

# The Hallelujah Acres Story

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

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

From his background of 20 years pastoring churches from New York to Florida, Rev. Malkmus felt a compelling need to share this life-saving information with fellow Christians and anyone else who would listen. Much was being discovered in medical and scientific research about the advantages of a vegetarian diet of mainly raw fruits and vegetables. For decades, there has been strong evidence that meat, dairy, eggs, sugar, salt, white flour, processed foods and chemical additives are creating and worsening the diseases that are robbing so many people of their life and health. This evidence has shown a diet that eliminates these harmful substances and nourishes our bodies with living foods can prevent and actually reverse disease.

But this information was not getting out to Christians and other people whose diets and lives were under the firm control of fast food joints, manufacturers of processed foods and junk-food television commercials.

The unique approach of Rev. Malkmus has been to show that this dietary

information which has been available to modern medical science for the past few decades only serves to substantiate the wisdom of the original diet of raw fruits and vegetables handed down to mankind by God in Genesis 1:29. So the message of Rev. Malkmus has been to encourage people to return to the diet that God gave us in the first Chapter of Genesis, and to remind Christians that our bodies are "the temple of God."

In an effort to share his knowledge and healing experience with as many people as possible, Rev. Malkmus wrote his first book, *Why Christians Get Sick*, in 1989. It has been very well-received – as letters from all over the world attest – and is now in its seventh printing. Rev. Malkmus also holds seminars in churches and before civic groups all over the United States and into Canada. It has been very exciting in recent years to see Rev. Malkmus' teachings substantiated by new studies in how nutrition and lifestyle relate to our wellness.

But in the early years of Hallelujah Acres, walking into Christian churches with a message encouraging people to give up their meat and junk food, etc., and switch to a vegetarian diet of mainly raw foods was just not a popular thing to say. In those early years of his new ministry, Rev. Malkmus' message was shunned by most Christians, even those in poor health who so badly needed to make these dietary changes. He won very few converts in those early years.

But those few converts who did listen, change their diet and heal themselves of heart disease, cancer, arthritis, diabetes and other serious diseases soon became powerful testimonials for all around them to see.

**Their wellness became contagious.** In the small town of Rogersville, Tenn., throughout the country and around the world, wherever people who were sick began sincerely applying the dietary program taught by Hallelujah Acres, they usually regained their health and other people saw their results.

Rogersville (population 5,000) is a

good example of how word travels fast in a small town. Rev. Malkmus opened Hallelujah Acres restaurant and health food store in Rogersville on Feb. 12, 1992, first in a small store front, 11 feet wide, that had a seating capacity of 16 people. People came in ever-increasing numbers to obtain better food and to hear his health message. The restaurant and health food store had to be relocated March 1, 1993 into a larger building, with a capacity of 56 people. The Hallelujah Acres restaurant was successful because it showed people a diet that is healthy can also taste good.

In fact, the restaurant was so successful that Rev. Malkmus closed it on March 28, 1994. The problem was that while he was reaching thousands of people by conducting seminars all around the country, writing a new book and publishing *Back to the Garden*, the enterprise that was taking up the majority of his time was running the restaurant.

Since closing the restaurant, George and Rhonda have relocated Hallelujah Acres back to their 50-acre mountain farm in Eidson, about 12 miles northwest of Rogersville. From there they are refocusing their goal on reaching the masses through seminars, books, the *Back to the Garden* newsletter, video and audio tapes and the newly-formed Back to the Garden Health Ministries (see page 14). New construction is under way with the goal of creating a retreat where people can come to learn more about God's way of eating and healing sickness, so they can then take that information back to their communities and reach even more people.

The results Rhonda and Rev. Malkmus are seeing in people's lives have been extremely gratifying as they receive daily testimonies from those who have been helped.

Hallelujah Acres is a ministry with the dream of somehow, some day, in some way, reaching the whole world with the knowledge and message, "YOU DON'T HAVE TO BE SICK!!!" And then showing them how they too can be well!

# Back to the Garden

Fall 1994  
Issue No. 9

Health News from Hallelujah Acres

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## Raw Food

By Rev. George H. Malkmus

**A**nd the Lord God took the man, and put him into the Garden of Eden to dress it and to keep it ... And God said, behold, I have given you every herb bearing seed, which is upon the face of the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." (Genesis 2:15 & 1:29)

I once saw a cartoon of a man and woman, each appearing to be in very poor health. The man was bald, and both had large protruding abdomens, wrinkles, arthritis, and were gross in appearance. The caption under the cartoon read: "We've come a long way sweetheart."

And yes, we have come a long way from the Garden of Eden where God first placed man, but it has been in the *wrong direction!* God intended only good for man ... a long life on earth of love, health, peace and happiness while loving and serving his Creator and fellow man. And then ultimately to spend eternity with his Creator in Heaven. But is man experiencing this wonderful quality of life and way of life God intended? And if not, why not?

There are many theories as to what happened and why, and I have held several different thoughts myself down through the years. But the longer I observe the effects of various foods upon the human body, the more I am

convinced that one of the greatest tragedies in history is the change in diet man made from the original raw vegetarian/fruitarian diet God gave to mankind in the Garden of Eden in Genesis 1:29 to one of meat and cooked and artificial foods.

We seem to understand and respect the automobile engine, designed and made by man, better than we understand and respect the human body designed and made by God. Man designed the automobile engine to run on a certain octane of gasoline. If we put a low grade fuel in the gas tank of our automobile, it will ping and knock. If we put sugar in the gas tank of our automobile, it will destroy the engine. So we are careful to put only the proper octane of fuel, without contaminants, into our

**Without realizing it, man has stepped into the arena in defiance of God and changed natural raw food made by God into a man-made, artificial, non-living, processed product we call "food." All this because man thinks he must improve on the way God made raw food.**

automobile so that it will run properly

Well, God created man, and He designed man to run on only one kind of fuel ... **RAW FOOD!!!** Man's body is a living organism, made of living cells, which require living food in order to be properly nourished and function well. When we put cooked food into our body, loaded with contaminants, the body starts to break down.

*Continued – Please see page 6*

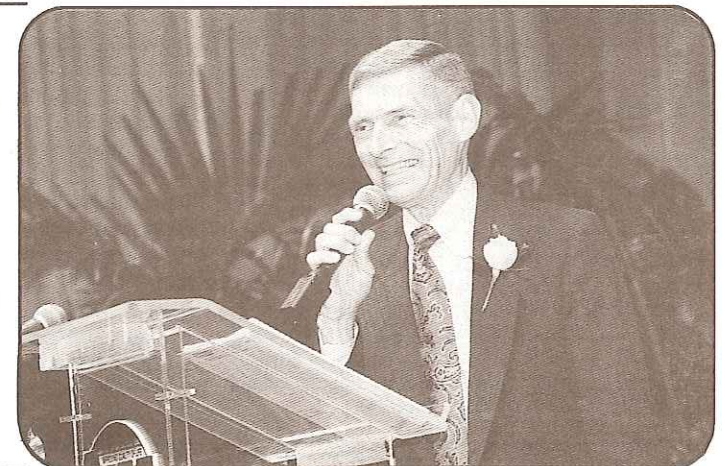


Following a seminar at his church by Rev. George Malkmus, Pastor C.R. Williams of Central Baptist Church in Hattiesburg, Miss., has written an open letter to fellow pastors, encouraging them to invite Rev. Malkmus to their churches. He writes, "I am convinced that Bro. Malkmus would be a blessing to any church or people as their eyes would be opened to what the Bible has to say about good health. I believe that God wants his people to have good health so that they can win more souls and be more effective in their witness ... He was very helpful to our church. I highly recommend him and am convinced he will be a blessing to any ones church if you see fit to invite him to come ... Many of our church people are rejoicing in better health because of the nutritional diet Bro. Malkmus helped them to adopt ..." See story on page 4.

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Rev. George Malkmus presented his "How to Eliminate Sickness" Seminar at the May 1994 National Barley Green Convention held at the Hotel del Coronado in San Diego, Cal. In the seminar, Rev. Malkmus made the connection between our need for raw food and Barley Green, which, because of its unique processing, also provides nutrition in its natural, raw form.



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

Dated Material  
Please Do Not Delay Delivery

From the Mailbag

"I'd like to praise God for sending you to Macon, Ga. on May 21 to give a seminar on nutrition. I began the Hallelujah Diet the next day and immediately felt better. I now have energy, sleep like a baby, all my physical problems no longer exist, including a 15-year depression and the icing on the cake is I've lost 15 pounds in 4 weeks!!! I'm 57 years old and feel 25 years old! Thank you for changing my life by giving me the hope of staying well and healthy. Please come back ... Also send information on beginning my own health ministry.

Elaine Robitzsch  
Macon, Georgia

"I am most thankful to the Lord for bringing your book, *Why Christians Get Sick* into our lives. My wife was diagnosed Nov. 2, 1993 with a very aggressive lung cancer. She was given 2 months to live. She decided to utilize a natural process in response to prayer and the Lord's guidance. *She is in better health today than before her cancer* ... We ordered 25 copies of *Why Christians Get Sick* to give to people ... May the Lord continue to bless you in this wonderful ministry."

Don & Treua Warzocha,  
Altamonte Springs, Florida

"I just finished reading your book *Why Christians Get Sick* and it has turned my life around. Thank you for such a caring and valuable message. May God bless you and your ministry!"

Doris Oldham,  
Columbia, South Carolina

Back to the Garden

is published by  
**Hallelujah Acres**  
P.O. Box 2388 Shelby, NC 28151  
(704) 481-1700

Publisher: Rev. George Malkmus  
Editor: Michael Dye  
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 just read your book *Why Christians Get Sick* and it is very, very informative. I feel it is extremely important that this message of eating properly get out to the Body of Christ. I appreciate the fact that you tell people to take responsibility for what they put into their bodies and quit blaming God for their physical problems. God bless you as you get this message around the world! ... Please put me on your mailing list to receive *Back to the Garden*. This is the best Health Newsletter I have ever read."

Bob Derby,  
Chico, California

"Elmira and I have just now received *Why Christians Get Sick* in today's mail. *Thank you immensely for it!!!* Page 136 tells us what to do! My wife said to me, 'Yes, do it!' *We are standing with you in prayer.* I have written down a commitment to pray for you daily. 'Dear God, please keep multiplying the effectiveness of George and Rhonda Malkmus. Bless their outreach and ministry exceeding abundantly above all that we ask or think! ... When we eat our *Hallelujah Breakfasts* now, we say, 'Thank you, Lord ... and may George and Rhonda have a good breakfast too!' ... With our love,

Nigel Buxton, M.R.C.S., L.R.C.P.  
(Royal College of Surgeons,  
Royal College of Physicians) &  
Elmira Buxton, M.D.,  
Ontario, Canada

"I just finished reading your book *Why Christians Get Sick*. It is very well written ... I have been a vegetarian as well as my family for five years. We have also experienced better health and gotten rid of all health problems. We haven't had a need for a doctor in all that time. It is sad to see such unnecessary sickness and early death when the Bible clearly gives us a better way..."

Dinah Johnson,  
Melrose, New Mexico

"Could you please put my aunt on your mailing list to receive *Back to the Garden* ... She just found out she has cancer ... Thank you very much!! I look forward to every newsletter. *You have changed my life!*"

Heidi Suhl,  
Webster, Minnesota

"Praise the Lord! *Your ministry has changed our lives!* My husband and I are in our early thirties and I have always struggled with my weight but in the last three years I have lost the battle completely ... my eyes have been opened to the single greatest lie Satan has been telling for centuries ... that we inherit our physical problems. Think about it. When do people question God the most? That's right ... when their family members, friends or they themselves are sick and dying. With this one belief, we have cursed ourselves. Although I have feared the cancer, diabetes, gout, high blood pressure, kidney problems and heart disease of my parents, I believed they were inevitable. And though I have always heard that you are what you eat, I figured ... why bother! With the food industry, all magazines and nutrition classes telling us that proper nutrition includes the basic 4 we couldn't get past the lie. *Thank God you did!* How could we as Christians be so blind? As with everything, the blueprint to health has always

been there for us to read ... 'and be not conformed to this world' didn't just mean in morality, politics, etc. but in our eating. Now I am no longer dieting to lose weight. I have changed completely what I put into my (God's) body. And it isn't nearly as difficult as I thought it would be. *Thanks to your wonderful ministry I now have that new attitude I have been searching for and the weight loss is just one of the many bonuses!* Please pray that we can spread this message through our own lives as examples and save our families and friends from the misery of illness. We don't have to be sick!!!"

Linda Crawford,  
Lexington, Kentucky

"The power of the Word of God is truly amazing. However, this power can not be fully unleashed unless the Word is put into action. The Word itself is only potential. It is the action powered from the Word that transforms this potential into tremendous life energy. My wife and I have experienced first hand this mighty power in action. In the last three years, we have plugged our electrical cord into the Genesis 1:29 outlet and have reaped many benefits. I have eliminated severe kidney problems and hemorrhoids; my wife has lost many pounds and conquered her hypoglycemia and chronic headaches. Since our discovery of these biblical health principles (laws), we have often been outspoken about this knowledge to family, friends and even strangers. It is very hard for us to keep our mouths shut when we see so much suffering and tragedy that is caused by this ignorance. But we became very frustrated. Very few people seem to listen ... I am interested in finding out more details about your (*Back to the Garden Health Ministries*) approach."

Brian and Lauren Dupree,  
Duluth, Georgia

"Last June I was diagnosed with cancer and had emergency surgery. When I was recovering, I wanted to use the natural methods of healing, but was newly married and my husband was so overwhelmed with my health problems he couldn't handle the thought of trying natural means of healing. My children were all terrified of it, too, so I agreed to try the chemo. At the end of 8 treatments, my numbers were higher than when I started and the cancer had metastasized all over my body. Since I have been drinking carrot juice and green drink my pain has gone away, my tumors have stopped growing and last Friday my cancer count was only 900 ... down from over 5000 just two weeks before ... Thanks so much for your newsletter (*Back to the Garden*) ... Will keep you posted as to my total recovery."

