

The Hallelujah Acres Story

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

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

In an effort to share his

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

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

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

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

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

Thoughts to Pass On

"Indeed, it seems as if the grand experiment of man and womankind has been to ascertain just how far they can transgress The Laws of Life - and yet, not die!"

– Rev. Sylvester Graham, a Presbyterian minister, 1843

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

Address Correction Requested

Dated Material
Please Do Not Delay Delivery

Back to the Garden

March/April 1994
Issue No. 7

Health News from Hallelujah Acres

\$1.00

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



Mary Payne "Before" and "After" coming to Hallelujah Acres.

The "before" picture above was taken July 1, 1992, as Mary was approaching 275 pounds. The "after" picture below was taken 18 months later, after a weight loss of 112 pounds. During this time on the Hallelujah Diet, Mary greatly improved her rheumatoid arthritis, along with many other medical problems. Mary's story is on page 8.



Inside . . .

From the Mailbag	page 2
What's Happening at Hallelujah Acres	page 3
News You Can Use	page 4
Recipes from Rhonda	page 4
The Hallelujah Diet	page 7
Testimonial by Mary Payne	page 8
Questions about your Health?	pages 10-11
Calendar of Events	page 12
Mail Order List	pages 13-15
The Hallelujah Acres Story	page 16

Where's God?

By Rev. George Malkmus

Jt has now been almost 40 years since I became a Christian and for most of these 40 years I have been involved in one way or another in various Christian ministries . . . 20 of these years I spent pastoring various churches from New York to Florida.

As a pastor, I often experienced great difficulty understanding all the sickness I found within the Christian Community. Why was it such a problem to me?

Because as a pastor I saw that all too often, even though a person had all kinds of faith in God, prayed to God and even after much pleading with God, many, many Christians continued to be sick, then get sicker and sicker and often die what seemed to me a very premature death!

Why? Where was God?

This dilemma reached its climax 18 years ago, when at the age of 42, I was told that I had a tumor the size of a baseball where the transverse colon turns downward into the descending colon. Just prior to being told this, I had watched my own mother die following treatments by the medical profession for colon cancer. At the time of mom's death I felt it had been the *treatments* that had caused her death

rather than the cancer itself.

When I was told I had colon cancer, I didn't know a thing about nutrition and very little about the beautiful, self-healing body God had given me. The only thing I knew for certain was that I was not going to let the doctors treat me with the chemotherapy, radiation and surgery with which they had treated mom, and which I felt had at least contributed to – if not been the *cause* – of my mom's death. So, on the advice of a friend, I

God put within man the ability to self-heal, but only if we follow and abide by His natural laws! How sad it is that the Christian Community has gone outside of the Bible and God's ways and looked up to the medical profession as the teachers of health and the only ones capable of guiding our sick bodies back to wellness.

did something as simple as change my diet and lifestyle, and immediately started to get well. In fact, in less than one year, not only had my tumor disappeared, but so had every other physical problem . . . hemorrhoids, hypoglycemia, severe sinus and allergy problems, constipation, high blood pressure, fatigue, pimples . . . even body odor and dandruff! And for the past 18 years I have not experienced any sickness of any kind, not so

Continued – Please see page 5

Hallelujah Acres Moves Back to the Farm!

Hallelujah Acres is moving its headquarters back to the 50-acre farm near Eidson, Tenn., so we can place a greater emphasis on reaching the masses. Our restaurant & health food store will be closing on March 28. Leaving daily operation of the restaurant will free us to put more time into spreading the word with literature, books, seminars and broadcasts that "You Do Not Have to be Sick!" See page 3 for details.



From the Mailbag

“Showed your video in our church last night, our son is the pastor.”

John & Frieda Peters,
North Pole Bible Baptist Church,
North Pole, Alaska

“We want to thank you for all your efforts concerning our sick generation. We appreciate your book *(Why Christians Get Sick)*. Have been able to use 50 copies and have another order for 50 more enclosed. This has been our way of living for more than 20 years and we need this to encourage us and to get more people to see it too. We know it works just like you say it does. Would you come to our community sometime and give a seminar...”

Clara Troyer,
Fredericksburg, Ohio

“Dear Brother Malkmus, Please start sending me your newsletter...Our pastor encouraged everyone to buy and read your book. I must admit, it took me awhile, with much prayer, before I got the courage to read the book. I have and always have had bad eating habits, especially sweets. Since I was never overweight, I thought it was OK for me to eat this way. But for the last several years, I have had severe sinus problems including bad headaches. I am so tired of feeling bad all of the time. I am only 30 and have two small children who need a mother who does not always feel bad. With God providing me with the strength and discipline I

need, and with your wonderful information, I am ready to change my bad eating habits to good ones. I am ready to offer my clean temple to God for His honor, glory and service. Thank you Brother Malkmus, for providing this eye-opening information to God’s people who have been ignorant for too long.”

Jennifer Shinn,
Hattiesburg, Mississippi

“Will you please send me the book *“Why Christians Get Sick”* as mentioned on T.V. on Three Angels Broadcasting Network. I enjoy the show and hope you will be on permanently ... I am 84 and still going strong. With your help I am going to hit 100!”

Esther Dowd,
Rogers, Arkansas

“...I can’t tell you how much I appreciate your ministry. It is surely an answer to prayer. I was delighted to read the article on the Macrobiotic Diet. I had been on it for about 5 months and felt I wasn’t getting enough nutrition...I am now juicing, eating more raw fruits and vegetables and using the Barley Green. I have had severe allergies so that I couldn’t visit anyone or go almost anywhere. I have improved greatly...I hope my small natural food store will be a lighthouse not only to proclaim the Gospel of Peace but for Christians to find help in their distress of illness. We cannot blame it all on the enemy. We have to take responsibility for our temples ... I praise our mighty God for your ministry ... God bless your work.”

Lillian Zellar,
Sparta, Michigan

“Your book *(Why Christians Get Sick)* is a refreshing spring in a dry desert. I loved it and I would enjoy reading more...My doctor...introduced me to your book and I hunger and thirst for more information...May you continue to keep your dream alive for Hallelujah Acres. I thank God for you and may you continue to prosper...”

Gloria Gumby,
Los Angeles, California

“I have just finished reading your book, *Why Christians Get Sick*. Our Bible Study Group is circulating it. I am very grateful for this book. Our group had this information before, but because it was not written from a scriptural perspective, our elders told us we could not circulate it through the church body. We can now!! Many still will not be interested because even Christians want to “have their cake and eat it too.” Most still do not want to take responsibility for their health. They would rather abuse their bodies and expect God to heal them or blame the cause on a “spirit of infirmity.” I am excited to learn that such a place as Hallelujah Acres exists. I applaud your efforts...”

Candy Bernier,
Dunlevy, Pennsylvania

“God bless you in your special ministry...We look forward to returning to the diet God originally planned for man.”

Rev. Herb and Sherry Klepatz,
Mobile, Alabama

“I have been reading testimonies of others

who have tried Barley Green. Now I would like to tell you what it has done for me. For years I have had some sinus problems, but the year 1993 was the worst yet. Every morning I would wake up feeling as though my nose and throat were stuffed with cotton. The doctor I went to told me I needed to take medicine daily for the rest of my life to keep the congestion clear. Not liking this suggestion, I started praying for a better way. At a Sword Conference at Gospel Light Baptist Church in Walkertown, North Carolina, I learned about Barley Green and signed up to receive your news letter. Upon receiving the first newsletter, I read how you and your wife use Barley Green faithfully. I was very impressed with your testimony. After using Barley Green for approximately 10 days...the symptoms had totally disappeared. I thank God for this natural solution to this sinus problem...”

Jeff Butler,
Henderson, Kentucky

“I appreciated our talk on the phone two weeks ago. My father went straight (on the Hallelujah Diet) from Thursday night on. He had been pronounced with congestive heart failure and no real hope! He had a doctors appointment on Tuesday and was moved off of two drugs and drastically reduced his diuretic. He has lots more energy and BP is stable now. What a miracle in a few days. What a great miracle. Thanks for your work and dedication.”

Dr. Marc Flack,
Salt Lake City, Utah

“Received your magazine *“Back to the Garden”* #6. It is just the best ever. George’s letter to Hillary Clinton is just superb. I am so excited to see these facts being made available to so many people. I have so many friends and relatives that need to read this issue. Enclosed find check for ...15 copies.”

Rosamond Buck,
Lenoir City, Tennessee

“...I have only been on this diet (Hallelujah Diet) since the 4th of December 1993 but I have already felt such a difference. I have more energy and feel better than I have in 30 years ...God bless you - this is a real ministry. I thank God that He put me in contact with you.”

Bernie Veenkant,
Sebring, Florida

“...My not being able to sleep one night, getting up and turning the satellite on to 3ABN at midnight and hearing the interview with Rev. Malkmus was no accident! I am convinced that God wanted me to hear that

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.

CREATION SOAP & HERBAL PRODUCTS are handmade, using only 100% natural ingredients. No animal fats. No animal by-products. 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 fragrances are natural essential oils, adding a pleasing scent, stimulating circulation while at the same time *nourishing* the skin with 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.) **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.**

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, eczema, 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 - Soothing moisturizing oil for Normal Skin.
#708 - Carolina Pine (Smells like a pine forest) - For Normal Skin

Moisturizing & Massage Skin Oil - \$7.45 each - 4 oz. bottle
#709 - Sweet Orange – with unrefined wheat germ oil and essential oils of sweet orange & sage.
#710 - Lavender – unrefined wheat germ oil and essential oils of lavender, canola, sage, rosemary, rosewood, sweet orange & castor oil
#711 - ABC Liniment Oil, arnica, benzoin, Solomon’s Seal & olive oil

Loofa Sponge - \$3.95
#712 - Use as a body sponge to massage and remove old skin and stimulate circulation.

