

# 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 eighth 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 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 12). People involved in this exciting new ministry are coming to Hallelujah Acres from all over the country to learn more about God's way of eating and healing sickness, and taking that information back to their communities to 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!

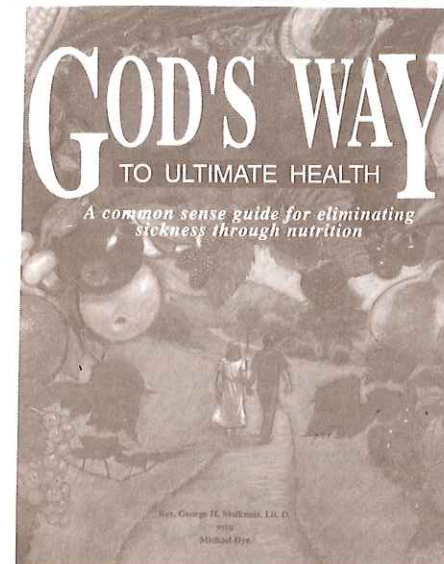
# Back to the Garden

Winter 1994/95  
Issue No. 10

Teaching Health from a Biblical Perspective

\$1.00

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## Rev. Malkmus' New Book Available in December

*God's Way to Ultimate Health* offers the simple but long-overlooked Biblical truth about the food our body was originally intended by God to use for nutrition, along with an "amen" from modern science, personal testimonies that show this diet does indeed work ... and even the recipes and tips you need to make the transition. This book will serve as a spiritual inspiration and a How-To Manual to help you maximize your body's self-healing capability so you can achieve your own Ultimate Health. See book review on page 4.

## God's Way to Ultimate Health

By Rev. George H. Malkmus

**T**he year was 1976. I was 42 years old and I was told I had colon cancer. A tumor about the size of a baseball had been found underneath my left rib cage where the transverse and descending colon come together. I was devastated!

"Why me Lord? I don't understand!" It was because of this – what appeared to be a tragic event in my life, and the research and personal experiences that followed – that taught me GOD'S WAY TO ULTIMATE HEALTH.

Let me elaborate a little more on how it all happened.

In 1976 I was the pastor of a Baptist Church, in Glens Falls, New York. A church I had founded in

1970. It was a very successful ministry. Membership in this church had grown from nothing to over 600 members. In addition to the church, we had a Christian School, grades K through 12, along with a Bible Institute, both of which I had also founded. Five large busses brought people to the services, while my radio broadcast, *America Needs Christ*, was heard on many radio stations each week. Over a dozen young people from our church and school were in college preparing for full-time ministry. Truly, this was the high point of my ministry and God certainly was blessing.

Just prior to all this, I had watched my own mother die of colon cancer. Mom was a registered nurse, and she had believed her doctors when they told her that chemotherapy, radiation and surgery were her only hope of surviving. Mom submitted to these treatments and died a horrible death! At the time of her death, I felt it was the treatments she had received at the hands of the medical doctors that had ultimately caused her death rather than the cancer itself.

What was I to do? Should I submit my body to the same medical treatments mom had? What I had seen my mother go through was so horrible! Also, as a pastor, I had sat at

*In the nearly 20 years since I recovered from colon cancer, one of the most basic and important things I have learned is that there is a vast difference between God's Ways and Man's Ways!*

the bed-side of so many people while pastoring various churches through 20 years of ministry and watched the devastating effects of chemotherapy, radiation and surgery experienced by others in the treatment of their cancers. I had also conducted the funerals for many of them.

Another thing that bothered me was that in so many cases prayer didn't seem to make any difference. I had seen some of the most dedicated Christians, even after great

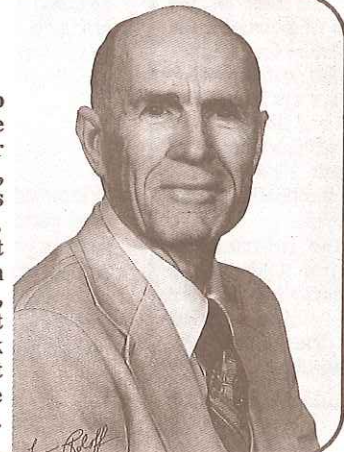
*Continued – Please see page 6*

## Inside . . .

From the Mailbag	pages 2, 5 & 13
What's Happening at Hallelujah Acres	page 3
Book Review: God's Way to Ultimate Health	page 4
The Hallelujah Diet	page 8
Recipes from Rhonda	page 9
Lester Roloff: Ahead of his Time	pages 10-11
Back to the Garden Health Ministries	page 12
"Major Extension" for Dr. Nathan Meyer	page 13
Antioxidants & Free Radicals	pages 14-15
Calendar of Events	page 16
Mail Order List	pages 17-19
Our Statement of Faith	page 20

## Lester Roloff: A Preacher Ahead of His Time

It was Brother Lester Roloff who in 1976 advised Rev. George Malkmus to heal his colon cancer by switching to a diet of raw fruits, vegetables and carrot juice. In his booklet *Soul, Mind & Body*, Brother Roloff writes: "The secret of a live, clean body is live, clean food – fresh vegetables, juices, fruit, nice green salads ... I do not live completely without a cook stove, but because of its overuse, it has become the murderer of the human race." See page 10.



## New Super-Antioxidant Now Available

We've been hearing great things about a new Super-Antioxidant that has helped people with a wide variety of problems, ranging from varicose veins to arthritis and hay fever. We gave it a try ... and we are very impressed with the results. Rev. Malkmus comments on Pycnogenols on page 19, and Michael Dye writes more on page 14.

Address Correction Requested

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From the Mailbag

"...We are thrilled with your message - I have been trying to get my loved ones to eat better for 20 years but it had to come from another source for them to listen...Thank you for your ministry." Georgia Parkes, Mississippi

"A good friend introduced me to your change of life-style and Barley Green after he became so concerned about my poor health. My blood pressure was 140/120. I was experiencing constant terrible headaches and blurred vision. My neurologist said that according to the MRI, I had experienced a mild stroke. Her treatment was a whole list of pills for all of the above mentioned problems. I was taking some to control my blood pressure, some to put me to sleep at night, some to wake me up and some to calm me down. As a result of all this medication I found it very difficult to function at all. During the time I was on all of this medication I had very little exercise and as a result I gained up to 221 pounds. At 42 years old I felt like I had just signed off and there was just not much hope for me ... I kept hearing about Barley Green and what it could do for me so I thought why not give it a try. I started with just Barley Green for a couple of weeks and started to feel some better. Next I bought a Champion juicer and started juicing carrots. By the end of the third week I cut my medication back by over 50% and started on raw vegetables and fruit. I have been on nothing but the natural diet now for approximately four months and as a result my blood pressure is a solid 120/80, my weight is down to 174 for a loss of 47 pounds, and I have stopped all twelve

medications and I can't remember when I have had more energy. I have not had a headache since I started on this diet. Now I see other people who are suffering from all sorts of problems and try to convince them that they can feel better too if they will just change their life-style, but they do not want to give up on what they think they have. If they would just realize that they are just dragging themselves down mentally and physically maybe to the point of no return. I am so thankful that my good Christian friend introduced me to this life-style change..." David Reid, Tennessee

"I am a retired physician and interested in your ministry. My daughter introduced me to your Health publication and many in our family are trying to adapt this better way of eating. Thank you for making this publication available to so many." Dr. William Graves, Tennessee

"... We get more excited everyday as we listen, read and share your videos, tapes, book and *Back to the Garden*. Thank you! Thank you! Thank you!!! We have a new motto: **TRUST THE RAW!** We are suggesting people may call us: **RAW TOTALLERS**. We are getting results in our own health, and in our patients. We are most thankful. All glory to God! Bless you for letting Him use you so powerfully for world betterment!" 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 am deeply enjoying the latest issue of *Back to the Garden* (#9). What would we do without Rhonda's beautiful, life-saving, recipes? 'Thank-You' Rhonda!" Lillian Schultz, Florida

"Doing great! Blood sugar is down and now taking less than 70 units of insulin per day - had been taking 200 units per day. Praise the Lord!" Pastor E. G. Holzback, Faith Baptist Church, South Carolina

"... Since I have a real burden for our country and the state of affairs, do you see me as a possible candidate for your *Back to the Garden Health Ministries*?... As you know, I have been taking Barley Green, eating more fruit and vegetables, cutting out meat, drinking more water ... and walking four miles a day. I have lost over 20 pounds, reduced cholesterol reading from 240 to 181, and have lost symptoms of gastritis, too much uric acid, and concern about my health. All of this helped me better communicate with the people of East Tennessee during my recent race..." Larry Gaudet, Past candidate for Congress, Tennessee

"Please add our name to your mailing list. I have been using AIM's Barley Green for the past six years and wouldn't be a day without it. At 64, people have said I should start 'acting my age'! HAH! 'As young as you feel, as old as you decide' is my motto. I feel 34! Blessings to you on your outstanding work!!" John Matthews, California

"It was a pleasure to meet you and hear your presentation at last weekend's Pennsylvania Natural Living Convention; I have been working with live foods for 17 years and am very excited about your work. As you may recall, we discussed the possibility of your speaking at our upcoming Whole Foods Expo honoring National Nutrition Month on Sunday, March 26, 1995. Your message of healing through God's natural laws will be of great inspiration to those in attendance. The event drew about 400 persons last year and promises to be even more popular this year. It will be held in the Grand Ballroom of the Holiday Inn, City Line and Presidential Boulevard, in Philadelphia, from 10:00 a.m. to 4:00 p.m. ..." Susan Silberstein, Ph.D., Executive Director, Center for Advancement in Cancer Education, Pennsylvania

"Please send me your Health Ministry Information Pack! I want to be a part of this great new ministry! I want to help people live healthier lives - it is so easy!! My life not only has been healthier, but simplified by eating mostly raw foods. Just wash, chop (or juice) and EAT!! Not much recipes, cooking, baking, etc. like before. (Except the great recipes in your newsletter - Sweet & Simple!) I 'gobble up' your newsletters and am sharing them with friends. Your book is also being passed around ...Thank you for helping me find the right way to eat - I had been praying about my diet for several years. Now I have the answer; and I want to share it with others. Thank you for being bold & stepping out with your ministry. I pray that many will hear and change for the better. God Bless you!" Cindy Dempster, California

"A friend from my church...shared it (*Back to the Garden*) with me and I have enjoyed it so much. She also introduced me to Barley Green and Herbal Fiberblend and I take them every day. I cannot tell you how much better my life is now! I have enjoyed a vegetarian lifestyle for several years. That coupled with all I have learned in the last few months, has made me so happy and healthy! I have learned so much from *Back to the Garden*, I want to tell the world! Thank you for all your work in this area and for your wonderful newsletter. May God bless you abundantly for your faithfulness to Him in spreading the truth. It is so simple and obviously true, I don't know why everyone doesn't embrace it." Susan E. Thomas, Texas

"I have just finished the best book ever (*Why Christians Get Sick*), next to the Living Word, The Bible ... Also asking the Lord how I can help get this message out to His people. You are so right in every area of this book...This book has changed my life..." Donna Johnson, Florida

Mailbag Continued - Please see page 5

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.

