies are not designed to obtain nutrition in pill form, and we are being misled when we are told otherwise. It should be equally obvious that when food has been cooked (killed), processed and preserved, it is not of the same nutritional value as it was when it was alive, despite what the label claims.

So when you are looking for nutrition, look beyond the numbers on a label. You must ensure the nutrients are natural, unprocessed, raw and in a form that can be easily assimilated by the cells of your body. I have found the nutritional program recommended by Hallelujah Acres – a vegetarian diet dominated by raw fruits and vegetables, along with daily consumption of fresh vegetable juice and Barley Green (from American Image Marketing) – is an unsurpassed nutritional combination. In addition to providing the nutrients we need, this diet avoids disease-promoting substances such as meat, dairy, eggs, sugar, salt and white flour. Raw foods provide the fiber we need, while vegetable juice and Barley Green offer more intensive nutrition that is easily assimilated because it has been separated from the fiber. Other barley powder products that have been processed by heating or freeze-drying, or that lack kelp or maltodextrin, do not offer the same nutritional advantages or results as Barley Green.

In the 10 months I have been at Hallelujah Acres, I have seen incredible results from people who have switched to this diet. It is common to see those serious about this diet heal problems such as cancer, heart disease, multiple sclerosis, diabetes, arthritis and more. You don't see this kind of healing from synthetic vitamin pills. While the best results come to those who adapt the entire nutritional program recommended by Hallelujah Acres, others see some benefit just by adding the nutrition of Barley Green to a diet that is otherwise deficient in raw foods, natural vitamins, organic minerals and living enzymes.



# Questions about your health

**Question: We are reading a lot these days on the new scientific discoveries about vitamins and minerals. Some of these reports confuse me. Are the vitamins and minerals in pill form the same as nutrients in food, or is there a difference? Do we need to take vitamin pills to be healthy?**

**By Michael Dye**

Vitamins and nutrition have become hot topics these days. News media, books, health food stores and advertising campaigns are educating us about why we need vitamins and minerals. It is encouraging to see an increased realization of the role nutrients play in preventative health-care and in helping the body to heal itself with a strengthened immune system.

But we get a lot of misinformation on this subject from those who profit from the manufacture, distribution or advertising of the multi-billion dollar synthetic vitamin and processed foods industries. Let's take a look at what modern science knows about nutrition, what we are being told about nutrition, what we are not being told about nutrition ... and why:

## Talking Apples and Oranges

- The result of the influence from the big business of synthetic vitamins and processed food is a neglect of any distinction between natural vitamins and synthetic vitamins. For example, we are generally not told there is any difference between the Vitamin C in a fresh apple or orange versus the Vitamin C in a pharmaceutically-manufactured, synthetic pill, or synthetic vitamins added to "enrich" or "fortify" processed foods, such as white bread and sugar-coated cereal.

- In most of this mass-disseminated wisdom of modern medical science, you also find no distinction between nutrients that are dead and nutrients that are alive. We are told to eat our fruits and vegetables, but we are not told there is a difference between a fresh, living, raw carrot and one that has been boiled, baked, steamed, radiated ... or processed, preserved and canned on a grocery shelf.

- Another point overlooked is the essential fact that our body is a living organism made of living cells that are constantly regenerating ... and that living cells need living food to create healthy new living cells. Scientists understand and accept the fact that the life of our body stems from the life of some 100 trillion living cells that are constantly regenerating. It is

estimated that 300 million cells are replaced in our body every minute.

We know the food we eat, the liquids we drink and the air we breathe provide the energy and the building blocks for this massive, ongoing rebuilding of cells. We know that raw vegetables and fruits are composed of living cells, and that the cells of these fruits and vegetables contain the same organic minerals, natural vitamins, living enzymes and assimilable protein that our cells need. We also know that cooking, freezing, radiating or processing kills food, stopping its cellular activity ... and that once we have taken the life from food, there is nothing we can do that can restore that life. This irreversible change alters amino acids (protein) and minerals, and destroys all enzymes and most vitamins.