Mrs. Myron Gack,  
Akeley, Minnesota

We would love to hear from you. 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 your name and state of residence in 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. 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:  
#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.

Our Featured Product: Back issues of  
Back to the Garden

**B**ack to the Garden offers the benefit of more than 18 years of research by Rev. George Malkmus into the causes of sickness, and how we can eliminate sickness with something as simple as a change in diet. And in *Back to the Garden*, Rev. Malkmus' knowledge is combined with the concise, thorough and well-documented writings of editor Michael Dye to produce some of the best information on health that can be found anywhere.

Each single issue can – and has – changed people's lives, as the powerful letters from our readers clearly show.

Since May 1993, when we published our first issue of *Back to the Garden*, this newsletter has contained information on how to eliminate sickness, along with stories about real people – with real names – who have healed themselves from cancer, heart disease, arthritis, diabetes, obesity, diverticulitis, abdominal pain, spinal meningitis, multiple sclerosis, chronic diarrhea, constipation, emotional depression, sinus problems and more. In *Back to the Garden*, you can read how to do it, and about people who have actually done it.

Every week in newspapers, magazines and television news, we hear about medical research that has further substantiated the approach to health being taken by Rev. Malkmus and Hallelujah Acres. Information being published in *Back to the Garden* is on the very cutting edge of modern science, even though it is based on the first chapter of Genesis.

With this issue, we are providing all the back issues of *Back to the Garden* as our featured product. We are offering the entire set of eight back issues for \$5.00, including postage. This is a good way of catching up on any issues you have missed. Or you may order all nine issues (including this one) for \$6.00. This would make a great gift idea.

When ordering, ask for the Back Issue Special, and include \$5.00 for each set of eight back issues, or \$6.00 for each set of all nine issues, including this one. These offers will be honored through Oct. 15, 1994.

See page 17 for additional information on quantity prices and for the contents of each specific issue.

CUSTOMER ORDER FORM

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

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

**WE SHIP!**  
Shipping Charges: \$5.00 for all order under \$50.00. For orders over \$50.00, please add 10% for shipping and handling. Outside Continental U.S., please call for foreign rates. (North Carolina residents, please add 6% sales tax to entire order.)

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

If you are not on our mailing list, but would like a free subscription to <i>Back to the Garden</i> , please check this box <input type="checkbox"/>		If you <b>DO NOT</b> want to continue receiving <i>Back to the Garden</i> , please check this box <input type="checkbox"/>			
We appreciate your order. The life-blood of this ministry flows from your purchases of the health-related products and books we offer. Every purchase made helps us to reach more people with the message that "You do not have to be sick!" ... if God's laws of natural health are followed. Together, we are changing the way the world maintains health. Thank you and may God Bless.	Quantity	Item #	Item Name	Price Each	Total Price
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)	
Sigr. ture _____ Card Exp. Date _____				Shipping	
				Total	

**#304 – 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)

**#305 – 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)

**#306 – 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 consider going back to the old row method of gardening for most of my garden!** (Paperback \$16.95)

**#307 – 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)

**#401 – 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)

**#308 – DON'T DRINK YOUR MILK!** by Frank A. Oski, M.D. Frightening medical facts about this 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 pages \$5.95)

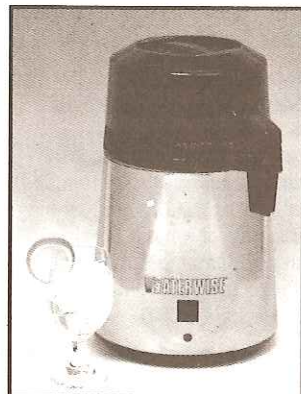
**#309 – HOW TO KEEP YOUR HEART & CARDIO-VASCULAR HEALTHY & FIT AT ANY AGE** by Paul Bragg is a fabulous book on how to strengthen your heart so as not to become a heart-attack victim. (Paperback \$5.95)

**#310 – 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, 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)

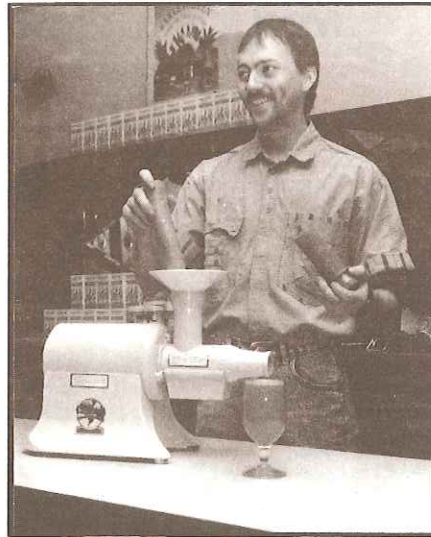
**#500 – THE WATERWISE 5000 DISTILLER** Produces high-quality water by steam distillation. Kills bacteria, germs, and removes foreign particles. Enhances the taste of soups, juices and beverages. Easy to use and easy to clean. Totally automatic – can make one gallon in six hours. **I have used this type of distiller for 12 years with no problems. We recommend it highly!** (Regularly \$289.00, our price is \$229.00, including shipping. Write for information on larger size distillers.)

**#501 – WATERWISE CARBON FILTERS** (2-pack, \$2.99)

**#502 – KLEENSTILL**, cleaner and descaler for your distiller (34 oz., \$13.95)



**#510 – 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. It 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

**#311 – 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)

**#312 – BECOME YOUNGER** by Dr. N.W. Walker explains how each organ of the body is 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)

**#313 – 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)

**#314 – 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)

**#315 – THE COOKBOOK FOR PEOPLE WHO LOVE ANIMALS** offers 300+ totally vegetarian recipes (no meat, eggs, dairy, sugar, cholesterol). Heart disease, cancer, diabetes, arthritis, etc. have been conclusively linked to unhealthy diet and lifestyle. The human body becomes lean, strong and healthy when run on a *fuel* free of the fat of animals and rich in the grains, legumes, fruits & vegetables. **Our best-selling recipe book!** (Paperback \$10.95)

**#750 – 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)

**#751 – 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)

**#752 – 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)

**#316 – 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

In 1976, at the height of my ministry, after 20 years as a pastor, when I was told by the doctor that I had colon cancer, I had no inkling of why this was happening to me! I didn't understand! Why me God? In fact, it shook my faith and I even questioned God. But after changing my diet at the advice of a friend to a total raw fruit and vegetable diet with lots of carrot juice, all my physical problems went away.

As I studied the Scriptures, books on nutrition, diet, lifestyle, etc., coupled with my own personal experiences, I started to see the big picture - *we can take control of our own health and eliminate sickness from our lives by simply returning to the diet and lifestyle God originally gave mankind in the Garden of Eden.*

I was so excited that I wanted to share what I had learned and experienced with the whole world. But how do you do something like that? First, I went to my preacher friends and tried to share with them the wonderful news "People don't have to be sick!" *But my preacher friends not only rejected the nutritional message, but even turned their back on me and rejected me, labeling me a 'new ager' or 'hippie' or something else.* I was so discouraged! How was I going to get this exciting message out to the world and especially to my Christian Brothers and Sisters?

Then I spent several years writing a book titled *Why Christians Get Sick* but because it was controversial and so different from conventional thinking, no one wanted to publish my book. So I scraped together every dime I could and finally the first printing was off the press. Now, I thought, everyone will buy my book and know all these good things - *But nobody wanted to buy my book!* Was I ever discouraged!

Finally, after several years of licking my wounds (and pleading with the Lord for guidance), I opened a small Health Food Store and Natural Foods Restaurant on Main Street in downtown Rogersville on February 12, 1992 and started holding weekly seminars on nutrition and health. People started to come in small numbers at first, listen, go home and apply what we had taught and most of them *got well of almost all their physical problems and then began to tell others.* Within a few short years we couldn't handle all the people who were coming and we were forced to close the store March 27, 1994 and move to our 50 acre mountain farm.

Today, our ministry literally stretches around the world, and *I NOW understand why I had cancer in 1976!* As I see all my prayers and dreams coming to pass, it is becoming more than I can do to keep up with it all as *Hallelujah Acres Ministries* continues

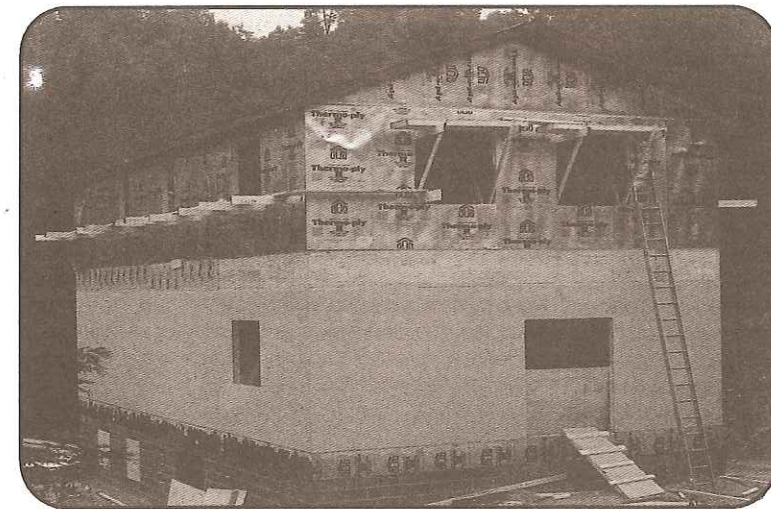
Fall 1994

to grow a little more with each passing day. Rhonda joined me in 1992 and has not only been my constant companion and best friend, encourager and supporter, but has also caught my vision, and gives almost every hour of every waking day along with me sharing the message with others. We are a team and I don't know what I would do without her.

With that as a little background, let me share What's Happening at Hallelujah Acres:

## Seminars

In the past few months, we have spoken in San Diego, California; Macon Georgia; Berrien Springs, Michigan; Blowing Rock, North Carolina; Charlotte, North Carolina; Augusta, Georgia; Toronto, Ontario; Johnson



Our new building is taking shape. The facility will be used for office space, a 100-plus seat auditorium, a natural foods and book store, along with shipping and storage.

City, Tennessee, as well as here at the farm. When we first started holding seminars a few years ago, we were only having a handful in attendance . . . but now most of the seminars are drawing 300, 400 and even over 500 people. Also, we are having a lot of opportunities to appear on radio and television. Our schedule for the next three months is on page 16. If we are scheduled to be in your area, do plan on attending and please bring some friends who need to hear the "How to Eliminate Sickness" message.

## Back to the Garden

This publication has grown from 4,000 copies of the first issue in May 1993, to over 20,000 copies of the issue you are now reading. We are still sending it out *free!* However, our cost of printing and mailing this "free" publication is over \$10,000 for this issue. We receive over 200 requests weekly from those who want to be on our mailing, not to mention the lists . . . And there are those who have such a burden to get this message to others that they send in lists of names, sometimes lists of over 100 names. Unless a donation of at least \$1.00 per name is sent in with these lists, to help offset

the cost, we must reject them, as our cost for every name added to the mailing list and to send them their first copy is over \$1.00 each. With this issue we are going from a bi-monthly to a quarterly to help reduce our costs. Please understand that we want to get the message out, but we just cannot finance it all ourselves. In fact, Rhonda and I take no salary from the ministry whatsoever.

## New Building

Our new, nearly 5,000-square-foot building is coming along well and should be ready for use in early August. It will house a huge shipping room and storage area in the basement; a 100-plus seat auditorium with Natural Foods/Book Store on the first floor; and the top floor will be all offices. It is going to be a very lovely building and will free up the new guest house, completed only a few months ago, to revert back to its original intent - to house guests.

## Mail Order

Our mail order business continues to grow and is where we look as our source of income to pay the bills and support the ministry. We do appreciate so much those who make purchases. We are now happy to announce that we can accept Visa and Master Card. If you call your order in, please have your order ready when you call and make the call as brief as possible. Presently, we have only one phone line. We are hoping to be able to add another phone line when we move to our new offices.

## New Book

Our new book, actually it will be a manual on 'How to Eliminate Sickness - God's Way!' is coming along slowly, but is mostly written and we expect to be able to announce it printed and ready for purchase in our next *Back to the Garden*. Thank you for your patience! We feel it will be the most comprehensive and yet simple to understand book ever written on the subject.

**Please pray for us!** Rhonda and I sometimes go a month at a time without a day off. Between traveling to and from and conducting seminars almost every week-end and the day-to-day running of the office it sometimes gets overwhelming. *We need much wisdom* as to how to keep up with the requests for seminars and demands upon our time. We want so much to help others and get the message out that we are sometimes not taking care of our own selves as we ought. Thank you for your love and prayers and may God Bless each one of you as you stand with us in proclaiming to the world *"You don't have to be sick!!!"*

## Hattiesburg Church & Pastor Find Renewed Health on Hallelujah Diet

The health and outlook on life at Central Baptist Church in Hattiesburg, Miss. will never be the same again following a "How to Eliminate Sickness" seminar last March by Rev. George Malkmus.

Pastor C.R. Williams estimated 25 to 35 percent of his congregation who heard Rev. Malkmus' seminar are now on the Hallelujah Diet "to one degree or another." Williams' church has a Sunday School attendance of 700 to 800, and more than 500 turned out to hear Rev. Malkmus' seminar.

A large number have found great benefit from Barley Green and

carrot juice, and quite a few have also made major changes in their diet, Williams said.

"I'm surprised at some of the people who have gotten on the program. We had a very good response and

Rev. C.R. Williams, pastor of Central Baptist Church in Hattiesburg, Miss., wrote this letter to pastors urging them to invite Rev. George Malkmus and his Bible-based message of health into their churches



Telephone: (601) 544-0186  
5402 U.S. Hwy. 49  
Hattiesburg, MS 39401

Central Baptist Church  
Dr. C.R. Williams, Pastor

Dear Fellow Pastor:

I am writing to say a personal word about Bro. George Malkmus. He was with us on March 5th and 6th for three wonderful messages. His emphasis is on "health" and he is a waiting testimony of the fact that God does want us to have good health. I believe that the fact that God does want us to have good health is a message that we have not heard enough of. I believe that the fact that God does want us to have good health is a message that we have not heard enough of. I believe that the fact that God does want us to have good health is a message that we have not heard enough of.

