

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

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

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

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

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

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

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

## Thoughts to Pass On

"The people need to learn that the natural condition of human beings is one of health, and that every instance of sickness and suffering, unless caused by accident, is caused by some wrong doing on the part of the sufferer."

— Dr. Harriet Austin, 1850

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

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

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

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

# Back to the Garden

May / June 1994  
Issue No. 8

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



Rev. George & Rhonda Malkmus are seen in front of the recently completed building now being used for offices and shipping. Much is happening at Hallelujah Acres these days. Ground has been broken on another new building, due for completion by mid-summer. When finished, this building will become the new office building, shipping room, health food store and will offer a 100-seat auditorium for seminars. At that time, the building seen above will be used for a guest house. We are also announcing the formation of Back to the Garden Health Ministries, which will provide a unique opportunity for those who feel a calling to begin their own health ministry to help spread the word that "you do not have to be sick." (see page 3)

## God's Marvelous Self-Healing Body

By Rev. George H. Malkmus

"In the beginning God created the heaven and the earth ... 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 1:1 & 2:7)

When God created man, He made no mistakes! In the beginning, everything God made was perfect, from placing the earth in proper orbit around the sun ... not too close lest we burn up and not too far lest we freeze.

The percentage of oxygen was just right to sustain life. Even the food supply, picturesque scenery, tranquil setting, etc. It was all there in perfection. 'And God saw every thing that he had made, and, behold, it was very good.' (Genesis 1:31)

Then God placed man, His crowning creation, in the midst of this beautiful garden on planet earth. And God said to man "Be fruitful, and multiply ..." Every person reading these words, if they could trace their family tree back far enough, would find their ancestry originating IN THE GARDEN! Man has wandered far from this original Garden of Eden which God prepared for us. As a result of this wandering, we have suffered greatly. It is the goal of Hallelujah Acres to try and bring people of today BACK TO THE GARDEN! Back to the simple lifestyle, diet, freedom from stress and sickness, peaceful, happy life God originally planned for mankind.

Maybe this sounds impossible or too simplistic. But we are seeing incredible results from multitudes all over the world who are making simple changes in their diet and lifestyle. Even in this stressful, polluted world in which we live, these people are seeing exciting things happening in their bodies and their life: Healing of disease ... returning a healthy glow, happiness and enthusiasm to their life ... and a heightened ability to serve God and appreciate His beautiful creation. All these benefits initiated by something as simple

If we want to know how to maintain wellness, we must first understand how we are made, how our body is designed to heal itself, and what foods God created for our bodies to function properly.

as a change to a more natural diet and lifestyle.

For most of the 2000 years since Jesus established His church, Christianity has focused on the soul and spirit of man, while practically ignoring the body/temple. Church leaders often take scripture out of context by suggesting the physical body is wicked and evil. Yet my Bible says "What? know ye not that your body is the temple of the Holy Ghost ... therefore glorify God in your body, and in your spirit, which are God's." (I Corinthians 6:19-20) Romans 12:1 says we should "... present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service."

Psalms 139:14 says "We are fearfully

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Edie & Russ Dalson, ages 84 and 92, are good examples of the long-term benefits of a vegetarian diet and lifestyle. This active couple may give you a new outlook on what life can be like in your 80's and 90's. They are busy setting out fruit trees, planting flowers and a vegetable garden. At age 92, Russ still mows his own yard and cuts his firewood. Their story is on page 8.





From the Mailbag

"Keep on for Christ in your great ministry! You are giving folks *real Health Insurance*, instead of *Sickness Insurance*!! May the God of grace open His people's eyes!"  
Pastor David Strong,  
Calvary Baptist Church,  
Wilmington, New York

"Dear George and Rhonda, Thank you for sharing your time, knowledge and wisdom with us in Lufkin (Texas). That conference served as an energizer for me and my husband. After returning home, we have made some big changes in our diet. We have eliminated meat and increased the fresh fruits and vegetables ... Your plan seemed rather radical when we first heard it, but it has not been that difficult at all. We do have some fine-tuning to do, but what we are doing now is a radical change for us and we are feeling better than ever. Thank you again for helping us all to see God's plan for maintaining His temple. May He continue to bless you and the work He has called you to do."  
Leslie Reichert,  
Grand Prairie, Texas

"Your one-time complimentary issue (of *Back to the Garden*) came today. I was thrilled to receive it. Thank you ... My husband and I pastor a small church here in the Ozark Mountains ... Please keep *Back to the Garden* coming. We need it!! God Bless your ministry."  
Pastor & Mrs. Dale Adams,  
Ava, Missouri

Back to the Garden  
is published by  
Hallelujah Acres

P.O. Box 2388 Shelby, NC 28151  
(704) 481-1700  
Publisher: Rev. George Malkmus  
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Subscriptions are free!  
Send us your name & address,  
and we'll add you to our mailing list.

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

"I have just read *Why Christians Get Sick - Hallelujah!* Finally in print someone who knows what he is talking about! Praise God! I fully agree with you and will stand with you in prayer."  
Barbara Anne Sutton,  
Bedminster, New Jersey

"I am a German-Christian businessman living in the Philippines since 1968. Your book *Why Christians Get Sick* was given me as a Christmas gift and has greatly changed my life. The profound truth, spiritual insight and plain common sense of your writings are totally convincing and it seems foolish not to take it to heart. Your ministry is commendable and has inspired me to possibly duplicate it here in the Philippines..."  
Eckart Rampe,  
Metro Manila, Philippines

"... Keep up all the good and worthwhile work you are doing! I just want you to know that since reading (*Why Christians Get Sick and Become Younger*), I have gone completely raw vegetarian and fruits, and I feel so much better ... I am 46 and don't look it. I work out daily and watch what goes into my mouth! It was difficult at first to make this total transition, but I can truly say I am bursting with energy now and feel mentally great. In the past, I was always depressed and upset ... Thanks for everything you are doing to promote good health and mental well-being."  
Adrienne Carbetta,  
San Antonio, Texas

"We have just received *Why Christians Get Sick* and wish we had been able to read a book like this 50 years ago. I have just been diagnosed as having Leukemia. My husband has parkinson. He is 78 and I am 71. We both thought we were watching our diets pretty good, but after reading your book we realize we didn't know anything..."  
E. G.,  
Oregon

"I am writing to request a subscription to your newsletter. I have been vegetarian for a year now and have just recently cut dairy products out of my diet. I would like to learn more and make a fresh start on my sixteenth birthday, which is just a few days away."  
Misty Dawn McKee,  
Johnson City, Tennessee

"Just a little hello from Greeneville, to thank you for all your help over the years ... from the first copy of *Why Christians Get Sick* just off the press. How wonderful to follow you in the success and growth you have reached as you are accomplishing all you ever dreamed of. I am very happy for you and Rhonda and for everyone whose life and health you have touched. Thank you also for signing me up in Barley Green. I in turn, have been able to help many by following and passing on your advise. Our entire family is on Barley Green and carrot juice and so are many of my friends. My Brother-in-law in Denmark whom I put on the combo Malkmus / Gerson Diet in September 1993 for lung cancer, healed very rapidly from the first day ... Loved your letter to Hillary ... Your newsletter is exceptional... God bless you ... and Rhonda, and your ministry."  
Osa Anderson,  
Greeneville, TN

"Dear Rev. Malkmus: Your book *Why Christians Get Sick* is terrific!  
Dr. Nathan M. Meyer,  
President, Bible Prophecy Association,  
Worthington, Ohio

"We were thoroughly blessed by having you speak at the Texas Barley Green Convention and also at Word of Life Church. Many in our congregation made the decision to make changes in their diets and are continuing to stick to it ... Thank you for coming! ... Your ministry is growing so fast, may God continue to strengthen you both and give you divine wisdom."  
Mary Purvis,  
Lufkin, Texas

"Thank you so much for your wonderful ministry! I became a vegetarian about 4 months ago as a result of reading *May All Be Fed* by John Robbins. I have lost 17 pounds and feel fantastic! I am so excited about your ministry because you incorporate God's Word in your teachings. So many of the books I have read are missing that vital information. With your ministry we get the *whole* picture! Thank you for your work and may God bless as you endeavor to make His people healthier!"  
Colleen Elmen,  
Palm Bay, Florida

"Last fall I had the pleasure of seeing and hearing you at a meeting here in Dallas. At that time, I received a sample of your newsletter and a copy of your book (*Why Christians Get Sick*) and I just love it ... I know you must be busy teaching God's Natural Law and please keep it up, we need many more like you ... and your message of common sense."  
Dr. James Hawke Gambrel,  
Life Science Research Foundation,  
Dallas, Texas

"Thank you for your radio broadcast aired in Orlando last week. Although I caught only a small segment, I found your revelations most interesting and intriguing. Being a health advocate myself, I appreciate your voice of concern for the world's dietary standards and your Biblical truth through your newsletter and publications ... Thank you for a most unique and much needed ministry."  
Larry Painter,  
Orlando, Florida

"I am a 38-year-old mother of five with two teenage daughters and people always ask 'which one is the mother?' ... This diet really helps you feel better and do more than others can do!!"  
Rebecca Clark,  
Centralia, Illinois

*Mailbag Continued – Please see page 4*

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.