But despite what we know, there are those who would like us to believe processed foods are as beneficial to us as raw, living food, and that synthetic vitamins in pills and processed foods are as good as natural vitamins in raw food. The truth is that modern science knows relatively little about the long-term effects of how man-made chemicals and altered natural substances interact with our bodies on the cellular level.

Warnings have been issued about the dangers of high doses of synthetic Vitamin C, B1 and A, and similar problems are suspected with synthetic Vitamin E. It's possible that a short-term boost may be felt from some synthetic vitamins. But let's address the question of whether they can take the place of living nutrients in supplying material for our cells to function, regenerate new living cells and build a healthy immune system. There appear to be three schools of thought on this comparison between natural nutrients in fresh, raw food versus synthetic vitamins and inorganic minerals.

The first school is characterized by a total silence on the subject of any distinction between natural and synthetic. They'll say a pill has X number of international units of certain vitamins, and they may say what these vitamins are good for. You may notice one of these little pills has a lot more Vitamin C than an apple or orange. But they make no claim about whether X amount of synthetic Vitamin C is as good as the same amount of Vitamin C in oranges.

They also avoid the subject of whether a person could live healthily on synthetic vitamins alone without ever consuming natural vitamins in food.

The second school of thought includes "experts" who recommend synthetic vitamin supplements, but warn we should also eat a balanced diet. Some of these experts acknowledge food is a more "reliable source" of nutrients than vitamins found in pills. But they don't explain the difference, and they still say we should take the synthetic supplements, just in case we don't get enough nutrients in our diet.

The third school of thought is a minority opinion represented by Hallelujah Acres. This school teaches that there is a major difference between live food and dead food (or live

nutrients and dead nutrients), and that the living cells in our bodies are designed to be nourished by live food and live nutrients, rather than dead, processed food and synthetic vitamins.

Science has substantiated the superior nutritional value of raw fruits and vegetables, but this emphasis on live foods is still a minority opinion among nutritionists and even in the health food business. From almost every direction, we are told that cooked, frozen and processed food is comparable to fresh, raw food, and that synthetic vitamins can fill our nutritional needs.

How could we ever comprehend an explanation for this tremendous lapse in mass-disseminated scientific knowledge if we didn't consider the fact that there is more money to be made from selling synthetic vitamins and processed foods than from raw, live food that can be grown in a backyard garden.

A book from six decades ago is more advanced than some of the latest scientific work with vitamins. Dr. Norman W. Walker wrote *Fresh Vegetable and Fruit Juices* in 1936, with the premise that a deficiency of vitamins, minerals and enzymes is the primary cause of practically all sickness. Dr. Walker was seriously ill in his early 50's when he was encouraged to try natural healing. He went on to develop the concept of healing with fresh vegetable and fruit juices, and lived to be 119 years old, writing his last book at age 115. Dr. Walker taught all healing and regeneration of the body must come from within. Hippocrates, the Fourth Century B.C. Greek physician who is the Father of Medicine, based his teachings on this same principle. To best nourish our immune system, Dr. Walker taught we should eat a vegetarian diet composed predominately of fresh, raw vegetables, fruits, seeds and nuts. He agreed with nutritionists who say it is difficult to get optimal amounts of some nutrients from eating food. Advocates of synthetic vitamins use this as an argument for taking mega-doses of vitamin pills. Dr. Walker's teachings are more advanced than these modern nutritionists because he recognized the difference between live nutrients and dead nutrients.

Dr. Walker developed Juice Therapy as a means of consuming more nutrients than can be obtained by eating food. In drinking fresh juice, nutrients come from live, raw vegetables and fruits, without heating, freezing or other processing that would alter or destroy nutrients. When juice is separated from the pulp (or fiber), most of the nutrients from these raw vegetables and fruits stay in the juice, while the pulp is expelled and discarded. Without the pulp, the nutrients can go directly to the blood stream and to the cellular level without the time and energy-consuming process of digestion. And because the pulp has been removed, we can consume a much larger quantity of nutrients than would be possible by eating that same food. For example, we can consume nutrients from a pound of raw carrots in minutes by drinking an 8-fluid-ounce glass of carrot juice.