I have lived, to some small degree, by sound, Bible health principles for years. The results have been that I have had above average good health. I've only missed one Sunday in the pulpit because of illness since I surrendered to preach in 1951.

I am convinced that Bro. Malkmus would be a blessing to any church or people as their eyes would be opened to what the Bible has to say about good health. I believe that God wants his people to have good health so that they can do his work more effectively. I believe that God wants his people to have good health so that they can do his work more effectively.

I believe that the fact that God does want us to have good health is a message that we have not heard enough of. I believe that the fact that God does want us to have good health is a message that we have not heard enough of. I believe that the fact that God does want us to have good health is a message that we have not heard enough of.

P.S. Many of our church people are rejoicing in better health because of the nutritional diet Bro. Malkmus helped them to adopt and begin to use.

Churchwide Soul Winning • Missions • School • Singles • Youth • Senior Citizens • Bus • Deaf • Radio

there has been no adverse reaction or resistance that I'm aware of," Pastor Williams said.

In just a few short months on the new diet, members of the Central Baptist congregation have reported numerous cases of increased energy and weight loss, along with relief from cancer, breast lumps, allergies, arthritis, back pain, diverticulitis and gout. On just two day's notice, Pastor Williams gathered the 14 statements listed below, which we

printed in their entirety, without editing.

And although he isn't on the Hallelujah Diet 100 percent, Pastor Williams said he has been on the

Barley Green and fresh juices for three months. "My energy level has jumped sky-high. I feel

better than I've ever felt in my life and I'm 72 years old. I have more nasal

freedom, and improved memory and eye sight. My vision

has improved so much I have to take my

glasses off to drive," he said.

the public and enjoy a little enhancement from makeup. I was introduced to Barley Green at that time and immediately got some relieve from the itching and burning. After several months of Barley Green and carrot juice which I've added, I'm enjoying my makeup and have lost down to the size I was when married 34 years ago (128 pounds)."

Hazel Easterlin, church secretary

"My doctor told me, after a series of tests, that I had cancer cells. I started with Barley Green and carrot juice. My last check-up revealed no cancer cells. Also, I have more energy since being on this diet."

Genie Gibbs

"I have been taking Barley Green for five months now. I do things with more energy and pep. I have also lost ten unwanted pounds."

Samual C. Cave

"I don't have gout anymore since being on Barley Green and juicing fruits and vegetables."

Harry Master (Postmaster)

### Testimonials from members of Central Baptist Church

These are unedited statements of church members we received in writing from Pastor Williams:

"I have been taking the Barley Green, drinking the carrot juice and eating about 60% right for five months. The most noticeable improvement was that my energy level doubled in just a few weeks. My arthritis, allergies, low blood sugar and my eye sight have all improved. I can use a pair of glasses that were too weak for me two years ago."

Hazel Burkhalter

"Feel much better after taking Barley Green. Quit vitamins. Also changed eating habits and lost 15 pounds without really trying."

I.W. Schollmeyer, maintenance man

"I was first introduced to Barley Green in February of this year. I also changed my diet somewhat, to more vegetables and fruits. Along with this I began to add fresh juices to my diet. Immediately I began to notice a rise in my energy level. I seemed to have boundless energy! I believe this was due to the Barley Green and the change in my diet. I thank God for showing me how to better care for my body so that I can serve Him better!"

Tiny Allen

"I have taken Barley Green for some three months now. Also, I have taken carrot juice 3 - 4 times weekly. I have more energy than at anytime during the past few years. I have to give the above health items the credit for having done this for me. I highly recommend them to anyone. Thanks!"

John Grimsley

"The greatest change has been in renewed physical strength. Less pain in lower extremities from a chronic problem called neuropotry (nerve damage) caused from a back injury and subsequent surgery about 30 years ago. Swelling has decreased also. Recent blood work was all normal."

Nettie Grimsley

"For months I suffered from some kind of allergic reaction. The cause was unknown. I began on the Barley Green, carrot juice and raw diet. Within a few weeks I no longer had these allergic reactions."

Mike Wells, Youth Pastor

"My energy level is better and arthritis has improved."

Lynn Davis, church organist

"I started taking Barley Green in January 1994. I noticed an increase in my energy level in just a few days. I have had a problem with diverticulitis in my colon for years. This restricted my eating many raw foods, especially salad. After taking the Barley Green and drinking carrot juice daily for about three months, I am able to eat any raw fruits and vegetables I want to eat."

Jo An Bourne

"I've had lumps in my breast for 40 years and had surgery once but to no avail. Since January 15, I've been taking Barley Green and the lumps are all gone. My eyesight has actually improved."

Mrs. Eunice Jordan (Mrs. Jordan is in her 70's)

"Since taking Barley Green and carrot juice, my energy has increased and my physical strength has improved. My eyesight has also improved."

Frances Bounds, church secretary

"Having been plagued with allergies (cosmetics and jewelry mostly) for years, Barley Green is a real blessing! I was on a line of cosmetics from the health store after many attempts at other lines and began having allergic reactions - eye lids swelling, etc. I was very frustrating as I work in

## 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 22,000 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. All 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:

**#101 - 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.

**#102 - 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.

**#103 - 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.

**#104 - Issue No. 4, Sept./Oct. 1993**, includes "The Healthy Cell Concept," "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.

**#105 - 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.

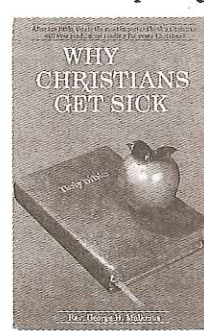
**#106 - Issue No. 6, Jan. / Feb., 1994** includes "A Letter to Hillary Clinton," Carol Cover testimonial: "After 22 months of diarrhea, weight loss down to 78 pounds and 4 visits to the Mayo Clinic, 'Barley Green saved my life,'" "After 2 heart attacks, doctors offered Elwin Nichols no hope, but he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

**#107 - 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.

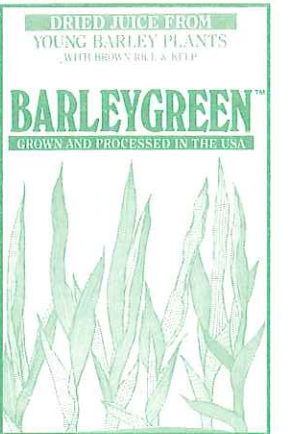
**#108 - Issue No. 8, May / June 1994** includes "God's Marvelous Self-Healing Body," The Hallelujah Diet, "Russ & Edie Dalson: Vegetarians for 72 & 66 Years... Still Working Hard & Enjoying Life at Ages 92 & 84," "Rev. Hal Kirk on the Hallelujah Diet: 'Heart problems gone... Hiatus hernia gone... Prostate problem gone... Today I walk around pain-free,'" "Eliminate Toxins & Disease With a Healthy Colon," Recipes from Rhonda and more.

**#201 - WHY CHRISTIANS GET SICK** by Rev. George H. Malkmus is now in its seventh printing. Letters are received daily from all over the world from

people 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... If you are interested in good health, you should read this book." (Paperback \$7.95)



**#400 - BARLEY GREEN** is an organically grown, live food produced from the juice of 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)



**#302 - 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)

**#301 - 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)

**#265 - 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)

**#230 - HEAR REV. MALKMUS ON AUDIO CASSETTE** This 90-min. 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)

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

Continued - please see page 14

# Calendar of Events for Hallelujah Acres

July 1994

**\*Saturday, July 2, 10 a.m. "How to Eliminate Sickness Seminar"** This 3-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 U.S. and Canada.

**\*Saturday, July 9 - 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!*

**Saturday, July 16 - 10 a.m. - Victory Tabernacle, Conyers, Georgia** The church is located at 1151 Flat Shoals Road. Contact person is Linda Scott, phone (404) 922-6534 or (404)929-3757. Conyers is located just east of Atlanta and the church has seating for over 1000 persons. The church has its own radio station and we will be speaking on it also.

**\*Saturday, July 23 - 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, using the Gerson Therapy, they are **curing** all kinds of cancer...including, but not limited to...lung, spreading melanoma, lymphoma, bone, colon, breast, brain, liver, prostate, etc. In addition to the cancers, they have had excellent success with multiple sclerosis, severe asthma, emphysema, rheumatoid arthritis, osteoporosis, diabetes, lupus, migraines, infertility, etc.

**Thursday - Saturday, July 28 to 30 - National BARLEY GREEN Convention, Vancouver, B.C., Canada** Rev. Malkmus will be speaking.

## AUGUST 1994

**Saturday, August 6 - 1:30 p.m. Natural Living Conference, Bloomsburg University, Bloomsburg, Pennsylvania** Bloomsburg is located 2 hours north of Harrisburg and 3 1/2 hours east of New York City. This conference runs from Friday Evening to Sunday afternoon. Rev. Malkmus will be speaking on Saturday afternoon at 1:30. Other Speakers include Paul Keene who started WALNUT ACRES; Patricia Carney, Executive Director of EARTH SAVE; Dr. Neal Barnard, M.D., founder of the Physicians Committee for Responsible Medicine which now has over 3000 physicians and more than 60,000 associate members.; plus other well-know speakers. This will be an excellent conference and if there are those who would like to attend either all lectures or just to hear Rev. Malkmus, contact Bill Schmidle, phone (610) 678-4702 for details and cost.

**\*Thursday, August 11 to 13 - Training for Back to the Garden Health Ministries.** This will be three days of intensive training for those who have become a part of our new Health Ministry and will be held in the new facilities here at the farm. For more information call or write Hallelujah Acres.

**\*Saturday, August 20, 10 a.m. "How to Eliminate Sickness Seminar"** See description in July calendar.

**Saturday, August 27, 3 p.m. St. John's Lutheran School Gymnasium, Libby, Montana.** A four-hour seminar by Rev. Malkmus, including his 'How To Eliminate Sickness' message and more. There will be a supper break at 5 p.m. Contact person is Ruth Wagner, phone (406) 293-6566.

**Sunday, August 28, 9 a.m. to noon Seventh Day Adventist Elementary School, Libby, Montana.** Rev. Malkmus will deliver his 'How To Eliminate Sickness' Seminar. Contact person is Ruth Wagner, phone (406) 293-6566.

## SEPTEMBER 1994

**\*Saturday, September 3, 10 a.m. "How to Eliminate Sickness Seminar"** See description in July calendar.

**\*Saturday, September 10, 10 a.m. "The High-Energy Diet"** See description in July calendar.

**Sunday, September 11, Seventh Day Adventist Church, Woodbury, Tennessee.** Rev. Malkmus will deliver his 'How to Eliminate Sickness' message. Contact person is Otis Purdy, phone (615) 765-5277.

**Thursday & Friday, September 15 & 16 HealthFest, at the Concord Baptist Church educational building, Chattanooga, Tenn.** Rev. Malkmus will be speaking both Thursday and Friday Evenings. HealthFest is sponsored by Dr. and Mrs. Sines. For information, contact Jane Sines at (615) 472-8842.

**Sunday, September 18, 3 p.m. Bowman Hills Seventh Day Adventist Church, Cleveland, Tennessee.** Rev. Malkmus will be speaking. The Church is located at 300 Westview Drive, N.E. Contact person is Carleen Bolin, phone (615) 476-8554.

**Thursday through Saturday, September 22 to 24 - Charlotte, North Carolina.** Rev. Malkmus will be speaking at the Southeast's Second Annual BARLEY GREEN Convention. For more information, contact Gretchen Mack at (803) 548-2434.

**Sunday, September 25, 10 a.m. & 11 a.m. - Calvary Baptist Church, Lexington, South Carolina** Rev. Malkmus will be speaking in both the Sunday School and Morning Service. Contact person is Tracy (803) 359-2974. Tony Long is the pastor.

## OCTOBER 1994

**Saturday, October 1, 3 p.m. Harvest Baptist Temple, Clyde, Ohio.** Rev. Malkmus will be speaking from 3 to 5 p.m. Then after a supper break from 5:00 to 6:00 p.m. the seminar will continue. Contact Pastor James Lewis at (419) 547-8251.

**Sunday, October 2, 10 a.m. & 11 a.m. Harvest Baptist Temple, Clyde, Ohio.** Pastor Malkmus will speak in both the Sunday School and Morning Service. Same contact person as above.

**\*Saturday, October 8 - 10 a.m. "How to Eliminate Sickness Seminar"** See description in July calendar.

**Monday, October 10 - 2 p.m. Independent Fundamental Churches of America Preachers Fellowship, Bancroft Bible Camp, Kingsport, Tennessee.** Rev. Malkmus will be speaking. Contact person is Pastor Delbert Story, (615) 928-6011.

**Saturday, October 15 - Kansas City, Kansas.** More details in next *Back to the Garden*. Contact person is Robert Smalley, phone (816) 542-8158.

\*Seminars with an asterisk will be held at the Hallelujah Acres Farm in Eidson, Tennessee. See directions on page 15.

\*\*All seminars at the farm or away (except for those indicated otherwise) are FREE OF COST!