CRYSTAL DEODORANT STONES are safe and effective for everyone in the family. The stones are 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! One stone is guaranteed to last at least a year. **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 **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. 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 *nourishing* the skin with raw ingredients. All bars are approximately 4 ounces. *Rhonda and I are very impressed with the quality of Creation Soaps. We highly recommend them.*

- 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 - A refreshing skin treatment to help soothe 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, amica, benzoin, Solomon's Seal & olive oil  
**Loofa Sponge - \$3.95**  
#712 - Use as a body sponge to massage and stimulate circulation.

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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.)

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Hallelujah Acres

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If you are not on our mailing list, but would like a free subscription to *Back to the Garden*, please check this box

If you **DO NOT** want to continue receiving *Back to the Garden*, please check this box

We appreciate your order. The life-blood of this ministry flows from your purchases of the health-related products and books we offer. Every purchase made helps us to reach more people with the message that "You do not have to be sick!" ... If God's laws of natural health are followed. Together, we are changing the way the world maintains health. Thank you and may God Bless.	Quantity	Item #	Item Name	Price Each	Total Price
Method of payment: <input type="checkbox"/> check <input type="checkbox"/> Money Order <input type="checkbox"/> Visa <input type="checkbox"/> MC <input type="checkbox"/> Discover <input type="checkbox"/> American Express				Sub-total	
Card Number: <input type="text"/>				6% Sales Tax (NC residents only)	
Signature <input type="text"/>				Shipping	
Card Exp. Date <input type="text"/>				Total	

*Our Featured Product: Herbal Fiberblend*

Advantages of adding fiber to our diet are well-known as researchers from all around the world have confirmed that populations with high-fiber diets have a much lower incidence of colon cancer, constipation and other colon-related problems.

Soluble fibers such as psyllium are also known to help lower cholesterol levels. And because fiber causes starches and sugars to be absorbed more slowly into the bloodstream, this reduces the amount of glucose in the blood, which requires less work from the pancreas in producing insulin.

The 18 herbs contained in *Herbal Fiberblend* are combined to achieve all these benefits and more. Along with being a great source of additional dietary fiber, *Herbal Fiberblend* offers insurance against parasitic infections in the colon and preventative maintenance that will benefit the entire body. Herbal Fiberblend is a finely-ground powder that can be taken in juice once or twice a day before meals.

Some of the ingredients and benefits of *Herbal Fiberblend*, as described by *Cleansing the Body and the Colon for a Happier and Healthier You*, include:

*Psyllium* is one of the best known sources of dietary fiber, containing more than eight times the bulking power of oat bran. Psyllium acts as a colon broom as it creates bulk to pull putrefactive toxins from the intestinal walls.

*Shavegrass* helps to dissolve tumors, expels parasites and kills their eggs. It also strengthens fingernails and hair because it is high in silica.

*Black walnut hulls* are known for killing and expelling parasites. They also help regulate body fluids and balance sugar levels.

*Alfalfa* is an excellent source of trace minerals because of its deep roots. It contains all eight essential amino acids, the eight essential digestive enzymes and is rich in vitamins.

*Oatstraw* stimulates the neuromuscular system.

*Pumpkin seeds* contain zinc, an essential trace element. They also help kill parasites and are good for some prostate problems.

*Licorice Root* stimulates enzymes and peristaltic action in the intestines. It is also used to stimulate and regulate the adrenal glands and pancreas.

*Vitamin C* is an antioxidant, and helps the body's absorption of iron.

*Yucca* has been used to reduce inflammation in the joints.

*Marshmallow root* is helpful in removing kidney stones.

*Violet leaves* are a cleansing herb, helping to remove toxins and parasites.

*Slippery elm* coats the digestive tract, helping to heal inflammation and ulcers.

*Capiscum* helps the digestive system, circulation and regulates blood pressure.

*Passion flower* soothes the nervous system.

*Mullein leaves* help with asthma, bronchitis and sinus congestion.

*Witch hazel* helps mucus membranes and the circulatory system.

*Hibiscus flowers* help lubricate the intestinal tract.



**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, who is in charge of our shipping department, 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 unhealthful 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)

# What's Happening at Hallelujah Acres

I wish you could be here and catch a glimpse of what God is doing at Hallelujah Acres. It is hard to realize that only a few years ago we felt like a "voice crying in the wilderness" as we tried to share with people (especially pastors and church goers) our message that "you do not have to be sick!" Our teachings on how to eliminate almost every sickness by returning to the pure and simple diet / lifestyle God originally intended for man was so often shunned by Pastors and good Christian people, even those in failing health, who needed so badly to make these changes.

Yet today, it is not uncommon to receive 100 letters and another 100 phone calls a day from people all over the world who have made these changes. People are so excited as they realize there is hope for them as they apply the principles we teach and find their physical problems disappearing, weight normalizing, energy increasing, emotional health returning, and so much more. All this from something as simple as a change in diet and lifestyle.

There is so much going on here at Hallelujah Acres. To share some of the highlights: As mentioned in our previous

newsletter, we closed the restaurant and health food store at 120 East Main Street, Rogersville, Tenn. on March 28, and moved our entire Hallelujah Acres operation to the farm. It was just in the nick of time as the interest in what we are doing has jumped another incredible notch. The new building we just completed, which was supposed to house our offices, shipping room and three guest rooms was almost immediately too small, and we had to take over almost the entire building for offices and shipping.

## ANOTHER NEW BUILDING

So-o-o a few weeks ago, by faith, we broke ground for a 4,000-square-foot building that will house a 100-seat auditorium, a small health food store, greatly expanded shipping room, larger office facilities and storage. The footing has already been poured and completion is anticipated by mid-summer. This new building will allow us to use the office / guest house we recently completed as a guest house with four bedrooms. The new building is a real step of faith as we do not know where the money will come from to finance it. But if we are going to keep up with the demand, the new building is a necessity. We do appreciate so much those individuals and churches that have caught the vision and are praying and sending love gifts to help.

## MAIL ORDER

The mail order business is growing each day and we want to thank each of you who have ordered books, tapes, juicers, distillers and other products from us. Truly this is the life blood of our ministry as we use the profits from the mail order to finance our free publication, *Back To The Garden*, pay salaries (Rhonda and I take no salary), utilities, etc. We try to process all orders within 24 to 48 hours and are constantly trying to improve. As many of

you have requested, we are working on being able to accept credit card orders in the near future. Thank you for shopping with us and thus helping us reach more and more people with the good news "you do not have to be sick."

## SEMINARS

Requests for seminars continues to grow so much so that we are already booking into the fall of 1994. In March and April we spoke 26 times, including two Kiwanis meetings, several radio and television appearances, many churches, including Central Baptist Church in Hattiesburg, Miss. and Forest Lake Adventist Church in Orlando, Fla. We also spoke in Methodist, Presbyterian and other Baptist churches. In both the Hattiesburg and Orlando church meetings, we had about 500 people present. Then there was a tremendous meeting in Alexandria, Minn., where we spoke at a Barley Green Convention. We are finding great excitement for what we are doing among these churches and other groups. Many of the people traveled hundreds of miles to attend these meetings. Our Seminar Schedule for May and June can be found on page 12.

## BACK TO THE GARDEN

This issue of *Back To The Garden* is our anniversary issue! It was in May 1993 that we published our first *Back To The Garden* with a circulation of 4,000 copies. The initial printing of this current issue, which is issue #8, is 18,000 copies. It goes to all 50 States as well as 12 foreign countries. It goes to our President, Senators and Congressmen. Many churches order sufficient copies to give to each family in the church. Due to the tremendous cost and time required to prepare each issue of *Back to The Garden*, we will be going to a quarterly publication with the next issue, our Fall Issue, which will be available about July 1.

The mail this publication generates is overwhelming. At the present time I have several hundred unanswered letters sitting on my desk. If you have written and not received an answer, please understand that we are just overwhelmed and that we are not slighting you. We are growing so fast that there is just not time to do everything. And those who have written in with specific health problems and asking our advise, please understand that it is against the law for us to give advice to anyone with a specific health problem.

## NEW MINISTRY TO BEGIN

It is with excitement that we announce a new ministry which will be called **Back to the Garden Health Ministries!** It has been quite awhile developing . . . at first, we thought the way to reach more people was to duplicate our restaurant and health food store. But as time went by, we realized this required too great an investment in time and money and that too few were able to make that kind of commitment. Then in March, about the time we closed our restaurant, I received a call and

then a letter from Robert Smalley, who publishes *The CHURCH & Christian Support GUIDE* for the Kansas City Metro Area. Mr. Smalley was very excited about what we are doing at Hallelujah Acres and wanted to help us spread the good news. In his letter of March 23, he wrote "I am enclosing a developmental package which I feel will assist in achieving your ministry's mission of restoring people's health while maintaining a manageable 'explosion of growth.' A brief overview of the plan is a "distributorship" approach . . . Imagine how many lives will be touched! . . . I am truly excited and blessed to be a small part of the coming health explosion . . ."

We met in Nashville on April 15, and I was so impressed with Mr. Smalley, his wife Marge and their desire to help us spread the good news that we agreed to work together. In the past few weeks we have been working on details and we are now ready to launch **Back to the Garden Health Ministries!** Mr. Smalley will be the International Director and I will be the President and Senior Health Minister. What we will be offering will be an opportunity for individuals who are called to do a health ministry to promote and market the information, programs, products and services of Hallelujah Acres. This approach will allow for people from all over the world to be a part of this exciting ministry as a distributor with a minimal investment. These distributors will then be able to reach people in their respective areas with the health message through seminars, printed material, video and audio tapes, etc. We will provide training, offer support, and provide materials and personally hold support seminars. The potential of this ministry is awesome as this would allow us to duplicate Hallelujah Acres Ministries all over the world, and it would give local support for those on the program and a place for them to purchase products. It could be done from a store front, church, home or whatever situation one may have.