Contrasting Juice Therapy with synthetic nutrients, Dr. Walker states, "One pint of carrot juice, daily, has more constructive body value than 25 pounds of calcium tablets." He notes the calcium in pasteurized milk "is just as inorganic as that used in making cement."

Medical science knows we need calcium to build strong bones, but we also know the inorganic calcium we put into our bodies

walk a block without severe pain. Since going on the nutritional program we teach here at Hallelujah Acres, she has lost over 80 pounds (down to a size 10 dress), her arthritis is gone, her degenerated spine is healed, she has had a dramatic increase in energy and speed walks four miles most every morning.

\* **Becky McClellan** came to us six months ago after being debilitated by Multiple Sclerosis for seven years. She is now back to work full-time, and takes care of her home and family. She said, "I feel like somebody handed me my life back this summer. I feel like I felt seven years ago."

\* **Mary Payne** came to us in August 1992. At that time she was on cortisone, and in extreme pain from rheumatoid arthritis. She could not get out of bed alone, could not dress herself alone. She was so bad that her husband had to comb her hair and brush her teeth. Her doctor told her she would be in a wheelchair soon. She was also very overweight. Fourteen months after changing her diet and lifestyle to what we teach here at Hallelujah Acres, she has lost 105 pounds, is off all medication, all pain is gone and she says that all that remains of her arthritis is a little stiffness when she first gets up in the morning. Mary says she feels better than she has in over 20 years and is able to work in her garden again.

\* **Carol Cover** had diarrhea for 22 months. She went the medical route for relief, which included many doctors, drugs and four trips to the Mayo Clinic. After 22 months of medical treatments she was down to 78 pounds and was dying. Within a few days after she changed her diet, her problem was gone!

These represent only a few of the testimonies from people who have adopted the program we teach here at Hallelujah Acres. And they continue to remain free of physical problems as long as they stay on this program.

**Mrs. Clinton, please investigate what I have shared.** Because of the financial profits from treating disease, you will find very limited support from those in the Medical Establishment for objective research into the benefits of preventative health care based on changes in diet and lifestyle. Modern science is learning much about the health benefits of eating fruits and vegetables, and the ways that vitamins, minerals and enzymes help our bodies to heal naturally. But still yet, most medical research is confined to looking for answers from pharmaceutical drugs, new surgical procedures, radiation, chemotherapy, etc. ... in other words, things from which the Medical Establishment can make a huge profit. It's sad to say, but the Medical Establishment has a tremendous financial incentive in keeping large segments of our population dependent on expensive surgical procedures, costly prescriptions and over-the-counter remedies consumed on a daily basis.

On the other hand, it's great when people are able to cure themselves simply by eating a natural diet and exercising. But this is an option discouraged in medical circles because there is no profit for doctors, hospitals, and drug companies. **Our present health-care**

**system is geared to provide what is most profitable for physicians, drug companies and hospitals, not to what is best for the people of our great land. This, Mrs. Clinton, is what must be changed if you and your husband wish to implement true health-care reform.**

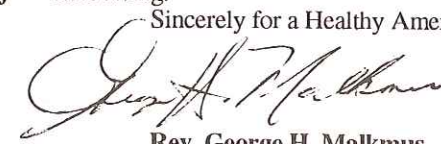
## CONCLUDING THOUGHTS

**If the health of the American people is to be improved and if the staggering cost of health care is to be curbed, we must look outside the current and established systems.** And I am not advocating the use of synthetic vitamins, herbs or homeopathic remedies as the solution. These substances, along with all drugs, only deal with symptoms caused by improper diet and lifestyle. What I am saying is that almost all physical problems are caused by putting into our bodies substances that they were never biologically designed to handle ... substances that are actually toxic to the body. Just as our automobile will not run properly if the wrong fuel is placed in the gas tank, neither will our bodies function properly if the wrong foods are put into them. **Almost all**

**physical problems can be eliminated and perfect health can be maintained by proper diet and lifestyle!** My experience has even shown that when people adopt the diet and lifestyle we teach, most mental and emotional problems also disappear.