Our Featured Product: Crystal Deodorant Stones

Many people have a problem with body odor. Most body odor can usually be eliminated by simply changing the diet. The primary cause of most body odor is meat, which putrefies in the body’s 98.6-degree atmosphere as it takes at least 48 to 72 hours to travel through the digestive system. This long exit time is because animal products contain zero fiber and thus move very sluggishly through the body, thus causing the odor.

The solution to body odor in today’s society is to roll on an anti-perspirant deodorant. Sadly, the average person does not realize that God designed our bodies to eliminate a great deal of toxins through perspiration. In fact, our skin is our largest organ of elimination. Keeping it clean and letting it “breathe” helps keep us healthy. But when we clog the pores under our arms with an anti-perspirant deodorant we prevent the elimination of these toxins our body is trying to get rid of and they are forced back into the breast area. Many reports have been written on the potential of breast cancer being caused by this type of deodorants. Another problem with commercial deodorants is that a major ingredient is aluminum. This aluminum is absorbed through the skin and is considered by some to be one of the contributing cause of Alzheimer’s.

The two solutions for body odor are eliminating animal products and using a **CRYSTAL DEODORANT STONE**.

The Crystal Deodorant Stone is the finest body deodorant available. It is safe, gentle, and effective for everyone in the family. The results are incredible ... Put it on in the morning (it doesn’t feel like there is anything there), you’ll sweat normally but there is no odor. It is also effective on foot odor problems! The Crystal Deodorant Stone is over 300% more effective than commercial deodorant, and yet is 100% pure and natural. No more clogged pores! No aluminum chlorhydrate or harmful chemicals! No perfumes! No emulsifiers! No propellants!

The Crystal Deodorant Stone is made from the earth’s own potassium sulfate and other mineral salts which are crystallized over a period of months, then hand cut, polished and shaped. Completely natural! The stone does not leave any perceptible residue - it is not sticky or greasy, it won’t stain clothing, irritate skin, or leak in the suitcase ... best of all, it works!

The Crystal Deodorant Stone is very economical, with one stone guaranteed to last at least a year. For a fraction of what most people are now paying for a deodorant that clogs their pores, is loaded with aluminum, and is not safe to use ... The Crystal Deodorant Stone will save money, work better and last longer.

Crystal Deodorant Stones come in two forms: (Please order by number.)
#720 - Stone comes in a bright colored, draw-string bag \$9.95
#721 - Stone has been formed to fit into a push-up container \$9.95
(Shipping - Please add \$1.50 for the first stone and .50 cents for ea. additional stone)

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 DO NOT 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																			
Method of payment: <input type="checkbox"/> check <input type="checkbox"/> Money Order <input type="checkbox"/> Visa <input type="checkbox"/> MC <input type="checkbox"/> Discover <input type="checkbox"/> American Express				Sub-total																				
Card Number: <table><tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr></table>																							6% Sales Tax (NC residents only)	
Signature _____ Card Exp. Date _____				Shipping																				
				Total																				

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)

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)

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)

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. There are 14 days of living menus. (Paperback \$6.90)

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. The long list of problems helped by Tea Tree Oil includes: dandruff, head lice, acne, cold sores, canker sores, sunburn, 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, 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, designed to provide a high quality cleansing action for clean, bright teeth, and is helpful for gingivitis and periodontal problems. No artificial sweeteners, preservatives, 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)

Hallelujah Acres Moves Back to the Farm

It is with a shout of HALLELUJAH (meaning praise, joy and thanksgiving) that we announce the next expansion of Hallelujah Acres! We PRAISE God for the thousands of people who have been helped by this ministry thus far and for the beautiful new building that is in the final stages of completion at the farm, where we will be moving March 29 to 31. This will free us from the daily commitment to the store and restaurant, allowing us to expand this ministry to help ever more people.

It is with great JOY that we will be moving back to the farm so we can devote more of our time and energies to reaching the masses by holding seminars throughout the world, making television and radio appearances, writing literature, preparing video and audio tapes and writing books. And it is with THANKSGIVING for the thousands of people who have been helped by this ministry thus far and the way God has blessed this ministry and allowed us to be instruments to help turn His creation

back to His ways of eating and living.

It is hard to believe it was just over two years ago that I borrowed \$1,000, using my 1986 Mazda pickup as collateral, to open Hallelujah Acres restaurant and health food store. From that humble beginning in a store-front 11 feet wide that would seat 16 people in a town of less than 5,000 people, we now receive calls and letters daily from all over the world from people who have been blessed by this ministry.

So Where Do We Go From Here?

FIRST - We are closing our restaurant and health food store on March 28 after the How to Eliminate Sickness seminar scheduled for that evening. We have operated the store since Feb. 12, 1992. Literally thousands have been reached and blessed by this outreach, and we regret having to close. Actually, it has been too successful and has grown so fast that it has required almost total commitment of our time (eight-plus hours a day for six days a week for two years). However,

requests for speaking engagements and additional books, literature, radio, television talk shows, etc., demands that we free up our time to reach the masses. We have also abandoned our plans to franchise the store operation, which would have required very heavy financial commitment not only on our behalf, but on those wishing to start a store. Instead, we will seek to start learning centers throughout the world in churches and homes to further multiply our efforts in getting the truth about health and nutrition to the masses.

SECOND - Rhonda and I will move back to our farm near Eidson, Tenn. by the end of March, and we should be operational there by April 1. Eidson is a small community 12 miles north of Rogersville on Highway 70. Also moving to the farm with us will be Michael Dye, editor of *Back to the Garden*; Rob Vaughan, who will take over our mail-order department; and Georgia Santa, who keeps adding more names to our

Continued — Please see page 9

Dr. Stan & Jodie Gravely are helping to spread the word in Virginia

Dr. Stan and Jodie Gravely of Meherrin, Va. have seen a tremendous improvement in their health since coming to Hallelujah Acres, and they have carried this message to their congregation and other churches in the region.

Stan has been offering seminars to his congregation at Tussekiah Baptist Church every six weeks, and has recently been taking this message of health into other churches throughout Virginia, wherever he has received an invitation. These seminars have had an impact on the lives and health of people in his congregation and from other churches.

The Gravely's were first exposed to the teachings of Hallelujah Acres in February 1993, when they read *Why Christians Get Sick* by Rev. George Malkmus. They came to Hallelujah Acres for a seminar in spring 1993 and invited Rev. Malkmus to their church to give a seminar in September 1993.

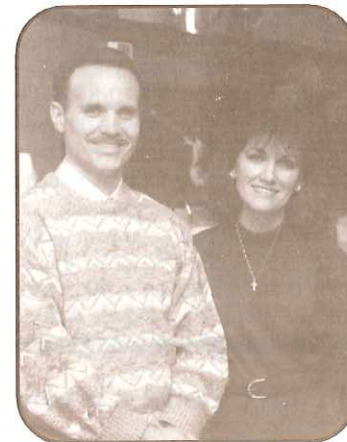
One reason that Stan's seminars have had a powerful impact is that people have seen changes in the life and health of Stan, Jodie and their three children since their change in diet. Stan's health improvement has been the most noticeable.

At a height of 5'7", he is now a fit and trim 140 pounds. But three years ago, Stan topped out at 197 pounds. He also suffered from hemorrhoids, severe sinus and allergy problems, frequent colds, flus, tonsillitis, strep throat . . . and said, "I had very little energy."

"Every time a cold or flu came around, I got it," Stan recalled. He was a heavy consumer of more than a half-dozen prescription and over-the-counter remedies, which he would alternate, because the effectiveness of any one drug would lessen once he built up a tolerance to it. Although these "remedies" would never remedy the problem, "they would mask the symptoms and drug me to sleep," Stan said.

At this time, the Gravely's were eating the typical American diet of meat, dairy, eggs, white flour, sugar, etc. Stan consumed four cups of coffee and two diet soft drinks with caffeine every day.

Before learning about Hallelujah Acres, Stan first lost some excess weight by going on a nationally-know diet plan that encouraged eating just fruit for breakfast, limiting meat and proper combining of food, such as not mixing meat and starches in the same meal. With this program and exercise, Stan lost from 197 to 165 pounds, but his health problems remained unchanged.



Dr. Stan and Jodie Gravely

"Then I got a-hold of George's book," he said. "When I read *Why Christians Get Sick*, I thought, 'Now, this makes sense!' I used the other program just as a plan to lose weight. The Hallelujah Diet is more of a lifestyle than just a weight-loss plan."

When Stan went on the Hallelujah Diet, eliminating all animal products, sugar, caffeine and other drugs, he went through a healing crisis similar to what many others experience when they cleanse a polluted body. "I had a dull head-ache and flu-ish feeling for a week-and-a-half. Then I woke up one morning with the biggest surge of energy I've ever had in my life, and I've felt great ever since then."

In the first month, he lost another 25 pounds, down to his current ideal weight of 140. "And I have had no colds, flus, sinus flare-ups or anything, and my hemorrhoids went away," Stan said. "I have energy to do things with the kids that I haven't been able to do in years. I used to sleep all Sunday afternoon. Now I'm outside playing softball and doing things with the kids out in the sunshine."

Stan is 36 and Jodie is 35. They have three children, Luc (age 13), Matthew (age 10) and Noelle (age 6). Before their diet change, Jodie said "every month we were taking one of our kids to the doctor for colds, ear infections, etc. They haven't had to go to the doctor since we've changed."