Our Featured Product: A New Super-Antioxidant Known as Proancynol

By Rev. George Malkmus  
My whole philosophy for nourishing the body is to eat foods as close to the way God made them as possible to enjoy excellent health. Thus, through the years, I have rejected vitamin, mineral and protein supplements, and most other so-called 'health' products.

My first exception to this rule was about 7 years ago when I was introduced to Barley Green, and found after much research and personal use that it was worthy of putting into my body. First, because it was a live food (due of its unique processing that no one else has ever been able to duplicate). Second, because it was the most nutritionally dense food known in the world today. And Third, because it works!!! Most people notice an energy increase within days after starting to use it and then a steady improvement in their general health. Especially when accompanied by an improved diet. Thus, Rhonda and I personally use and strongly recommend Barley Green to everyone!

Because Hallelujah Acres has such a large following, I receive several mailings a week from people and companies who want me to promote their products. I look at them and usually trash them because they do not fit my criteria of "natural" and the way God intended us to be nourished.

However, almost a year ago, I started receiving *numerous* reports of a new product that was producing spectacular results. These results were so amazing that by early summer 1994, I could no longer resist at least trying this product and doing some more investigating. So several months ago, Rhonda and I started taking proanthocyanidins, a natural antioxidant derived from grape seeds and pine bark. It is nothing but concentrated natural nutrients that help to neutralize free radicals. (Be sure to read Michael Dye's excellent article and research on page 14.)

When Rhonda and I started to take this product, the results were rapid and quite dramatic. Within *hours* we noticed a decided energy increase. We have also noted an improvement in our general feeling of well-being, along with an improvement in the softness of our skin. One of the more dramatic things I have personally noticed is my ability to read more clearly the extremely fine print in the back of the

Road Atlas. Then there are the numerous testimonies that have come from others.

Because of our personal experience, research and the testimonies of others, we are recommending this product and making it available to those who wish to purchase it. We suggest that everyone give it a try. If you don't feel it has helped you, then send the empty container back and we will refund your purchase price. If you feel it has helped you, we would appreciate you writing us to let us know what it has done for you.

Proanthocyanidins are not a substitute for Barley Green, which gives our bodies the nutrients to build superior cells. Proanthocyanidins contain nutrients that help the nutrients in Barley Green and other natural foods work better.

There are several companies marketing this product and more coming on line all the time. Thus far we have tried several, and will continue to do so until we find the very best one.

The product we have chosen is the one we feel is the best on the market today. Rhonda and I achieved our results by following recommendations of medical professionals, including Dr. La Mar Rosquist, who suggest taking one 40-mg. capsule for each 40 pounds of body weight per day for at least one week, or until the desired results are achieved, and then reduce this dosage by one half. (Thus, a 160-pound person would start by taking 4 capsules a day, then cut back to 2 a day.)

#411 - **PROANCYNOL** is a proanthocyanidin (OPC) manufactured by AIM, offering 60 40-mg. capsules that contain a combination of the extract from green tea, grape seeds and pine bark. (\$24.95)

For anyone who would like additional information on Proanthocyanidins, we are also offering the following booklet:

#347 - **THE NEW SUPERANTIOXIDANT - PLUS**, subtitled "*The Amazing Story of Pycnogenol, Free-Radical Antagonist and Vitamin C Potentiator*," by Richard A. Passwater, Ph.D. This 46-page booklet has a lot of excellent information on how Proanthocyanidins work in the body, and how they help to offset the process of aging and disease. (\$2.95)

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.

CUSTOMER Order Form

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If using P.O. Box, please also provide a physical address for UPS delivery

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

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

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

If you are not on our mailing list, but would like a free subscription to Back to the Garden, please check this box <input type="checkbox"/>		If you DO NOT want to continue receiving Back to the Garden, please check this box <input type="checkbox"/>		
Quantity	Item #	Item Name	Price Each	Total Price
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.				
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				
Card Number: _____				
Signature _____ Card Exp. Date _____				
Sub-total				
6% Sales Tax (NC residents only)				
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 John 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)

**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. 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

#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)

#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 \$7.95)

#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. (Paperback \$2.50)

#315 – **THE COOKBOOK FOR PEOPLE WHO LOVE ANIMALS** offers 300 + totally vegetarian recipes. No meat, eggs, dairy, sugar or cholesterol, have been conclusively linked to heart disease, cancer, diabetes, arthritis, etc. **Our best-selling recipe book!** (Paperback \$9.95)

#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, which 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, is easy to clean, runs smoothly and quietly and has a 1-year limited warranty. In addition to juicing fruits and vegetables, you can make banana ice cream, baby food, nut butters and more. (Regularly \$289.00, our price \$269.00, including shipping.)

#511 – **CHAMPION JUICER COMMERCIAL MODEL** Same as above, but with more powerful motor. (\$309.00)

#550 – **GREEN POWER JUICE EXTRACTOR** This new juicer offers several unique features that give it an advantage over other juicers. The Green Power has a twin-gear, low-RPM motor that produces less heat, which minimizes loss of nutrition. The slow-moving triturating twin gears crush the fruits and vegetables, rather than cutting them. The Green Power can also make wheatgrass juice, baby foods, nut butters, pastas, rice cakes, frozen desserts, bean curd and more. This machine expels a drier pulp, an indication that more juice and more nutrients are being extracted. (Reg. \$650.00 – Our price: \$595.00, including shipping)

#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)

**CREATION SOAP & HERBAL PRODUCTS** are handmade, using only 100% natural ingredients. No animal fats, animal by-products, chemicals or preservatives! Using only *organically-grown* herbs, the herbal extracts are *cold-pressed*, ensuring the natural proteins and enzymes essential to proper skin care are not damaged by heat processing. These soaps nourish the skin with raw ingredients. All bars are approximately 4 ounces.

**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 - To help relieve 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.

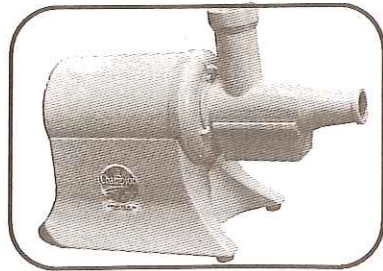
#708 - Carolina Pine (Smells like a pine forest) - For Normal Skin

#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)

#751 – **DESERT ESSENCE TEA TREE OINTMENT** - A natural blend of pure oils and herbs that soothe the skin. Use this ointment on minor cuts, abrasions, burns and athlete's foot. 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)

#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)

#316 – **TEA TREE OIL GUIDE** lists 101 uses, conditions and suggested treatments using Tea Tree Oil. (68-page paperback, \$6.95)



Continued – please see next page

# What's Happening at Hallelujah Acres

It is hard to believe that it has been only a few short years since I went to the bank and borrowed \$1,000, using my 1986 pick-up truck as collateral, to start Hallelujah Acres Ministries. (I am still driving that truck, with about 140,000 miles on the odometer.) From that humble beginning, to a ministry that is literally reaching around the world, is very gratifying while at the same time humbling.

It all started in 1976, when at the age of 42, I was told that I had colon cancer. Because I had just watched my own mom die of this same problem after going the medical route, I refused medical treatments. At the advice of my friend Evangelist Lester Roloff, who we are featuring in this issue, I changed my diet to raw fruits and vegetables with lots of carrot juice, and within one year, all my physical problems were gone.

Following much research, Bible study and personal experience I realized that *we do not have to be sick*, if we will but nourish our bodies as God intended! And even if we are sick, a simple diet change will usually correct almost any physical problem. Hallelujah Acres Ministries was started to make this knowledge available to the world in general and the Christian Community in particular.

But, never in my fondest dreams did I anticipate this message would catch on so fast and the ministry would grow so rapidly – but it is happening! In fact, trying to control its growth and finding the finances to support it is becoming a greater and greater challenge and responsibility.

As we grow, Rhonda and I realize we cannot do it alone. Michael Dye has been with us a year and a half and does a marvelous job researching, writing articles and putting this newsletter together. Then there is Rob Vaughan who runs our Shipping Department and helps keep things running smoothly. Both of these fellows are on the Hallelujah Diet and have helped a lot of other people to live healthier lives. And Georgeanna Seal is back with us, now doing data entry and helping out around the office.

**Robert & Marge Smalley**

And now, we have Robert and Marge Smalley from Kansas City, MO moving here to help us. These are professional business people. Bob owned *The Church & Christian Support Guide* for the Kansas City Metro Area. Bob will be heading up our **Back to the Garden Health Ministry** and will help us develop new programs. Marge is working with Rhonda on the phone to help with incoming orders. We are thrilled to have them both on board. For information on our Health Ministry, see page 12.

**Seminars**

As you will see on page 16, requests for seminars are becoming greater and greater. Many requests have to be turned down and we are booking meetings further and further in advance. Meetings these past three months took us to Vancouver, British Columbia, Toronto,

Candada, Georgia, Pennsylvania, Montana, North Carolina, South Carolina, Ohio and many in Tennessee (including meetings here at the farm). We often find people in our meetings who have driven hundreds and sometimes even thousands of miles to attend. If we are going to be near you in any of our upcoming seminars, it would be a privilege to meet you. Bring a friend who needs to hear "How to Eliminate Sickness."

**New Building**

Our new 5,000-square-foot Ministry



**The Oct. 8 "How to Eliminate Sickness" Seminar was held in the auditorium of our new Ministry Building.**

Building is complete and we moved into it on Oct. 5. It is gorgeous and so needed. There are three floors, with the top floor devoted entirely to offices. The main (first) floor contains a 100-seat auditorium, Health Food Store, kitchen for food preparation and demonstrations, plus rest rooms. The basement is our Shipping Department and storage area. Since closing the restaurant in March, we have been working under the handicap of not enough space. We sure appreciate this new building and we invite you to come visit us. *We will be having an OPEN HOUSE on Friday and Saturday, Nov. 4th and 5th.* Both days we will show videos, offer healthy refreshments for sale, give guided tours, and on Saturday, Nov. 5 at 10 a.m. Rev. Malkmus will give his "How to Eliminate Sickness" Seminar. Ya'll come!