If I can be of assistance in any way, please do not hesitate to call on me. My life is committed to restoring our world to health and sane living.

Sincerely for a Healthy America,



**Rev. George H. Malkmus**

P.S.: A note to our readers: If you agree with the contents of this letter, and feel strongly about the need to truly reform our health care system, please see that this letter gets to people with the power to make these changes ... your Senators and Representatives, President Clinton and your local newspaper for starters. See page 13 for how to order extra copies of this newsletter.

## Doctors speak out on the need for health-care reform:

**"The greatest medical discovery of our time is the awesome power within the human body to heal and rejuvenate itself! This tremendous discovery is destined to change the way we practice medicine in America. In the future, instead of cutting the body...instead of drugging it ...instead of working against its natural systems...doctors will strive to feed and enhance the body's amazing power to self-heal. We're starting to see the shift in awareness already ... The medical establishment still seems to believe that nutrition cannot prevent disease, and is practically useless in treating it. Yet, we now have scientific proof that diet is the single most powerful tool for the treatment of disease. More powerful than drugs. More powerful than surgery. More powerful than anything in the doctor's bag. And you can do it yourself ... The medical profession is too narrow minded to admit the enormous value of nutritional healing."**

-Julian Whitaker, M.D. in *Wellness Today*, July 1993

**"As a nation we have come to believe that medicine and medical technology can solve our major health problems. The role of such important factors as diet in cancer and heart disease has long been obscured by the emphasis on the conquest of these diseases through the miracles of modern medicine. Treatment not prevention, has been the order of the day. The problem can never be solved merely by more and more medical care ... Our greatest bulwark against the interests that have helped to create the present problems is an informed public."**

- Dr. Philip Lee, Professor of Social Medicine and Director, Health Policy Program, University of California, San Francisco

**"When people learn and practice 'the art of right living,' physicians may go back to their farms and workshops!"** - Dr. Issac Jennings, 1830

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

**"Gentlemen, I will never die of cancer. I am taking measures to prevent it ... It is caused by poisons created in our bodies by the food we eat ... What we should do, then, if we would avoid cancer, is to eat ... raw fruits and vegetables; first, that we may be better nourished; secondly, that we may more easily eliminate waste products ... We have been studying germs when we should have been studying diet and drainage ...**

**The world has been on the wrong track. The answer has been within ourselves all the time ... Drain the body of its poisons, feed it properly, and the miracle is done. Nobody need have cancer who will take the trouble to avoid it."**

- Sir William A. Lane, England's foremost abdominal surgeon

**"I can't imagine a system that's more dysfunctional than the one we have now - more expensive, not doing the job, with more waste ..."** - Dr. Phillip Caper, medical policy analyst at Dartmouth Medical School

**"Our health care system is in crisis, bordering on chaos."**  
- Former Surgeon General C. Everett Koop



# After 22 months of diarrhea, weight loss down to 78 pounds And 4 visits to the Mayo Clinic, 'Barley Green saved my life'

By Michael Dye

Medical specialists were baffled by the case of Carol Cover of Northfield, Minn. Beginning in May 1990, she became ill with a severe case of diarrhea up to 29 times a day that lasted for 22 months without ceasing. Four trips to the Mayo Clinic provided no clue as to a cause or cure.

Carol's normal weight had been 106 pounds, but she spent most of her 22-month illness in the mid-80's. Following her final treatment prescribed by specialists at the Mayo Clinic, she lost down to a dangerous 78 pounds.

"I lost a quarter of my body weight. People thought I was dying," Carol recalled. "I had a terrible pain in my legs and hands owing to potassium loss, and for a long time, I couldn't get downstairs to cook. I just went from my bedroom to the bathroom, and sometimes I couldn't make that."

After falling ill, she had to quit her job of seven years in the Department of International Studies at St. Olaf College in Northfield. Prior to that, Carol, 59, had been a high school teacher for 10 years.