As an adult, Jodie has always weighed about 100 pounds and looked healthy. But, until their dietary change, she said, "I had suffered since childhood with irritable bowel syndrome, PMS and for three years with painful lumps from fibrocystic breast disease." The PMS and bowel problems cleared up almost immediately, and the lumps on her breast went away about two months after going on the Hallelujah Diet. But, she adds, the lumps reappeared on occasions when she ate meat or sugar at other people's homes, so, "You had better believe that I don't 'cheat' and eat unhealthy things anymore!"

It was after seeing these changes in their personal lives, the lives of their children and in their congregation that Dr. Stan and Jodie Gravely extended their Christian ministry into the realm of helping people to regain their health through proper diet and lifestyle. In their letter to Rev. Malkmus, expressing a desire to help this cause, the young couple wrote: "We, like you, see nutrition as a part of our God-given ministry now. It is such an essential part of the Gospel Message."

From the book *Health & Survival*
by Ross Horne:

"The diseases of civilization pandemic in the Western world threaten to ruin everybody, while modern medicine is powerless to stop them. For instance, the death rate from heart disease and cancer currently in the USA is just on one and a half million every year which, in one year mind you, is five times the total number of US servicemen killed in battle in the entire four years of US participation in World War II. And modern scientific medicine can do nothing about it.

Like Communism, now abandoned by the Russians, 'scientific' medicine has proven to be a failure and therefore so too is the 'health-care' system that is designed around it, in the fallacious belief that health can be restored into a sick body by the administering of drugs. At least Communism works in theory if not in practice, but our health-care system is wrong both in theory and in practice, and only goes to prove the law of diminishing returns: the more you put into it, the more useless it becomes. A medical system that thrives on ill-health is an expensive millstone we cannot afford to carry, and if not soon curbed it will lead us into bankruptcy. Medical dogma with its empty promises is no better than Communist dogma and its empty promises so, as with Communism, the time has come to abandon it ...

But there is a change in the wind, a stirring of awareness, and there are signs that a new era of enlightenment has begun. In regard to health matters, perhaps Dr. Alexis Carrel's prediction of 1936 has started to come true: 'Unless the doctors of today become the

dieticians of tomorrow, the dieticians of today will become the doctors of tomorrow.' But time is running out ..."

Excerpts from the article *Why Unfired Foods?* by Dr. John Michael Douglass, M.D., PhD, from *Alive and Well On Planet Earth*, Issue I:

"Thirty years ago, I went to medical school to study the healing principle. Only in

K). We also decrease the absorption of protein ... Heating also changes the lipids from cis, which is a curved form occurring in nature, to trans forms. Hydrogenated oils, such as margarine, shortenings and many of the other oils that are used in bakery products or to heat french fries, are in the trans form.

These are incorporated into the cell wall and interfere with the respiration of the cell so that we find an increase in cancer and heart disease in those people eating the trans fats. The medical community has been continually collecting evidence to

support what I discovered some years ago: *Cooked food is harmful to our bodies...*

Wild animals know what to eat but it has become quite obvious that we do not. We might do better to take a lesson from nature's creatures. You won't see a lion eating cooked food, or a leopard dropping his kill of an antelope into a volcano before he eats it. The king of the beasts and all his underlings eat unfired/raw foods and that's all...

The answer to the question, 'Why unfired foods?' Simple! Fired (cooked) foods are making each individual, our race and the world sick. Only by using unfired foods can we make ourselves, our race and the world healthy once again."

Dr. John Michael Douglas, M.D., PhD., Dr.P.H., F.A.C.P. Dr. Douglass has practiced internal medicine for 19 years, with subspecialties in health improvement and engineering biomedicine. He holds two doctorates, in public health and philosophy in health principles. He has done 20 years of research on how lifestyle and nutrition can improve the health of people and the ecosystem.

News You Can Use

1990 did I finally learn it after having seen 100,000 patients, experimenting on myself for 19 years and reading tens of thousands of scientific books and articles...

Hippocrates once said, 'The gods do not send illness to men. Men bring it on themselves.' If we take a minute to stop and analyze this statement, it becomes clear that barring natural catastrophes, man holds the key to his own health in his own hands. And firing (cooking) food makes the world and its inhabitants ill.

When we eat what nature provides for us it serves us much better if we leave it alone. We must eat what nature gives us as close to 'as grown' as possible...I have spent my entire medical career studying how to be healthy and how to keep patients from falling prey to disease. It has been during these studies that I feel I have found the optimal way of eating for health maintenance, disease prevention and weight loss...

When we treat food with thermal fire, we lose up to 97% of the water soluble vitamins (Vitamins B and C) and up to 40 percent of the lipid soluble vitamins (Vitamins A, D, E, and

Proper Food Combining for the "High Energy Diet"

One of the most difficult ideas to grasp when learning to change from the "typical American diet" is proper food combining. Here at Hallelujah Acres, we use a video by Dr. Doug Graham titled "The High Energy Diet" to help explain the art of food combining and why it is important. It also gives you a lot of healthful information on diet and nutrition. Dr. Graham shares several of his raw recipes and many ideas for making delicious and healthy meals for your family. We are thrilled to be able to offer this video. I'm sure you would find the investment in your health worthwhile. The cost is \$29.95, plus \$1.50 shipping and handling.

Salsa

- 1 C chopped tomatoes (peeled if desired)
- 2 T dehydrated minced sweet onion
- 1/2 C minced red bell pepper
- 1/2 C minced green bell pepper
- 1/2 C corn, if desired
- 1/2 C cucumber or celery
- 1-2 T extra virgin olive oil
- 1 T minced cilantro
- 1 t basil
- 1 t oregano

For a creamy texture, combine half of the tomatoes, red pepper, celery and onion in blender. Blend until smooth. Mix this in with the remaining ingredients, chill and serve.

Cashew Dip

Blend until smooth:

- 1 C cashews, raw and unsalted
- 1 C water, distilled
- 2 T dehydrated minced onion
- 1/2 t paprika
- 1 garlic clove, minced
- 1 T lemon juice
- 1 T parsley

Add slowly, while blender is running:

- 1/4 C extra virgin olive oil
- Optional: 2 T sesame seeds or nutritional yeast for a cheesy taste.
- Another option is to add additional seasonings, such as Parsley Patch All-Purpose Seasoning or Bragg Liquid Aminos

Recipes from Rhonda

Fresh Vegetable Platter

Cut equal amounts of the following fresh, raw vegetables into serving pieces:

- Red, green & yellow peppers
- Celery sticks
- Carrot sticks
- Broccoli
- Cauliflower

Arrange attractively on a platter and serve with an avocado-tomato dressing/dip found in Issue #4 of *Back to the Garden*, or the Salsa or Cashew Dip recipes at the right.

Hint for dressing up your baked potatoes:

Try topping your baked potatoes with any of the following veggies that have been sauted in a small amount of extra virgin olive oil, or lightly steamed: chopped green pepper, chopped red pepper, finely chopped broccoli, finely chopped cauliflower, chopped celery or chopped onion. Add Bragg Liquid Aminos and Parsley Patch All-Purpose Seasoning for a wonderful taste treat. It will delight your taste buds!

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 14,000 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," "The Ideal Diet / Transitional Diet / Foods to be Avoided," Harley Flora testimonial: "With a New Diet, There's Plenty of Life After Two Hearts Attacks & Cancer," 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.

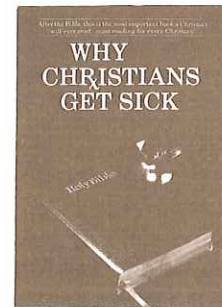
Issue No. 4, Sept./Oct. 1993, includes "The Healthy Cell Concept," testimonial: "Rhonda Malkmus cures arthritis, loses 80 pounds, Heals a degenerated spine & then marries George," book review of *Green Barley Essence*, Questions about your health?, News You Can Use, Recipes from Rhonda and more.

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.

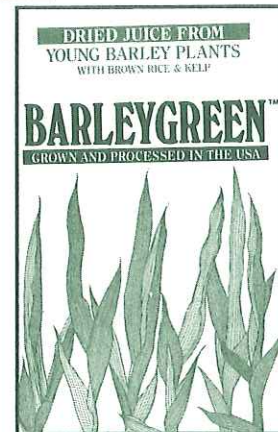
Issue No. 6, Jan. / Feb., 1994 includes "A Letter to Hillary Clinton," Carol Cover testimonial: "After 22 months of diarrhea, weight loss down to 78 pounds and 4 visits to the Mayo Clinic, 'Barley Green saved my life,'" Elwin Nichols testimonial: "After 2 heart attacks, doctors offered Elwin Nichols no hope, but he changed his diet, cut his cholesterol in half & now walks 7 miles a day," Questions about your Health, News You Can Use, Recipes from Rhonda and more.

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

WHY CHRISTIANS GET SICK by Rev. George H. Malkmus is now in its sixth printing. Letters are 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 with 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 teaspoons. **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)

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)

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)

Continued – please see page 14

Calendar of Events for Hallelujah Acres

FEBRUARY 1994

Tuesday, February 22 – 12 noon First Baptist Church, Morristown, Tennessee

Sunday, February 27 – 6 p.m. Freewill Baptist Church, Bridgeport, Tennessee Rev. Malkmus will be speaking on “How to Eliminate Sickness.” For more information contact Pastor Hal Kirk at (615) 235-5620 or 623-0416.

MARCH 1994

Thursday, March 3, 10, 24 & 31 – 7 p.m. “BARLEY GREEN Presentation” * This is a “mini-How to Eliminate Sickness” seminar. 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.)

Friday March 4 – 12 noon Kiwanas, Ramada Inn, East Stone Drive, Kingsport, Tennessee Rev. Malkmus will be speaking. For more information, contact Attorney Jack Vaughn, (615) 246-8158.