Rhonda and I are thrilled that Robert and Marge Smalley want to be a part of this exciting ministry, and we look forward to working with them to take the message "you do not have to be sick" to the whole world. If you are interested in learning more about how you can be a part of this new ministry, send for more information (see page 12). In a recent letter, Mr. Smalley wrote, "Marge and I were pleased and honored to meet with you last week. One of our prayers was answered when we found we had the same mission as you and Rhonda on a national health ministry . . . Needless to say I am very excited about building up the Body of Christ by getting all of His people and 'their holy temples' abundantly healthy."

There is so much I would like to share, but room won't allow me to say more. Thank you, each one who has been supporting this ministry through your prayers, encouraging letters and calls, purchases and gifts. Rhonda and I can't tell you how much we appreciate you. God Bless You!



## From the Mailbag

Continued from page 2

"An Elder in our fellowship gave me a copy of your book and I think it is great. I have studied a lot of information on different subjects, but what I like about your book (*Why Christians Get Sick*) is that it is addressed specifically to Christians. Keep up the good work and blessings to you from the Eternal Saviour ... "

Pastor Jack Wedel,  
America's Future Christian Fellowship,  
Wichita, Kansas

"Was at your Juicer Demonstration ... on Saturday, February 19, 1994, and bought your book, tape, etc. What I have learned has drastically changed my thinking and my eating habits, and was an answer to earnest prayer for Godly wisdom and knowledge regarding my health ... Thank you and may God bless you and Rhonda in your ministry of educating people to God's way to good health."

Rosalie Smith,  
Englewood, Colorado

"I very much appreciate your ministry. I am interested in helping spread the message of nutrition as well as the Gospel. I believe this may be a ministry where the Lord can use me ... I would like to start a ministry of offering seminars, educational materials, juicers, distillers, and Barley Green to the public ... I would appreciate any advice you could offer as well as any resources for learning you would recommend ... Since adopting your health program I can tell a tremendous difference in my over-all health."

Olin Idol,  
Mocksville, North Carolina

"Dear Brother Malkmus: You surely captured our attention when our sister sent your book *Why Christians Get Sick*. She had seen you on 3ABN Television and immediately started making changes in her diet. When we read Dr. Thrash's comments, your book seemed even more credible, as she is a personal friend and a valued consultant. Thank you for telling us Adventists what we should have been following for over a Century!

I am embarrassed and chagrined but deeply indebted to the Lord's leading in your life. Your book (*Why Christians Get Sick*) is easy to read and understand and we truly appreciate it! Since we received our book, it has been on loan ever since we finished reading it. Our Baptist neighbors have it at the present time. Praise the Lord for truth. Truth will come out! ... Thank you so much for your ministry..."

David & Dorothy Kulisek,  
Monument, Oregon

"Someone let me borrow a copy of *Back to the Garden* and I am very impressed with what you are doing ... I had heard of Barley Green before but didn't know anything about it... Well since reading your newsletter I have gotten some Barley Green and we have been using it for a week. I noticed an immediate difference. Being a Lifestyle Counselor I sometimes put in 50-60 hours a week ... so I had been feeling quite fatigued lately. Then I tried the Barley Green and I felt like I drank some rocket fuel. I feel wonderful and my husband is feeling good too ... May the Lord be with you in your ministry."

Judy Burhans,  
Wildwood, Georgia

"... Here is what my friend Shirley wrote about her 84 year old mother who is on Barley Green: 'She feels so much better! And ... she never has heartburn or gas, nor is her body stiff when she gets up any more! Isn't that great! Oh, she was 94 pounds, now 110 pounds. It's because she can eat everything now. I can't wait for the next newsletter. ... What I feel is that Barley Green rights a lot of wrongs. When I started taking it, I weighed 140. Much too much for me. In six weeks I went down to 128, which is a good weight for me, and I haven't budged from it. It is amazing ... Shirley's mother was too light, so she is *gaining*. It's fantastic! ... I feel sorry for all ... who won't try it ... "

Carolyn Cocks,  
Beacon, New York

"If we could travel with my precious Christian mother to Hallelujah Acres, we would but we have recently brought Mom home after being in the hospital since Dec. 2 and subacute unit

of a nursing home. She was diagnosed with glioblastoma, a brain tumor. We knew nothing of Barley Green and how we wished we did! She underwent her first surgery and a month later had to undergo another brain surgery to REPAIR the damage of a horrible germ she picked up in the operation room. Her fever stayed at 106 too long and that with everything else left her brain-damaged and in a coma. Enter Barley Green into our lives and we praise His name for it. An 87 year old Christian 'saint' came to the hospital and told us to get Mom on ... Barley Green. Mom couldn't swallow, so through unbelievable opposition, her brain doctor approved of the nurses giving it to Mom (through the feeding tube into her stomach). I think he figured she was so far gone that this couldn't hurt her. Well, lo and behold, she began to awaken and respond and SMILE and hug and kiss ... All of her liver spots disappeared and she became the best looking 'dead' person many have seen ...

Janice McKenzie  
Raleigh, North Carolina

"... Your desire to get the natural health message out is a burden I have had for many years. It grieves our hearts to see multitudes suffering so needlessly and dying before their time. I appreciate that God has so blessed and multiplies your ministry through your excellent book and tapes. These are tools that are also helping me to reach more people. Thank you!

Florence Smith,  
Chanute, Kansas

"What a paper! *Back to the Garden* is truly a blessing...Thank you for taking the time and all the hours to help others ... which is truly what the Christian life is all about!"

Margaret Chamberlain,  
Hastings, Minnesota

"I decided to become a co-sponsor of the President's (health care) proposal because I wanted the opportunity to actively participate in the debate and modification of this plan ... As the debate proceeds, I will be pleased to share your suggestions with my colleagues."

Harlan Mathews  
United States Senator

## 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 18,000 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 Heart 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, relieves pain, gains energy & loses 48 lbs.," book review of *Diet for a New America*, Questions about your health?, News You Can Use, Recipes from Rhonda and more.

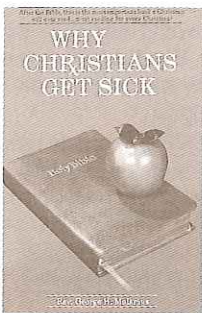
**Issue No. 4, Sept./Oct. 1993**, includes "The Healthy Cell Concept," testimonial: "Rhonda Malkmus cures arthritis, loses 80 pounds, Heals a degenerated spine & then marries George," book review of *Green Barley Essence*, Questions about your health?, News You Can Use, Recipes from Rhonda and more.

**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.

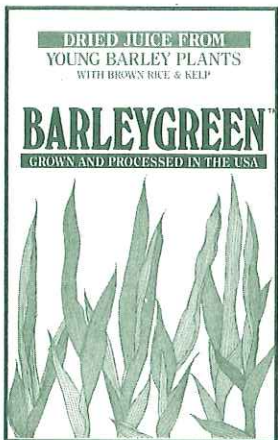
**Issue No. 6, Jan. / Feb., 1994** includes "A Letter to Hillary Clinton," Carol Cover testimonial: "After 22 months of diarrhea, weight loss down to 78 pounds and 4 visits to the Mayo Clinic, 'Barley Green saved my life,'" Elwin Nichols testimonial: "After 2 heart attacks, doctors offered Elwin Nichols 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.

**Issue No. 7, March / April, 1994** includes "Where's God," "Dr. Stan & Jodie Gravely are helping to spread the word in Virginia," The Hallelujah Diet, "After coming to Hallelujah Acres, Mary Payne loses 112 lbs. and greatly improves her severe rheumatoid arthritis," Questions about your health, Recipes from Rhonda and more.

**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*, organically grown food produced from the juice extracted from young barley leaves. 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. 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, containing 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** by best-selling author and nutritional educator Dr. Mary Ruth Swope, tells why 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." (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)

**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, how to restore our health, and will change your thinking forever as to what is nutrition and what is not. **A powerful presentation of the health message!** (\$9.95)

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

Continued – please see page 14

## Recipes from Rhonda

### Guacamole Dip

- 2 very ripe avocados
- 2 Tbsp. onion, chopped fine
- 1 clove garlic, minced
- 1/2 red pepper, cut fine
- 1/2 green pepper, cut fine
- 1 medium ripe tomato, peeled and chopped
- 2 stalks celery, chopped fine
- 1 Tbsp. lime or lemon juice

Halve the avocados, remove pits and scoop flesh into a glass container. Mash with a fork and blend in remaining ingredients. Serve as quickly as possible. Serve w/ fresh veggies.

Health Tip: Aluminum cookware leaches aluminum into our food and our bodies. We recommend only glass or stainless steel.

### Gazpacho Soup

- 3 C ripe tomatoes
- 2 C cucumbers, peeled & diced (1/4 inch)
- 2 stalks celery, diced (1/4 inch)
- 1/2 green bell pepper, seeded & diced (1/4 inch)
- 1 red bell pepper, seeded & diced (1/4 inch)
- 3 green onions, sliced or 2 Tbsp dry onion flakes
- 2 T extra virgin olive oil
- 1 1/2 – 2 Tbsp lemon juice
- 2 tsp Braggs Liquid Aminos
- Parsley Patch All Purpose Seasoning to taste
- 1/4 C soup stock, optional

Place 1 1/2 tomatoes, 1/4 cup soup stock in a food processor and puree. Place in a glass container, add remaining vegetables, stir in olive oil, lemon juice, Braggs and All Purpose Seasoning to taste. Cover & chill. Do not heat. This soup is served cold. Garnish each bowl with a few parsley flakes.