In addition to diarrhea, Carol also suffered sores in her mouth, throat and tongue so painful she could hardly swallow, her fingernails were breaking, she had excruciating headaches and her hair was falling out. "My hairdresser thought I was dying, based on what my hair looked like," she said.

Her doctors, including a team of medical specialists who treated her four times at the Mayo Clinic, were never able to diagnose the cause of the diarrhea. Carol had traveled to Israel and Turkey in 1989, but tests were negative for any parasites. During her tests at the Mayo Clinic, doctors ruled out all common causes of diarrhea, including a spastic colon, Crohn's disease and gluten intolerance.

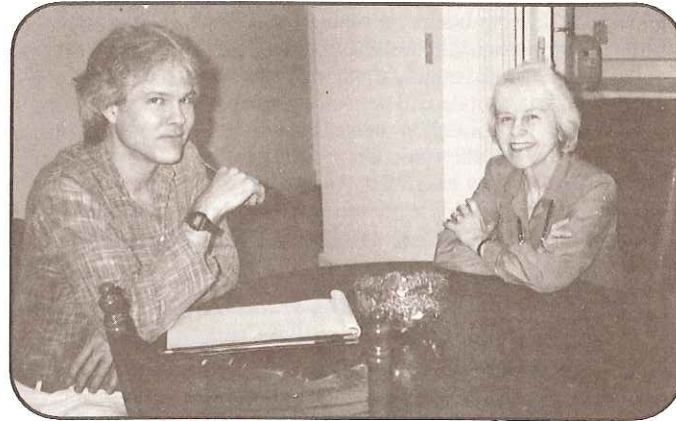
In her final treatment from the Mayo Clinic, doctors prescribed an extremely powerful medication which they told her offered "a 70-percent chance of making me well and a 30-percent chance of making me worse." The powerful medication made her worse. After two months on this treatment, she lost down to 78 pounds, and her family physician advised her to quit taking it. At one point, doctors put her on a supervised three-day water fast, "and even that didn't stop my diarrhea," Carol said.

"My family thought I was going to die. But I managed to live until the next spring (1992) and friends gave me some Barley Green. I was desperate and willing to try about

anything, so I asked them to tell me what Barley Green had done for them," Carol said.

"I have lost 25 pounds with Barley Green," one said. His wife added, "I lost 15 pounds." That, Carol recalled, "didn't sound too promising," because weight loss was the last thing she needed. But the couple told her of other cases in which Barley Green had apparently helped to heal everything from pyorrhea of the gums to breast cancer. "So," she said, "I decided to give it a try."

"After my second day on Barley



Carol Cover, right, is seen here during her recent visit from Minnesota to Hallelujah Acres as she talks with Michael Dye, editor of *Back to the Garden*.

Green, I had my first formed stool in 22 months. After one-and-a-half weeks, my diarrhea was totally gone. On the last Monday in March (1992), I called my doctor and said, 'I'm well.' I had been calling or seeing my doctor two or three times a week for 22 months, so he was quite surprised when I told him that I would see him for my annual physical in June."

After recovery from a condition that caused her to lose down to 78 pounds, it is with no exaggeration that Carol says in her soft-spoken voice, "Barley Green saved my life."

In addition to curing her diarrhea, the Barley Green also took care of the painful sores in her mouth, throat and tongue, and after a couple months, her hair and fingernails were back to normal. During her extended illness, doctors had prescribed potassium supplements, but these supplements never raised her potassium to an acceptable level. But after starting on Barley Green - and trashing the supplements - a recent blood test showed her potassium was normal.

"Northfield is a small town and word travels fast," Carol noted. People who saw her before and after her recovery were quite amazed and wanted to know how she did it. "I had never sold anything in my life," Carol said, but she became a Barley Green distributor in April 1992. "In one-and-a-half years, I have one hundred-plus customers and thirty-plus distributors under me."