Saturday and Sunday, March 5 & 6 – Central Baptist Church, Hattiesburg, Mississippi Rev. Malkmus will be speaking Saturday evening at 7 p.m., and again on Sunday morning at both the 10 a.m. Sunday School hour and the 11 a.m. service. Contact Pastor Charles Williams, phone (601) 544-0186.

Sunday, March 6 – 7 p.m. Brookhaven, Mississippi Rev. Malkmus will be speaking at the Brookhaven Seventh-Day Adventist Church, in a combined seminar that will also include the congregation of the Macedonia Baptist Church in Brookhaven. Contact Rosemary Leggett at (601) 833-6318.

Saturday, March 12 – 10 a.m. “The High-Energy Diet” * This 75-minute full-color video shows what the ideal diet is and how to prepare it. Includes actual food preparation demonstrations, how to properly combine foods and much more. **This is an excellent video and a “must see” if you are interested in changing to a more nutritional diet!** (There is no cost for this presentation.)

Wednesday, March 16 – 6:30 p.m. Preston Hills Presbyterian Church, Kingsport, Tennessee Rev. Malkmus will be speaking. For more information, contact Janis Treadway, phone (615) 247-3309.

Sunday, March 20 – 3 p.m. Forest Lake Elementary Education Center, Orlando, Florida Rev. Malkmus will be speaking on “How to Eliminate Sickness.” The location is 2801 Sand Lake Road, which runs parallel to S.R. 436, about half way between Apopka and Altamonte Springs, just north of Orlando. Radio and television appearances and other speaking opportunities are in the works. For more information, contact Linda Breedlove, phone (407) 889-4517. Linda writes: “Your newsletters are so inspiring and bring hope to thousands. We thank God for your ministry.”

Saturday, March 26 – 10 a.m. “The Gerson Therapy” * This video gives an overview of the Gerson Therapy. It clearly and forcefully shows how the Gerson Therapy offers patients with cancer or other so-called “incurable” diseases a good chance of winning if they follow the therapy diligently. Also, it shows that if the therapy principles are applied as a way of life, heart disease, strokes, cancer, diabetes, arthritis, osteoporosis and the other diseases of civilization that kill and cripple us **will not occur!** Dr. Max Gerson began his therapy before World War I to cure his own severe migraines. During the 1920s, Gerson's diet cured 446 of 450 “incurable” TB patients. His diet cured Dr. Albert Schweitzer at age 75 of life-threatening diabetes. Schweitzer wrote: “I see in Dr. Gerson one of the most eminent geniuses in medical history.” Today, at the Gerson Clinic in Mexico, using the Gerson Therapy, they are curing all kinds of cancer . . . including, but not limited to . . . lung, spreading melanoma, lymphoma, bone, colon, breast, brain, liver, prostate, etc. In addition to the cancers, they have had excellent success with multiple sclerosis, severe asthma, emphysema, rheumatoid arthritis, osteoporosis, diabetes, lupus, migraines, infertility, etc. (There is no cost for this presentation.)

Monday, March 28 – 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.**

April 1994

Saturday, April 2 – 10 a.m. “The High-Energy Diet” ** – See description in March Calendar of Events.

Thursday through Sunday, April 7 to 10 – Barley Green Convention, at the Arrowood Resort in Alexandria, Minnesota Rev. Malkmus will be speaking. For more information, contact Bruce Johnson, (612) 647-0837 or Carol Cover (507) 645-7202.

Saturday, April 16 – 10 a.m. “The Gerson Therapy” ** – See description in March Calendar of Events.

Sunday, April 17 – 10 a.m. and 11 a.m. St. Luke United Methodist Church, 107 North Street, Bristol, Virginia Rev. Malkmus will be speaking at the Sunday School and Morning Service. Contact Pastor Otto Davisson, (703) 669-2441 or (615) 968-7211.

Saturday, April 19 through 26 – Westin Maui Resort, Maui, Hawaii. – We hope to make contact with many of our friends in Hawaii during this time.

Saturday, April 30 – 10 a.m. “How to Eliminate Sickness Seminar” ** – See description in March Calendar of Events.

May 1994 (partial)

May 11 through 15 – National BARLEYGREEN Convention, San Diego, California Rev. Malkmus will be speaking twice at this convention.

May 19 through 21 – Harvest Cathedral in Macon, Georgia Contact Annabelle (912) 742-0624.

Saturday, May 28 – 3 to 6 p.m. All Nations Adventist Church, Berrien Springs, Michigan Contact Dr. Bernard Lall, (616) 471-2537 or 471-6702.

* Seminars with one asterisk will be held at the Hallelujah Acres Restaurant at 120 East Main Street in Rogersville, Tennessee

** Seminars with a double asterisk will be held at the Hallelujah Acres Farm in Eidson, Tennessee. Space is limited, so registration is strongly recommended. See directions below

Directions to the Hallelujah Acres Farm in Eidson, Tennessee:

From Highway 11W in Rogersville, Tenn., turn north on Highway 70. Continue north on Highway 70 for approximately 11 miles (you must make a right turn after about 6 miles to stay on Highway 70), and cross over the top of Clinch Mountain. As you wind down the north side of the mountain, take the first road to the right. Travel a half-mile on this gravel road and Hallelujah Acres will be on your right. Look for the sign.

Where’s God?

Continued from page 1

much as a cold, sore throat, headache, upset stomach; nor have I been to a doctor or even taken so much as an aspirin. At the age of 60, I can still play football with the boys, jog five miles and have more energy, stamina and endurance then I had at the age of 20. How do we account for this?

Since 1976 I have been studying everything I could get my hands on that relates to the human body, health, nutrition, and lifestyle ... and how it all relates to the Bible. Also, since 1976 I have been experimenting on my own body and watching the results others got when they changed their diet and lifestyle. What I have found is so simple and yet so profound that I can’t understand why we haven’t seen it a long time ago. **God made a marvelous body!** He made it in such a way, that if properly nourished it would never get sick. But even if it did get sick, God programmed self-healing into the body so that if the offense (wrong foods or drugs) which had caused the problem was stopped and proper building materials (nutrition) were provided, the body would heal itself! It is all so very simple!

Lets look at how we treat sickness in this modern and so-called enlightened day in which we live: Those who believe in God will usually pray first ... then quickly run to the doctor. The doctor will ask the person what their symptoms are, then prescribe a drug that according to their training is supposed to relieve that particular symptom. But how many, many church people do each one of us know who went this route and their health continued to deteriorate and they often died? Where was God? Many people have gone the vitamin, herb, mineral, protein supplement route with similar results.

As a pastor, something that really disturbed me was when I realized that almost half of all Americans die of heart attacks and strokes **and that the percentage of Christians that died of heart attacks and strokes was IDENTICAL!** That some 30 percent of the American population develops cancer **and that the percentage was the SAME within the Christian community.** We could go on into all the other physical problems plaguing our country today, and find that the percentages of Americans who are experiencing diabetes, arthritis, asthma, ulcers, migraines, digestive disorders, obesity, allergies, mental illness, bad teeth, etc. ... **is the SAME within the Christian Community as it is outside the**

Christian Community. WHERE IS GOD?

Let me begin to answer that question by stating again that **God made a marvelous body!** He did not make any mistakes and He didn’t make any junk, nor is He the One to blame when we get sick. It seems that Christians have been programmed into thinking that God is controlling everything ... including a person’s health, and that the individual has no control. But nothing could be further from the truth. God gave each one of us a fabulous body **but then He turned that body over to each one of us and told us to be good stewards or caretakers of that body.** “What, know ye not that your body is the temple of the Holy Ghost ... therefore glorify God in your body ...” (I Corinthians 6:19-20) and again “If any man defile the temple of God, him shall God destroy ...” (I Corinthians 3:16). “Be not deceived; God is not mocked: for whatsoever a man soweth that shall he also reap.” (Galatians 6:7).

In other words, God gives each of us the freedom to choose what we do with our lives. We have the choice to accept Him as our Creator, Lord and Saviour or to reject Him.

When It comes to what we put into our bodies for nourishment and to sustain these body temples, we can choose to nourish our bodies with the foods God designed these bodies of ours to be nourished with or we can choose to put into them what the world and commercial interests parade before us. My Bible says in Romans 12:1-2: “I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world...”

Then, even after we accept Him, we have the freedom to live for Him or not to live for Him. And when It comes to what we put into our bodies for nourishment and to sustain these body temples, we can choose to nourish our bodies with the foods God designed these bodies of ours to be nourished with or we can choose to put into them what the world and commercial interests parade before us. My Bible says in Romans 12:1-2: “***I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world...***”

Then after we get sick from putting into our bodies those substances which God never intended to enter these body temples, we run to a medical doctor as we have been programmed, hoping the doctor can help us. What most people do not realize is that the treatments administered by the doctor were never ordained by God, are literally poisons that will, in most cases, further complicate the problem. Here is what I am getting at...

At Creation, God established certain universal laws that apply to the whole of His creation. These laws are perfect and eternal and no one can change them. The law of gravity is a good example ... get too close to the edge and you will pay the penalty for the violation of that law regardless of whether you have knowledge of that law, like or dislike that law, or are a Christian or not. The health laws are the same. God in His loving kindness gave them to us so that we might enjoy abundantly healthy lives. But any variance from them will cause problems within the body ... sickness! God gave us simple instruction for every situation we can have in life in His Word, the Bible, but because most Christians haven’t followed these teachings, they feel they need an “expert” from this world to tell them how to live, how to eat and how to deal with physical problems.