## From the Mailbag

Continued from Page 2

"...I came to *Hallelujah Acres* in Rogersville and started taking Barley Green and carrot juice (in June 1993) ... For years I had a duodenal ulcer and spend a fortune on Doctor and Hospital bills, plus medicine which was so high - and it was only making my stomach worse. The gastritis was so bad a lot of nights I thought I would die ... Now I eat anything I want with no gas. My stomach seems to be completely healed. Two of my Doctors said they didn't prescribe it (Barley Green and carrot juice), but they thought it was wonderful what it had done for me and for me to keep taking it. ... My arthritis for years gave me a fit. I couldn't do anything without it getting me down and it was all over my body. I had so much misery in my back and legs I couldn't stand the pain. I also had slipped discs - two in my neck and two in my lower back. One bone specialist said he wouldn't dare operate ... But praise the Lord, since I got on Barley Green and carrot juice in June 1993, I have so much energy I painted the roof on my trailer, now mow over one acre of lawn, use a weedeater, push mower and riding mower. I bought me a hoe, something I hadn't used in years and now I am helping my sister raise a big garden ... I try to tell everyone about Barley Green and carrot juice. Some don't even believe me and some have followed my advice. Oh, I forgot to tell you I am 71 years young and I haven't felt so good in years and years. I will never be without Barley Green and carrot juice as long as it is on the market. Even though it is high it is still a lot cheaper than Doctor prescription medicine ... God bless you and Rhonda in your ministry."

Geraldine Gillenwater,  
Blockmore, Virginia

"I have been a 'health nut' for many years and proud of it - but your ministry and Barley Green have enlightened me and helped me more than anything I have ever come across. I have found that Barley Green solves all the problems that hands full of vitamin and mineral supplements, herbs and homeopathic remedies used to solve. It produces better health at less cost and is 100% natural...and that's wonderful - Praise God!"

Bill Andrews,  
Dallas, Georgia

"...I am a Barley Green Distributor and promote Herbal Fiber Blend because these products definitely made a difference in my life. I have been interested in natural ways for over 20 years, but no one has ever taught me how or why until I have been receiving *Back to the Garden*..."

Norma Smith,  
Allen, Nebraska

"Keep providing the excellent products and information. The Tea Tree Oil has cleared up a skin disorder on my forehead and both arms. I've had this for years and it has cleared up after using the Tea Tree Oil and Ointment for just two months. We applaud your efforts and wish you the very best."

Ronnie Jeter,  
Hagerstown, Maryland

"...You are doing a fantastic work for our nation. Unfortunately, the major food and drug companies and other big businesses control what is taught in medical school ... and the American people are constantly being brain washed."

Richard Wilder,  
Lubbock, Texas

"Recently a friend of mine showed me your May/June issue of *Back to the Garden*. I would very much like to be put on your mailing list...I have just begun taking Barley Green and am studying nutrition. This all evolved out of a desire to lose weight and because I was extremely tired and experiencing daily headaches. After just a few weeks on Barley Green and eating things that are nutritionally good for me, I am feeling better than I can ever remember feeling and my headaches are gone! I am discovering a whole new world ... Thank you for making *Back to the Garden* available to others. May God continue to bless you in wonderful ways!"

Charlene Momeyer,  
Phoenix, Arizona

"...We have both enjoyed your book very much and though we thought we were eating very well, I can see now we belonged to the category of the ignorant (lack of knowledge) ... Have already changed to raw veggies and more fruit..."

Peter and Jane Ponsen,  
Arthur, Ontario

"...let me say how much I love your ministry. You are the first Baptist minister I have ever come across who has put it all together. I have read and shared your book (*Why Christians Get Sick*) and newsletter (*Back to the Garden*) with many of my friends and family members. May all be healed..."

Joelle M. Leath-Josephson,  
Palm Desert, California

"Some weeks back (friends)...sent me some issues of *Back to the Garden* - what fantastic reading! I have read several books on nutrition from our local library but they didn't give me the information for which I was searching. I could write on and on, but I have started to apply your sound advice on diet and I can feel a big improvement with my rheumatoid arthritis. Today has been the most pain free day that I have had in the last six months. God bless you and keep up the good work."

Leonard Brackitt,  
West Wareham, Massachusetts

"Thank you for your testimony. I have been on a raw diet for about 12 years and am a totally different person ...I advocate it to all my friends."

Betti Becker,  
Chico, California

"I find your newsletter (*Back to the Garden*) inspirational. I have been using Barley Green for about a month. I find that it has helped my clinical depression..."

Margaret Wilson,  
Etowah, Tennessee

"I would like your diet for healthier living. A friend of mine told me her son had throat cancer and she put him on your diet and the Doctors could not find any cancer..."

Sue Bohnen,  
Sebring, Florida

"Even though you are not pastoring a church, your *are* still pastoring we, the people. My husband and I have to write you about the wonderful 'change for the better' we made after hearing you at the Forest Lake Elementary Education Center (in Orlando)... We *both* enjoyed *so much* your lecture. We were sorry when you stopped. We started the next day by not eating 'til noon fresh fruit and not again until 6:30 or 7 p.m. when we eat fresh vegetables and then cooked vegetables. I have been on Barley Green many years, but my husband didn't like the taste. *Now* he takes it three times a day and likes it ... Now because of you ... Bob has lost 12 pounds in 12 days and half of his belly is gone. Everyone is telling him how good he looks! We both have more energy ... I have lost 4 1/2 pounds. We have read your book *Why Christians Get Sick* and it is fantastic! We're loaning 2 copies to people we love who are sick ... A million thanks for all you are doing to help us!"

Ellen & Bob Brown,  
Apopka, Florida

"Dear Brother George: Last month I was in a Church conference in Bakersfield, California where I met a young man who introduced your book *Why Christians Get Sick* to me. Well I just threw it in my briefcase until I got home in Utah. After a few days being back home I took the book out and started reading. Well, it was so good I started reading it aloud to my family. We all sat around in the kitchen and didn't stop reading until the book was finished. And I would like to tell you that it truly has changed all our lives. I have been in the ministry for the last twenty years, and have had many of the same questions that you mention in your book. Thank you Brother for opening a new light on this subject. I am also an E.M.T. and have gone through about two years of nursing training. As I think back on my nutrition classes in college I wonder why they don't teach the truth, unless it's because they are in cahoots with the medical and drug field. Anyway, thank God for my friend in California that gave me your book and again I say that it has turned my whole household around. We started feeling much better in just a few weeks ... Thank God for His anointing upon you, through you many lives have been changed. To God be the glory! ... A grateful Brother in Christ,

Rev. Jon Clemons,  
Sunnyside, Utah"

"...I have lots of Health Books and papers, but *Back to the Garden* is my *favorite!*"

Wanda Bennett,  
Owensboro, Kentucky

"I enjoy the materials I receive from you. I have lost 65 pounds since last August ... I feel much better and can work hard without getting tired..."

Ernest Gignilliat,  
Lighia Springs, Georgia

"I have noticed a complete change of direction in the health of (my neighbor). In talking to him, he suggested I write to you...If I can have what he has I want it."

W. Lindsay Sapp,  
Lenoir, North Carolina

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# Raw Foods

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It begins in the very young with colic, rashes, colds, earaches, upset stomachs, swollen glands and tonsils. As the child grows older, they may be tooth decay, pimples, the need for eye glasses, etc. Then as we enter adult life there is arthritis, hypoglycemia, heart attacks, strokes, diabetes and cancers. *All this and a multitude of other diseases are unnecessary and are nothing but the result of improper diet and lifestyle!*

Those who profit from sickness have led us to believe these physical problems are natural, and that when we get sick we are just the innocent victims of some bacteria, germ or virus, or that we inherited these problems. They then tell us that the human body is a complex organism only they can understand so we must trust them and their expensive drugs, radiation and surgery as our only hope for alleviating these problems. Yet their track record is horrible. We see people getting sicker and sicker. But Americans, including the Christian Community, have accepted their

teachings hook, line and sinker, while the state of health in America continues to decline and the cost of this so-called health care continues to escalate. The cost for "Health Care" in America for 1994 is projected to be over \$1,000,000,000,000.00 (one trillion dollars)!

So what is the answer? *At Hallelujah Acres we teach that the present approach to diet and health is totally wrong and completely contrary to the way God intended!* And that the only solution, if we are going to turn things around, is a return to God and a return to the Garden where God first created and placed man! Yes, we must get *Back to the Garden* where human life began and back to the way God intended us to live and be nourished. In this message, I will deal specifically with the type of food by which God designed our bodies to be nourished. There are only four substances that nourish our bodies. They are fresh, pure *air*, pure *water*, moderate amounts of *sunlight*, and *raw food!* *That's it! Anything else is a contaminate to the body and has an adverse effect on our health.*

The human body is a masterpiece, created by God! The Bible says *"We are fearfully and wonderfully made!"* (Psalm 139:14). The human body is a living organism made of living cells that are constantly in the process of dying and replacing. These living cells require proper building materials to function and reproduce themselves. Even the slightest alteration of the natural raw materials of which God intended these cells to be composed and nourished can lead to disease and ultimately a premature death.

God provided the raw materials needed to sustain life all around us in nature. If we look at the rest of the animal kingdom that God also created, we see that every other animal, with the exception of man, feeds on raw food. Then further, when we look at the animal kingdom, except where contaminated by man, there is no

sickness! Today, over 90 percent of the people die from heart disease (50% of all deaths), cancer (33% of all deaths) and diabetes (8% of all deaths). Is this the kind of life God planned for man? Or is it the result of man deviating from God's plan? Our research and experience shows that God made no mistakes, but that man has made a colossal mistake by straying from God's ways and is thus paying a horrible price for this departure. *"My people are destroyed for lack of knowledge."* (Hosea 4:6)

We live in an age of almost total ignorance when it comes to the Laws of Life established by God at creation. The sad part of this is that most Christians are just as ignorant of these laws as the rest of the world. In fact, most Christians, in ignorance, have rejected God's laws and accepted the world's teachings in almost all areas that relate to physical life. Most Christians are living in ignorance and dying in distress rather than seeking knowledge and truth in this area. Most people today accept the teachings of this world's so-called authorities as gospel rather than searching the Scriptures to see *"whether those things be so"* (Acts 17:11). Today we

*God made no mistakes when He created earth, nature and man. He did not fail to provide man with everything he needed to be properly nourished so we could experience perfect health. Man has erred by attempting to improve on what God made by cooking and processing food.*

accept and, in a sense, worship science and everything science teaches, never questioning whether their pronouncements are truth or not.

The other day I was watching the evening news and there was a scientist being questioned by a Senate sub-committee concerning the harmful effects of cigarettes. This scientist was asked if smoking was addictive. His answer was "absolutely not." He was asked if smoking caused lung cancer. Again his reply was "absolutely not." When a senator challenged his answers, this scientist stated that he only believed that which was scientifically verifiable. When the Senator asked him if he realized that there were very few who would agree with him, he simply replied "I am a scientist!" It often appears that scientists' findings are based upon personal philosophies or who is paying their paycheck rather than on truly scientific, verifiable fact!

As children in school, we accepted the four basic food groups as gospel, in the name of science. We accept as fact the teachings of government agencies who use supposedly scientific calculations to tell us of the nutritive value and the percentages we need of protein, vitamins, minerals, etc., never questioning whether this information could be just as false as that of the scientist who said smoking was harmless.

We also blindly accept the medical profession's teaching as to why we get sick. Then we accept their drugs, radiation, chemotherapy and surgery as the only means of dealing with sickness. Even though this approach is making us sicker and sicker, exhausting our savings and even killing people, we never seem to question the validity of these teachings. The Bible says in Romans 12:2 *'Be not conformed*

*to this world'*, and yet the average Christian, in ignorance, has conformed to this world in almost every area that deals with physical life, and is paying an extremely heavy penalty.

The Christian Community of today is just as sick as non-Christians because we have accepted and practiced the teachings of the "authorities" of this world (government, science, medical, big business and even religion) as truth. As a result, the Christian Community lives in constant violation of almost every fundamental principal of life God established when it comes to the body/temple God gave us and how we should live here on earth. We violate God's principles by what we feed our bodies and minds, and then when they break down, we violate God's principles in how to get well. Yes, sadly, the Christian Community has conformed to the world to which God said *'be not conformed'*!

Take an honest look at the world around you and see if what I am saying is not true. Look at the leaders of this world and you will see that these leaders, despite their political or religious philosophies, all have one thing in common: *They are sick!* Politicians and government leaders are sick! Scientists are sick! Educators are sick! Medical doctors are sick! Business leaders are sick! Economists are sick! Even pastors, evangelists and missionaries are sick! All manifest every sort of physical problem and are dying premature

deaths as a result of these sicknesses. How can we expect to have a healthy world when all our leaders, the very ones we look to for guidance in what to eat and how to take care of illness, are sick also? It is like the blind leading the blind.

Based on my personal experiences of living over 60 years, my conviction is that the two most important things we must learn in this life are: (1) How to nourish and properly care for this body / temple while here on planet earth, and (2) How to be properly prepared for the next life when this one has come to an end! It was not until the age of 23, after attending church for most of my life, that I learned I must personally prepare for the life to come by receiving Jesus as my Lord and Saviour. And it wasn't until I was 42 years of age that I learned how to take care of my body / temple and control my physical health while here on earth.

One of the most thrilling things I ever learned was how to be healthy. For over 40 years I was in ignorance as to what I should eat and how I should live. I was thrilled at the age of 42 to realize I could control my health simply by how I lived and what I ate. How sad that it took me until I was 42 years old and experiencing a potentially life-threatening physical problem before I learned I could eliminate sickness and live free of disease if I would but simply obey God's Natural Laws concerning my body/temple.

It was 1976, at age 42, that the doctor told me I had colon cancer. I had just watched my mother die a slow, torturous death after her colon cancer was treated with chemotherapy, radiation and surgery. Rather than subjecting my

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Back to the Garden

# Protein & Propaganda

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actually toxic. In layman's terms, it is poisonous ... Protein has enjoyed a wonderful reputation among athletes. Phrases like 'protein power,' 'protein for energy,' 'protein pills for the training athlete' ... are all false and misleading."