### Hallelujah Acres Potato Salad

- 4 C boiled, diced potatoes, peeled
  - 1/8 C chopped sweet red & green pepper
  - 1 C diced celery
  - 1/4 C chopped onions
  - 1/8 – 1/4 C parsley flakes
- Boil potatoes and cool. Dice potatoes, chop pepper, celery, onions & add parsley. In a separate bowl, combine the following dressing:
- 1 Tbsp. cider vinegar
  - 1 tsp. celery seed
  - 1 T Braggs Liquid Aminos
  - 1 tsp. honey
  - 2 tsp. poupon mustard
  - 1/2 C mayonnaise
  - 1 Tbsp. Parsley Patch All Purpose Seasoning
- Stir until all ingredients are mixed well. Add to potato mixture and toss lightly. Chill several hours before serving.



# Calendar of Events for Hallelujah Acres

May 1994

\* **Saturday, May 7 – 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.)

**Thursday through Saturday, May 11 to 14 – National BARLEYGREEN Convention, San Diego, California** The convention will be at the Hotel del Coronado, 1500 Orange Avenue, Coronado, California. (Directions: Cross the San Diego - Coronado Bay Bridge, turn left at the 1st stop light, hotel is 1 1/2 miles on the right.) Rev. Malkmus will be the key-note speaker on Thursday Evening and will speak again on Friday. The Thursday Evening session is open to the public and there is no charge.

**Saturday, May 21 - 9:30 a.m. till 12:30 p.m. Harvest Cathedral, Macon, Georgia** The church is located at 2254 Rocky Creek Road, Macon, Ga., at Exit 49B off I-75. This will be Rev. Malkmus’ popular How To Eliminate Sickness Seminar. Contact person is Anabel Cunningham. Phone (912) 742-0624. Rev. Malkmus will also appear live on the Del Ward Television Talk Show on Friday, May 20th from 12:30 to 1:00 p.m. in Macon.

**Saturday, May 28 - 3 p.m. All Nations Adventist Church, Berrien Springs, Michigan.** Rev. Malkmus will be speaking on “How to Eliminate Sickness.” The seminar begins at 3 p.m. We will break for supper at 5 and continue the seminar from 6:30 till 8 p.m. Radio and television appearances and other speaking opportunities are in the works. Contact person is Dr. Bernard M. Lall. Dr. Lall writes, “Please inform people to contact me at (616) 471-7602. At this number myself or my secretary will give the details, take their address and mail them the directions to All Nations, overnight lodging, and information as to where they might get a vegetarian meal, etc. If they want to call my home that is fine; they can call at (616) 471-2537 evenings 8 to 10 p.m....We are already getting quite a few calls from folks in Detroit, Ohio, etc. We are of course quite excited about the meeting. God bless you George as you plan your visit to Berrien Springs.” signed/ Dr. Bernard M. Lall, Professor of Educational Administration, Andrews University, Berrien Springs, Michigan.

June 1994

\* **Saturday, June 4 - 10 a.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: \$10.00 donation per person, \$15.00 per couple.) *Registration recommended.*

**Saturday, June 11 - 10 a.m. & 1 p.m. Mystery Hill, Blowing Rock, North Carolina** Contact person is Anna at (704) 265-2030 or 264-2792.

\* **Saturday, June 25 - 10 a.m. “The Gerson Therapy”** This video gives an overview of the Gerson Therapy. It clearly and forcefully shows how the Gerson Therapy offers patients with cancer or other so-called “incurable” diseases a good chance of winning if they follow the therapy diligently. Also, it shows that if the therapy principles are applied as a way of life, heart disease, strokes, cancer, diabetes, arthritis, osteoporosis and the other diseases of civilization that kill and cripple us *will not occur!* Dr. Max Gerson began his therapy before World War I to cure his own severe migraines. During the 1920’s, 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, they are *curing* all kinds of cancer ... including, but not limited to lung, spreading melanoma, lymphoma, bone, colon, breast, brain, liver, prostate, etc. In addition to the cancers, they have had excellent success with multiple sclerosis, severe asthma, emphysema, rheumatoid arthritis, osteoporosis, diabetes, lupus, migraines, infertility, etc. (There is no cost for this presentation.)

**Sunday, June 26 - 4 p.m. Macedonia Baptist Church, Augusta, Georgia.** Rev. Malkmus will give his ‘How to Eliminate Sickness’ Seminar. Contact person is Lorlene Johnson. Call (706) 790-6217

**Tuesday, June 28 - 6 p.m. Muncie Memorial Church, Johnson City, Tennessee.** Rev. Malkmus will be speaking. Contact person is Wolene Paxton. Phone (615) 928-5138.

July 1994

\* **Saturday, July 2 - 10 a.m. “How to Eliminate Sickness Seminar”** See description in June Calendar of Events.

\* Seminars with an asterisk will be held at the Hallelujah Acres Farm in Eidson, Tennessee. See directions below.

## Back to the Garden Health Ministries

*Hallelujah Acres is excited to announce the formation of a new international health ministry. Back to the Garden Health Ministries will provide a unique opportunity for those who are called to begin their own health ministry to help spread the word that “you do not have to be sick.” This will make it possible for people all over the world to have a health ministry in their own community, with a minimal financial commitment, to help promote and market information, products and services to help people live healthier lives. See page 3 for more details. If you have a genuine interest in beginning your own health ministry, write or call:*

Dr. George Malkmus  
Back to the Garden Health Ministries  
P.O. Box 2388  
Shelby, NC 28151  
Phone (704) 481-1700

## 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.

Back to the Garden

## Self-Healing

Continued from page 1

*and wonderfully made.”* When we look at the anatomy of man we find this to be so. Right from the moment of conception, exciting things start to happen as the father’s sperm penetrates the mother’s egg, and genetic instructions from parents interact to begin a new individual.

On the very day of conception, the first cell divides into two, the two into four, and so on. Within five to nine days, the sex can be determined. By day 15 the heart is forming and by day 24 the heart is beating. In 42 days the skeleton is formed and the brain is coordinating movement of muscles and organs. Within eight weeks, every organ is present, the heart is beating steadily, the stomach is producing digestive juices, the liver is making blood cells and the kidneys are functioning. And so it continues until about nine months after conception, when the child is born.

How did the body know to do all this? There is only one answer my friend ... God programmed it all into the original couple, Adam and Eve, and it has been passed down to each of us today through the DNA and RNA of every generation since then. What is found in the DNA is awesome. But we are going to confine this treatise to the area of how we were designed to be nourished and healed.

The first thing we must realize is that the human body is a living organism, made up of approximately 100 trillion living cells. Every part of our body is made of cells ... our bones, blood, skin, muscle, eyes, heart, liver, etc. Each cell is a miniature generator that requires fuel and oxygen to generate the electrical energy needed to power the body. The body also has a defense mechanism which we call the immune system. Then there is the nervous system which transmits impulses throughout the body. The endocrine system coordinates body functions of the glands. The respiratory system controls our oxygen intake. The circulation system involves movement of the blood. And there is so much more. Truly, “we are fearfully and wonderfully made.”

*If we want to know how to maintain wellness, we must first understand how we are made, how our body is designed to heal itself, and what foods God created for our bodies to function properly.* These foods created by God as the original diet for man are described in Genesis 1:29, where we read: “... *I have given you every herb (vegetable) bearing seed ... and every tree, in the which is the fruit of a tree yielding seed; to you it*

*shall be for meat.”*

On this original diet, man lived an average of 912 years, prior to the flood, without a single recorded instance of sickness. Following the flood, two changes were made in man’s diet ... meat was added and man started to cook his food. Following these two changes in the way man ate, the life span rapidly declined in ten generations from an average of 912 years to 100 years. Today, we have moved even further from God’s original diet by putting increasingly more toxic substances into our bodies so that today, by the age of 40, the average person already has serious physical problems. The average four-

*Just as a cut on the surface of our skin will heal itself, the rest of our body – from the cellular level to vital organs – is also designed to be self-healing. This self-healing will occur when we stop consuming the poisons that caused the problem and give our body the nourishment on which it was originally designed to live, prosper and heal. This ability to self-heal was programmed into our DNA by God at creation. Those who have made the change to a natural diet and lifestyle can see that God’s original plan of self-healing works better than all the prescription drugs, chemotherapy and surgery modern medical science has to offer.*

year-old already has plaque build up in his arteries, and the average youth of today cannot even pass the President’s minimal physical fitness requirements.

Our generation is *sick*, and getting sicker by the day! The symptoms and signs of this sickness are the ever-increasing numbers of people afflicted by heart attacks, strokes, cancer, diabetes, arthritis, and a host of other degenerative diseases! But keep in mind that cancer, heart disease, etc. are not the problem itself, but merely symptoms of the problem. *The problem today is that we are putting into our bodies substances (poisons) God never designed these bodies of ours to have to deal with! And then we further complicate the problem by trying to treat the resulting symptoms with additional poisons (drugs).*

Any successful approach to health must deal with the cause of the problem rather than merely the symptoms. If we want to reverse our physical problems, we *must* get back to the basics ... to God and to an understanding of how He made us and how He intended us to be nourished and healed and how our bodies are designed to eliminate toxic substances.