**Back to the Garden**

This publication has become our greatest means of outreach. From our first issue of 4,000 copies in May of 1993 it has grown to 30,000 copies of this present issue. It has also increased from 8 to 20 pages and is jam packed with all we can cram into each issue - *and it is still sent out FREE!* However, there is great cost to us. In fact, to this day, Rhonda and I have not taken a dime out of the ministry for personal purposes - all the profits from our mail-order business goes to making free literature available - so the whole world might hear the message *'you do not have to be sick'!* How long we can continue to send it out FREE we do not know. We are trying desperately to keep this a free publication and we appreciate so much those who have purchased products and sent in donations to help. Our cost is over 50 cents for each copy mailed out - this brings our cost of

this issue to over \$15,000.

In an effort to not waste our resources, and make sure this paper is going where it will do the most good, we are going to start removing from our mailing list names of people we have never heard from. Beginning with the new year (1995), we will start deleting those who have never written us a letter or made an order from us. For all we know, some of these papers may be just treated as junk mail and end up in the trash. So, if you have been receiving this newsletter, and have never sent in an order or written to us, please drop us a note or send in an order, thus indicating you want to continue to receive *Back to the Garden*. All new individuals requesting a subscription will be added to the mailing at no cost. But lists often present a problem to us ... many incorrect addresses, people who don't want to receive it, etc. We cannot honor lists anymore unless accompanied by at least \$1.00 for each name submitted.

Mail order is our life blood! This is what pays the bills! Not just *Back to the Garden*, but also salaries (for which Rhonda and I take none), new buildings, utilities, taxes, etc.

**New Audio & Video Tapes**

We have recently received a *new* 2 1/2-hour video tape of a complete How to Eliminate Sickness Seminar. This is the first time we have been able to offer a professional video of this seminar that has helped to change so many lives. And we now have a *new* two-cassette, three-hour audio tape of a How to Eliminate Sickness Seminar. To order these items, see page 17.

**New Book**

Rev. Malkmus' long-awaited new book is almost ready to go to the printer. The title is *God's Way to Ultimate Health*. It will be manual size and contain over 250 pages. It is a **BIG BOOK** with a beautiful cover designed by a prominent artist. There has never been a book like it before. The text shows how we can take control of our own health and literally eliminate sickness from our bodies by making simple diet and lifestyle changes. In the margins there are quotes from medical doctors, scientists to support the text, along with testimonies from those who have experienced healing of various physical problems by applying what we teach. The book will sell for \$14.95 plus \$2.00 shipping. It should be ready for shipping about Dec. 1, 1994. Please do not order it before that date and when you do order, please order it by itself as possible back-orders would put an extra burden on our staff. You may want to call us in late November for an update.

Thank you! Thank you!! Thank you!!! For your prayers and purchases and donations and words of encouragement and for all you are doing to help us make this Ministry a success. Without you, we just couldn't keep it going. Rhonda and I love and appreciate you more than words can express!



# A Book that can Change Your Life: God's Way to Ultimate Health

## God's Way to Ultimate Health

By Rev. George Malkmus

with Michael Dye,

Rhonda Malkmus & Rob Vaughan

**G**od's Way to Ultimate Health is written on the simple premise that the human body was created by God to be nourished and sustained in perfect health on a vegetarian diet of raw fruits and vegetables.

Mankind has strayed far from that original diet handed down in Genesis 1:29. The price tag for our modern diet and lifestyle is a massive health care crisis beyond compare with any time in history.

Rev. George Malkmus makes a compelling case, from a Biblical perspective, of why we should return to the diet by which our body was originally intended to be nourished. This book contends that the nourishment God gave mankind in the form of fresh, living, raw fruits and vegetables in the Garden of Eden was as perfect as any other part of God's Creation.

But God's Way to Ultimate Health is much more than just a Biblical theory of diet. This book offers living proof that proper diet and lifestyle can help people to prevent or heal disease. Rev. Malkmus uses the story of his own recovery from colon cancer, along with the letters and personal testimonials of people who have used this diet to recover from cancer, heart attacks, multiple sclerosis, diabetes, arthritis and other diseases – usually after first trying the medical route with no relief.

This book includes more than 100 letters from people all over the world offering testimonies about the difference this diet has made in their lives and expressing their appreciation for the ministry of Hallelujah Acres. The cumulative effect of the Biblical truths, first-hand testimonials and scientific research in this book create an extraordinarily powerful incentive for anyone who values their health to give this program a try. The results documented in God's Way to Ultimate Health show that something as simple as a change in diet and lifestyle can produce benefits far superior to anything that can be obtained by the more drastic and intrusive medical means of surgery, chemotherapy, radiation or prescription drugs ... and without the devastating side effects.

In addition to the Biblical reasoning for this diet and the first-hand testimonials that it does indeed work, God's Way to Ultimate Health also offers the research of co-author Michael Dye, which shows the very best and most recent information available to medical science whole-heartedly confirms the wisdom of the diet handed down in Genesis 1:29.

And God's Way to Ultimate Health

helps you to make this dietary transition as easy as possible as Rhonda Malkmus offers an entire section of recipes, tips on food combining and how to set up your own natural foods kitchen.

For those who have been eating the typical American diet, God's Way to Ultimate Health may forever change the way they think about the food we put into our body. Christians should already know our body is the temple of God; this book gives a whole new insight on how to treat it as such. And the common-sense truth of this book will appeal to Christians as well as non-Christians, because regardless of a person's religious or nonreligious persuasion, we have all the reason in the world to be concerned about our personal health and well-being.

God's Way to Ultimate Health is a real eye-opener because most people – even

accordance with the ways of the world, we respond in an equally unnatural fashion when we get sick by submitting to the drugs, surgery, radiation, chemotherapy and other procedures of the world's "health care" system.

For the sake of our physical and emotional health, Rev. Malkmus believes we should instead embrace God's system of health care by returning to the original diet we were given in Genesis 1:29.

Rev. Malkmus writes: "When God created man, He placed him in a garden and told him his diet was to consist of raw fruits and vegetables. On this diet, man lived an average of 912 years without sickness! Following the flood, meat and cooked food were added to man's diet. As a result, sickness entered the human race and man's life span

*God's Way to Ultimate Health offers the simple but long-overlooked Biblical truth about the food our body was originally intended by God to use for nutrition, along with an "amen" from modern science, personal testimonies that show this diet does indeed work ... and even the recipes and tips you need to make the transition.*

Christians who have devoted their lives to God – give no consideration to whether the food they are using to nourish their body is in the natural and living (raw) form as it was created for us by God. The way we nourish our bodies today has more to do with our response to the television commercials of profit-oriented, multi-national junk food corporations than it does to our nutritional needs, our common sense, or what our Creator has so graciously provided for us.

Rev. Malkmus writes: "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." He notes that every other animal in nature eats its food raw, as created by God. But man alone thinks he can cook (and therefore, kill) food, can it, preserve it with chemicals, refine it, radiate it or even create it from synthetic materials in a laboratory, and still get adequate nutrition.

It has become "normal" to live off fast foods, frozen TV dinners, processed and artificial foods fortified with synthetic vitamins, and animal products at almost every meal. We feed our children trash such as candy bars and sugar-coated cereals with artificial blueberries. We consume countless chemical additives that no knowledgeable person could even pretend to be safe.

Then after feeding our body in

declined from an average of 912 years to 100 years by the time you get to the end of Genesis!"

Rev. Malkmus uses the first chapter of his book, which is featured beginning on page 1 of this newsletter, to establish the wide gap between God's Way and Man's Way of dealing with health. But despite this conflict, God's Way to Ultimate Health, shows the most up-to-date scientific knowledge available today actually confirms the wisdom of God's Original Diet, given to us in Genesis 1:29.

Our modern medical and scientific experts know the fat, cholesterol and chemical additives of the meat-centered and processed American diet are directly responsible for our high rates of cancer, heart attacks and other degenerative diseases. When a person has cancer or heart disease, many medical doctors recommend they give up meat, and eat more fresh fruits and vegetables. The question is, why wait until a heart attack or cancer diagnosis to begin properly nourishing your body?

God's Way to Ultimate Health offers a valuable education in all the major categories of nutrition. Michael Dye explains why synthetic vitamins and processed foods do not offer the same nutrients as raw food, and that there is a major difference between organic and inorganic minerals. And you will be surprised to discover how badly you have been misled about protein. Rob Vaughan also offers a valuable insight on

Continued – Please see page 5

Back to the Garden

## 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 30,000 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 - 11 copies – 1.00 ea.; 12 - 99 copies – .85 ea.; or 100 + copies – .65 ea., plus postage. Back issues include:

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

#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.

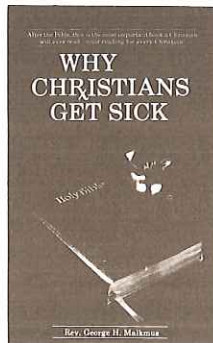
#106 – **Issue No. 6, Jan. / Feb., 1994** includes "A Letter to Hillary Clinton," Carol Cover testimonial: "After 22 months of diarrhea, weight loss down to 78 pounds and 4 visits to the Mayo Clinic, 'Barley Green saved my life,'" "After 2 heart attacks, doctors offered Elwin Nichols no hope, but he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

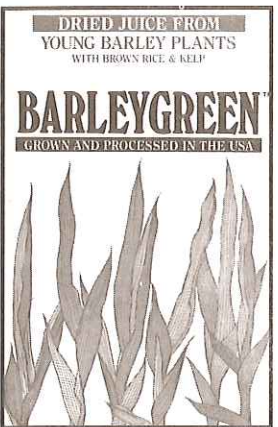
#108 – **Issue No. 8, May / June 1994** includes "God's Marvelous Self-Healing Body," The Hallelujah Diet, "Russ & Edie Dalson: Vegetarians for 72 & 66 Years ... Still Working Hard & Enjoying Life at Ages 92 & 84," "Rev. Hal Kirk on the Hallelujah Diet: 'Heart problems gone ... Hiatus hernia gone ...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

#109 – **Issue No. 9, Fall 1994** includes "Raw Food," The Hallelujah Diet, "Hattiesburg Church & Pastor Find Renewed Health on Hallelujah Diet," "Protein and Propaganda," "Tremendous Response to Back to the Garden Health Ministries," Recipes from Rhonda and more.