Man, thinking he knows more than God, has tried to improve on God’s ways. Thus he has invented all kinds of treatments, potions, pills, ointments, drugs, chemotherapy, radiation, surgery and a host of others in an effort to cure illness, pains and discomforts.

Disease never has been and never will be cured this way, FOR ALL HEALING COMES FROM WITHIN! Doctors do not cure, drugs do not cure, radiation does not cure, surgery does not cure, vitamin supplements do not cure, nor does any other man-made device. God put within man the ability to self-heal, BUT ONLY IF WE FOLLOW AND

ABIDE BY HIS NATURAL LAWS! How sad it is that the Christian Community has gone outside of the Bible and God’s ways and looked up to the medical profession as the teachers of health and the only ones capable of guiding our sick bodies back to wellness. But are they worthy of our trust? What is their track record?

The medical profession has always professed to be in possession of a true science of medicine, whose principles, applied to the various diseases, constituted the proper healing art. Yet what has the world been profited by all this? How much better has the world been informed in how to maintain wellness by this medical profession? How much better is the health of the people of the world regardless of how much money is spent? The truth is that in the past the medical profession has done nothing but tell us that it doesn’t matter what we eat, and that what we eat has nothing to do with the physical problems that we experienced. The medical

Continued – Please see page 6

Where’s God?

Continued from page 5

profession has been contented to let the people go on in their violations of the laws of life and health, and then, when disease – which is the inevitable result of the violation of these laws – occurs, dose and drug our bodies.

But it is impossible for drug doctors to be health teachers because their whole system is in violation of every Natural Law that God gave that governs these bodies we possess. Every drug, which in reality is a dose of poison, is an outrage against nature, and a war on the human constitution. The false and absurd dogmas of the drug system never did, and never can do anything for the people but further mislead them and further destroy their health. “*And a certain woman, which had an issue of blood twelve years, and had suffered many things of many physicians, and had spent all that she had, and was no better, but rather grew worse.*” (Mark 5:25-26)

Drugs never cure disease, they only change the form and location of the problem which are often called *side-effects*. But *side-effects* are also illnesses ...but they are *caused by the drugs!* Is it not illogical to use drugs in an effort to take away one physical problem while that same drug will produce other problems for which other drugs will need to be taken? Go to the library and look at the *Physician’s Desk Reference*, for a listing of the devastating side-effects of drugs!

The crying need of today is for doctors who understand and have applied and experienced Natural Health principles in their lives to begin teaching and guiding others in these Natural principles. Webster defines “doctor” as “originally a teacher or learned man.” Webster’s *third* definition is “specifically applied to physician or surgeon (MD).” I am not saying we do not need doctors; we need them desperately, to do what a doctor is supposed to do: *teach* people how to live healthfully, according to God’s Natural Laws, not with drugs, which merely sedate the nervous system, mask the symptoms and create additional health problems. Most medical doctors are very fine, sincere people and I am proud to be able to claim many of them as my friends. Here at Hallelujah Acres we have doctors contacting us daily from all over the world who want to know more about God’s Natural Laws, what we teach and how they can apply these health principles in their practice. (Recently, we had a very prominent surgeon contact us. His mother had been diagnosed with colon cancer and he wanted her to pursue the natural healing route rather than the treatments employed by his profession.) Many of these doctors are very

disenchanted and distressed at the time and energy and money they invested and sacrifices they made to learn how to help others ... to only find out that they are contributing to the sickness and agony of the people they treat with the treatments and methods they were taught to use. But they find themselves in a very difficult dilemma because the laws protect them from the adverse side effects and deaths that occur from the dispensing of drugs and the other accepted medical treatments but if they prescribe God’s Natural Laws and simple health principles to their patients they can, in some states, lose their license to practice medicine, go to jail and be fined. May God help us!

Here at Hallelujah Acres we teach a different way ... God’s way! We teach that the only nourishment God ever intended to enter these body temples of ours is raw fruits and vegetables. Period! That’s it!!! A quick look at the rest of God’s Creation will reveal that all members of the animal kingdom other

If doctors, with all their knowledge of the human body, would merely become familiar with the principles of health and the simple Natural Laws that God established, and share them, they would be performing the greatest humanitarian service to mankind this world has ever known.

than man, eat their food raw! And except where the animal’s environment has been polluted by man, there is no sickness in nature. Only man, in his great intellect, is foolish enough to destroy the nutritinal value of the foods, by cooking them, before they are put into the body. In addition, man tries to manufacture all kinds of (so-called) foods that are simply poison to the body. That our bodies hold up to such abuse for such an extended period of time is a wonderful tribute to the marvelous body God gave each one of us. But there is a penalty to pay eventually if we persist in violating God’s Natural Laws.

Here are some interesting things to consider regarding some common physical problems:

*** HEART DISEASE, STROKE, HYPERTENSION & OTHER CIRCULATORY PROBLEMS.** Primarily caused by the fat in animal products. Remove the animal products from the diet, the blood will thin and the arteries will in most cases cleanse and heal. In fact, if a person eliminates animal products from their diet, they reduce their chances of *ever* having a heart attack or stroke by over 96 percent.

*** CANCER.** There are over 100 different names given cancer, depending on what part of the body it is located. But all cancers are simply runaway cells, that is cells multiplying out of control. Everyone of us have these maverick cells in our bodies constantly, but when our immune system is functioning properly, our immune system recognizes these maverick cells for what they are, gobbles them up, digests them, spits them

out, and that is all there is to it. But when our immune system is not functioning properly and when we have loaded our body up with more toxins than our immune system can cope with, then we develop cancer. In fact, tumors are merely pockets of toxins and maverick cells our body is trying to dispose of. Eighteen years ago, when I changed my diet and lifestyle, the baseball-sized tumor in my colon area simply disappeared. Cancer literally feeds on animal fats and protein and even high-protein vegetable foods. When I stopped putting these types of foods into my body and changed my diet, my tumor just went away and has never returned. If a person doesn’t smoke or eat animal products or consume sugar, their chances of ever developing cancer are practically nil.

*** DIABETES.** Adult-onset diabetes is usually not caused by a malfunctioning pancreas or sugar, but by the coating of the cells with cholesterol caused by the eating of animal products. Very often, all a diabetic has to do is remove animal products from their diet and the blood sugar problem will simply disappear. It is this same fat (not the diabetes) that causes diabetics to develop glaucoma, blindness, circulation problems, etc.

*** ARTHRITIS** is caused by excess protein and fat in the diet which produce uric acid crystals in the joints. It is important to realize that high intake of vegetable protein and fats is just as capable of producing arthritis as animal protein and fats. Eliminating the causes of arthritis and giving the body some nourishing raw food, especially raw vegetable juices, will usually bring relief to the arthritic sufferer in a very short time

*** OSTEOPOROSIS** is just the natural reaction of the body trying to neutralize internal acidity caused by eating animal fat and protein and sugar. In an effort to try and neutralize this acidity, the body will rob teeth and bones of calcium. Thus osteoporosis can be avoided by eliminating animal fats and protein from the diet.

We could go on and on, naming physical problem after physical problem ... Premenstrual tension, migraines, Alzheimer’s, slowing mental acuity, failing eyesight, cataracts, skin problems, ulcers, hearing loss, gallstones and kidney stones, obesity, varicose veins, prostate inflammation, estrogen imbalance, etc. In almost every instance, these and most other physical problems can be stopped and usually completely reversed by something as simple as a diet and lifestyle change. Almost without exception, they all have their root cause in the putting into the body substances that God never intended to enter the body. And the thrilling part is that even if the organs are left with only a fraction of their original capacity, when we stop the

Continued – Please see page 7

body organs and fighting disease, we must make sure nothing interferes with the body making enough metabolic enzymes. This is why the eating of raw food with its enzymes is essential for building a healthy body. If the food we eat contains enzymes, then our body doesn’t have to waste its enzyme potential making digestive enzymes. Our bodies were designed to receive food with enzymes, which means food in its raw form.

The Enzyme Nutrition Axiom of Dr. Howell states: “The *length of life* is inversely proportional to the rate of exhaustion of the *enzyme potential* of an organism. The increased use of food enzymes promotes a *decreased rate* of exhaustion of the enzyme potential.”

Human bodies and animal bodies are designed to use the enzymes in food as a means of conserving their own enzymes. A good example of this in the animal world is the cow, which has four stomachs. The first three stomachs secrete no enzymes, which gives the enzymes in the grass a chance to break down the grass, saving the cow’s own enzymes for more important work.

Although humans have one stomach instead of four, the relationship between enzymes and digestion is similar. We have two sections to our stomach. Dr. Howell calls the upper section the enzyme stomach, which is where our food stays for 30 to 60 minutes after we eat it. The purpose of the enzyme stomach is to give the enzymes in the food a chance to predigest the food before our body has to work on it. The enzyme stomach does not secrete any enzymes from our body. After passing through this upper section of our stomach, food goes to the lower section, which is where our body secretes digestive enzymes.

If we eat raw, enzyme-rich food, most of the work of breaking the food down is done for us. If we eat cooked food, devoid of enzymes, our body must do all the work. This puts a big strain on our bodies and it is a very inefficient process with a lot of waste. It is such a burden that the immune system is called in to help. This is why the white blood cells of our body multiply when we eat cooked food. They are used to transport digestive enzymes to digest this enzyme-deficient food we have eaten. The main three enzymes that are a normal part of our white blood cells are protease, amylase and lipase. These are the enzymes to digest protein, carbohydrate and fat, which make up the biggest percentage of our food. The white blood cells go to the digestive tract to aid the digestive process. *In other words, you are weakening your immune system when you eat large amounts of cooked food.*

How can we even be sure if this enzyme-deficient food can be properly broken down by our own digestive enzymes? We can’t! In fact, some of this enzyme-deficient

food does not get assimilated, which leaves fat and cholesterol clogging our arteries, while undigested protein and carbohydrates cause allergies and countless other problems.