Today, when we develop a physical problem, we have been programmed to believe that the problem is the result of some virus, germ, or bacteria that attacked our innocent body, or that we inherited the problem through our genes from parents, grandparents, etc. *Nothing could be further from the truth!!!*

*Such teachings are designed to keep us from realizing the true cause of disease ... our own transgression of God’s Natural Laws!* The truth is that almost every physical problem we experience (other than those caused by accidents), *we created* by violating the Natural Laws established by God at creation for the sustaining of our life, health and well being.

Then when we get sick, we try to treat the symptom of the disease with more poison (drugs), thinking this poison will destroy the physical problem. But this complicates the problem and actually creates new problems. What we must understand if we are going to restore our bodies to health is that *there are no*

*cures!* My friend reading these words I don’t know how to say it strong enough. *THERE ARE NO CURES!!! The only way to restore the body to wellness is with a healthy diet and lifestyle!*

If we are going to restore the body to wellness, we must realize that drugs do not cure, chemotherapy does not cure, radiation does not cure, surgery does not cure, vitamins do not cure, herbs do not cure. The only way to restore the body to wellness is to eliminate what *caused* the physical problem in

the first place and give the body the building materials it needs to restore and rebuild itself. Programmed into each individual is *self-healing!*

*Just as a cut on the surface of our skin will heal itself, the rest of our body – from the cellular level to vital organs – is also designed to be self-healing. This self-healing will occur when we stop consuming the poisons that caused the problem and give our body the nourishment on which it was originally designed to live, prosper and heal. This ability to self-heal was programmed into our DNA by God at creation. Those who have made the change to a natural diet and lifestyle can see that God’s original plan of self-healing works better than all the prescription drugs, chemotherapy and surgery modern medical science has to offer.*

The most important things needed for self-healing are fresh air, pure water, adequate rest, internal and external cleanliness, sunshine, a positive mental attitude, vigorous exercise and eating the foods by which we were designed to be nourished. And the *only* nourishment God ever intended for us to put into our bodies is pure water, fresh air, sunlight and fresh, raw fruits and vegetables. As long as these needs are met, the body is self-sufficient and will function properly in perfect health. But when we deviate from these basic biological needs, the body becomes

Continued – Please see page 6



# Self-Healing

Continued from page 5

clogged and poisoned, energy is depleted, physical problems result and life is shortened

Rather than helping the body to restore itself to wellness by the elimination of those things in our diet and lifestyle that created the problem, modern medicine seeks to aggressively fight the symptom. The way we deal with sickness today is wrong and it produces horrible results. Not a day goes by that I do not receive dozens of phone calls and letters from people from all over the world with the most horrible stories of the results they or their loved ones have experienced after going the traditional medical route for physical problems ... especially cancer.

Think about how we deal with cancer today. Cancer is caused in most instances by improper diet or lifestyle. Lung cancer caused primarily by cigarette smoking. Colon, breast, prostrate and uterine cancer are caused primarily by animal products. In fact, animal products, excessive protein and fats are the cause of most of today's cancers. If we would but eliminate the causes, and give the body the proper building materials, most cancers would just disappear as the body's own self-healing mechanism would kick in.

Yet, the accepted first treatment for cancer today is usually chemotherapy. The basic chemical used in chemotherapy is *mustard gas*!!! This same chemical was used in World War I to kill soldiers on the battle field, and is such a hideous poison it has been universally banned from use in wartime through treaties. Yet this same poison is being injected into cancer patients today in hopes that it will kill some of the bad cells, which it usually does. But it also kills the good cells and further weakens an already weak immune system. In fact, cancer would never have originated in the first place if the immune system had been functioning properly.

Radiation is another treatment used on cancer patients today. Recently we read of those who were exposed to radiation years ago in experiments conducted by the United States Government. We were told these radiation victims needed to be compensated for the physical problems that arose because they were not told of the harmful effects of the radiation they received. Yet, today, *this same radiation* is used to treat cancer. It is supposed to destroy the maverick cells, which it often does. But in the process, it also kills good cells and destroys our ability to manufacture white blood cells, thus further weakening our immune system. How many cancer patients today are being told by their physicians of the dangers of radiation? There is no safe use of radiation! All radiation is dangerous, whether it be the treatment of cancer, micro-wave ovens or the radiation of food.

And then there is the surgery where they cut out the problem area. Chemotherapy, radiation and surgery all deal with the symptom ... not with the *cause!* *The cause of almost all cancers is improper diet and lifestyle!* And that is why even after a person has gone through the above medical treatments, if they live through the treatments, the cancer will often come back again. Why? Because they only dealt with the symptom, not with the cause!

When I had my cancer problem 18 years ago I refused medical treatment. I eliminated from my diet the things that had caused my tumor and my cancer just disappeared, as did every other physical problem that I had. And for over 18 years I have experienced no physical problems.

Here at Hallelujah Acres we receive thousands of testimonies from people from all over the world who simply eliminated those things from their diet and lifestyle that were creating their physical problems ... gave their bodies superior building materials ... and they got well. One man recently told of 13 different

*Many people today believe they can dump anything they want into their bodies and that this garbage has nothing to do with their physical well-being. Then they believe when they get sick all they have to do is take some drug to take away that sickness.*

physical problems that simply disappeared when he changed his diet. Several months ago, a Christian lady in Kansas City called to tell how she had gone the medical route, without success, for a huge tumor in her rectal area. She was in excruciating pain and couldn't even sit down. She called yesterday, to tell us she had been on the Hallelujah Diet for just eight weeks and already the tumor and pain were gone and that she could sit without any discomfort. She was ecstatic! We share the testimonials and letters of dozens of such people in every issue of *Back to the Garden*.

So let's look at how we seek to nourish these bodies of ours and how we deal with physical problems in this present day.

## FOOD

The first thing we must establish is that our body is a living organism, made up of living cells and that *the only thing that is cell food is LIVING, RAW FOOD!* The body processes these raw building materials and transforms them into material for its own growth and maintenance. At the same time, it rejects anything harmful that cannot be assimilated into the cell wall to be used to build new living cells.

It must be remembered though, that food cannot do anything by itself. It can only provide us with the raw materials the body needs for growth and maintenance.

*Only the body has the ability to heal itself when given the nourishment necessary to rebuild and restore its healing mechanism (immune system) and essential body organs!* Then as the body's healing mechanism starts to function at a higher level, it seeks out problem

areas and heals them. It is so simple because all this was programmed into our DNA at conception.

So many people today are not aware that what they put into their bodies has anything to do with their health or well being. They think they can dump anything that tastes good into their body and it will continue to function properly. *This is simply not so* and a quick look at the general health of the people of today will verify this. So when the body starts to break down they attribute it to old age or some 'bug' going around, rather than improper diet and lifestyle. In an effort to get rid of their physical problem, they usually turn to drugs.

## DRUGS

Drugs offer no nourishment, but are chemical poisons dangerous and destructive to the body. If taken long enough, drugs create new problems for which another drug is prescribed. All substances introduced into the body by injection, absorption, respiration or ingestion that cannot be utilized as food are poisonous. Then the poison is acted upon by the body in self-defense by accelerating its metabolism to remove the toxin. All such action by the body is damaging to the living organism, because much harm is done by interfering with its natural metabolism.

Medical doctors use a system called allopathy.

Allopathy means "opposite disease." Rather than helping the body's immune system to fight the disease, the approach of allopathy is to introduce a foreign substance (drug) into the body to produce effects *different* from those of the disease itself, which often creates additional disease. Generally, allopathic doctors do not try to determine the cause of the illness, nor seek to remove the cause of the illness. What they do is treat the symptoms!

Allopathy is not an effective means of restoring health. But it has become the dominant means of health care today because it is the most profitable approach for doctors, hospitals and pharmaceutical companies. It creates repeat customers. For example, a drug company can make more money selling laxatives and antacids over and over again to the same people than it could by merely instructing these people to change their diet to prevent constipation or indigestion. A family doctor makes such a good living from families coming in regularly with colds, flu, ear-aches, etc., why would he want to encourage them to change to a healthier diet? And considering that a person can spend \$20,000 to \$100,000 or more in treating cancer, is it really surprising that the result of the medical establishment's "War on Cancer" has been an increase, rather than a decrease, in cancer?

## OTHER APPROACHES

VITAMINS, MINERALS, PROTEIN SUPPLEMENTS - These substances are often used to try to correct physical problems and sometimes help, but can also have a drugging and harmful effect on the body. God did not

colon and in its corresponding part of the anatomy," Dr. Walker writes.

Examples he provides of short-term afflictions resulting from the absorption of mucus and toxic waste from the colon into the rest of the body include pimples, sore throats, colds, hay fever, sinus, eye and ear problems. Afflictions of a more long-term nature caused by a constant influx of toxemia into the body from the colon include degeneration or cancer in vital organs. In addition to physical ailments, he writes: "It is almost impossible to maintain a clear mind and proper mental and spiritual equilibrium when we allow the colon to go unattended for too long a time."

Dr. Walker refers to constipation as "the number one affliction underlying nearly every ailment; it can be imputed to be the initial, primary cause of nearly every disturbance of the human system. The most prevalent ailment afflicting civilized people is constipation." He writes "to be constipated means the packed accumulation of feces in the bowel makes its evacuation difficult." He adds, "constipation can also exist when movements of the bowel may seem to be normal, in spite of an accumulation of feces somewhere along the line of the colon."