#201 – **WHY CHRISTIANS GET SICK** by Rev. George Malkmus is very helpful in introducing Christians to a natural diet and lifestyle. Letters are received daily from all over the world from people helped by this book, which is now in its 8th printing. *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)



#202 – **GOD'S WAY TO ULTIMATE HEALTH** by Rev. George Malkmus has everything you need to know about how to return to God's original plan for nourishing the human body. Read what the Bible says about diet, and how this is supported by science and real-life testimonials. Also an entire section of recipes and tips by Rhonda Malkmus on how to set up your own natural foods kitchen. Over 280 8 1/2 x 11-inch pages of vital information. (\$17.95)

#302 – **GREEN BARLEY ESSENCE** by Yoshihide Hagiwara, M.D., explains how the right nutrition can help our body heal itself from the illnesses that plague modern society. Dr. Hagiwara, a research pharmacologist who developed Barley Green, explains why the body needs nutrition 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, protein and chlorophyll work in our body. (paperback, \$10.95)

#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 \$9.95)

#265 – **SEE REV. MALKMUS ON 3ABN** This full-color, one-hour VHS video 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. (\$19.95)

#266 – **HOW TO ELIMINATE SICKNESS SEMINAR ON VIDEO** This new 2 1/2-hour professional quality video marks the first time we have been able to offer a full-length "How to Eliminate Sickness" Seminar by Rev. Malkmus on video. This seminar contains a powerful and up-to-date summary of everything Rev. Malkmus teaches. **A Must-See Video!** (\$24.95)

#231 – **HOW TO ELIMINATE SICKNESS SEMINAR ON AUDIO CASSETTE** This is a new, updated three-hour recording of the "How to Eliminate Sickness" Seminar, with improved sound quality. It covers the basics of why we get sick and how to restore our health. It will change your thinking forever as to what is nutrition and what is not. **A powerful presentation of the health message!** (2 tapes in jacket, \$12.95)

#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. 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 18



# Calendar of Events for Hallelujah Acres

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 to 6 p.m. the seminar will continue until 8 p.m. Contact Pastor James Lewis at (419) 547-8251.

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

**Friday, October 7, 6:30 p.m. – Full Gospel Business Men's Meeting, Spartansburg, South Carolina** Rev. Malkmus will be speaking. Contact person is Joe McBride at (803) 582-8656

**\*Saturday, October 8, 10 a.m. to 1 p.m. – “How to Eliminate Sickness Seminar”** This three-hour seminar explains how the body functions, why we get sick and how to eliminate sickness. It also shows how to lose weight comfortably - and without painful dieting. If the principles of this seminar were applied universally, sickness could practically be eliminated from the world within one year! This is the same seminar Rev. Malkmus has given throughout the United States and Canada.

**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) 929-3983

**Saturday, October 15, 9 a.m. til noon – Spring Valley Baptist Church, Raytown, Missouri.** The church is located at 8801 East, 79th Street. Contact person is Robert Smalley, phone (816) 524-8158.

**Saturday, October 15, 3 p.m. to 4 p.m. – Radio Station KCCV, Kansas City, Missouri.** Rev. Malkmus will be interviewed on the Dr. Dorman Show. (760 on the AM dial)

**Sunday, October 16, 3 p.m. to 6 p.m. – Central Adventist Church, Kansas City, Missouri.** The church is located at 8929 Holmes. Contact person is Robert Smalley, phone (816) 524-8158.

**\*Thursday thru Saturday, October 20 thru 22 – Training for Back to the Garden Health Ministries.** This will be three days of intensive training for those who have become 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 or see page 12 of this newsletter.

**Thursday, October 27, 7 p.m. – Genessee Baptist Church, Rochester, New York.** Near Monroe County Airport - 149 Brooks Ave. Contact person: Ann & Cleveland Ford at (716) 392-8510

**Saturday, October 29, 5:30 p.m. – Village Adventist Church, South Lancaster, Massachusetts.** Near Atlantic Union College. Contact person, John Schumacher at (508) 368-8459 (home) or (508) 422-7889 (work).

**Sunday, October 30, 1 p.m. – Adventist Church, Middletown, New York.** 70 Highland Ave, Corner RT 211; Cortand St & Highland Ave. Contact persons Stan & Charlotte DeGraw (914) 692-2481.

**Sunday, October 30, 6 p.m. – Adventist Church, Livingston, New York.** (20 miles south of Albany) Contact Rick & Gwen Shorter (518) 966-4695.

**Monday, October 31, 7 p.m. – Christian Life Center, Greenville, New York.** Contact persons Rick & Gwen Shorter (518) 966-4695.

NOVEMBER 1994

**\* Friday & Saturday, November 4 & 5 – Open House at Hallelujah Acres** We welcome you to come visit our new facilities, including the three-story, 5,000-square foot Ministry Building we recently completed. On Friday, Nov. 4, we will show the “Diet for a New America” video at 10 a.m., and we will offer a guided tour at 11:30 a.m. Vegetarian sandwiches and other healthy refreshments will be available for purchase for lunch. Then at 1 p.m. Friday, we will show the Gerson video, and at 3 p.m. we will show the “Ideal Diet” video. We’d love to have you here. If you would like to attend, please call to give us an idea of how many people we should prepare food for.

**\*Saturday, November 5, 10 a.m. to 1 p.m. – “How to Eliminate Sickness Seminar”** See description in October Calendar.

**Wednesday, November 9, 7 p.m. – Boreman, Ohio** Suburb of Youngstown, Ohio. Contact person Marge Chizmar (216) 783-2866.

**Thursday, November 10, 7 p.m. – Day's Inn, Butler, Pennsylvania** Contact Person Cyé Shaffer (412) 287-5395.

**Saturday, November 12, 7 p.m. – South Park Baptist Church, Bethel, Pennsylvania.** Contact person, Pastor Matthew Azzolina (412) 835-1191.

**Saturday, November 19, 10 a.m. – Quality Inn, Gulf Shore, Alabama.** Preachers Fellowship Meeting. Rev. Malkmus will be speaking. Contact person is Henry Wyse (205) 865-4337. Sponsored by Pastor W. Joyner Weems.

**Friday, November 25, 9 a.m. – Mountain Lake Ranch, Dandridge, Tennessee.** Contact person is Betty Munson, (615) 397-3853.

DECEMBER 1994

**\*Saturday, December 3 - 10 a.m. to 1 p.m. – “How to Eliminate Sickness Seminar”** See description in October calendar.

**\*Monday thru Wednesday, December 19 thru 21 – Training for BACK TO THE GARDEN Health Ministries.** See description see October Calendar.

JANUARY 1995

**\*Saturday, January 7, 10:00 a.m. – “How to Eliminate Sickness Seminar”** See description in October calendar.

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

\*\*All seminars at the farm or away are FREE OF COST!

\*\*\*Winter Meetings are subject to hazardous road conditions. If there is a question as to whether a meeting will be held, please call.

## Directions to the Hallelujah Acres Farm in Eidson, Tennessee:

Come to Rogersville, Tenn. (located in Northeast Tennessee). From Highway 11W in Rogersville, 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.

the extremely important and underestimated role of enzymes, the “very secret to life itself,” which are found only in live (raw) foods.

Exercise is another major ingredient to health, and this book includes recommendations on what to do to stay in shape. As with diet, the best answer is often quite simple. One of the most effective exercises is walking. And when the weather is unsuitable, the book suggests several indoor alternatives. Rob also has a very informative chapter on the technical aspects of how aerobic exercise improves the efficiency of our lungs, cardio-vascular and lymphatic system, and increases our metabolism. All of this improves our ability to transport blood and oxygen throughout the body, which gets nutrients into our cells and the harmful waste products out. And all of this points to the wisdom of the Biblical injunction that we are to earn our food “by the sweat of thy face.”

Michael explains the vital role water plays in our body (after all, our body is 70 percent water) and why the water we drink should be distilled. He writes chapters on the importance of a healthy colon, and what to expect in the transition stages of changing your diet. Michael also offers the encouragement that “Giving Up Meat is Easier Than You Think.”

And Rhonda makes it even easier with her recipes and tips on how to set up your own natural foods kitchen. Rhonda realizes how important this information is to those in the transitional stage of changing their diet, because that was the dilemma she faced when she married George in April of 1992.

Rhonda graciously shares her knowledge of vegetarian food preparation, and

how to make this transition. She provides a lengthy list of items you should have in your kitchen, ranging from a vegetable peeler and steamer to larger items such as a juicer and water distiller. She lists dozens of herbs and natural foods with which many readers may not be familiar, along with an explanation of the flavor and uses of each item. This is a valuable section because even people with decades of cooking experience may be unfamiliar with foods such as couscous, tahini, basmati rice and quinoa.

Rhonda also includes a very helpful section on making substitutions in your recipes that call for unhealthy items such as meat stock, eggs, sugar, etc. She even tells how to make cream soups without dairy products. Many pages of raw foods recipes are also included.

There are no pudding recipes, but as they say, “The proof is in the pudding.” By putting these recipes to use, you will find that a vegetarian diet of at least 75 to 85 percent raw fruits and vegetables can be both delicious to your taste buds and healing for your body.

The very essence of the teachings of Rev. Malkmus in *God's Way to Ultimate Health* is that God created our body to be self-healing if we give it the proper nourishment and exercise. This nourishment for self-healing must be from living food because our body is composed of some 100 trillion living cells, and these living cells must have live food (raw food) to properly function and reproduce new living cells. We replace about 300 million cells per minute with new cells, which means we are constantly rebuilding our body. About 98 percent of the atoms in our body today will be replaced one year from now. To understand that we are made

of living cells that require living food is the first step in understanding the incredibly complex – yet incredibly simple – way in which our bodies were created by God to be self-healing.

Rev. Malkmus writes, “We should be struck with awe at what a marvelous, self-healing body God has given us. It is so exciting to realize that we can control the health of our body cells by proper diet and exercise!!! Based on what we put into our bodies . . . we determine what our body will be made of, and how well it will function. Thus, we can prevent sickness!!!”