Eskimos are a good example of the difference in eating raw food. Before civilization invaded the north, early Eskimos lived almost entirely on a raw meat and fat diet, because there was nothing else to eat. Their arteries remained free of fat and cholesterol because they ate their meat raw. This is not to say that I recommend eating this way, because there are other problems associated with this type of diet, but it shows that with enzymes in the raw food, it can be properly broken down, unlike the enzyme-deficient diet most Americans are trying to live on today.

The digestive enzymes produced in our body do as good a job as they can in breaking down our food, but if we eat too much enzyme-deficient food, our bodies can’t handle it all. There are also a lot of waste products when breaking down this type of food, which produce a burden for our body to clean up. We also have to consider the expense of producing digestive enzymes in our body. They do not come without a price. Our enzyme potential, the “bank account,” is what has to pay the price for the extra work. Since there is only a certain amount of enzyme potential, when we have to produce digestive enzymes, our bodies aren’t making the

Every breath you take, every move you make, every thought you think and every action you take requires enzymes. Enzymes are the work force of the body. No vitamin, mineral or hormone can do work without enzymes.

metabolic enzymes needed for rebuilding and detoxification. When the metabolic enzyme level is low enough that the metabolism suffers, we will eventually die. The good part is that if we notice the problem in time, we can reverse this process by using the enzyme potential for what it was intended.

We can choose to eat raw fruits and vegetables, which make superior quality cells, leave no harmful waste products and result in exceptional health and a long life. Or we can continue eating enzyme-deficient food, which produces poor quality cells with a lot of waste that cause physical problems and a premature death.

Dr. Norman W. Walker was an early proponent of the advantages of eating a diet dominated by live foods containing enzymes. In *Fresh Vegetable and Fruit Juices*, published in 1937, Dr. Walker writes: “The basic key to the efficacy of nourishing your body is the life which is present in your food and of those intangible elements, known as enzymes. In other words, the element which enables the body to be nourished and live, that element which is hidden within the seeds of plants and in the sprouting and growth of plants is a life principle known as enzymes.”

Dr. Walker emphasizes, “enzymes are not ‘substances.’ Enzymes are an intangible magnetic Cosmic Energy Life Principle (not a substance) which is intimately involved in the action and activity of every atom in the human body, in vegetation, and in every form of life ... *Where there is life, there are enzymes.*”

So, with all this considered, I ask you again: Are enzymes the secret to life? Decide for yourself. The reason I do what I do is not to fill people’s heads with knowledge, but to make people think about what they are doing. This is a concept I learned from one of my professors in college. You don’t go to school or read to fill your head with knowledge. You do this to learn how to learn. Another good teacher in high school taught me to think in terms of concepts. Don’t worry about the ABC’s and formulas – use your brain to learn what will get the results you are looking for.

This is what Hallelujah Acres is all about: RESULTS! We are what you might call truth-seekers. We look at the bottom line, which is, does it work?

What we teach at Hallelujah Acres does work, and people do get results! But, it isn’t just the eating of raw food that does it. It is not what you eat that counts, but what you get to the cell level. By eating raw food, there is a relatively small percentage of nutrients that get to the cell level. According to Dr. H.E.

Kirschner, we assimilate from 1 to 35 percent of nutrients from eating raw food, but by juicing, we assimilate up to 92 percent of these nutrients. Juicing is the

easiest way to get nutrients to the cell level. Predigestion is the key. Our body doesn’t have to expend energy digesting juices like it does with the raw food. The nutrients get to the cell level within minutes of ingestion. This is why people get such good results.

For so long, we have thought of what vitamin or mineral we need to supplement our diet. We can throw this kind of thinking out the door because it has gotten us nowhere. The first step to correcting a problem is to find the cause and remove it. Then and only then can we think of what to add that will help our body rebuild and repair its cells.

The primary cause of disease is an excess of enzyme-deficient cooked food, which drains our enzyme potential and leaves excess waste in the body. The solution is to eliminate as much cooked food as possible without causing undue stress. Then we can give our bodies some easily-assimilated, enzyme-rich, cell-building, raw food. Raw fruits and vegetables, especially the juices of vegetables and Barley Green, are the best means of achieving this goal.

This is what we practice here at Hallelujah Acres, and the results speak for themselves.

Questions about your health

Question: What is an enzyme?

By Rob Vaughan

Of all the major elements of nutrition, enzymes are the least understood, the least written about and they provide the most underestimated contribution to our life and our health. There are few sources in medical science or nutritional health that offer an in-depth understanding to even begin to thoroughly answer this seemingly simple question.

But once we review what is known about enzymes, you may want to ask, ***are enzymes the very secret to life itself?***

Everyone has heard of protein, carbohydrates and fats, which are the biggest components in food. Most people have also heard of micro-nutrients called vitamins and minerals. All of these food components are understood to be important and vital to life and should be supplied in the food we eat.

But how many people have heard of enzymes? And of these people, how many know what enzymes are and how they fit into the nutritional picture? Are enzymes just another piece in the puzzle of life, like vitamins and minerals?

NO! Enzymes are what make all the other pieces work. Enzymes are not tangible, physical substances. Enzymes are the very life force that activate vitamins, minerals, protein, and other physical components in our body. Enzymes are the key to understanding the difference between life and death, and between sickness and health.

Every breath you take, every move you make, every thought you think and every action you take requires enzymes. Enzymes are the work force of the body. No vitamin, mineral, protein or hormone can do work without enzymes.

Enzymes have been studied since the early 1900's, but even today this is a field of research still in its infancy. In 1930, only about 80 enzymes were known to exist. Today, there are thousands of enzymes known, and many reactions have been identified for which the enzymes responsible are not yet known. Every year, more new enzymes are discovered. But even with all its technology, modern science is

no closer than it was 60 years ago to knowing what makes an enzyme work. We can only discover the enzyme and give it a name.

Enzymes are still thought of by many to be catalysts.

But catalysts work by chemical action only.

Enzymes function not only on a chemical level but on a biological level also. The chemical part of the enzyme can be synthesized by chemists, but the biological part cannot be. If this "life principle" could be synthesized, then man could create life. The only way inanimate objects can be brought to life is through God; like

when man was created: "And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul." (Genesis 2:7)

I choose to see the enzymes in my body – as well as the enzymes in living, raw food – as a gift from God to be cherished and preserved. The enzyme is the difference between *physical* life and death. I believe we have a spirit that lives on when our physical body dies. This spirit is the most important part of us, but we cannot ignore the physical body that God has given us. We are the "temple of God," and the spirit of God does not shine through for all to see in a degenerated body. Without enzymes, our body would be a worthless pile of dust ... "dust of the ground."

I hate to break the news to you, but it doesn't matter how much progress is made in scientific research, or how much money we spend on it, we will never understand the creation of life. We can only accept it and have faith that the wonderful body that God made will function properly. Our body will function properly if we give it the proper nutrition – and the enzyme is the key to understanding proper nutrition.

The best explanation of enzymes I have found are the words of Humbart Santillo in his book, *Food Enzymes: The Missing Link To Radiant Health*. "It has always been felt that enzymes are protein molecules. This is incorrect. Let me clarify this by giving you an example: a light bulb can only light up when you put an electric current through it. It is animated by electricity. The current is the life force of the bulb. Without electricity we could have no light, just a light bulb, a physical object without light. So, we can say that the light bulb actually has a dual nature: a physical structure, and a non-physical electrical force that expresses and manifests through the bulb. The same situation exists when trying to describe what an enzyme is within our body structure. A protein molecule is a carrier of the enzyme activity, much like the light bulb is the carrier for an electrical current."

In "The Energetics of Juicing" audio cassette Santillo further explains, "An enzyme

is the electromagnetic energy that manifests itself in a protein molecule that controls the chemical and biochemical processes of life ... Pure Energy. The body needs that energy, The body absorbs energy like it absorbs nutrition, except when the body is depleted of enzymes, when it's depleted of energy, it can't absorb the nutrition. All our lives we have been thinking, 'What vitamins, what minerals should I be taking?' when the bottom line is enzymes because enzymes digest the food, enzymes break the food down, enzymes carry the nutrients to the cells, then the enzymes in the cells take all these nutrients and build the bone, teeth, heart, etc."

But the reason you don't hear much about enzymes from the medical establishment is there is nothing solid that you can put your hands on. It is very hard to explain and impossible to duplicate all their processes. Scientists who fail to recognize the action of enzymes in our body also fail to realize the action of enzymes in food and how they fit into the nutritional picture.

There are three different kinds of enzymes: metabolic enzymes, to keep our body functioning properly; digestive enzymes, to digest food; and food enzymes found in raw (live) food, which also help to digest food in our body. Food enzymes are only found in raw food, which is food that has not been cooked or heated above 118 degrees. According to the research of Dr. Edward Howell, who was a pioneer in the research of enzymes, when enzymes are heated to a temperature of 118 degrees, they are destroyed in a half-hour. You can imagine what cooking temperatures, which start at 212 degrees (the boiling point of water), does to an enzyme.

Since our body makes digestive enzymes to break down food, do we need to have enzymes in our food?

Absolutely, beyond the shadow of a doubt, yes, YES, **YES!** This is the whole point behind what Dr. Howell calls "The Food Enzyme Concept," and this is what I will try to explain.

Our body has an "enzyme potential," which means that there is only a certain amount of enzymes that our body can produce; and if we depend on these enzymes alone, they will be used up just like an inherited bank account that is spent, but not added to.