Over a period of time, constipation interferes with the functioning of every cell, organ and gland, causes the blood stream and lymph system to become overloaded with toxins, sends poisons throughout the entire body, and clogs much of the system with disease-causing mucus. This pathogenic mucus, which results from eating and drinking the wrong foods, "is the ideal media for propagating germs, microbes, and bacteria," Dr. Walker writes.

If our colon and the rest of our body is free from excessive pathogenic mucus and other putrefactive waste matter, harmful germs, bacteria and parasites will not flourish and cause problems, because there will be insufficient food these scavengers need to survive.

The book, *Cleansing the Body and the Colon for a Happier and Healthier You*, by Teresa Schumacher and Toni Schumacher Lund, states a clogged-up colon and its parasitic infection is often the undiagnosed root of many physical problems. But, Schumacher writes, the medical profession "does not even agree with the notion of filthy and impacted colons contributing to much American ill health. This may be because there are no patented drugs for quick relief of impacted colons. The only way to cleanse intestines is with natural ingredients, and via a persistent personal hygiene program."

She estimated there are "about 300 different types of parasites thriving in America today," and that more than 80 percent of people in the world are infested. Schumacher quotes parasite expert June Wiles, Ph.D., as saying, "Parasites are vermin that steal your food, drink your blood and leave their excrement in your body to be reabsorbed back into the blood-stream as nourishment."

Schumacher's book lists several types of parasites and a variety of ways in which they are caught. As for parasites in food, Schumacher notes the parasite incubation period is 36 hours.

She says once we have eaten a meal we should be able to eliminate the waste from that food within 16 to 24 hours. But, she notes, "it is startling to learn that the average elimination time in America today is 96 hours."

If waste is not eliminated within 24 hours, it begins a toxic build-up that provides a breeding ground for parasitic infection. She writes that a clogged intestine with putrid fecal matter and plenty of sugar provides the ideal environment for parasites to thrive.

So, it is easy to see how a vegetarian, high-fiber, low-fat diet can affect the health of our colon, and how the health of our colon affects our whole body. Adding fiber to our diet and eliminating animal products and processed foods will greatly assist the movement of waste through the colon, and this will have a major impact on the health of the entire body. Some benefit may be obtained by adding fiber to a diet that continues to include fiber-deficient animal products, but this benefit will not be as great as can be found

by making a complete dietary change.

At Hallelujah Acres, we recommend a vegetarian diet of at least 75 percent raw fruits and vegetables. In addition to providing an excellent source of easy-to-assimilate protein, vitamins, minerals, and live enzymes, this high-fiber, low-fat diet will create an improved waste-elimination process, from the cellular level to the colon. Dr. Walker's book recommends the regular use of colonic irrigations to keep the colon clean, but we feel a better approach is to first attempt to cleanse the colon through diet. Dietary changes are a less intrusive approach than colonic irrigations, and we are finding that people are receiving excellent results.

For additional fiber, preventative maintenance of the colon and insurance against parasitic infestations, we recommend Herbal Fiberblend, which is described in the book *Cleansing the Body and the Colon for a Happier and Healthier You*. For more information on Herbal Fiberblend, please see page 15.

# 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 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 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. A banana, apple, dates, etc. Organic is always best when available. (Sometimes I have a vegetable salad for lunch instead of the 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 or in carrot juice. 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 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 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 BARLE /GREEN 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. Another AIM product we find very beneficial is Herbal Fiberblend, for added fiber, preventative maintenance of the colon and insurance against parasitic infestations. I take one tablespoon a day and Rhonda takes two tablespoons (see page 15).

\*\*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 nutrients reaching cell level, depending on the health of the 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 the fastest way to nourish the cells and rebuild the body.



# Eliminate Toxins & Disease With a Healthy Colon

By Michael Dye

By now, most of us know the nutrition we take into our body is an extremely vital factor in determining our health ... how we feel, how effectively our body heals itself and how long we live.

On the flip side of that coin there is a factor of equal – if not greater – importance that is sometimes completely overlooked and nearly always underestimated. This often undiscussed area of health maintenance concerns the elimination of waste and toxins from our body.

While it is practically impossible to overestimate the importance of putting good things into our body, it is more likely that we will underestimate the importance of getting the bad things out of our body.

It was Henry Wheeler Shaw who said, “A good reliable set of bowels is worth more to a man than any quantity of brains.”

All cells must take in nutrients to maintain their metabolism and their life. As an end result of this metabolism, every one of our approximately 100 trillion cells also must produce waste material. To maintain optimal health, we must eliminate this waste efficiently.

Every cell and every organ in our body eliminates waste and is effected by waste elimination from the body as a whole. It is up to our colon to eliminate the bulk of the most toxic and putrid waste in our body.

When we obtain energy from the food we eat, we create a waste product (feces) that should be eliminated within 24 hours or less. But with a meat-based, high-fat, low-fiber diet, the average American has a transit time of 72 to 96 hours, meaning this waste begins a toxic build-up that creates numerous problems for the colon and every other part of the body.

If it is not quickly eliminated, fecal matter in the colon turns into a toxic and putrid waste that is absorbed into the rest of our system. Over the course of time, this effects the functioning of every cell and organ in our body. It poisons the blood, lymphatic system, nervous system and brain, while clogging up the heart, vascular system, lungs and sinuses.

A proper diet is one that provides necessary nourishment for the body, and facilitates proper waste removal and cleansing ... from the cellular level to the colon. But the typical American diet featuring an abundance of meat, dairy, fried and over-cooked foods, sugar, starches, salt and artificial chemicals is hard to digest, very little of it can be assimilated as nutrition into our cells, it is high in toxic waste, fat and cholesterol, and slow to move though the colon because it is low in fiber.

We know the body of a dead animal in hot weather creates quite a stench after a couple days. This stench gives us a good idea of what meat does inside the 98.6-degree

temperature of the body.

The comparison of a human colon with the colon of a true carnivore, such as a dog, provides strong evidence that humans were not designed to eat meat. The colon of a dog is smooth and straight, like a stove pipe, and takes a short, direct route. In contrast, the human colon turns back and forth along a convoluted pathway with many puckers, pouches, twists and turns. The dog’s colon is designed to allow a short transit time for even hard-to-digest meat, cholesterol and fat, without much need for fiber to move things along.

In *Diet for a New America*, John Robbins, points out, “Dogs, cats and the other natural carnivores do not get colon cancer from high-fat, low-fiber, flesh-based diets. But we do ... The toxins from putrefying flesh are not the problem for them that they are for us because everything passes through them so much more quickly.” He notes that colon cancer is a killer that affects more than 20 percent of American families, and his book provides an incredible number of statistics and medical studies proving that the more meat, the more fat, the more cholesterol and the less fiber we eat, the more likely we are to die of colon cancer.

Fiber acts as an intestinal broom to sweep things along in the colon while fat clogs up the intestines. It is vital to remember that all animal products – meat, dairy and eggs – have zero fiber, while most are high in fat.

In addition to constipation and increased risk of colon cancer, a meat-based,

intestine) is about five feet long, and is the final stop-over for the bulk of the waste from food after it has passed through the stomach and small intestine. The colon begins at the ileo cecal valve (which separates the small and large intestines), and ends at the rectum. The colon is lined with nerves, blood vessels and muscles. These muscles create wave-like motions known as peristaltic waves that propel waste through the colon and out the rectum.

In *Colon Health: the Key to a Vibrant Life*, Dr. Norman Walker notes that in addition to forming these peristaltic waves, the first half of the colon performs two other vital functions. First, blood vessels lining the colon extract from the waste any available nutrients the small intestine did not pick up. Dr. Walker writes: “Obviously, if the feces in the colon have putrefied and fermented, any nutritional elements present in it would pass into the blood stream as polluted products. What would otherwise be nutritional becomes, in fact, the generation of toxemia ... a condition in which the blood contains poisonous products which are produced by the growth of pathogenic, or disease-producing, bacteria.”

The other function performed by the first half of the colon is gathering from glands lining its walls the intestinal flora necessary to lubricate the colon. But in a typical American unhealthy colon, Dr. Walker notes that hard, densely-packed layers of fecal incrustation interferes with all three vital functions of the colon – the formation of peristaltic waves that move waste matter through the colon, absorption of nutrients into the blood stream and the infusion of intestinal flora for lubrication of the colon.

In an effort to minimize toxins absorbed into the blood stream from

the colon, mucus is created to encapsulate the waste of certain foods, such as meat, dairy, white flour and other processed foods. This mucus build-up is a natural defense mechanism, and could be efficiently eliminated through the colon if it occurred only rarely. But people who eat mucus-producing foods every day create a toxic build-up of layers and pockets of mucus and decayed fecal matter, remnants of which can stay in the colon for 20 to 30 years or longer.

Dr. Walker’s book also explains another way in which the colon has a direct effect on the health of every part of the body. Similar to a foot reflexology chart that shows how certain points on the feet are correlated to specific parts of the body, *Colon Health: the Key to a Vibrant Life* contains a colon chart showing locations on the colon that are correlated to specific organs and glands. “Every time waste matter accumulates in the colon, which results in fermentation and putrefaction, a disturbance takes place both in the afflicted area of the

Continued – please see next page

design our body to receive nutrients in pill form or as mega-doses of nutrients isolated from the form in which they are found in nature.