Rev. Malkmus emphasizes that if we give our body the living food with which God intended it to be nourished, along with proper exercise, our body can heal internal organs just as it heals a scratch on the surface of our skin. Drugs do not heal our body. Surgery does not heal our body. Only our body is capable of healing our body. But we must give our body the nourishment that promotes this self-healing.

*God's Way to Ultimate Health* offers the simple but long-overlooked Biblical truth about the food our body was originally intended by God to use for nutrition, along with an “amen” from modern science, personal testimonies that show this diet does indeed work . . . and even the recipes and tips you need to make the transition. This big book of over 250 8 1/2-by-11-inch pages will serve as a spiritual inspiration and a How-To Manual to help you maximize your body's self-healing capability so you can achieve your own Ultimate Health.

To order *God's Way to Ultimate Health* (self-published by Hallelujah Acres), please see page 17.

## From the Mailbag

Continued from Page 2

“Thank you ever so much for writing *Why Christians Get Sick*. The subject of your writing is near and dear to my heart. The Lord also led me to the Scriptures a number of years ago to find out what we should be eating. I was astonished to find out what the Word of God had to say on the subject, and how little the church has to say on the topic. Also, it should not be such a well kept secret between a very few Christians, but it should be shared with the world...”

F. A. Buck,  
Maryland

“Dear Ones: I lost my eyesight completely on dead food (meals on wheels). Praise the Lord, now on live food for one week I can see again, even read my name. Thank you so much. Please send me another jar of Barley Breen...”

Alma Demmert,

Washington

“I have lost 35 lbs. since hearing you in Forest City, Florida at the end of March. You are marvelous! You saved my life. I never felt better.”

Robert Brown,

Florida

“The Champion Juicer we ordered from you is just great. Best we’ve ever used. Use it twice a day!...”

Bill Hansen,

Ohio

“Outstanding Book (*Why Christians Get Sick*). I learned so much and it has changed my whole outlook on eating and life in general.”

Sarah Brandt,  
Arkansas

“Since I heard you speak at the Alexandria (Minnesota) Convention on April 9th I have been on the raw food diet. I have gone from 233 lbs. to 205. I have been feeling much better. Every time I stray from the diet I get headaches and ache all over. Thank you for helping me. I am telling most everyone about raw foods and giving out and selling your book *Why Christians Get Sick*.

Sigurd Hanson,  
Minnesota

“I thank my Lord every day for the great work you are doing. I don’t know what I would have done if I hadn’t found your ad in the *Sword of the Lord* ... Will be so happy to get your new book (*God's Way to Ultimate Health*) when it gets printed.”

Pauline Neas,  
Texas

“Received my copy of the *Back to the Garden* (Fall 1994) yesterday. The entire 20 pages are a genuine excursion into a miracle world. The “Raw Food” article from your hand is as ever a clear-cut setting forth of a truism which brings into view the very miracle-working power of the Creator God, whose existence is denied by so many people. But one of the most startling issues is the truth with regard to Protein and Propaganda by Michael Dye. Science as always settles only for what is the best money-maker in the place of

human health...I have been benefited greatly in the education I received (from your publication). My eating habits have been vegetarian for most of my life (I am 82). I had eliminated the flesh food, a step in the right direction - but now a total step into truth.”

Bill Ritz,  
Washington

“Just finished reading your book, *Why Christians Get Sick* and I just had to write you and tell you how much I enjoyed it...My husband and I have lived as you suggest for almost 17 years - ever since he had advanced colon cancer in 1977 ... It warms our hearts to meet fellow-Christians who share our views and live as we do...I do a lot of lecturing, TV programs and try to help as many as we can reach, to a better way of life...I have six books altogether ... Thanks so much for providing this vital information. We shall pray for your ministry...”

Mary June Parks (Author, TV  
Personality, Lecturer, Businesswoman)  
Kentucky

“A friend of mine has continually asked me to read *Back to the Garden*...I finally got around to reading one of the copies he gets. It was so interesting that I said, “This is exactly what I need - to improve my health. Will you please add me to your mailing list...May God continue to bless you for reaching out to others.”

John J. Jones,  
Tennessee

Continued – Please see page 13



# God's Way . . .

Continued from page 1

faith, personal prayer as well as collective prayer, get sicker and sicker and often die after going the medical route. What should I do? I had a family and a church that needed me. Many people told me I should go the medical route and some were putting pressure on me to do just that.

It was during this time of uncertainty, that I turned for help from an Evangelist friend in Texas by the name of Lester Roloff. "Brother Roloff," as we affectionately called him was one of those "health-nuts." We often referred to him as "ole Carrot Juice Roloff." I was really in a dilemma as to what I should do for my cancer when I called Brother Roloff. His advice to me sounded strange. He advised me not to go the medical route of chemotherapy, radiation and surgery as mom had gone ... BUT TO SIMPLY CHANGE MY DIET TO RAW FRUITS AND VEGETABLES, AND DRINK LOTS OF CARROT JUICE!

Wow! That sounded too simplistic! But it sure sounded better than the medical route which I had pretty well decided I was not going to pursue. So overnight, I changed from a meat-centered, cooked and processed food diet with plenty of sugar desserts, to an all-raw diet with

lots of carrot juice. I stayed on this total raw diet for approximately one year. I didn't eat any cooked food during that year ... just raw fruits, raw vegetables and one to two quarts a day of freshly extracted, raw carrot juice.

**The results were spectacular!**  
**Almost immediately I started to get well!** In less than one year, my tumor had totally disappeared. It simply got smaller and smaller until it was gone. But that was not all. In less than one year, every other physical problem I had been experiencing also disappeared! Such physical problems as hemorrhoids, hypoglycemia, severe allergies and sinuses, high blood pressure, fatigue, pimples, colds, flu ... even body odor and dandruff were **gone!**  
**All gone!**

In the years that have followed – and I am over 60 years old at this writing – I have not experienced as much as a cold, sore throat, upset stomach, been to a doctor or taken as much as an aspirin. It is so thrilling, at the age of 60 plus, to still be able to play football, basketball and softball with the boys, jog five miles with ease, and have more energy, endurance and stamina than I had when I was 20 years old.

With that as a little background, let me share how God used this experience in my life to create Hallelujah Acres Ministries. You see, ever since that day in 1976 when I was told that I had cancer, I have been researching

nutrition, healthy lifestyles and how it all relates to the Bible. Also, I have been experimenting on my own body to see how it reacted to various foods. Along with all this, I have also been watching and listening to the testimonies of thousands of others who have made similar diet changes.

My conclusion after all these years of research and experience is that WE DO NOT HAVE TO BE SICK!!! That disease and sickness are self-inflicted! That almost every physical problem, other than accidents, is *caused* by improper diet and lifestyle! And all we have to do to be well is eat and live according to the way God intended!

In the nearly 20 years since I recovered from colon cancer, one of the most basic and important things I have learned is that there is a vast difference between God's Ways and Man's Ways! I have found that while most good Christians want to go God's way, and have tried to protect themselves from the sins of the world ... they have accepted the world's teachings in almost every area of life concerning how to care for the physical body, which the Bible says is literally God's temple.

A tragic example of this is when you

***What is the cost of going God's way? Probably a reduced grocery bill and a long healthy life. While the cost of going the World's Way can be continued physical problems and thousands and thousands of dollars in medical bills for treatments that never get to the root cause (diet and lifestyle).***

look at the two ways to approach cancer, one of the most devastating and horrible diseases in history. My mother went the World's Way (the medical route) in an attempt to rid herself of her cancer. She accepted the drugs, radiation and surgery of these doctors, and as far as I am concerned, these treatments were what caused her death! I rejected the World's Way and went God's Way. I turned to the Bible, adopted God's original diet as found in Genesis 1:29 and every physical problem simply went away, including my cancer.

And my experience was not unique! My wife Rhonda came to a Health Seminar I was conducting in 1991. (We were married April 11, 1992.) She was wearing a size 20 dress at that time and was almost crippled with arthritis. Within approximately one year after changing her diet and lifestyle, she had lost over 80 pounds, reduced her dress size to a 10, and her arthritis was totally gone. Even a degenerated spine, the result of a bout with spinal meningitis at age 7, had healed. Yes, X-rays revealed her spine was totally healed, degeneration gone in less than two years after changing her diet and lifestyle.

Another example is Frank, a dear friend of mine who was a diabetic when I first met him in 1989. At that time he was trying to control his blood sugar with pills prescribed by his doctor. I encouraged him to change his diet in 1989, which he did not do. Two years later

the doctor told him that the pills weren't adequate any more and that he must be admitted to the hospital to adjust and stabilize his blood sugar and start him on two daily shots of injection insulin. Again I told Frank he needed to change his diet. And again he paid no heed.

After another two years had elapsed, the doctor told Frank that he needed to put him into the hospital and cut off his foot, which is not an uncommon occurrence for those who go the medical (world's) route in the treatment of diabetes. Only this time Frank said "no" to his doctor. And instead he came to one of our seminars. He immediately adopted God's Natural Diet and in less than two weeks he was off insulin and his blood sugar was in normal range. That was over two years ago. Today, Frank is still off all medication and still has both his feet.

We have received thousands of testimonies as dramatic as these, and some even more so, from people who have switched from the World's Way of eating and treating physical problems to God's Way.

What we need in America and around the world is a HEALTH REVOLUTION! We

must turn away from the World's Way of dealing with physical and emotional problems and turn to God's Way! The World's Way is bankrupting us, costing Americans over a trillion

(\$1,000,000,000,000.00) dollars a year while the physical and emotional condition of our population – Christian and non-Christian alike – continues to decline.

In order to make intelligent changes we must realize there are alternatives to the world's approach to health and how we deal with physical problems. We must understand both ways ... and why one works and why the other does not. Sadly, very few, including most pastors, preachers, missionaries and evangelists, have been aware of God's Way, when it comes to the physical body and thus we have been programmed only in the World's Way, even from the pulpits in our churches. We have been programmed in most churches to get to the doctor quick and then submit to whatever the doctor says as God's Way of dealing with that physical problem.

Because of this programming, most people, when they first hear of God's Ways, think them strange and far out. So in order to help understand the differences, let's look at a few physical problems being faced by many people today, both in and out of the church, and compare the two ways of dealing with these problems.

Take cardiovascular problems, which result in heart attacks and strokes. Heart disease is the number one killer (approximately 50% of all deaths) in America today. Every 34

Continued – Please see next page

*Back to the Garden*

Capillaries are perhaps the most underestimated part of our circulatory system. Dr. Richard Passwater, Ph.D. emphasizes that in our circulatory system, the capillaries "are where the action takes place." He explains, "The sole function of the circulatory system is to exchange nutrients for waste products. The heart merely pumps the blood and the arteries and veins merely carry the blood. What is important – but usually overlooked – is that the capillaries allow the cells to live by exchanging nutrients for wastes."