Robbins gives additional evidence for this claim in *Realities for the 90's* by naming some of the world's greatest athletes, all holders of world records in their field, who happen to be vegetarians: Dave Scott, six-time winner of the Ironman Triathlon (and the only man two win it more than twice); Sixto Linares, world record holder in the 24-hour triathlon; Paavo Nurmi, 20 world records and nine Olympic medals in distance running; Robert Sweetgall, world's premier ultra-distance walker; Murray Rose, world records in the 400 and 1500-meter freestyle; Estelle Gray and Cheryl Marek, world record in cross-country tandem cycling; Henry Aaron, all-time major league home run champion; Stan Price, world record holder in the bench press; Andreas Cahling, Mr. International body building champion; Roy Hilligan, Mr. America body building champion; Ridgely Abele, eight national championships in karate; and Dan Millman, world champion gymnast ... all vegetarians.

## From the Mailbag

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"I have just read your book *Why Christians Get Sick* and am amazed at all the information on health! Please send me anything you can to get me started on learning about your program! ... There is so much I want to learn, not only for myself, but for my husband and three lovely children - as well as my 74 year old parents who suffer from arthritis, high blood pressure, breathing difficulties, and stay on Prednisone for relief!..We will definitely stand with you in prayer for your ministry!! I am so excited."

Mrs. S. J. Ellis,  
Dothan, Alabama

"We are looking forward to meeting you. God bless you - your work is as precious as gold."

Doug & Bonnie Soltis,  
Knoxville, Tennessee

"Thank you - thank you for giving of yourselves at our Convention in Alexandria, Minnesota. You left us with a wealth of information, inspiration and challenge. We really appreciate you! God bless your ministry!"

Ralph & Phyllis Peterson,  
Portland, North Dakota

"Your book, *Why Christians Get Sick*, has been sorely needed for a long, long time. Christians especially, it seemed to me, felt that any food downed after grace would do them all the good their prayers mentioned, or even if it weren't mentioned..."

Ruth Sargent,  
Amherst, Virginia

Fall 1994

That's a list that would surprise the average American, based on what we have been taught to believe about protein and meat.

*In summary*, it is difficult to avoid the conclusion that practically everything we have been told about protein is wrong. We don't need as much protein as we have been taught and consuming too much protein is hazardous to our health. We don't need to eat "complete protein." Our body needs protein from raw foods, because the building blocks for our living cells need to be living instead of dead. Cooked protein contains mutagens that are hazardous to our health, and some nutritional experts say cooked protein is impossible or very difficult to digest. Cooked meat is not a good source of protein. And protein has nothing to do with strength, energy or stamina.

But protein is important. And our best source of protein is from the same raw fruits and vegetables that provide all the other nutrients - vitamins, minerals, enzymes and carbohydrates - we need. The best way to get all these nutrients, including protein, is to eat a well-balanced variety of fresh, raw fruits and vegetables. The percentage of calories made up by protein in most fruits and vegetables is equal to or surpasses that of human breast milk, which is designed to meet human protein needs at our time of fastest growth. So don't let anybody tell you that you can't get enough protein from fruits and vegetables.

When you consider the health problems

"I listened to some tapes and read some of your material. I agree whole heartedly with what you are trying to do, but I am not as optimistic as you are. Like Brother Roloff, I don't get much response. However, people in general are getting more health conscious and even science is now acknowledging 'natural' benefits - *But* to get the church to abandon her superstitious faith and become a good steward of the *'life we now live in the flesh'* is a very difficult matter. The church, like the world, waits until crisis directs her actions rather than pleasing God with a motivation born out of gratitude for the love and grace that bought us with His own Blood. I have a Bible teaching ministry which is basically preventive regarding spiritual and physical sickness, and yes they can be related. Therefore, it is good to hear that you are providing help for the casualties. If you will send me a tape with your testimony and the basics of Health Care and permission to duplicate, I will send out several hundred ... I want to keep up with your work and I pray the Lord will be able to prosper it for His Glory and the Benefit of the Church."

W. Joyner Weems,  
Hayden, Alabama

"Praise God for your book *Why Christians Get Sick* and ministry to Christians! I just finished the book and agree wholeheartedly ... You have really taken the words out of my mouth - so to speak. I have reams of notes with the same facts and the same Scriptures. Some 20 years ago God turned me around Spiritually, Emotionally, and Physically. I know that I wouldn't be here today if this hadn't happened ... God has given me a burden to reach Christians, especially pastors, after watching several dear friends die - while watching their killer diets and their

caused by consuming too much undigestible (cooked) protein, it should drive home the point that our body is a living organism made up of living cells, and protein composes 15 percent of our body, therefore the protein we take in should be living rather than dead. Consuming a high quantity of dead, cooked protein is similar to taking mega-doses of synthetic vitamins that we cannot assimilate. We would do better to focus on the quality, rather than quantity, of nutrients, and ensure that the protein (and other nutrients) we consume is in a natural, living form that our body can assimilate at the cellular level and use to build healthy new living cells.

## 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.

'Devil may care attitudes' about food. I have been laughed at and put down by more Christians than the non-Christian Community, but my heart still breaks for them. I quit working in the medical profession because of what has been going on for years, and have devoted these last 20 years to sharing and teaching ... first learning God's way to health ... May God bless you and increase your ministry."

Lue Neff,  
Chandler, Arizona

"I have been juicing for over 20 years; been to Hippocrates Institute, East West Foundation, belong to Cancer Control Society, give away Gerson, Walker and Wigmore's books. *You have the answer and can reach millions* who rejected vegetarianism because it was coming from Hippie Types! I have been listening to the same prayer requests (cancer, arthritis, by-pass surgery, diabetes, etc.) just different names for 17 years. I have talked till I am blue in the face. With Rev. next to your name, my church friends will sit up and listen. You can truly reach millions. Hope to schedule you for a combined church presentation."

Tom Hemenway,  
Ocala, Florida

"Thank you for contacting my office regarding the President's health care proposal ... I'll be keeping your views in mind as we go along up here."

James H. Quillen, U.S. Congress,  
Washington, DC

"Thank you for the good work you are doing for America and your God. You and Rhonda are an answer to prayer for many Americans..."

Larry Gaudet,  
Candidate for U.S. Congress,  
First District, Tennessee

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# Tremendous Response to Back to the Garden Health Ministries

In Issue #8 of *Back to the Garden*, we announced we were beginning a new ministry called **Back to the Garden Health Ministries**. A ministry that would make it possible for individuals all over the world to become a part of Hallelujah Acres so they can share with those in their community the good news - "You do not have to be sick!" Well, the response has been overwhelming, far beyond our most optimistic expectations ... with almost 200 people responding thus far and we are still receiving letters and calls daily from those who want to be included.

Those responding come from all walks of life and educational backgrounds. Some from foreign countries. Most have college degrees, some are doctors, some are old and some are young. Some are already in the health field and some know very little about it. But one thing they all have in common is their desire to minister to others and share the message of Back to the Garden. Listen to what some of them have to say as to why they want to be a part of this new ministry:

"The approach as taken by Back to the Garden Health Ministry is an answer to much of the worlds problems - physical, mental, spiritual, economic as well as social. To me, it will be an opportunity to be a part of a group that God has called at this time through the experiences and work of Pastor George Malkmus to share a philosophy of life and style of living that makes sense from both the religious as well as true science point of view ... I will begin the ministry as a part timer and eventually move it into a full time ministry before taking this health ministry to Malawi, Africa within the next three to four years ..."

Dave Luwemba,  
Berrien Springs, Michigan

"I desire to have the best knowledge, information and products available to inform and instruct people that they indeed do not have to be sick and that they can raise healthy, happy children. Of all the products, companies and sources of information that I have ever come across; I believe that you are the closest to the truth and that you are right on track. I am a born again believer and I know that God wants the best for His people; and the more I research and discover, all our health, vitality, and longevity can only be based upon God's Word. I need to learn how to reach more people and I desperately need to be connected with people who are like minded ... I am around so many people who are killing themselves with their forks. The need is so great."

Mary Truitt,  
Carson, California

"I feel called to help spread the word that you do not have to be sick and feel that God has guided me to Back to the Garden to glorify His name in my Community..."

Gay Tall,  
Port Republic, Maryland

"My personal quest for health began about seven years ago and has brought me to such wonderful knowledge, not to mention better

health, that I have a tremendous desire to share this information. I would personally like to see everyone take advantage of this newfound information to improve their health and increase their productivity. Ill health is so needless and the word must be spread. Your approach is clear-cut and to the point and offers all who will listen and heed the chance to improve their quality of life..."

Ann Dean,  
Waxahachie, Texas

"Dick (my husband) and I believe in, practice, and share the principles of Back to the Garden with everyone who will listen. An amazing number of people are listening. We have seen lives irrevocably changed by following these principles..."

Carol Cover,  
Northfield, Minnesota

"I believe the message Back to the Garden Health Ministries is trying to convey to people is the answer to their health problems. My research over the years has led me to the same conclusion ... Your ministry is a great opportunity to reach more people in need, that would otherwise continue to suffer without ever being told the truth and shown a healthier option..."

John Winstead,  
Charlotte, North Carolina

"...Everywhere I look, I see and hear people in pain. Each in their own way crying out for health. I have always wanted to help these people but all I could do was listen and offer an encouraging word. This ministry is putting before me an opportunity to do more than only listening and encouraging, but a way to really help. I am excited about this ministry."

Margaret Irwin,  
Louisville, Kentucky

"I agree with you and your ministry 100%. I love people! I have had many of my friends and family that have died needlessly. I have many friends and family that are sick now. I really want to help educate people into the Biblical way of being healthy..."

Dwight Dennis,  
Pampa, Texas

"I want to help people 'see the light' about getting back to God's original diet so they can get well and stay well. The seminars and the 'truth' George is preaching would give me a vehicle to do this."

Charlie Brown,  
Charlotte, North Carolina

"Being actively involved in God's work for over 50 years, I have hundreds of friends and acquaintances who need to hear the message of Back to the Garden Health Ministries and I would like the opportunity to tell them. I believe in what you are doing!"

Perry Hedger,  
Auburn, New York

"Having observed several instances in recent months where people were sick and dying who should have had many years of good health and noticing that I too could be in that condition, I started to search for a way to

change my eating habits. After I heard the Rev. Malkmus, I started to change my diet and immediately began to see a change in weight, energy, and better rest when sleeping. At this point I have lost 25 pounds..."

Don Prewitt,  
Orlando, Florida

"My wife and I strongly believe that a great need exists for teaching people how to eat a proper diet, especially in the church where a common fellowship meal is coffee and doughnuts..."

David Miller,  
Rifle, Colorado

"In the past two years, my father has had gout, clogged arteries, poor circulation, surgery, amputation, bedsores, feeding tube, stroke and wheelchair, etc.— an enormous amount of medical intervention with no progress ... I want to bring some answers to our family that have lasting results for better physical and mental health. So many people I know suffer from pain and obesity. I want to help them!"

Leola Fier,  
Kansas City, Missouri

"I am interested in Back to the Garden Health Ministries because I am a Christian and have a burden to help people in a valuable way ... My heart breaks at all the unnecessary illness and misinformation."

Bev Cook,  
Houston, Texas

Aren't they great! And that is only a sampling of the responses. Another interesting observation is that most of those who responded are on the Hallelujah Diet and almost all are totally free of any physical problems.

Back to the Garden Health Ministries is an opportunity for folks all over the world who have a burden to share the health message with others to have help and support as they seek to minister to their community. We will train you, provide the educational materials in the form of books, audios, videos, juicers, distillers, etc. The products will be purchased from us at wholesale so that those who become a part can hopefully support themselves in the ministry. Support Seminars will be held regionally around the country. We will promote those who become a part in our *Back to the Garden* publication so people will know where they can go in their communities for support and encouragement in this new and healthy way of life.

We envision thousands of Christians joining us from around the world. Not only will many individuals want to become involved, but every church should become a part, not just for their own membership, but also to help those in their communities. Many churches already carry our literature, audios, videos and Barley Green in their book stores and some offer juicers and distillers. If you are interested in learning more about how to become a part of this exciting Health Ministry, write or call us and request our Health Ministry Information Pack! And thanks again to all those who have already responded. Together, we can have an impact on the physical and spiritual health of our world.

*Back to the Garden*

body to the medical treatments that contributed to my mother's death, I sought an alternative. An evangelist from Texas named Lestor Roloff advised me to simply change my diet to raw fruits and vegetables, with lots of freshly-extracted carrot juice. It sounded too simple, but I made this change, and almost immediately started to get well. After one year on a diet of nothing but raw fruits and vegetables, not only was my colon cancer healed, but so was every other physical problem. This included high blood pressure, severe sinus and allergy problems, hemorrhoids, fatigue, hypoglycemia, pimples and even body odor and dandruff! After that full year on a totally raw diet, I have since maintained a diet of about 85 percent raw fruits and vegetables for the past 18 years. On this diet, I have not suffered any sickness, not even a cold or sore throat. I haven't been to a doctor or even taken an aspirin in 18 years! And there are many others who have converted to this diet with similar results. (The Hallelujah Diet is found on page 8.)

God's Natural Laws are so simple that when the true nature of disease is understood, sickness is no longer a mystery. It is so thrilling to know that health can almost always be restored without drugs, chemotherapy, radiation and surgery, and that physical problems can almost always be eliminated by simply applying God's Natural Laws. If we experience sickness or disease, along with the resulting misery and suffering and financial cost, we have no one else to blame but ourselves. This is called personal accountability, something we shy away from in this present day, in which we want to blame someone or something else for all our problems.

After reading my books and other literature or listening to my seminars on health and nutrition, many people are adopting the diet of primarily raw foods that we teach here at Hallelujah Acres. The results are that multitudes have found almost every physical problem they were experiencing to simply disappear ... from headaches and stomach disorders to arthritis, heart disease, diabetes and even cancer. Most of these were people who had applied the diet and healing methods of this world for years and some were even given up by doctors as terminal. Yet when they changed their diet and lifestyle they almost always get well, usually within a few short months. With the diet God intended for mankind, our bodies can become immune to almost all disease and we can look forward to a healthy life well past 100 years, free of disease and sickness as well as mental and emotional problems.