HERBS – Herbs are a milder and more natural approach to healing than allopathic drugs. Good results can be obtained for some ailments with the right herb. But herbs should not be looked upon as a cure-all for all our physical problems. If a person needs to treat symptoms with herbs on a regular basis, this is a sign that he needs to change his diet to correct the problem rather than continuing to take herbs to deal with the symptoms. Many practitioners of natural health recommend herbs as a natural means of working in conjunction with the body’s immune system, as opposed to allopathic drugs, which work against the immune system. But an even better approach is to use natural foods (raw fruits and vegetables) to strengthen and rebuild the immune system, along with the body’s 100 trillion living cells.

WATER FASTING - Water fasting is the quickest way to detoxify the body, but can be dangerous if not carefully supervised. Water fasting often produces severe cleansing reactions and usually leaves the body very weak, often taking months to restore the body’s strength after the fast. During the fast, the body is forced to feed upon itself and its nutrient reserves, which are usually low to start with. Here at *Hallelujah Acres*, we find that when the body is sick, it desperately needs nourishment to provide the building materials to restore and rebuild the immune system and essential organs.

MACROBIOTIC DIET - Because it cuts out fats and cholesterol, many people have experienced some initial benefits from the Macrobiotic Diet for some physical problems. But cooked foods make up over 95% of the Macrobiotic Diet, salt is promoted, while raw fruit is not recommended. Our research and experience shows that this diet will help some people in the short run but long-term use of this highly acidic diet actually promotes some physical problems, including arthritis and cancer.

PRITIKIN DIET - This diet also removes the animal products and consequently has produced wonderful results with heart-related problems and diabetes. But because of its heavy grain use, many followers of this program have developed arthritis and cancer. *Hallelujah Acres* does not recommend heavy usage of grains, as they create an acidic condition in the body, which leads to many serious physical problems, including, but not limited to arthritis, cancer, and osteoporosis.

GERSON DIET - Dr. Max Gerson developed this diet in 1919 to eliminate his own migraine headaches. He later learned that this diet not only eliminated migraine headaches, but most other physical problems as well, including diabetes, arthritis and even terminal cancers. The diet is very low in fat, protein and grain products, while using large amounts of fresh, raw vegetable juices and other raw foods. The results they are getting – even with terminal illnesses – is spectacular.

The *Hallelujah Diet*, described on page 11, is similar to the Gerson Diet.

RAW FOOD DIET - God’s original diet for mankind was raw fruits and vegetables and we must return to this diet if we are seeking health and wellness. Our bodies are living organisms, made of living cells that require living food to be nourished properly and function well. Although we believe the original diet consisted mainly of raw fruits, we find that if too much fruit is consumed, it can produce hypoglycemic problems. Therefore we recommend a balance between raw fruits and vegetables. We have also found that with today’s degenerated bodies and depleted soil, it takes more than just the *eating* of raw food to restore wellness. This is where concentrated nutrients in raw vegetable juices come into play. Nutrients in the freshly-extracted juice of raw vegetables have been separated from the fiber or pulp, which means these nutrients can go directly into the blood stream and to the cellular level without the time-consuming and energy-consuming process of digestion. We do not recommend fruit juices as they are too high in concentrated sugar, even though they are natural sugars. Further, we do not recommend any juice that can be purchased in containers, as they have all been heated to destroy the enzymes so they will not spoil.

Thus we conclude ... that when the body is sick, the only substances that should be introduced into it are those substances that will help the body to heal itself. Our bodies are not the enemy with which we have to do

***What we must understand if we are going to restore our bodies to health is that there are no cures ... The only way to restore the body to wellness is with a healthy diet and lifestyle!***

battle, but an intelligent, living system that wants to be well ... and given favorable conditions, the body will in most instances heal itself, and usually quite quickly. *When we get sick, it is because we have violated the Natural Laws God established at creation to govern these body / temples of ours!* If we want to be well, we must stop the violation and cooperate with our body by giving it what it needs to rebuild and restore itself. *We must remember that our bodies are self-healing when given the chance!*

## OUR SELF HEALING BODY

Many people today believe they can dump anything they want into their bodies and that this garbage has nothing to do with their physical well-being. They also believe that when they get sick all they have to do is take some drug to take away that sickness. If we are going to be able to remove our present physical problems and live in abundant health, we must turn away from this kind of thinking.

Sickness is the result of unhealthy living, and if health is to be restored we must remove the causes of the illness and supply the conditions for health. Healing is a normal

biological process programmed into our DNA, but to make it happen we must remove the causes of our physical problems. No true healing can take place without first removing the cause and then providing the body with its simple, basic needs so it can restore itself.

Sickness is usually not God’s judgment upon us nor simply bad luck, but something we created ourself by failing to observe God’s Natural Laws. If we desire abundant health, we must do more than wish or pray for it. We must make a commitment to good health by applying a diet and lifestyle that will produce it. More and more Americans are realizing that the medical / drug approach does not produce health.

Almost every one of us knows someone who was diagnosed with cancer, went the chemotherapy / radiation / surgery route with horrible results, and often died after spending their life savings. Today, in spite of the billions of dollars being spent on blood pressure medication, by-pass surgery and other heart care by drugs and physicians, 50 percent of our population dies of heart disease.

The time is ripe for a revolutionary change in the way we look at health care. And the answer is not the kind of a reform advocated by President Clinton’s Health Care Plan. *True health will come only when each individual learns how to take care of their own self-healing body! The crying need of today is a HEALTH REVOLUTION, which will happen only through education!*

If the people of our great nation would apply what *Hallelujah Acres* teaches, we could save hundreds of billions of dollars in medical costs. Insurance premiums would be drastically reduced as the only insurance needed would be for accidents. Productivity would increase in the workplace, as healthy people work better and produce more, and no one would lose time due to sickness. Tax savings from health care through Medicare, veteran hospitals, etc. would be enormous and the savings could be used to eliminate the national debt. Here at *Hallelujah Acres* we also find that emotional problems usually disappear and weight normalizes. And there is so much more.

The secrets to abundant health are known and are being experienced by many. However, most people do not know the simple truths to creating abundant health and they need to be told how they can take charge of their own body and be responsible for their own well-being. As each individual realizes and applies this knowledge in their own life, they need to tell others, and it will not be long before the whole world will realize “*you do not have to be sick.*” The purpose of *Hallelujah Acres* is to make this information available to as many people as possible. Please pray for us as we try to change the way the world deals with sickness.

Perhaps you would like to help people in your community through our new outreach program, Back to the Garden Health Ministries, described on page 3.



# Russ & Edie Dalson: Vegetarians for 72 & 66 Years ... Still Working Hard & Enjoying Life at Ages 92 & 84

By Michael Dye

As this newsletter goes to press, Russ and Edie Dalson are busy renovating their new home ... remodeling, cleaning, moving furniture, landscaping, planting flowers, setting out fruit trees and red bud trees, starting a small vegetable garden and planning for their future. The work they are doing is much the same you would expect of any other couple in the process of starting over again and turning someone else's old house into their new home.

What makes this busy couple unique is that Russ is 92 and Edie is 84 years old.

At a time when most people would either be dead and buried or under the constant care of family members or a nursing home, Russ and Edie are active in their church and community and stay busy working on their house and garden. They both still drive a car (and neither of them has ever had an automobile accident).

Russ mows his own yard, cuts his firewood, and is still handy with a shovel and wheelbarrow, as he has shown by his landscaping work at their new home. Even at age 92, these are things he does without thinking it is unusual to be still doing them. Russ seemed surprised even at the suggestion, for example, that anyone would think that he wouldn't still be mowing his own yard. "If you don't use it you lose it," he added.

Once a month, Edie performs her devotional service by preparing food for students in the school operated by the Seventh-Day Adventist Church they attend. She is well-qualified for that task, since she once served as head cook for Andrews University in Berrien Springs, Mich.

Russ worked from last November to January doing construction on the church's new community center. He worked alongside men a third of his age mixing cement for the steps and doing carpentry work. Russ and Edie also help out once a week at the church's used clothing shop, operated as a community outreach.

"So we're busy," Edie said as a soft-spoken understatement. She said people often see the work she does and tell her: "You shouldn't do that." But I say, "Why shouldn't I do it?" She objects to labels such as "old" and "elderly," insisting, "We feel young."

The Dalsons live just a few miles from Hallelujah Acres, and are good friends of Rev. George and Rhonda Malkmus. Russ and Edie bought their 1 1/2-acre home site on Hickory Cove Road in March after living in Eidson for eight years. One reason the couple

moved from Eidson to the Rogersville side of Clinch Mountain was so they could be closer to the activities they enjoy in Rogersville, Greeneville and Morristown. "We wanted to be on this side of the mountain. We're 20 miles closer to the things we like to do now," Edie said.

And they are in good health. Edie said it has been about 30 years since she has been to a doctor, and Russ hasn't been much more often himself. The last time Russ went to a doctor was three years ago to have a wart removed from his ear.



Russ & Edie Dalson pause from working on their new home. At 92 and 84, they are more active than some 20-year-olds. The Dalsons have been vegetarians since they were teenagers. As a teenager, Russ decided "I wasn't going to be an old man when I was 70."

Their long lives have allowed them to enjoy their four children (one of whom died in an airplane accident), their 16 grandchildren and 24 great-grandchildren. One of the reasons behind this couple's health and longevity is that they have been vegetarians since they were teenagers. In addition to their healthy diet and lifestyle, Russ and Edie feel it has been a complete trust and faith in God that has allowed them to live such a long and happy life.