A significant improvement of capillaries will help both the nourishment and detoxification of cells, which in turn can help every other function of the body.

Dr. Passwater lists four biochemical properties of proanthocyanidins in Pycnogenols: "free radical scavenging, collagen (a skin protein) binding, inhibition of inflammatory enzymes, and inhibition of histamine formation."

Collagen is a primary component of all structural parts of our body, including skin, ligaments, tendons, bones, blood vessels and capillaries, and the membranes that hold our body tissues and organs in place. Pycnogenols and Vitamin C bind to collagen fibers and help form "crosslinks," which keep collagen strong and prevents its fibers from separating. Wrinkled skin is the visible effect of the separation of fibers in collagen. Skin that is easy to bruise or bleed is another sign of weakening collagen.

Many find Pycnogenols to help with arthritis, partly due to its ability to eliminate free radicals involved in inflammation. Pycnogenols are recommended for athletes to improve joint flexibility and minimize inflammation and swelling in case of injuries.

In his booklet, *The New Superantioxidant – Plus*, subtitled, *The Amazing Story of Pycnogenol, Free-Radical Antagonist and Vitamin C Potentiator*, Dr. Passwater offers a list of the "benefits of proanthocyanidins, demonstrated in many studies and decades of clinical experience." They include: "improves skin smoothness and elasticity; strengthens capillaries, arteries and veins; improves circulation and enhances cell vitality; reduces capillary fragility and improves resistance to bruising and strokes; reduces risk of phlebitis; reduces varicose veins; reduces edema and swelling of the legs; helps restless-leg syndrome, reduces diabetic retinopathy; improves visual acuity; helps improve sluggish memory; reduces the effects of stress; improves joint flexibility; and fights inflammation in arthritis and sports injuries."

Pycnogenols are relatively new in the United States, but have been available in Europe and other countries since 1969. Over 1,000 studies have been conducted to document their safety, absorption and bio-availability. More than four million doses of Pycnogenols are taken every day around the world.

Dr. David White of the University of Nottingham (England) conducted research on the ability of Pycnogenols to reduce cholesterol. He called Pycnogenols "the atherosclerosis antidote." In Finland, Pycnogenols are used widely as a successful means of controlling

## Pycnogenols Can Trace their Roots Back to 1534 When Quebec Indians Helped French Explorers Cure Scurvy

One of the latest major advances in nutrition to come to America can be traced back to 460 years ago, when a ship load of French explorers dying of scurvy were saved by the healing secrets of a friendly tribe of Quebec Indians.

In December of 1434, French Explorer Jacques Cartier and his crew attempted to sail up the St. Lawrence River in Canada, but their ship became blocked by ice and snow. The crew was forced to subsist on biscuits and salted meat, with no fresh fruit or vegetables. A deficiency of Vitamin C caused 25 members of his 110-man crew to die of scurvy, and more than 50 others were seriously ill. Their teeth fell out, their gums were bleeding and some didn't have the strength to walk. Cartier and his men were saved by the Quebec Indians, who showed Cartier how to prepare a tea from the bark and pine needles of a specific pine tree that grew in that area. Within days, Cartier and the remainder of his crew were on their feet again. Their gums had stopped bleeding and their strength returned. That was long before Vitamin C was discovered, but nutritionists now know that pine needles contain Vitamin C and the bark of that particular tree offered bioflavonoids that helped enhance the body's assimilation of Vitamin C.

Cartier documented his crew's healing experience in his travel log, which was printed as *Voyages Au Canada*. But the nutritional significance of this historical incident went unnoticed for more than 400 years until French professor Jacques Masquelier, on assignment at the University of Quebec, read Cartier's account and was intrigued by this documentation of how a tea from pine needles and pine bark healed more than 50 crew members from scurvy.

Masquelier was involved at that time in his own research on bioflavonoids and he strongly suspected from Cartier's writing that the bark of this particular pine tree must be high in bioflavonoids. Following considerable testing, Masquelier isolated the active ingredients from these pine trees near the St. Lawrence River. This active ingredient, known as proanthocyanidins, was later found in other plant sources, including the seeds of grapes. Unlike many other types of bioflavonoids, proanthocyanidins have a high degree of bio-availability (meaning their nutrition is easily assimilated by the human body), and have been given the trade name Pycnogenols. Masquelier patented the Pycnogenols from pine bark in France in 1951, and the Pycnogenols from grape seed extract in 1970 after much additional research. The pine bark derivative is 85 % pure proanthocyanidins, while the grape seed extract is 95% pure proanthocyanidins. One specific grape seed formula is considered a pharmaceutical-grade product. It is also the grape seed Pycnogenols that have been used in numerous medical studies that have produced extremely impressive results in Europe, Masquelier states.

hay fever. The French are able to purchase Pycnogenols with health insurance. Many women throughout the world use Pycnogenols as an "oral cosmetic," to prevent wrinkles and keep their skin soft and smooth. European scientists have dubbed Pycnogenols as "the youth nutrient" because its free radical scavenging ability slows the process of cell mutation that brings on old age.

In the fight against cancer, Pycnogenols have been shown to inhibit tumor production in the skin, reduce cell mutation and guard against some of the carcinogenic effects of cigarette smoke. Dr. Stewart Brown of England found Pycnogenols' ability to reduce free radicals to be very effective in slowing cell mutagenesis.

Unlike most antioxidants, Pycnogenols have the ability to cross the blood-brain barrier, which can improve memory, help reduce mental stress and offer protection against senility. This ability to cross the blood-brain barrier is believed to be the reason why Pycnogenols have been reported to help some people with Alzheimer's and Attention Deficit Disorder, both of which are otherwise untreatable.

Pycnogenols have another advantage in that they stay in our system much longer than vitamins C and E. Pycnogenols stay in our body for about 72 hours, after which they start to be eliminated (along with the free radicals they have neutralized) through urine and perspiration.

But rather than arguing about the superiority of one antioxidant over another, many experts in the field emphasize we should provide our body with a wide range of all the

known major antioxidants.

Dr. Richard Passwater has studied free radicals for 30 years, and it was he who first brought the terms "free radicals" and "antioxidants" to the public's attention in 1971. He was the first to expose the connection between free radicals and cancer in 1973, and the first to show a link between free radicals and heart disease in 1977.

Dr. Passwater explains the need for an ample supply of all the major antioxidants, and gives a specific example of how Pycnogenols and Vitamins A and C work together in "synergism" to reach their full potential. He writes: "After 30 years, I find that the best protection against the deleterious effects of free radicals is a combination of natural antioxidant nutrients. The various antioxidant nutrients work together. Some antioxidants can protect body components not reachable by other antioxidants. Some antioxidants protect other antioxidants, and in some cases can regenerate other antioxidants. The proanthocyanadin bioflavonoids can protect vitamin C, and vitamin C can regenerate vitamin E that has already been 'spent' by sacrificing itself to free radicals ... Some studies show that these bioflavonoids are more potent free radicals scavengers than either vitamin C or vitamin E, but this is less relevant than it might seem. It is not a matter of potency only, but of complete protection, safety and stability. You need all the important antioxidant nutrients. It would be foolish to rely on vitamin E or vitamin C or bioflavonoids alone. The combination is needed for synergism."



# Our Health, Disease & “Old Age” Are Formed on the Molecular Battlefield of Antioxidants vs. Free Radicals

By Michael Dye

On the molecular battlefield of our bodies, we have billions of oxidized free radicals out to destroy our cells and alter our genetic material. These free radicals are contributing causes to more than 60 diseases, including heart attacks, cancer, as well as the wrinkles, stiff joints, varicose veins and hardened arteries of “old age.”

Free radicals have received much publicity in recent years, as researchers continue to discover more and more diseases and disorders to which they can be linked. Those of you who are unfamiliar with free radicals will soon find a lot of “familiar faces” lurking in the background.

Free radicals have an *unnatural* molecular structure that is caused by *unnatural* forces such as pollution, cigarette smoke, radiation (including computers, televisions, microwave ovens, chemotherapy, X-rays, etc.), fried foods, cured meats, stress (mental, emotional and physical), pesticides and other toxic chemicals. Cigarette smoke, including passive smoke, puts billions of free radicals into our blood stream. Our unnatural environment and lifestyle has created an overabundance of free radicals that play a role in every degenerative disease known to man.

A partial list of the more than 60 diseases and disorders linked to free radicals include: Alzheimer’s, Parkinson’s, AIDS, cancer, premature aging, collagen deterioration, varicose veins, arthritis, asthma, cataracts, retinitis, angina, rheumatism, cataracts, stress, jet lag, phlebitis, hemorrhoids, heart disease, stroke, senility, swollen extremities, kidney and liver disorders ... just to name a few. (Free radicals are the same molecular structure that cause steel to rust and a sliced apple to turn brown.)

So, even if you thought you were unfamiliar with free radicals, you are very familiar with their causes and their effects. Now let’s go back down to the molecular level to take a closer look at how free radicals alter the molecular structure of our body and destroy our cells ... and how our body can defend against this life-threatening attack.

At the molecular level, we find an incredible real-life, high-stakes battle going on inside our body between antioxidant nutrients and free radicals. The drama of our very own molecules makes Star Wars – or any of its Hollywood sequels, including Ronald Reagan’s – seem dull and insignificant in comparison.

A free radical is a molecule or molecular fragment with the spin of one electron that is not paired with a companion electron. This is a very hazardous, unnatural and unstable state, because electrons normally come in pairs. This odd, unpaired electron in a free radical causes it to collide with other molecules so it can steal an electron from them, which changes the structure of these other molecules and

causes them to also become free radicals. This can create a self-perpetuating chain reaction in which the structure of millions of molecules are altered in a matter of nanoseconds (a nanosecond is a billionth of a second), reeking havoc with our DNA, protein molecules, enzymes and cells.

It would be impossible to overstate the role of free radicals in the creation of disease and old age. Dr. Denham Harman, M.D., Ph.D., states, “Very few individuals, if any, reach their potential maximum life span; they die instead prematurely of a wide variety of diseases – the vast majority being free radical diseases.”