Our bodies are constantly building and replacing living cells at an unbelievable rate; some estimate hundreds of millions of cells a minute. There are also estimates of how long it takes to rebuild our whole body that range from one to seven years. So, since we have a whole new body every one to seven years, there is nothing to worry about, right?

WRONG! We have a new body, but whether it is better or not is up to us and how we use our enzyme potential. We can spend this potential making metabolic enzymes to rebuild healthy new cells or we can spend it trying to digest enzyme-deficient food. Every part of our body has its own metabolic enzymes to do its work. One person found 98 different enzymes in the blood alone. Since metabolic enzymes do the work of repairing

abuse (putting into our body the toxic, so-called foods) and give our body the proper building materials (raw fruits, vegetables and vegetable juices), the body can often perform that which borders on the miraculous.

THE SOLUTION

All one must do to keep from getting sick or to eliminate most physical problems even after they have manifested themselves, is to return to the Original Diet God gave to mankind ... raw fruits and vegetables. That is all I did 18 years ago when I was told that I had colon cancer. Overnight, I switched from the typical American diet of meat, dairy, sugar, table salt, white flour products, and predominantly cooked food to **raw fruits and vegetables with lots of freshly-extracted carrot juice.** Almost immediately, my physical problems started to leave me and within less than one year, all physical problems were gone and have stayed gone for 18 years!

But I am not alone and my experience is not unique. Here at Hallelujah Acres, there is not a day goes by that someone does not tell us of fabulous improvements in their health that they personally have experienced when they did something so simple as change their diet and lifestyle. In fact, people get so excited that they want to share it with everyone they meet. And this is what must happen if we are going to change the health of Christian people and yea the health of the world. It is too good to keep to ourselves. Here at Hallelujah Acres, Rhonda and I are working literally 7 day weeks, often 16 hour days and putting all the profits from our business into free literature in an effort to reach as many people as possible with the message "**You do not have to be sick!**"

Where's God? He is right where He was when He created man and gave man the original diet in Genesis 1:29 which reads: "**And God said, Behold, I have given you every herb (vegetable) bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat.**" Listen again as God speaks in Genesis 6:7 "...**I will destroy man whom I have created from the face of the earth ... for it repenteth me that I have made them.**" And again in verses 11 & 12, "**The earth also was corrupt before God, and the earth was filled with violence. And God looked upon the earth, and, behold, it was corrupt; for all flesh had corrupted his way upon the earth.**"

Where's God when it comes to physical problems? He is right there in the Scriptures and in each one of our lives trying to woo us back to Him and the diet that He originally gave mankind and whereby He intended His creation to be sustained.

So my friend, there is a solution to this almost overpowering problem of disease, drugs, hospitals, surgery, astronomically high medical expenses and premature deaths, that has so many people both inside and outside the church in its grasp today. If doctors, with all their knowledge of the human body, would merely become familiar with the principles of

health and the simple Natural Laws that God established, and share them, they would be performing the greatest humanitarian service to mankind this world has ever known. They would then be fulfilling their role as teachers of the true health message. Many doctors are already moving in this direction and beginning to incorporate more information regarding lifestyle changes in their recommendations to their patients. Many pastors are starting to

incorporate the health message into the teachings of the church. The public is much more aware of the benefits of healthful living, and the message is growing every day. Won't you join us here at Hallelujah Acres and become a part of this great and exciting health revolution!

(To order additional copies of this or other issues of *Back to the Garden*, please see page 13.)

The Hallelujah Diet

by Rev. George H. Malkmus

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

BREAKFAST: One tablespoon of BARLEYGREEN* powder either dry and let it dissolve in my mouth or in a couple of ounces of distilled water at room temperature. That is usually all that I have until noon! If I do get hungry, then I may eat a piece of fresh juicy fruit later in the morning. Cooked food is an absolute no-no as my body is in a cleansing mode until about noon each day. (It is vitally important to me that the BARLEY GREEN powder I use comes from AMERICAN IMAGE MARKETING and that it contains kelp. There are several other companies that have tried to imitate this product, but they are not processed the same way. I have tried other products, but they do not give the same results. Nor do the BARLEYGREEN caplets.)

LUNCH: One tablespoon of BARLEYGREEN* powder, as at breakfast. Sometimes I stir my BARLEYGREEN into 8 to 12 ounces of freshly extracted carrot juice**, which I find especially delicious and extremely nutritious. At least a half hour after the BARLEYGREEN, I prefer an all-raw fruit lunch. Just peel the banana, eat a whole apple, have some dates, etc. Organic is always best when available. (A vegetable salad is sometimes had for lunch instead of the fruit, but I prefer fruit.) It is important that this be an all raw meal!

SUPPER: One tablespoon of BARLEYGREEN* powder either dry or in a couple ounces of distilled water as at breakfast or in carrot juice as at lunch. Carrot juice must be *freshly* extracted, never canned, bottled or frozen. Then, at least 30 minutes after the BARLEYGREEN, I eat a large green vegetable salad made up of leaf lettuce (never head lettuce), broccoli, cauliflower, celery, carrots, etc. This is usually followed by some cooked food (baked potato, baked sweet potato, brown rice, steamed vegetables, etc.) Later in the evening I will often have a glass or two of organic apple juice or a piece of juicy fruit. (My diet consists of approximately 85 percent raw food, and 15 percent cooked food.)

*The reason I supplement my diet with BARLEYGREEN is that our food today is being grown for the most part on very deficient soils that often lack all the nutrients my body needs for building new, strong, healthy, vital, vibrant cells. BARLEYGREEN is grown organically and contains the widest spectrum of nutrients available today from a single source that I am aware of. It is also loaded with enzymes. I consider it the single, most important food I put into my body each day and always consume *at least* 3 tablespoons of it a day.

**The second most important thing I put into my body each day is freshly extracted carrot juice made from large California juicing carrots in a Champion Juicer. I try to drink at least 16 to 24 ounces each day. When I had my colon cancer 18 years ago, I consumed 32 to 64 ounces of carrot juice each day. If I had a serious physical problem today I would consume up to eight 8-ounce glasses of carrot juice each day in addition to my three to four tablespoons of BARLEYGREEN. The reason BARLEYGREEN and carrot juice is so important to me is:

1. Cooked food has practically no nutritional value.
2. A large percentage of the nutrients in raw food are lost in the digestion process, with only 1 to 35 % of the nutrients reaching cell level, depending on the health of the individual's digestive system.
3. When vegetable juices or BARLEYGREEN is consumed, up to 92% of the nutrients reach cell level. This is because the pulp has been removed and thus no digestion is necessary. Raw vegetable juices are literally concentrated, predigested food and are the fastest way to nourish the cells and rebuild the body.

After coming to Hallelujah Acres, Mary Payne loses 112 lbs. And greatly improves her severe rheumatoid arthritis

By Michael Dye

In the summer of 1992, Mary Payne of Cleveland, Tennessee weighed 275 pounds and was suffering from more than a half-dozen different ailments that revealed her deteriorating health. In addition to obesity, Mary said she had dizzy spells, high blood pressure, sinusitis, frequent colds, memory loss, bad constipation and a severe emotional depression that controlled her life.

And in 1992, she was suddenly struck with a severe case of rheumatoid arthritis. Her hands and joints became so swollen and painful that she was unable to comb or wash her hair, or get in or out of a bathtub without help. "I couldn't even lift the bed sheets to cover myself when I went to bed at night," Mary said as she recalled her arthritic pain.

Following blood tests, her doctor diagnosed the problem as rheumatoid arthritis, for which he said there was no cure. "When I asked my doctor what I could expect, he said, 'To get progressively worse.' I have three brothers who are doctors, and they also said there was no cure for it," Mary said.

At this time, her sinusitis attacks had been flaring up every six to eight weeks for five or six years, with each occurrence becoming worse. She said her dizzy spells "would come and go," and also had been a problem for at least five years. "I would stand or sit up in bed and my head would start spinning. It felt like the room was going in circles. I went to ear doctors and they could never find the problem." Her memory loss also was puzzling. "I'd go somewhere to do things and all of a sudden I couldn't remember what I had gone there for. I'd ask, 'What am I doing here?'"

As for her emotional health, she said, "I was very depressed. I didn't want to go anywhere or see anybody. At times, it was really bad. That last year (up until August 1992) was the worst," she recalls. But in August 1992, her husband, Larry, brought home a book as a gift from friends at church that would change her life. The book was titled *Why Christians Get Sick*, by Rev. George Malkmus.

"Once you start reading that book, you can't put it down," Mary said. "My husband read it the first day, and I read it the next day. After reading *Why Christians Get Sick*, I was convinced I had to change my diet. What I was eating had made me overweight and had broken down my immune system."

After reading the book, Larry and Mary Payne made a visit to Hallelujah Acres in Rogersville, Tennessee, a round trip of about 300 miles. "That trip was really hard on



Mary Payne "before" and "after" coming to Hallelujah Acres. The "before" picture at left was taken July 1, 1992, as Mary was approaching 275 pounds. The "after" photo at right was taken 18 months later, Feb. 1, 1994, as she weighed 163 pounds – a loss of 112 pounds.

me. I couldn't hardly get around," Mary recalls. When Mary met George and Rhonda Malkmus, she asked them not to shake her hand, because it would hurt her too much. After hearing Rev. Malkmus speak, Mary said she was even more convinced that she must change her diet to regain her health.