If we would but return to God's ways of nourishing the body, we could practically eliminate sickness from the face of the earth and man would die only of accidents or old age at about 120 years (Genesis 6:3). You see, when we cook our food, we destroy its nutritional value, and we force the organs of our body to work overtime to remove the toxic residue, which tires the body, produces illness, and shortens human life to only a fraction of what God intended.

Addiction to cooked food begins shortly after birth when mother tries to force cooked food (usually cereal) into the mouth of the young child. The child detests the taste of this cooked food and usually will attempt to reject this dead food by spitting it out. But, in ignorance, the mother will continue to force that cooked food

into the baby's mouth until accepted (thinking this is nourishment the baby must have to grow and be healthy) ... and thus the cooked food addiction begins. This cooked food often produces crying by the baby as this unnatural food causes organs to be taxed to their limit trying to get rid of these toxic substances. Cooked food causes colic, restless nights, stomach ailments, fevers, rashes, swollen tonsils and glands and more as that tiny baby's body reacts to this unnatural food substance its DNA was never encoded to receive. One of the most cruel injustices we commit as parents is when we place cooked (pasteurized) milk, cooked cereal and cooked baby foods into the beautiful living body of little children designed by God to be nourished **only** with raw, living foods!

Today, most people accept cooked food as the normal means of supplying the body with nutrients, not realizing that the living cells of our

bodies do not take nourishment from the dead and artificial ingredients found in cooked food. And so, after a typical meal of **cooked** meat, **cooked** potatoes, a **cooked** vegetable and a piece of **cooked** bread, followed by a **cooked** sugar desert, their stomach is full and they think they have satisfied the nutritional needs of their body. In reality, they have given their body practically no nourishment. And thus with a full stomach, they are slowly starving their body's cells.

Take the bread in that meal as an example. The miller takes the living grain of wheat and removes the outer shell called the bran (fiber) and it is either thrown away or sold in a health food store. Then he removes the germ (which contains all the nutrients) because it gums up his machinery. The germ also is often sold in a health food store. Then he takes what is left,

**Continued – Please see next page**

## The Great American Rat Experiment: Raw Foods Vs. the Cooked American Diet

The following is an account of an interesting three-part experiment comparing the effects of raw foods versus cooked foods with rats. This account is taken from a book titled *Goldot*, by Lewis E. Cook, Jr. and Junko Yasui:

It has been found that a group of rats were fed diets of raw vegetables, fruits, nuts and whole grains from birth grew into completely healthy specimens and never suffered from any disease. They were never ill. They grew rapidly, but never became fat, mated with enthusiasm and had healthy offspring. They were always gently affectionate and playful and lived in perfect harmony with each other. Upon reaching an old age, equivalent to 80 years in humans, these rats were put to death and autopsied. At that advanced age their organs, glands, tissues and all body processes appeared to be in perfect condition without any sign of aging or deterioration.

A companion group of rats were fed a diet comparable to that of the average American and included white bread, cooked foods, meats, milk, salt, soft drinks, candies, cakes, vitamins and other supplements, medicines for their ailments, etc. During their lifetime these rats became fat and, from the earliest age, contracted most of the diseases of modern American society including colds, fever, pneumonia, poor vision, cataracts, heart disease, arthritis, cancer and many more.

Most of this group died prematurely at early ages but during their lifetime most of them were vicious, snarling beasts, fighting with one another, stealing one another's food and attempting to kill each other. They had to be kept apart to prevent total destruction of the entire group. Their offspring were all sick and exhibited the same general characteristics as the parents.

As this group of rats died one by one or in epidemics or various diseases, autopsies were performed revealing extensive degenerative conditions in every part of their bodies. All organs, glands and

tissues were effected as were the skin, hair, blood and nervous system. They were all truly total physical and nervous wrecks. The same conditions existed in the few which survived the full duration of the experiment.

A third companion group of rats was fed the same diet as the second group to an age equivalent to about 40 years in humans. They displayed the same general symptoms of the second group – being sick and vicious so that they had to be separated to prevent them from killing each other and stealing one another's food.

At the end of this initial period all rats in this group were placed on a strict fast, with only water to drink for a period of several days. Then they received the natural (raw) diet of the first group of rats. This diet was alternated with periods of fasting and within one month the behavioral pattern had changed completely so that the now docile, affectionate, playful creatures were once again able to live together in a harmonious society and from this point on **never suffered any illness**.

Several rats were put to death and autopsied at the end of the initial period revealing the same general deterioration as that exhibited in the second group of rats. However, the remaining rats lived out the full duration of the experiment, to the equivalent of 80 years in humans, and when they were autopsied there were no signs of aging or deterioration or disease - just as those in the first group. The obvious disease, degeneration and deterioration of body parts evident in their first half of life had been completely reversed and excellent health restored.

The same principles apply to human life as there is only one TRUTH! Thus it may be concluded that sick people may be restored to health simply by choosing the proper diet, fasting and observing the other rules of health. There is no mystery. There is no external force that will help - all healing being accomplished within the body by the body in accordance with the laws of organic life and health.

# Raw Foods

Continued from page 7

which is called the endosperm, and grinds it into fine powder. But this powder is not pure white, so he bleaches it, often with a bleaching agent similar to Clorox. Now the flour is ready for the rest of the ingredients and baking ... **but it contains zero fiber and zero nutrition!** Knowing the public will not buy a product that does not have at least some nutritive values posted on its wrapper, the bread maker puts into this dead, fiberless, nutritionally-void substance, some artificial, coal-tar derived, vitamins and minerals which have been known to cause cancer. Now he can label it "enriched" and pass it on to the unsuspecting public as something that is supposed to be good food. Yet there is still no fiber and no real nutrition! And it is this type of so-called food, we put into our beautiful body / temples that

God created to be nourished only by living food. And I haven't even mentioned the other poisons added to that loaf of bread ... sugar, salt, dough conditioners, preservatives, etc.

Then there are those who realize the miller has taken all of the goodness out of the flour, so they mill their own flour from organic wheat and other grains, thus believing they are leaving in the nutrients. They don't realize that when they bake that bread, the heat destroys almost all nutrients. Certainly, this is less harmful than the commercial product, but just as dead.

Without realizing it, man has stepped into the arena in defiance of God and changed natural raw food made by God into a man-made, artificial, non-living, processed product we call "food." Look at animals in nature and you will see they too have heart, lungs, kidneys, blood, flesh, bones, brain and so on, yet they are properly nourished and thrive on simple, raw foods provided by nature. The cow, horse and elephant

eat grass or leaf and turn that raw material into everything they need to build and maintain a healthy, strong body. Yet man thinks he must improve on the way God made raw food.

**All food, as found in nature is RAW,** and consists of the same basic three elements: (1) naturally distilled water, (2) roughage or fiber, and (3) nutrients. The purest water known to man is found in raw fruits and vegetables, and water constitutes approximately 70% of our body. Roughage is necessary to keep the colon clean and functioning properly, while the lack of it causes constipation. Nutrients make up the smallest part of plant life, but when received into our body in raw natural form provide **all** we need to be properly nourished. This is just as true in man as with the rest of the animal kingdom.

All edible raw plants consist of almost the same elements, differing only in proportions, color, and taste. All plant and animal life is but an ongoing exchange and circulation of atoms. The seed sprouts, sends fourth a shoot, develops branches and leaves and ultimately bears the fruit (or vegetable). Then it is consumed by an animal or man and becomes skin, heart, liver, blood, etc., which eventually returns to the ground. It is an ongoing cycle that is repeated over and over again and has been since creation. But for this cycle to be complete and function properly, things **must be in a raw, living form.**

A scientist tries to analyze the nutrients, and tells us how many milligrams of each vitamin we need or how many grams of protein we need daily to be properly nourished. Then he takes these nutrients out of the natural foods or concocts similar nutrients artificially and sells them to us as vitamin, mineral or protein supplements. Then he tells us we need to take these manufactured, unnatural products in order to be properly nourished.

The difference between natural, raw foods versus cooked, processed foods and synthetic vitamins is the very difference between life and death. Raw foods are alive. Cooked, processed foods and synthetic vitamins are dead. But nowhere in any government nutrition table is there a distinction made between live and dead foods or nutrients. Man cannot create life in a laboratory so scientists, nutritionists and medical doctors ignore the difference between food that is alive and food that is dead. The nonsense these scientists, nutritionists and medical doctors are presenting as fact is an absurdity. We must turn away from their foolish pronouncements and turn back to God and return **Back to the Garden** where God first placed mankind so we can learn how to be properly nourished and live in health as God intended.

Take a look at the physical condition and health of the animals in the wild, feeding on natural raw nutrients as provided by God. Then look at the physical condition and health of man trying to live on tampered and altered food, and you tell me who is the smartest and who has the most common sense ... the donkey who eats the raw grass or the man who eats cooked, artificial, poisoned foods and synthetic vitamin, mineral and protein supplements. Man is foolish to cast doubt on God's eternal

Continued – Please see next page

possible for them to provide the body chemistry to maintain health. It follows then, that if raw food permits an otherwise ruined body to restore itself to health, so must raw food provide the maximum benefit to anybody – sick or well."

In his 1980 book, *The Health Revolution*, Horne writes, "Cooked protein is difficult to digest, and when incompletely digested protein enters the colon it putrefies and ammonia is formed." Horne quotes Dr. Willard Visek, Professor of Clinical Sciences at the University of Illinois Medical School as saying, "In the digestion of proteins, we are constantly exposed to large amounts of ammonia in our intestinal tract. Ammonia behaves like chemicals that cause cancer or promote its growth. It kills cells, it increases virus infection, it affects the rate at which cells divide, and it increases the mass of the lining of the intestines. What is intriguing is that within the colon, the incidence of cancer parallels the concentration of ammonia." Dr. Visek is quoted in *The Golden Seven Plus One*, by Dr. C. Samuel West, as saying, "Ammonia, which is produced in great amounts as a by-product of meat metabolism, is highly carcinogenic and can cause cancer development."

• Cooking food also creates many types of mutagens, particularly with proteins. "Mutagens are chemicals that can alter the DNA in the nucleus of a living cell so increasing the risk of the cell becoming cancerous," Horne explains. "Most mutagens seem to be formed by an effect of cooking on proteins," according to Dr. Oliver Alabaster, Associate Professor of Medicine and Director of Cancer Research at the George Washington University, in his 1985 book, *What You Can Do to Prevent Cancer*. Horne further quotes Alabaster's book as stating, "Broiling hamburgers, beef, fish, chicken, or any other meat, for that matter, will create mutagens, so it appears to be an unavoidable consequence of cooking. Other mutagens are formed by the action of cooking on carbohydrates. Even an action as innocent as toasting bread has been shown to create mutagenic chemicals through a process known as the browning reaction. This reaction also occurs when potatoes and beef are fried, or when sugars are heated ... Fortunately, extracts of very few fruits and vegetables are mutagenic. In fact, quite the contrary. Laboratory tests have demonstrated that a number of substances in foods (including cabbage, broccoli, green pepper, egg plant, shallots, pineapple, apples, ginger and mint leaf) can actually inhibit the action of many mutagens."

• And the results of personal experience from the many people who have switched to a mainly raw foods, vegetarian diet are even more impressive than scientific laboratory findings. Since Rev. George Malkmus healed his colon cancer and other ailments 18 years ago by switching to a diet of raw fruits and vegetables, he has led many others in the same direction. The personal testimonials and letters of many of these people have appeared in the pages of this newsletter ... people who have recovered from cancer, heart disease, multiple sclerosis, diabetes, arthritis, obesity, abdominal pain and more. All this from something as simple as a change to a vegetarian diet of mainly

raw fruits and vegetables, with an emphasis on freshly-extracted vegetable juice. (Juicing is important because nutrients in raw vegetable juice can get to the cellular level quicker and more efficiently with these nutrients separated from the pulp, or fiber. This allows the time-consuming and energy-consuming process of digestion to be avoided.)

But George Malkmus was not the first – nor will he be the last – person to get great results from converting people to raw foods. The results obtained by Rev. Malkmus and Hallelujah Acres are very consistent with others who have placed an emphasis on nutrition from raw foods and freshly-extracted vegetable juice. Dr. Norman Walker was seriously ill in his early 50s, but healed himself with the juices of raw vegetables, and lived to be 119 years old, writing his last book at age 115. And since the 1920s, the Gerson Therapy developed by Dr. Max Gerson has obtained results with fresh vegetable juices that have been unparalleled by orthodox medical practice. "Incurable" diseases are being healed at the Gerson Clinic, such as lung cancer, spreading melanoma, lymphoma, bone cancer, colon cancer, breast cancer, brain cancer, liver cancer, prostate cancer, multiple sclerosis, severe asthma, emphysema, rheumatoid arthritis, diabetes, lupus and more.

So, whether you consider scientific analysis or real-life experience, there is strong evidence of the superiority of raw protein over cooked protein. Scientific analysis of the distinction between the life and death of atoms that become the building blocks of our body, the de-naturing of protein and the mutagens caused by cooking protein helps to explain personal experiences of the many medical problems caused by excessive amounts of undigestible, cooked protein, as well as the great results people have seen by switching to a raw foods diet.

5) **Cooked meat is not a good source of protein.** The reason cooked meat is not a good source of protein for humans is both because it is *cooked* and because it is *meat*. Actually, *cooked* meat is not a good source of protein for any animal (as laboratory tests have shown).

And meat in any form is not good for humans. As noted by the Diamonds in *Living Health*, we do not have a digestive system designed to assimilate protein from flesh: We do not have the teeth of a carnivore nor the saliva. Our alkaline saliva is designed to digest complex carbohydrates from plant food, whereas saliva of a carnivore is so acidic that it can actually dissolve bones. Humans do not have the ability to deal with the cholesterol or uric acid from meat. The digestive tracts of carnivores are short, about three times the length of their torso, allowing quick elimination of decomposing and putrefying flesh. All herbivores have long intestines, 8 to 12 times the length of their torso, to provide a long transit time to digest and extract the nutrients from plant foods.

And all protein ultimately comes from plants. The question is whether we get this protein directly from plants, or whether we try to get it second-hand from animals who have gotten it from plants.