Our immune system has a means of defending against free radicals, but it is very easy for our body to find itself outnumbered. We can take in over a million free radicals in one breath. To defend against this massive onslaught of free radicals, we need an ample supply of antioxidant nutrients. Our immune system uses antioxidants to stabilize and eliminate free radicals. Antioxidants are able to give free radicals an electron, which becomes a companion to their unpaired electron, thus

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***“Very few individuals, if any, reach their potential maximum life span; they die instead prematurely of a wide variety of diseases – the vast majority being free radical diseases.” – Dr. Denham Harman, M.D., Ph.D.***

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eliminating the threat of that free radical.

Just as it would be impossible to overstate potential damage from free radicals, in would be equally difficult to overstate our need for antioxidant nutrients. The most commonly known antioxidants are Vitamins A, C, E and beta-carotene (which becomes Vitamin A in our bodies). Other nutrients, such as the minerals copper, selenium, zinc and manganese and certain amino acids, are considered antioxidant nutrients because they invigorate the body’s own natural antioxidants.

Bioflavonoids are another significant category of antioxidant. Bioflavonoids can offer a double benefit to our immune system because in addition to eliminating free radicals, they also enhance our assimilation of Vitamin C.

The most potent antioxidant ever found is a bioflavonoid that has been given the trademark name of Pycnogenols (pronounced pick-NAH-gen-ols). Along with its ability to enhance the benefits of Vitamin C, Pycnogenols have been found in laboratory tests to be 50 times more effective in eliminating free radicals than Vitamin E and 20 times more effective than Vitamin C.

Even more impressive than these lab findings are the actual results from personal experience, medical studies and the reports of doctors who have recommended Pycnogenols to their patients. These results have shown Pycnogenols to be effective against an

incredibly wide range of serious problems.

One reason Pycnogenols are such a potent antioxidant are their high degree of “bio-availability,” a term that takes into account the body’s ability to accept, assimilate and utilize specific types of nutrition. It doesn’t matter how much nutrition is in a food, powder or pill, if it is not bio-available, it is useless.

Bioflavonoids, members of the flavonoid family, are plant substances recognized for their antioxidant properties and ability to inhibit inflammation. Bioflavonoids are what bring us the bright colors of pigmentation in fruits, vegetables and other plants. We lose the benefit of many bioflavonoids in our food because their value has been diminished or destroyed by premature harvesting, storage or processing. There are over 20,000 known bioflavonoids, but research in this area now focuses on a particular subgroup, “proanthocyanidins,” which are nontoxic, water-soluble and highly bio-available bioflavonoids that are the active ingredient in Pycnogenols. Within 20 minutes of taking

Pycnogenols, most of the proanthocyanidins are absorbed, and can be found in our saliva one hour after ingestion, which shows they are well-assimilated and dispersed. Other bioflavonoids are effective in the test tube in fighting antioxidants, but are not effective in the human body because they are not as bio-available.

Unlike many other flavonoids and bioflavonoids, Pycnogenols have proven to be extremely successful in both the test tube and in the human body. In one study of 47 people, a single 100-milligram supplement of Pycnogenols increased capillary resistance by 140 percent in 72 hours. Those given other flavonoids increased 56 percent, and a placebo group increased only 3 percent.

In a German study of 110 people with varicose veins, 77 percent showed a clear improvement on 90 milligrams a day of Pycnogenols. And of the 41 individuals in that group that had nightly leg cramps, 93 percent found improvement.

Pycnogenols have been licensed in France for years for treating diabetic retinopathy because tests found they have the ability to reduce “microbleeding” of the capillaries in the eye, and improve vision. Varicose veins, leg cramps and diabetic retinopathy are just three problems affected by enhanced capillary strength and resistance.

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Continued – please see next page

seconds, someone in America dies from physical problems associated with this disease. And let’s remember that the cost to those who go the medical route (the World’s Way) for the treatment of this problem is over \$110 billion per year.

The first approach usually taken by medical doctors in an effort to control this problem is to prescribe drugs. It is not uncommon for a person with high blood pressure to be taking as many as three or four different drugs. One of these drugs will chemically force the blood vessels to dilate (expand), thus lowering blood pressure. But

this drug causes the heart to speed up. In an effort to control the speeding up of the heart caused by the first drug, the doctor usually prescribes a second drug to slow it down. Each of these drugs is capable of causing the body to retain fluid, and so the doctor often prescribes a third drug, a diuretic, which is designed to chemically force the body to release the extra fluid being retained in an effort to try and keep all these drugs (poisons) from doing more harm.

Then to top it all off, almost all of these drugs can cause new problems. The diuretics can cause dizziness, headaches and even depression ... while at the same time *raising cholesterol levels!* And on top of all this, there are the “beta blockers” that can cause not only depression, but insomnia, as well as liver and kidney damage. The world’s approach of using drugs just causes more and more problems within the body while never dealing with that which is causing the problem.

In an effort to lower cholesterol, doctors prescribe over \$2,000,000,000 (\$2 billion) worth of drugs a year, and frankly, they don’t do the job. Yet the side-effects from these drugs can cause liver damage, headaches, diarrhea or constipation, and are now being linked to depression, violence and even suicide.

Angioplasties (balloon therapy) is another way the world tries to deal with clogged arteries. The average cost of this procedure is \$15,000, not counting the drugs and follow up. And yet a study in the *Journal of the American Medical Association* in 1992 showed that half of the angioplasties in the United States were probably unnecessary. Studies also show that for those who had this procedure, 57 percent of them have their arteries close back up.

Then there is by-pass surgery. The average cost of this operation is over \$45,000. It is a very dangerous operation, that finds most patients back on the operating table within three to five years (because their arteries were clogged back up again), if they are not dead.

One of the latest of the *new* technologies for cleaning out the arteries is

called *atherectomy*. This procedure is something like a Roto-Rooter. They take a tiny, high-speed rotating knife, insert it in the arteries and ream out the cholesterol. And remember, that even though the medical doctors do all of these things to their patients and charge them over 110 billion dollars a year for these treatments, it hasn’t reduced the number of people dying from heart attacks and strokes by one iota.

Now compare all the above efforts by the medical doctors (the World’s Way) of treating cardiovascular problems with God’s Way. Here at Hallelujah Acres, we have

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***Until someone personally experiences it, they cannot fully comprehend the total scope of the benefits of living and eating God’s Way. It improves the physical, as well as the emotional and psychological well-being of a person. People become happier, depressions go away, problems don’t seem so monumental. Our whole outlook on life improves. Even the spiritual part of us becomes more attuned.***

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testimony after testimony from people who had experienced high blood pressure, high cholesterol and clogged arteries who were able to totally reverse this problem, usually in a very short time, by something as simple as changing their diet and lifestyle. How can this be?

Well, it all goes back to our failure to eat and live the way God intended! The world’s diet is full of fat and salt and other contaminants that clog up our arteries and produce all sorts of physical problems. Yet, in most instances, all a person has to do to correct a physical problem is change their diet and lifestyle! When they do this, the body will usually clean the arteries out all by itself and the problem will usually simply disappear in a very short time. And further, studies show that if a person stops consuming animal products, they will reduce their chances of ever having a heart attack or stroke by over 96%!

What is the cost of going God’s way? Probably a reduced grocery bill and a long healthy life. While the cost of going the World’s Way can be continued physical problems, thousands and thousands of dollars in medical bills for treatments that never get to the root cause (diet and lifestyle) and probably an early death.

I have found that the World’s Way (the medical route) of dealing with physical problems is *almost always wrong!* Take diabetes as another example. Compare the World’s Way of treating adult-onset diabetes compared to God’s Way in the case of Frank, my friend we just read about. Going the doctor/drug route, Frank had continued to deteriorate for years as his doctor increased his insulin while treating infections in his feet with antibiotics and other drugs the doctor told him were being caused by his diabetes. In fact, the doctor had him on a high-protein diet, which consisted of two slices of bacon for breakfast,

four ounces of meat for lunch and dinner, and three glasses of milk a day. These are the very things that cause adult-onset diabetes!

By the time the doctor told Frank that he was going to have to cut his foot off, Frank had already spent over \$40,000 treating his diabetes! But Frank refused to let the doctor cut off his foot, simply changed his diet and lifestyle (stopped eating animal products and started eating raw fruits and vegetables and their juices), and in less than two weeks he was off insulin and his blood sugar level was in normal range.

As I write this, it has now been two years since Frank changed his diet and lifestyle from the World’s Way to God’s Way. He has taken zero drugs during these two years and yet he still has both his feet and has returned to working in his business every day following a forced retirement because of

his physical problems some three years ago. Frank also had heart problems which have totally disappeared.

Take arthritis as another example. The medical profession still says that the cause of arthritis is not known. The only thing they tell their patients is that they can expect it to get worse and worse and that there is no way to reverse it. They also treat arthritis with drugs and surgery while the patient’s physical condition usually continues to decline. Cortisone and similar drugs are often administered to try and help relieve the pain, but it doesn’t last long and when the pain returns, it is usually worse than ever. And the side-effects from these drugs can include high blood pressure, diabetes, cataracts, bone loss (osteoporosis), ulcers and more.

Now compare the doctor (world’s) approach to the testimony of my wife Rhonda with her arthritis and what happened when she changed from the World’s Way to God’s Way. She was crippled up with arthritis for over 10 years, unable to walk a block without extreme pain and she took pain pills by the handfuls. Within one year after changing her diet, she went from not being able to walk a block without severe pain and exhaustion – to speed-walking four miles in less than an hour! Her arthritis was totally gone and she has not had a pain pill since. Not even an aspirin. What did she do to bring about this total elimination of arthritis from her body? She simply changed her diet from the World’s Diet and Lifestyle to God’s Diet and Lifestyle and all her physical problems simply and quite quickly disappeared.

Compare my mom’s experience with mine in the treatment of cancer. Mom went the World’s Way and accepted the doctors’

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Continued – Please see next page



# God's Way . . .

Continued from page 7

chemotherapy, radiation and surgery ... treatments that I felt ultimately caused her death. I refused the world's treatments, adopted God's diet as He gave it in Genesis 1:29, and my cancer simply disappeared. And I have been totally free of all physical problems since 1976. Approximately 30 percent of our population presently dies because of cancer even though over \$100 billion is being spent on chemotherapy alone, while the costs and the deaths continue to increase.