Following dietary recommendations taught by Rev. Malkmus and Hallelujah Acres, Mary immediately quit eating meat, eggs, dairy, sugar and white flour. She started on a vegetarian diet composed largely of raw vegetables and fruit, drinking freshly-extracted carrot juice at least twice a day, and she took three tablespoons of Barley Green a day. In the beginning stages of her healing, arthritis prevented Mary from personally using their Champion Juicer, but when her husband was home on weekends, he would make her fresh juice every hour. Once she improved enough to start exercising, she bought a mini-trampoline and started walking.

On her new diet, she lost 8 pounds the first week, 5 pounds the second week, and 2 to 4 pounds each additional week for a year. For the last few months, her weight loss has slowed, but she has not regained any of what she lost. "Since the first of August (1993), I have lost another 20 pounds." And unlike the effects of many other diets, throughout her entire period of weight loss, she said, "I have had lots of energy and I am not wrinkled. Now I've lost 112 pounds and I feel great."

Mary said her emotional problems cleared up "not long after I started on the Barley Green. It helps to restore your body cells, and that helps to fix everything."

Within two weeks after starting in on her new diet and Barley Green, Mary said she

was able to quit taking her arthritis pain medicine. And within two months, she quit taking Feldene, the anti-inflammatory drug that had been prescribed to relieve her rheumatoid arthritis. Mary said she occasionally feels some stiffness in her joints, but no pain.

As for her other problems, Mary said once she changed her diet, "My memory improved, my constipation is completely gone, I quit having so many colds, it's been about a year since my last dizzy spell and I've only had sinusitis three times in the past year-and-a-half." Unlike before, when her flare-ups of sinusitis were getting progressively worse, Mary said each of her last three sinus problems have been less severe. "I think it's a sign that my body is getting rid of its poisons," she said.

Mary was able to quit taking her medication for high blood pressure within nine months of her dietary change, and the only medicine she takes now is thyroid medication. Mary said her choice to quit taking her other prescription drugs were made "on my own will ... it wasn't my doctor's decision, and George didn't tell me to stop taking them. It was something I decided on my own."

"People who see me just can't believe how much better I look. I can't go anywhere without people saying, 'Wow, what are you doing?' All this time, we haven't tried to sell Barley Green for a profit. But when people see what it has done, they come to us and ask what I'm doing." The Paynes have introduced many people to Barley Green and a healthier diet and are willing to talk to anyone wanting additional information on this subject.

"I'm totally amazed at how my emotional attitude has changed from what it was then to what it is now. I just wanted to stay home and be by myself before. Now I go anywhere I want ... I didn't like myself before. Now I like who I am," she said.

"It's such a joy to be able to bend over and touch my toes," Mary said, as she demonstrated her new capability. "I was always overweight as a child," she added. Mary said she has lost a lot of weight twice before, once on diet pills and once with an organized diet group. But both previous weight losses left her without energy, in poor health, and she eventually gained back 30 pounds more than she had lost.

"I'm 53 years old now, and I feel better than I've felt in 20 years," she said.

As for her three brothers that are doctors, who told her there was no cure for her rheumatoid arthritis, Mary said, "They are amazed at my progress. They now say, 'Just keep doing whatever you're doing.'"

Back to the farm – Continued from page 3

computerized mailing list. As we go to press, the new building we have been working on all winter is nearing completion. It will become International Headquarters for Hallelujah Acres. It will house offices, a computer room, shipping room and two rooms for guests. We want to say a great big "THANK-YOU" to Wesley Moore and his crew for a great job.

THIRD - Mail order will become an increasingly greater part of the ministry, as it is the mail order business that will have to support this ministry all by itself now. Up until this time, we have been able to take the profits of the restaurant, natural foods store and mail-order to pay all the wages of our help and support the free literature we distributed. With the restaurant and natural foods store no longer a source of income for us, the whole burden of supporting this ministry will fall on the mail-order business. (Rhonda and I have yet to take any money out of the business. All profits have gone into trying to get the good news, "YOU DON'T HAVE TO BE SICK," out to others.)

FOURTH - Our publication, *Back to the Garden*, is expanding its circulation in leaps and bounds. Issue #1 in May 1993 had a circulation of 4,000. The last issue, #6 for January/February 1994, had an initial printing of 12,000 copies and we have already had to do a reprint of 4,000 more copies. The cost of this publication is becoming staggering! If we

project the cost throughout 1994 at just the present circulation, it would be over \$50,000, not counting salaries or overhead. We want to keep this a "free" publication so that "whosoever will" may learn about the way God wants us to eat and live, regardless of their financial ability. But if this is to remain a "free" publication, it is necessary for each of our readers who is able to please help us. We don't want to have to ask people for money to support this ministry, although we deeply appreciate those who have sent donations, and we thank you with all our hearts. Nor do we want to charge a subscription fee. All we ask is that each person who receives *Back to the Garden* order something from us as often as possible that will help pay for their own subscription. For those who make larger or more frequent purchases, you are allowing us to send this publication to ever more people.

Daily, we receive requests from people who want to be added to our mailing list. Some people send lists of people that they want added. We want to be able to continue to accept lists, but the cost to us is great. We ask that if you send in the name or names of someone other than yourself to be added to the mailing list, that you send at least a dollar for each name and address submitted, which will cover a small part of our expenses in record keeping, printing and mailing costs. We really appreciate your help in this.

FIFTH - Being free of the daily operation of the store, Rhonda and I will be able

to expand our Seminar and speaking schedule. From the Calendar of Events on page 12, you can see that we have already taken on many more speaking commitments. If you are interested in our coming to your area, contact us as far in advance as possible. We look forward to meeting many of you as we travel around the country.

SIXTH - My first book, *Why Christians Get Sick*, has already had six printings and is getting ready for a seventh as we send out almost a case a day, not counting smaller quantity orders. We hope our new book, which will be a manual on how to eliminate sickness God's way, will be available by summer. Most of it has now been written and will become a priority once we get to the farm.

SEVENTH - The three guest rooms we announced in our last issue has been reduced to two as we needed one more room for office expansion. These two rooms will be available sometime after April 1 for overnight guests. Later, we will offer an opportunity for people to come for up to a full week of learning, but we are not yet ready to announce these plans. There is too much else going on.

As we close this sharing time with you, Rhonda and I and the crew here at Hallelujah Acres want to say a great big **THANK YOU** for each one of you who have prayed for us, encouraged us and sent us those warm/fuzzy letters telling how much you appreciated this ministry. We love you and thank God for each one of you!

From the Mailbag Continued from page 2

interview and it was a new beginning for me...We love you, we pray for your ministry, we pass out free *Back to the Garden* issues, we follow your ministry closely...God bless you, we are 100% with you."

Wayne & Marlene Brault, Columbia City, Oregon

"Greetings from Hong Kong - A friend sent me your book and it is fantastic. Enclosed is my order for 50 "*Why Christians Get Sick*"...to share here. So many missionaries are burning out because they are not living by God's principles for wholeness...I reach a wide audience here because I recovered from Epstein-Barr on natural remedies..."

Linda Clifton, Hong Kong, China

"Please send 1 copy of *Why Christians Get Sick* - I have loaned mine out and can't get it back - everyone wants to read it...I have also loaned out all my "*Back to the Gardens*" - Can't get them back either - everyone is passing them all around. I would like to give them away, but can't afford it on S. S. I'll be praying for you."

Arthur Vars, Sr., Uncasville, Connecticut

"Hi, my name is Joyce Cook and my sister's name is Celia. We are both very glad to see the changes in our mother's health since she started

on Barley Green and carrot juice. Mom had ulcers, a hiatal hernia and arthritis...Mom used to choke down so many pills just watching her made me ill. Today she is pill free, and pain free. I am very excited about your book (*Why Christians Get Sick*) and the things I have learned and have a list of friends and relatives I can't wait to share the information with."

Joyce Cook, Ft. Wayne, Indiana

"I believe you are most assuredly on the right track concerning nutrition...About two years I (tried to change my diet)...But now, after reading your book, I can see that my experiences were groping in the dark, compared to what you have laid out. I just think your work there is the greatest and desperately needed to educate people who are killing themselves in ignorance..."

Marvin Ballard, Zirconia, North Carolina

"In March 1993 I (visited Hallelujah Acres and) changed from my regular diet of cooked food, meat, pizza, sub, etc. to a diet of juice from carrots and other raw vegetables with a tablespoon of Barley Green before each meal, plus a large raw salad for lunch and dinner and a little cooked food for dinner. I eat some fruit, mostly apples, bananas and oranges between meals. The following is a list of the problems I had when I changed my eating habits and the improvements which resulted: 1. Every time I brushed my teeth, my gums bled...this cleared up after one week. 2. Grains of sand in my eyes every

morning...cleared up after one week. 3. A muscle problem in my right eye cleared up entirely after several months. 4. My severe hemorrhoids has cleared almost entirely up, and is still improving. 5. I had constant indigestion...Since going on the Hallelujah Acres Diet, I have not had any indigestion except when I have violated the diet by eating something I shouldn't. 6. After eating lunch, I would get very sleepy...this too has stopped. 7. I would fall asleep every time I read for over 10 minutes...I now can read for hours without any drowsiness. 8. My frequent headaches have disappeared. 9. I am more alert, can think clearer and have a lot more stamina. 10. I had all the symptoms of prostate trouble...this too has greatly improved. 11. Frequent pains would occur in my legs, so excruciating that I could hardly stand on them. They have not occurred since the second week, except when I got seriously off the diet. 12. I had gotten heavier than I should have been, but lost 30 pounds in the first six weeks after going on the Hallelujah Diet. 13. I had a small skin cancer on the bridge of my nose which has disappeared. I guess everyone carries around some minor diet related problem they don't consider serious enough to see a doctor for, but cause discomfort. It is interesting to see how a change in eating habits has changed so much"

James Hartline, Johnson City, Tennessee