6) **Eating meat – or protein in**

**general – does not give you strength, energy or stamina.** One of the easiest ways to dispel the theory that meat is required for strength is to look at the animal kingdom. It is herbivores such as cattle, oxen, horses and elephants that have been known for strength and endurance. What carnivore has ever had the strength or endurance to be used as a beast of burden? The strongest animal on earth, for its size, is the silver-back gorilla, which is three times the size of man, but has 30 times our strength. These gorillas "eat nothing but fruit and bamboo leaves and can turn your car over if they want to," the Diamonds note in *Living Health*. It would be hard to argue anyone needs meat for strength.

And protein does not give us energy. Protein is for building cells. Fuel for providing our cells with energy comes from the glucose and carbohydrates of fruits and vegetables.

As pointed out by John Robbins in *Diet for a New America*, many studies have shown that protein consumption is no higher during hard work and exercise than during rest. Robbins writes, "True, we need protein to replace enzymes, rebuild blood cells, grow hair, produce anti-bodies, and to fulfill certain other specific tasks ... (But) study after study has found that protein combustion is no higher during exercise than under resting conditions. This is why (vegetarian) Dave Scott can set world records for the triathlon without consuming lots of protein. And why Sixto Linares can swim 4.8 miles, cycle 185 miles, and run 52.4 miles in a single day without meat, dairy products, eggs, or any kind of protein supplement in his diet. The popular idea that we need extra protein if we are working hard turns out to be simply another part of the whole mythology of protein, the 'beef gives us strength' conditioning foisted upon us by those who profit from our meat habit." To demonstrate how well-founded this position is in current scientific knowledge, Robbins quotes the National Academy of Science as saying, "There is little evidence that muscular activity increases the need for protein."

Protein requires more energy to digest than any other type of food. In *Your Health, Your Choice*, Dr. Ted Morter, Jr. writes: "Protein is a negative energy food. Protein is credited with being an energy-producer. However, energy is used to digest it, and energy is needed to neutralize the excess acid ash it leaves. Protein uses more energy than it generates. It is a negative energy source."

A 1978 issue of the *Journal of the American Medical Association* warns athletes against taking protein supplements, noting, "Athletes need the same amount of protein foods as nonathletes. Protein does not increase strength. Indeed, it often takes greater energy to digest and metabolize the excess of protein."

Most athletes are not aware of this information on protein, but there have been attempts to make this warning known. For example, George Beinhorn wrote in the April 1975 issue of *Bike World*, "Excess protein saps energy from working muscles ... It has also been discovered that too much protein is

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## 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.)

Exercise is also an essential part of our program. We do at least one hour of vigorous exercise daily.

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

\*\*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.

# Protein & Propaganda

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thought to be healthy, many experts felt it was a mistake of nature that human females produced breast milk of only 5 percent protein.

The "complete protein" myth was given another boost in 1971 when Frances Moore Lappe wrote *Diet for a Small Planet*. Lappe discouraged meat eating, but promoted food combining with vegetable proteins, such as beans and rice, to obtain all eight essential amino acids in one meal. But by 1981, Lappe conducted additional research and realized that combining vegetarian foods was not necessary to get proper protein. In her tenth anniversary edition of *Diet for a Small Planet*, Lappe admitted her blunder and acknowledged that food combining is not necessary to obtain sufficient protein from a vegetarian diet. In fact, Dr. John McDougall warns that efforts to combine foods for complete protein are not only unnecessary, but dangerous, because "one who follows the advice for protein combining can unintentionally design a diet containing an excessive and therefore harmful amount of protein."

4) **Protein is an essential part of our (living) body and there is a difference between protein that has been cooked and protein in its raw (living) form.** We should realize that our body (which is made of some 100 trillion living cells) is composed of 15 percent protein, making protein the primary solid element in our body, and second only to water, which composes 70 percent of our body. Protein is composed of amino acids, and amino acids are made up of chains of atoms. These atoms that make up amino acids that make up protein literally become the building blocks for our body.

The problem is that cooking kills food and de-natures or re-arranges the molecular structure of the protein, causing amino acids to become coagulated, or fused together.

Dr. Norman W. Walker emphasizes there is a difference between atoms that are alive and atoms that are dead. Dr. Walker says heat from cooking kills and changes the vibration of the atoms that compose amino acids that compose protein that compose our body. In a human body, Dr. Walker notes that within six minutes after death, our atoms change their vibration and are no longer in a live, organic form. So the difference between cooked and raw protein is the difference between the life and death of the atoms that make up 15 percent of our body.

Dr. Walker writes: "Just as life is dynamic, magnetic, organic, so is death static, non-magnetic, inorganic. It takes life to beget life, and this applies to the atoms in our food. When the atoms in amino acids are live, organic atoms, they can function efficiently. When they are destroyed by the killing of the

animal and the cooking of the food, the vital factors involving the atoms in the functions of the amino acids are lost."

You can see protein change its structure immediately when you drop an egg into a hot frying pan. As soon as it hits the heat, the clear, runny, jelly-like substance surrounding the egg yolk turns rubbery and white. Protein is not the same substance before and after it has been cooked. In *The High Energy Diet* video, Dr. Douglas Graham states "protein is destroyed at 150 degrees." At this temperature, he says the chemical bond and structure of protein is "de-natured," and once this happens, there is nothing we can do to "un-de-nature" protein.

But Dr. Graham sends a mixed message on the question of whether our body can get absolutely no benefit from cooked protein, or whether we can assimilate only a small amount of the protein in cooked food. He says both. Shortly after saying protein is "de-natured" and "destroyed" by cooking, and that we "can't get any use out of cooked food" ... in the same video Dr. Graham states that "only a small portion of that (cooked) protein is available to human beings."

**Protein is not the same substance before and after it has been cooked. In *The High Energy Diet* video, Dr. Douglas Graham states "protein is destroyed at 150 degrees." At this temperature, he says the chemical bond and structure of protein is "de-natured," and once this happens, there is nothing we can do to "un-de-nature" protein.**

In *Living Health*, Harvey and Marilyn Diamond send the same mixed messages as to whether cooked protein is unusable or difficult to use. They write that, "When cooked, amino acids fuse together, making the protein unusable." The book also states, "Amino acids are destroyed or converted to forms that are either extremely difficult or impossible to digest."

So, we have three options on how we feel about the difference between raw and cooked protein. We can believe that:

a) our living cells get no benefit whatsoever from the dead atoms and de-natured protein of cooked food;

b) surely we must get some small benefit from cooked protein, even if most of it ends up as undigested protein that causes many medical problems (and even if we don't understand how dead atoms can become the building blocks for our living cells);

c) or we can accept orthodox medical and nutritional "wisdom" that still says cooked, dead and de-natured protein is just as healthy as living protein from raw foods (and try not to think about the difference between life and death in the food we put into our bodies).

The first position, which is advocated by Rev. George Malkmus, would be considered the most radical by the medical and nutritional establishment. (Remember, these experts are the same folks who - not so long ago - said people couldn't get sufficient protein from fruits

and vegetables, and once recommended levels of protein now known to be a health hazard.)

The second position is a somewhat inconsistent compromise. But the third position, which is currently official government policy, is actually the hardest to defend. Perhaps when the evidence is more carefully considered, this position will change, just as so many other official, orthodox positions on nutrition have evolved. Evidence of the nutritional superiority of raw foods has been available for decades, but information that is contrary to commercial interests is slow to reach the public. For a summary of this evidence:

- All animals in the wild eat raw food, so wild animals kept in captivity have provided a good means of comparing the merits of raw versus cooked food. In the early 1900s, it was common for zoos, circuses, etc., to save money by feeding captive animals restaurant scraps. But the mortality of these animals was high and attempts at breeding them were not very successful. When their diets were changed to natural, raw foods, the health, life-span and breeding of the animals improved tremendously. A study of this type at the Philadelphia Zoo was described in a 1923 book by Dr. H. Fox titled

*Disease in Captive Wild Animals and Birds.*

- One of the best-known studies of raw versus cooked foods with animals was a 10-year research project conducted by Dr. Francis M. Pottenger, using

900 cats. His study was published in 1946 in the *American Journal of Orthodontics and Oral Surgery*. Dr. Pottenger fed all 900 cats the same food, with the only difference being that one group received it raw, while the others received it cooked.

The results dramatically revealed the advantages of raw foods over a cooked diet. Cats that were fed raw, living food produced healthy kittens year after year with no ill health or premature deaths. But cats fed the same food, only cooked, developed heart disease, cancer, kidney and thyroid disease, pneumonia, paralysis, loss of teeth, arthritis, birthing difficulties, diminished sexual interest, diarrhea, irritability, liver problems and osteoporosis (the same diseases common in our human cooked-food culture). The first generation of kittens from cats fed cooked food were sick and abnormal, the second generation were often born diseased or dead, and by the third generation, the mothers were sterile.

- Much of the same pattern can be shown in humans. In his 1988 book, *Improving on Pritikin*, Ross Horne notes, "There is an association between the cooking and processing of food and the incidence of cancer, and conversely, it is a fact that cancer patients make the best recoveries on completely raw vegetarian food ... This shows that when vital organs are at their lowest state of function, only raw foods make it

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wisdom. Every step man takes away from providing the human body with nutrition in its natural, living form is a step toward disease and an early grave.

What Hallelujah Acres teaches is a radical, yet simple change in the way mankind nourishes the body. This change, if adopted by all, would practically eliminate sickness from the earth. What we are teaching here at Hallelujah Acres is of such great humanitarian importance that it should be given immediate attention by political and religious leaders. If after basic and simple experiments, what I am proposing proves to be true, then all teachings to the contrary must be abandoned and this information must be made available to all mankind. If on the other hand, what I am teaching proves to be false ... then it must be proclaimed that George Malkmus and Hallelujah Acres are wrong and our teachings are heretical.

Here is what I propose: After removing the drugs, place all the patients from just one hospital on the Hallelujah Diet for 90 days and compare the results with that of another hospital with an equal number of patients, using drugs and cooked food. Do the same thing in a mental institution and a jail. If those in authority would allow this to be done, and the results made public on the evening news, it would change the world

This issue of *Back to the Garden* features an article on Raw Food and so I thought it might be helpful to give an entire day's menu featuring raw food, along with some other suggestions. **BREAKFAST** - We recommend only Barley Green for breakfast. And that is all until lunch time. (Barley Green is the highest source of nutrients we know of in the world today. George and I take 3 to 4 Tblsp. daily. Minimum amount of Barley Green should be 1 teaspoon a half-hour before each meal.)

If you are looking for an occasional treat, you might have some melon juice a half-hour after your Barley Green.

For watermelon juice or mixed melon juices, juice all but the rind, including the white and pink flesh of watermelons, in a Champion Juicer. It's delicious!

**LUNCH** - We recommend Barley Green for lunch, followed about 1/2 hour later by an all-fruit meal. This is an all-raw meal that might include just eating bananas, apples, dates or whatever other fruits you enjoy. Eat to your heart's content, but don't go overboard on the sweet fruits (bananas, dates, figs, etc.). Some celery stalks and/or lettuce combine well with the fruit and reward the sweetness if desired. This is an easy meal to pack for a lunch at work, school or on the road. For a special treat, try the Fruit Salad recipe found in Issue # 6 of *Back to the Garden*, or you can cube or make melon balls from watermelon or mixed varieties of melons. For an attractive serving bowl, use the hollowed out shell of a watermelon with a scalloped edge. Especially nice when entertaining guests.

Another option would be a large vegetable salad, but we prefer to have fruit at the noon meal and salad in the evening.

**SUPPER** - This is the meal where we are rewarded for being good all day (staying raw) and some cooked food is allowed ... **but no junk!** Supper always begins with a Barley Green and is followed a half hour later by a large vegetable salad as described in issue #4. Make the salad the main part of the meal! Now let's look at a few cooked options:

**Stuffed Tomatoes** can be absolutely scrumptious! Just take a large, ripe, tomato and core out the stem end. Cut the tomato (stem-end up) into 8 wedges - but stop about a half inch from the bottom. If the bottom is rounded and will not sit flat, flatten it by cutting a little off. Place on plate on top of a large piece of leaf lettuce (not head lettuce). Stuff with your favorite stuffing and serve with celery and carrot sticks, red and/or green pepper rings, etc.

in a very short time. This type of experiment could become a reality some day if our political and medical leaders sincerely wanted to help mankind, rather than to merely protect their political office and financial interests.

It is so sad that the only studies the medical establishment wants to conduct are those based on cooked food, drugs, radiation and surgery to deal with disease. Why do they hesitate to use raw food in their testing? Why do they then say there is not sufficient evidence of any benefit from a raw food diet, **when they are the ones who refuse to conduct any tests!** And they reject all independent research. Could it be that those who make tremendous profit from sickness know that if verifiable tests were conducted and this information made public, they would be out of business?

If what we teach here at Hallelujah Acres proves to be true, as it already has proven to be true to myself and the multitudes of raw eaters around the world who have experienced the removal of all sickness by simply applying what we teach, then it must be given the very highest priority by all who have the means of disseminating this information to enlighten those who are killing themselves in ignorance.

God made no mistakes when He created this universe, planet earth, nature and

man. He did not fail to provide man with everything he needed to be properly nourished so we could experience perfect health. It is man who has attempted to improve on what God made. It is man who has taken the natural food as served up to him by nature to meet our total nutritional requirements and corrupted these natural foods. It is man who has doubted God's wisdom and provision and replaced it with his own folly. It is man who has corrupted God's ways, and it is man who is paying a very heavy penalty for the changes he has made.

What can you and I do to turn things around? First, if we have already experienced the benefits of raw eating in our own lives, we must share this information and our own personal testimonies with others. (Back to the Garden Health Ministries is an excellent means of doing this. See page 14.) If you know these truths and yet have not been living this way, why not adopt this diet so that you can be an example to others. If you have not yet tried this way of eating, I challenge you to try it for 90 days. And then, let's all catch the vision of a world without sickness and do what we can to make it happen. May God help each of us as we seek to bring this world back to Him who created it all and **Back to the Garden** where man's life on earth began!