With her health problems behind her, Carol took a 3,000-mile automobile trip in the summer of 1992 from Minnesota through Ohio and North Carolina. Carol said she sold a lot of Barley Green on that trip, "but my arthritis went crazy." Her psoriatic arthritis was so painful that she was unable to perform household chores such as vacuuming or wringing out a dish cloth. Initial treatment was unsuccessful so Carol's doctor sent her to an arthritis specialist who put her on methotrexate, a powerful and potentially dangerous medication known as "the drug of last resort" for arthritis. The drug is so powerful it could only be taken one day a week, to avoid liver damage. After taking the drug for five months, from November 1992 to April 1993, Carol and her family physician decided she should quit taking the drug because it was not effective and too dangerous. Carol said while on this medication, she had started getting her headaches again, and that she feared the possibility of liver damage.

It was April 1993 that she attended a Barley Green convention in Oxnard, Calif., and heard Rev. George Malkmus speak about the benefits of a vegetarian, predominantly raw-foods diet. So Carol changed her diet to raw vegetables and fruits, and her arthritis was totally healed within three months. Carol's rheumatologist had given her a book with a chapter called "Ducks that Quack." The gist of that chapter, she said, was that anyone who tells you that a change in diet will affect your arthritis is a quack. But at a check-up in October 1993, her doctor found no sign of arthritis or psoriasis, to which this form of arthritis is related. And her doctor said her iron was the highest it had been in the 10 years since she has been his patient. Her weight has leveled off once again at 106.

She has had to be strict about her diet, she said, because, "If I eat sugar, for the next couple of days, my hands would get swollen."

Carol notes she is an example of how some problems (in her case, severe diarrhea, mouth sores, headaches, hair loss, fingernails breaking) could be cured just by taking Barley Green, but that total health could not be attained without converting to a mainly raw foods diet, and eliminating meat, dairy, sugar, salt and white flour, as recommended by Hallelujah Acres.

Carol's husband, Dick, has also benefitted from the dietary change. He has lost from 180 pounds down to a healthy 142, and brought his high cholesterol and high blood pressure down to normal.

Carol is so impressed with the changes she has seen, that she is planning to teach a 10-week "Let's Be Well" course on Thursday nights, based on the diet recommended by Hallelujah Acres.

"It's an exciting concept, not getting older and sicker, but getting older and better," Carol said.

# After 2 heart attacks, doctors offered Elwin Nichols no hope, but he Changed his diet, cut his cholesterol in half & now walks 7 miles a day

By Michael Dye

Eleven Years ago, Elwin Nichols had his first heart attack and quadruple-bypass surgery. In June 1992, Nichols had his second heart attack.

After his second heart attack, doctors told Nichols, who lived in Kokomo, Indiana at that time, that three out of the four bypasses that surgeons had created in 1982 were plugged up. They said he was not a good candidate for another bypass or for opening the arteries by balloon surgery. They changed his medication, but that didn't help. Doctors were pessimistic about his chances for survival.

"I couldn't even walk 300 to 400 feet uphill from my house to the barn," Nichols recalled.

After moving to Morristown, Tenn., in the summer of 1993, Nichols went to a cardiologist in Knoxville for another opinion on July 2, 1993. The cardiologist performed a catheter, saw how many arteries were blocked, and informed Nichols that "there was not much hope ... He told me there's not much we can do for you. If he operated, he said it would probably make it worse. But he still offered to operate. That guy scared me to death. I got away from him as fast as I could."

"So at that point, I decided to try to solve my problem with diet. I heard about Hallelujah Acres from my daughter, and then I heard about Dr. Dean Ornish, who recommends a diet and exercise program very



**"If every one would eat like this and exercise, then we'd all feel so much better...and doctors would be out of business."**  
- Elwin Nichols

similar to Hallelujah Acres."

So Nichols came to a seminar at Hallelujah Acres in July 1993. He immediately quit eating meat and dairy products, added a lot of fresh, raw fruits and vegetables to his diet, began consuming three or four glasses of carrot juice and three teaspoons of Barley Green every day. And he started walking.

"I could tell the difference in less

than two weeks," he said. He started by working his way up to three-quarters of a mile, "and now I'm walking a little over seven miles every day." Recalling the hill from his house to the barn that he had been unable to walk up, Nichols said, "I can run up that hill now."