Russ has been a vegetarian for 72 years, since 1922, and Edie has been a vegetarian for 66 years.

Edie became a vegetarian in 1927, after meeting Russ, and they will celebrate their 66th wedding anniversary this June. Even before becoming a vegetarian, Edie didn't eat much meat, because her mother was a Seventh-Day Adventist.

"Back when we had cows (and drank milk), Edie used to get strep throat. But since we got rid of our cows, she hasn't had strep throat. And that was about 30 years ago," Russ said.

They eat as much raw food as possible, and use a Champion Juicer to make everything from carrot juice to an all-fruit frozen banana / strawberry "ice cream." Another factor in their health and longevity is that they have never

smoked cigarettes or drank liquor. Russ said, "The hardest thing I ever gave up was chocolate."

Russ and Edie moved to Tennessee 10 years ago. They met in the mid-1920's when they each lived in suburbs surrounding Chicago, Ill., and they later moved to North Dakota and Michigan.

Before meeting Edie, Russ also lived in Wisconsin and Los Angeles, Calif. There were many influences on Russ's decision 72 years ago to adopt a vegetarian diet. He met Paul Bragg, one of the early advocates of health, when Bragg taught physical education at the Los Angeles Y.M.C.A. This was before Bragg became well-known for his world-wide lecture tours promoting healthy diet and lifestyles. Another big help for Russ was *Life and Health Magazine*, which he began receiving in 1922. This magazine had information about vegetarianism, and Russ, who was raised a Methodist, said he read the magazine for five years before realizing it was published by the Seventh-Day Adventists.

But the biggest influence on Russ's decision to become a vegetarian was his own experience of ill health caused by eating meat.

He had his first bout with serious illness at age 15, and he didn't like it. As Russ was earning his way through high school

working on a farm in Wisconsin, his knees got wet picking strawberries in the mud. He developed a serious case of inflammatory rheumatism from his knees to his hips, and had to stay in bed for weeks at the Wisconsin farm because he couldn't walk. A doctor told him the problem was "too much pork," and sent him home with instructions to not do anything until the swelling went down.

**"You can eat all the raw food you want, and the more raw food you eat, the better off you are." – Russ Dalson, age 92**

"When I laid on that cot in the dining room, I made a vow to myself that I was not going to be wore out by the time I was 70. I didn't know anything about anything. I didn't know nothing, except that I wasn't going to be an old man when I was 70," he asserted. But at age 19, while working in California, he developed inflammatory rheumatism again in his right knee. He went to an orthopedic doctor, who told him to not eat any meat for one month, and no pork for six months.

Russ made the decision at that point

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Back to the Garden

## Rev. Hal Kirk on the Hallelujah Diet: "Heart problems gone ... Hiatus hernia gone ... Colon problem gone ... Prostate problem gone ... Today I walk around pain-free"

By Michael Dye

"I just couldn't envision myself with heart problems," said Rev. Hal Kirk, the 54-year-old pastor of Bridgeport Freewill Baptist Church. "I was the one who went to the hospitals to visit other people with health problems."

But after suffering what doctors believed to be two mild heart attacks, Rev. Kirk was warned last October by his cardiologist that he was "a prime candidate for a trip down the road in an ambulance." Following doctor's orders, he had to briefly quit preaching at the church he has pastored for the last 10 years near Newport, Tenn., a rural community 50 miles east of Knoxville.

His Knoxville cardiologist diagnosed the problem as blockages in the upper and lower parts of the heart, and hardened arteries. At that time, Kirk said he was unable to walk the 71 steps from his carport to the mail box without stopping to catch his breath. Rev. Kirk also had a hiatus hernia, colon problems, prostate trouble and a circulation problem in his left foot.

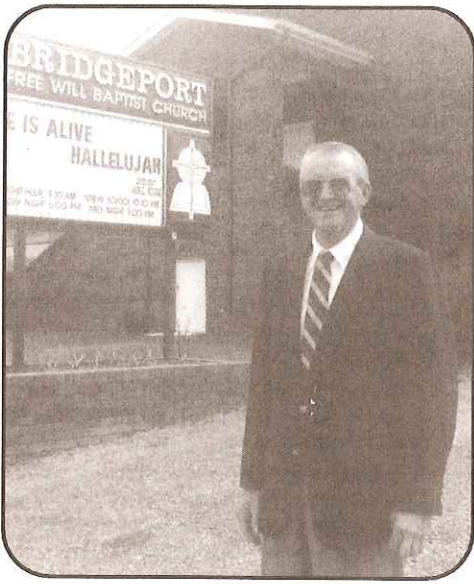
In December, he was referred by a friend to Rev. George Malkmus. On his first visit to Hallelujah Acres, Rev. Kirk bought a Champion Juicer, water distiller and started taking Barley Green. "I noticed within three days my energy level began to rise," Rev. Kirk said. "I would go to bed at 11 or 11:30 and get up at 4:30 looking for something to do."

Now, he said 65 to 70 percent of his food intake is raw fruits, vegetables and freshly-extracted vegetable juice. After first changing his diet, Kirk would still occasionally eat chicken in social situations, but he said he has now become a total vegetarian. "And it was easier than I would have thought. I have no craving for meat, whatsoever."

Although he was unable to walk 71 steps to his mailbox without stopping in October, "Today (less than six months later), I can run two to three miles at a time. Heart problems gone ... hiatus hernia gone ... colon problem gone ... prostate problem gone ... Today I walk around pain-free. I don't know where to lay all the credit, but I know after starting in on Barley Green, carrot juice, and raw fruits and vegetables, all these problems are gone."

"It's incredible that something so simple can be so good for your heart. When you take George's advice and get on his program, it can turn your life around," Rev. Kirk said. "People with heart problems need to know that you can reverse these problems with this diet."

As an initial treatment for his heart disease, Rev. Kirk chose chelation therapy, which he felt was the best option offered by the medical profession. Before learning about



Rev. Hal Kirk, pastor of Bridgeport Freewill Baptist Church near Newport, Tenn.

Hallelujah Acres, Kirk took 20 three-hour treatments of chelation therapy, and started walking to increase his stamina. He lost 35 pounds, but despite this initial improvement,

**"When you take George's advice and get on his program, it can turn your life around." – Rev. Hal Kirk**

he said the weight loss and chelation therapy "sapped me of all my strength. After the treatments, I was too tired to get up."

Since starting on the Hallelujah Diet, Rev. Kirk has lost an additional 20 pounds and greatly increased his energy level. He describes carrot juice and Barley Green as "instant vitality."

"If I had gotten on this program (in October), I don't believe I would have had to take the chelation therapy," he said. "God gave us the ability for self-healing, but we've

## Russ & Edie Dalson – continued from page 8

to give up meat, but at age 19 he was puzzled about what there was left that he should eat. His first feeling about vegetarianism was "I felt like I was going to die because I didn't have anything I could eat."

But he learned fast. Even in the 1920's, there were several vegetarian restaurants in Los Angeles, including the Raw Food Cafeteria, which served an all-raw menu that included vegetables, fruits, fresh juices, nuts, soups, pies and wafers baked by the sun.

"You can eat all the raw food you want, and the more raw food you eat, the better off you are," Russ said.

gotten away from it."

With this newfound knowledge about health, "I have a whole new way of helping people. And I'll talk to anybody that will listen to me. I am constantly in the hospital ministering to people who are sick. I buried a dear friend yesterday. A big strong man. I married him 20 years ago and I buried him yesterday. These are the kind of people who need to hear this message, for their sake, their family's sake and for service to God. It all ties together, the physical and the spiritual."

"Our body is the temple of God. When you harm it, you're doing wrong. How can you have much of a spiritual life if you don't feel well. It's hard to serve God when you're sick. It's hard to serve God from a hospital bed."

Rev. Kirk said there are several members of his congregation on the Hallelujah Diet. "We have some people who are doing great with it. And I think they will stick with it." He feels once these people have been on the program for six or eight months, "others will see ... I hope in the future we're able to tell even more people about it."

"One lady in the church has lost 12 pounds and feels terrific. She's just as excited as I am. Her daughter had low blood sugar and constant headaches. They were so bad she used to have to come home from work. Just three days after starting in on the Barley Green and carrot juice, she quit having these problems. And the woman's husband has also lost a lot of weight, and said he feels like a 16-year-old. I don't know how old he is, but I know he is considerably older than that," he said.

Rev. Kirk said his wife, Nancy, also has benefited from the diet, by losing weight and getting relief from her headaches.

Rev. Kirk enjoys his new diet, and emphasizes, "It's not a sacrifice, especially when you measure how you feel before and after."

"Just to see the sun rise in the morning means more to me than it ever did. I feel better than I have in 20 years or longer. It would be hard for a person who has never been sick to understand the difference," Rev. Kirk said.

When working for the Los Angeles Bed Springs Co., he did his grocery shopping at the farmer's market, and would bring a big box of raw produce to work every day, eating "whatever fruits and vegetables I felt like eating." At that job for the bed springs company, Russ weighed 145 pounds and was responsible for moving 10,000 pounds of angle iron 100 feet and then had to roll out 10,000 pounds of coil. It was a job that would wear a pair of horse-hide gloves "right off your hands" every two weeks, he said.

"If I could be a vegetarian and do this kind of work, I could do anything," he said.