For **Taboule** stuffing, place in small mixing bowl: 1 cup bulgar wheat soaked in 2 cups of distilled water 1/2 hour before adding

the following ingredients:

2 T fresh parsley (or 1 teaspoon) dry; 2 T each of chopped onion, celery and pepper; 1 tomato chopped; 2 T cucumber, chopped fine; 1 T Braggs Liquid Aminos (purchase in Health Food Store); 1 to 2 T Extra Virgin Olive Oil; 1/4 cup fresh lemon juice; 2 T fresh mint (or 1 teaspoon dried). Toss lightly. Refrigerate at least one hour before stuffing the tomato. You can change the flavor of Taboule by adding or omitting different vegetables or seasonings. Taboule can also be served on a bed of lettuce without being stuffed into a tomato.

You can also use quinoa, couscous or brown rice cooked according to directions in place of the wheat in the above recipe.

**Another stuffing** for the tomato would be to chop your favorite veggies into small pieces - as great a variety as desired. Saute till desired tenderness in vegetable broth, distilled water or small amount of Extra Virgin Olive Oil. (Add some Braggs Liquid Aminos and herbs while sauteing if desired.) Place into prepared stuffing tomato as explained above. Top with a sauce made from two blended tomatoes, three garlic cloves, Braggs Liquid Aminos and your favorite herbs - eg. basil, oregano or mixed herbs.

Still another excellent stuffing for tomatoes is the guacamole recipe in issue #8.

There are so many wonderful taste treats available and you will be greatly rewarded if you do a little exploring and experimenting. Hopefully the above will give you some ideas. Enjoy your meals and have a wonderful day as you nourish and restore those marvelous cells of your beautiful family with living food! Remember: Only living food can nourish living cells and all cooked food is dead food!

**Health Tip:** Whenever you eat melons, remember that they do not digest properly with any other food - so the rule is 'Eat melons alone or leave them alone!'

**We goofed in our last issue** - The recipe for the *Hallelujah Acres Potato Salad* dressing should have used an avocado with 2 Tblsp. lemon juice blended - instead of mayonnaise. For seasoning, add to blended avocado/lemon juice mix, 1 teaspoon Parsley Patch All-Purpose or your own herb mix; 1 Tablespoon Braggs Liquid Aminos and 1/2 teaspoon garlic powder, onion flakes and celery seed. (Expeller pressed mayonnaise and vinegar would be a less healthy option if you did not use the avocado dressing.)

# Protein and Propaganda

By Michael Dye

Protein is by far the most widely discussed and publicized nutritional requirement of our body.

With all this information available about protein, you might assume that people are pretty well informed on the subject.

Wrong.

The average American consumes over 100 grams of protein a day, three to five times as much as experts now say is necessary. We all know that protein is an essential nutrient, but what most of us have not been told is that excessive amounts of undigestible protein can be hazardous to our health.

The dangers of a high-protein diet are not commonly known by the general public because we have been fed more misinformation and propaganda about protein than any other category of nutrition. A combination of badly outdated animal experiments and self-serving indoctrination disguised as nutritional education has left most people badly misinformed about our body's protein needs.

Several generations of school children and doctors were taught incorrectly that we need

meat, dairy and eggs for protein. The meat, dairy and egg industries funded this "nutritional education" and it became U.S. government policy. Much of the evidence used to support the claim that animal products are ideal for meeting human

protein needs was based on a now discredited experiment on rats conducted in 1914.

Experts in the field of nutrition and medical science have drastically changed their thinking about human protein needs since that infamous rat study 80 years ago, but this updated knowledge has been very slow to reach the public.

So, in an effort to fill this wide gap of information as concisely as possible, here is a six-point summary of what we should know about protein. Every one of these six points will come as a surprise to the average adult whose knowledge about protein is limited to what was taught several decades ago in school.

The medical and nutritional establishment has been slow to accept evidence contrary to the status quo of self-serving "nutritional education" promoted by major commercial influences, especially the meat and dairy industry. But facing the facts has forced doctors and nutritionists to steer more and more people away from animal products (cholesterol, saturated fat, mucous, zero fiber, etc.) and to more fresh fruits and vegetables. It has been interesting to observe

over the years how expert opinions and official policies have changed, sometimes reluctantly, in the area of health and nutrition. For example, on the subject of protein:

**1) Modern research has shown that most people have more to be concerned about medical problems caused by consuming too much protein, rather than not getting enough.** Protein is an extremely important nutrient, but when we get too much protein, or protein that we cannot digest, it causes problems. In *Your Health, Your Choice*, Dr. Ted Morter, Jr. warns, "In our society, one of the principle sources of physiological toxins is *too much protein*."

It may come as quite a shock to people trying to consume as much protein as possible to read in major medical journals and scientific reports that excess protein has been found to promote the growth of cancer cells and can cause liver and kidney disorders, digestive problems, gout, arthritis, calcium deficiencies (including osteoporosis) and other harmful mineral imbalances.

It has been known for decades that populations consuming high-protein, meat-based diets have higher cancer rates and lower life-spans (averaging as low as 30 to 40 years),

cell-stifling, disease-producing levels. Cells overburdened with protein become toxic."

Writing in the Sept. 3, 1982 issue of the *New England Journal of Medicine*, researchers Dr. Barry Branner and Timothy Meyer state that "undigested protein must be eliminated by the kidneys. This unnecessary work stresses out the kidneys so much that gradually lesions are developed and tissues begin to harden." In the colon, this excess protein waste putrefies into toxic substances, some of which are absorbed into the bloodstream. Dr. Willard Visek, Professor of Clinical Sciences at the University of Illinois Medical School, warns, "A high protein diet also breaks down the pancreas and lowers resistance to cancer as well as contributes to the development of diabetes."

Anyone successfully indoctrinated by the meat and dairy industry's nutritional education would be puzzled by the numerous studies finding osteoporosis, a calcium deficiency that makes the bones porous and brittle, is very prominent among people with high consumption of both protein and calcium. For example, the March 1983 *Journal of Clinical Nutrition* found that by age 65, the measurable bone loss of meat-eaters was five to six times worse than

of vegetarians. The Aug. 22, 1984 issue of the *Medical Tribune* also found that vegetarians have "significantly stronger bones."

African Bantu women average only 350 mg. of calcium per day (far below the National Dairy Council recommendation of 1,200

mg.), but seldom break a bone, and osteoporosis is practically non-existent, because they have a low-protein diet. At the other extreme, Eskimos have the highest calcium intake in the world (more than 2,000 mg. a day), but they suffer from one of the highest rates of osteoporosis because their diet is also the highest in protein.

The explanation for these findings is that meat consumption leaves an acidic residue, and a diet of acid-forming foods requires the body to balance its pH by withdrawing calcium (an alkaline mineral) from the bones and teeth. So even if we consume sufficient calcium, a high-protein, meat-based diet will cause calcium to be leached from our bones. Dr. John McDougall reports on one long-term study finding that even with calcium intakes as high as 1,400 mgs. a day, if the subjects consumed 75 grams of protein daily, there was more calcium lost in their urine than absorbed into their body. These results show that to avoid a calcium deficiency, it may be more important to reduce protein intake than to increase calcium consumption.

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In his 1976 book, *How to Get Well*, Dr. Paavo Airola, Ph.D., N.D., notes we "have been brought to believe that a high protein diet is a must if you wish to attain a high level of health and prevent disease. Health writers and 'experts' who advocated high protein diets were misled by slanted research, which was financed by dairy and meat industries, or by insufficient and outdated information. Most recent research, worldwide, both scientific and empirical, shows more and more convincingly that our past beliefs in regard to high requirements of protein are outdated and incorrect, and that the actual daily need for protein in human nutrition is far below that which has long been considered necessary. Researchers, working independently in many parts of the world, arrived at the conclusion that

our actual daily need of protein is only 25 to 35 grams (raw proteins being utilized twice as well as cooked) ... But what is even more important, the worldwide research brings almost daily confirmation of the scientific premise

... that proteins, essential and important as they are, CAN BE EXTREMELY HARMFUL WHEN CONSUMED IN EXCESS OF YOUR ACTUAL NEED." Dr. Airola continues: "The metabolism of proteins consumed in excess of the actual need leaves toxic residues of metabolic waste in tissues, causes autotoxemia, overacidity and nutritional deficiencies, accumulation of uric acid and purines in the tissues, intestinal putrefaction, and contributes to the development of many of our most common and serious diseases, such as arthritis, kidney damage, pyorrhea, schizophrenia, osteoporosis, arteriosclerosis, heart disease, and cancer. A high protein diet also causes premature aging and lowers life expectancy."

**2) It is easier to meet our minimum daily protein requirements than most people would imagine ... with just fruits and vegetables.** Because much of what experts once believed about protein has been proven incorrect, U.S. government recommendations on daily protein consumption have been reduced from 118 grams to 46 to 56 grams in the 1980's to the present level of 25 to 35 grams. Many nutritionists now feel that 20 grams of protein a day is more than enough, and warn about the potential dangers of consistently consuming much more than this amount. The average American consumes a little over 100 grams of protein per day.

Drastically reduced recommendations for protein consumption are an obvious indication that official information about protein taught to everyone from school children to doctors was incorrect, but there has been no major effort to inform the public that what we were taught has been proven wrong. So there are large numbers of people with medical problems caused by eating more than four or five times as much protein as necessary, yet their misguided obsession is still to ensure that they get enough protein.

A good way of determining which foods provide sufficient protein is to consider recommendations on the percentage of our total calorie intake that should be made up of protein, and then determine which foods meet these recommendations. These recommendations range from 2 1/2 to 8 percent. Reports in the *American Journal of Clinical Nutrition* say we should receive 2 1/2 percent of our daily calorie intake from protein, and that many populations have lived in excellent health on that amount. The World Health Organization established a figure of 4 1/2 percent. The Food and Nutrition Board recommends 6 percent, while the National Research Council recommends 8 percent.

The 6 and 8 percent figures are more than what most people need, and the higher

***It may come as a shock to people trying to consume as much protein as possible to read in major medical journals and scientific reports that excess protein has been found to promote the growth of cancer cells and can cause liver and kidney disorders, digestive problems, gout, arthritis, premature aging, calcium deficiencies and other mineral imbalances.***

percentages are intended as a margin of safety. But still, these recommendations are met by most fruits and greatly exceeded by most vegetables. For example, the percentage of calories provided by protein in spinach is 49%; broccoli 45%; cauliflower 40%; lettuce 34%; peas 30%; green beans 26%; cucumbers 24%; celery 21%; potatoes 11%; sweet potatoes 6%; honeydew 10%; cantaloupe 9%; strawberry 8%; orange 8%; watermelon 8%; peach 6%; pear 5%; banana 5%; pineapple 3%; and apple 1%. Considering these figures, any nutritionist would have to agree it is very easy for a vegetarian to get sufficient protein.

Two reasons we have such low protein requirements, as noted by Harvey and Marilyn Diamond in *Fit for Life*, are that, "the human body recycles 70 percent of its proteinaceous waste," and our body loses only about 23 grams of protein a day.

**3) The need to consume foods or meals containing "complete protein" is based on an erroneous and out-dated myth.** Due to lingering mis-information from a 1914 rat study, many people still believe they must eat animal products to obtain "complete protein." And for other people, this fallacy was replaced by a second inaccurate theory that proper food combining is necessary to obtain "complete protein" from vegetables. Both of these theories have been unquestionably disproved, because we now know people can completely satisfy their protein needs and all other nutritional requirements from raw fruits and vegetables without worrying about proper food combining or adding protein supplements or animal products to their diet.

In fact, the whole theory behind the need to consume "complete protein" - a belief once accepted as fact by medical and nutritional experts - is now disregarded. For example, Dr. Alfred Harper, Chairman of Nutritional

Sciences at the University of Wisconsin, Madison, and of the Food and Nutrition Board of the National Research Council, states, "One of the biggest fallacies ever perpetuated is that there is any need for so-called complete protein."

Protein is composed of amino acids, and these amino acids are literally the building blocks of our body. There are eight essential amino acids we need from food for our body to build "complete protein," and every one of these amino acids can be found in fruits and vegetables. (There is a total of 23 amino acids we need, but our body is able to produce 15 of these, leaving eight that must be obtained from food.) There are many vegetables and some fruits that contain all eight essential amino acids, including carrots, brussels sprouts, cabbage,

cauliflower, corn, cucumbers, eggplant, kale, okra, peas, potatoes, summer squash, sweet potatoes, tomatoes and bananas.

But the reason we do not need all eight essential amino acids from

one food or from one meal is that our body stores amino acids for future use. From the digestion of food and from recycling of proteinaceous wastes, our body maintains an amino acid pool, which is circulated to cells throughout the body by our blood and lymph systems. These cells and our liver are constantly making deposits and withdrawals from this pool, based on the supply and demand of specific amino acids.

The belief that animal protein is superior to vegetable protein dates back to 1914 when two researchers named Osborn and Mendel found that rats grew faster on animal protein than plant protein. From these findings, meat, dairy and eggs were termed as "Class A" proteins, and vegetable proteins were classified as an inferior "Class B." In the mid-1940s, researchers found that ten essential amino acids are required for a rat's diet, and that meat, dairy and eggs supplied all ten of these amino acids, whereas wheat, rice and corn did not. The meat, dairy and egg industries capitalized on both of these findings, with little regard for the fact that nutritional requirements for rats are very different than for humans.

It was discovered in 1952 that humans required only eight essential amino acids, and that fruits and vegetables are an excellent source of all of these. Later experiments also found that although animal protein does speed the growth of rats, animal protein also leads to a shorter life-span and higher rates of cancer and other diseases. There are also major differences in the protein needs of humans and rats. Human breast milk is composed of 5 percent protein, compared to 49 percent protein in rat milk. To illustrate how ignorant "experts" can be, during the time that high-protein diets were

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