He has lost from 195 pounds down to 162, and Nichols said he has had no more chest pains. His cholesterol had been in the 250 to 300 range, but was down to 143 on Oct. 23, 1993.

Nichols, who is now 63, returned to Indiana a couple months ago for a visit, and went to see his cardiologist, who had been considering him as a possible candidate for another bypass surgery. "My cardiologist told me that anybody who can walk seven miles a day should not be considering any more bypass surgeries. He said, 'Whatever you're doing, keep doing it.'"

Beaming with enthusiasm as he ate a salad at Hallelujah Acres in early November, Nichols said, "It's unbelievable what a person can do with three months of his life. Today I'm not the same person I was three months ago. I put up my own hay this year, and I didn't have a bit of trouble." Nichols raises horses on his small farm near Morristown.

"If I could have been directed this way after my first heart attack, I wouldn't have had to have surgery then. If every one of us would eat like this and exercise, then we'd all feel so much better, and doctors would be out of business."

## From the Mailbag Continued from page 2

"I am a prisoner in the state of Alabama and I would like to know if you could give me some advice on how we can cause the state to give us a healthy diet? We rarely have fresh vegetables and fruit and most of our cooked food is done in some sort of oil (grease) ... We have a lot of cases of diabetes and heart trouble, hemorrhoids, pimples, skin irritations, dandruff and many other problems. I have mentioned our diet as a cause to many of our health problems to the Health staff here who say they have no control over our diet. So I'm getting a run-around on trying to make improvements. I wish to pursue this issue but don't know how. Can you help?"

Earl Beck

"It was a pleasure meeting you this past Monday and having the privilege of enjoying a good meal at Hallelujah Acres. We appreciate so much what you are doing in the line of health reform. This is the work that the Seventh-day Adventists were given to proclaim to the world, but sad to say, we've fallen down on the job. Hopefully you'll be the inspiration to revive us in proclaiming it again."

H.M. Cherne, M.D.

Bethpage, Tennessee

"I bought one of your books *Why Christians Get Sick* here in Chattanooga during the Southside Baptist Church Fellowship. I was very impressed with the information in this book. I have been interested in nutrition for 37 years and have been searching for a better way of treating my body. I have bought many books but find yours the very best. We have a church book store that I manage. I would like to stock your books and tapes."

Eunice Jordan,  
Hattiesburg, Mississippi

"I have passed your book *Why Christians Get Sick* on to other Christians...I appreciate your ministry. It seems many Christians are slow to change and would rather drift along. Your background as a pastor makes it hard for them to say it is 'extreme' and continue on the same way...I can't say that all my problems have cleared up yet, but there has been improvement in several areas of my health. I am hopeful for more improvement in the future. Your ministry is a great boost along this journey."

Ralph Bitner,  
North Queensland, Australia

"I just finished reading *Why Christians Get Sick*. It is a wonderful book, and almost made me cry in places because I see that I have truly 'defiled the temple of God.' No wonder I can't seem to hear the Holy Spirit speak to me when His 'house' is such a mess, and all the physical

ailments are screaming louder than His small voice. I had decided that 1994 is the year to take on the battle over my physical body, and for the last week, I have been reading books on health and wellness written by Christians in preparation for the battle. I thank you for your book ... and I would like to receive more information and the sample of your personal daily diet. I have worked for a health food company for almost 4 years now. No one has ever said anything to me, but I myself feel both spiritually and professionally ashamed of my physical health. I am 105 pounds overweight. I do not smoke or drink alcohol, but I definitely am addicted to sugar, fats and cola. Feeling tired, sluggish, and sick all the time is the norm for me, and in truth I cannot remember the last time I felt truly good in every way. I am only 32 years old, and feel like I could be much older. Above all, I feel that my Christian witness suffers because of how I live my physical life. I believe that God can set people free from sins of all kinds, yet after 6 years as a Christian, I am still a slave to my body and my food addictions. And of course, I wear the evidence of this around with me unlike some of the other 'sins' one could keep secret ... Thank you very much for what you are doing for the body of Christ.

MC  
Idaho