On God's Ultimate Diet, almost every physical problem will usually disappear in a comparatively short period of time! Weight normalizes. Emotional problems disappear. Life takes on a whole new glow and becomes exciting. Until someone personally

experiences it, they cannot fully comprehend the total scope of the benefits of living and eating God's Way. It improves the physical, as well as the emotional and psychological well being of a person. People become happier, depressions go away, problems don't seem so monumental. Our whole outlook on life improves. Even the spiritual part of us becomes more attuned.

Most doctors mean well, but all of their training is in the World's Way. In fact, the average doctor knows practically nothing about nutrition because the typical doctor has received less than three hours of nutritional training in his entire preparation to become a doctor. And the nutritional training they do receive is the World's Way, not God's Way, so even what they have learned about nutrition is usually wrong.

Sadly, doctors are just as sick as their patients and have the same types of physical

problems! If doctors cannot keep their own bodies well and functioning properly, how in the world can they help anyone else? The doctors of this world, for the most part, do not understand God's Way. The only training they have had is in the World's Way. And they have been taught that the World's Way is the only way. There are laws that support the World's Way and they are taught that any other way is 'quackery.' Including what you are reading in this newsletter.

However, we are thrilled to find that more and more doctors are starting to question their indoctrination in medical school as they see the devastating consequences as their drugging, burning and cutting fail patient after patient. Many are allowing their eyes to be opened and are moving in God's direction. Pray for them! The peer pressure and controls on them by their union, the American Medical Association, is very powerful. In many states, a doctor can even lose his license if he recommends or treats his patients' physical problems with anything other than drugs, radiation and surgery.

The key to preventing heart attacks, strokes, cancer, diabetes, arthritis and a host of other physical problems is in our own hands. We can literally control whether we are going to be sick or not and how long we are going to live by simply choosing how we live our lives ... the World's Way or God's Way! God's Way (barring accidents) leads to a long, happy, pain-free, sickness-free life! While the World's Way usually leads to a shortened, often unhappy, sickness-filled life with lots of pain and suffering and emotional problems, to say nothing of the financial costs.

I have set before you two very different paths ... one a broad road (the World's Way) that leads to destruction, and the other a narrow road (God's Way) that leads to life! I trust that you will very carefully consider both roads ... and that you will choose "GOD'S WAY TO ULTIMATE HEALTH!"

"... I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live." (Deuteronomy 30:19)

This article,  
"God's Way to Ultimate Health,"  
is the first chapter in my  
new book of the same title.  
For a review of this book,  
see page 4.  
To order this book,  
which should be available  
about Dec. 1,  
please see page 17.

Back to the Garden

## Hallelujah Diet Gives the Preaching Career of Evangelist Dr. Nathan Meyer a "Major Extension" at Age 76

The following letter, printed in its entirety, is part of the application of Evangelist Nathan M. Meyer of Salem, Virginia, to become part of our Back to the Garden Health Ministry.

At age 76, Dr. Meyer maintains a very active ministry as an evangelist and is best known as a Bible prophecy preacher. He has been in the ministry for more than 46 years and publishes a twice-a-year newsletter with a circulation of 12,000.

Rev. Meyer's recent schedule has brought him to churches in Ohio, Pennsylvania, Indiana, Kentucky and North Carolina.

According to his application to become a Back to the Garden Health Minister, Rev. Meyer first heard about Hallelujah Acres when "a lady in a church in Ohio gave me a copy of *Back to the Garden*." His letter states:

"For 35 years the study of health and nutrition has been a hobby of mine. I have accumulated a whole library of health books and magazines. I thought I was doing reasonably well.

I was taking every vitamin and mineral supplement imaginable, everything from Vitamin A to Co Q 10 and from Pycnogenols to Fortified Flax. I also had medical doctors give me special treatments like Chelation and Hydrogen Peroxide infusions. I slept on a mattress pad of magnets and walked on magnets in my shoes. Everything for a reason and everything helped, I do believe, but there were no cures. Maybe it was just part of growing old?

Then a friend gave me a magazine called *Back to the Garden* published by Hallelujah Acres. I was also given two books: *Why Christians Get Sick* and another definitive book on distilled water called *The Choice is Clear*. Suddenly I was absorbed in an informational revolution. These materials were absolutely the best I had ever read. They made my whole library on the subject obsolete. Finally after all these years of searching, I found answers that had eluded me all my life.

### From the Mailbag

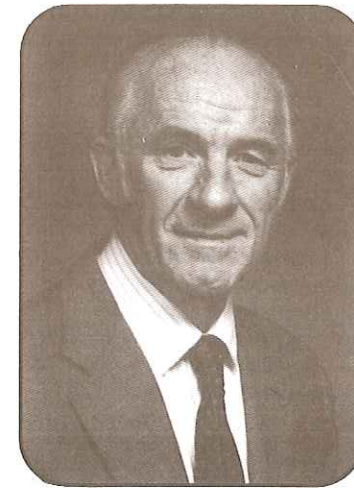
Continued from Page 5

"A friend gave me a copy of your *Back to the Garden* magazine and I cannot describe in words the gratitude I felt that at last someone is publishing God's true dietary information in words that are easy to understand...

J.M.,  
South Carolina

I have praised the Lord daily and given Him thanks for having put in my hands a copy of your #9 issue of *Back to the Garden*. What I read was truly an answer to prayer! I have received so much literature in the mail pertaining to diet, vitamins, etc., etc., - much of it contradictory - I did not, at first want to read any more confusing claims. But, thanks to the good Lord, I did read and knew He had given the Rev. Malkmus the truth about nutrition and His provision. I have been a Barley Green Distributor for 5 years but had not made it a business because, although I had received much benefit from using it, I did not see my health having improved enough to where I could be a walking testimony to potential customers and my conscience wouldn't permit me to 'push' something I couldn't personally vouch

Winter 1994/95



Dr. Nathan M. Meyer

For over two months I have been experimenting with this revolutionary diet called the Hallelujah Diet. It has meant a drastic change in lifestyle and it has not been easy. However, preliminary results are extremely encouraging in that they have indicated a major victory.

At age 76, I thought that my very fruitful and satisfying preaching-ministry of more than 46 years was about to end. Now I believe that I have been given a major extension.

Ever since 1991, when I was suddenly afflicted with what the doctor calls "intrinsic asthma," my voice has been getting weaker on various expensive drugs including Ventolin, Serevent, Asmacort, Theodur, Phenylprop / Guiaf and Prednisone - all of which can have serious side effects. Even so, every few months I would cough up mucous from my bronchial tubes. To overcome these infections the doctor would always prescribe a round or two of antibiotics. Even with the antibiotics, it was getting to the point where it seemed I was losing the

battle. As I write this, I have just recovered from such an infection without using antibiotics. I believe my immune system has been greatly strengthened by my new diet.

After nearly 3 months on the Hallelujah Diet, I am happy to report:

My voice is stronger again - like old times.

My nasal passages are now clear most of the time.

My 'incurable' Psoriasis is almost gone.

My energy level is definitely up.

I'm off all medication except Serevent and Theodur.

I've lost 30 pounds without trying and I'm feeling very good.

My Asthma and Arthritis have improved but it appears they heal more slowly. I have high hopes that within a year they will be totally and permanently cured."

Nathan M. Meyer  
Salem, Virginia

"My wife and I have been users of Barley Green and Herbal Fiber Blend since 1989 with some results - but now we know why not totally - We didn't do the other half of the program - eliminating meats and getting on a vegetable and fruit diet. Please put us on your mailing list - *Back to the Garden* is now a must..."

Joseph Stolarz,  
Mississippi

"Your newsletter (*Back to the Garden*) has made a tremendous difference in our health and I am very grateful. Thank you for your ministry of excellent health."

Carrie Schaaf,  
Minnesota

"For at least the last 15 years, I have eaten predominately live fruits, vegetables, seeds and nuts...At 75, I feel 20 (years old); and am so grateful to you, George and Rhonda for making *Back to the Garden* available to so many people..."

Betty Ison,  
California

"I am 85 years old and am in better health than I was 25 years ago when I changed my diet..."

W. T. Wayman,  
Florida



Spreading the Word with Back to the Garden Health Ministries

Back to the Garden Health Ministries started as a dream only a few months ago ... NOW IT IS A REALITY! The dream was to duplicate what we are doing here at Hallelujah Acres in communities all over the United States and ultimately around the world.

Back to the Garden Health Ministries allows individuals – from housewives with only a few free hours a week to retired people and even professionals who want to do it full time – to become involved in helping us share the good news “You do not have to be sick!”

It allows those who have a burden to help others to do just that by sharing the good news with people in their communities. It becomes their own personal Ministry. They can do it through seminars in their church, in public places or meetings in their home. Those who are good at public speaking can use their talent here, while others may prefer to show a video or share an audio cassette. Personal testimonies of what a changed diet has meant for different people can be shared. Literature and tapes can be loaned out. They can make information available for sale in the form of books, audios and videos, along with juicers and distillers.

People are contacting us daily who want to become a part of this exciting new ministry. We have received inquiries from almost 300 people so far. We had our first training session for our Health Ministers in August, and those who participated have already started to minister in their communities. They were here from Florida, Louisiana, Texas, California, Minnesota, Massachusetts, North Carolina, Ohio, Arkansas and Tennessee. Our next training session will be Oct. 20 thru 22 here at the farm. It will be held in our recently completed, 5,000-square-foot ministry building.

The people who are responding are coming from all walks of life, but they all have one thing in common – they want to minister to others. Listen to what some of them have to say about why they want to be a part of Back to the Garden Health Ministries:

Dr. Jana Boggs, who lives in Kamuela, Hawaii, has a B.S. in Nutrition and a D.N., writes: “I have long had a dream of helping Christians with their health. We must use the talents God has given us for the equipping of the saints for ministry, and for strengthening the body of Christ (the Church). I wrote a paper in college called ‘The Calling’ in which I spoke of this as my life’s goal. I feel that I have been being prepared and am now ready to do this.”

Heide Brown, a Kindergarten Teacher in Wilson, N.C., writes: “God has used this (Hallelujah Diet) to help me regain my health. It seems so logical now to eat fruits and vegetables, mostly raw, that I am surprised to have found this so late in life ... I am very enthused about this Health Ministry and would like to (eventually) do it full time.

Pierre Buch, a retired anesthetist from Moneta, Va., with a BS in nursing and a Masters in Public Health, writes: “I believe the health message is the right arm of the Gospel ... I want to keep active as long as life lasts by helping others improve health so they can enjoy the abundant life.”

Nancy Fitzmorris, a mother of 5 from Covington, La., says: “Because of the difference in my children’s health (after changing our diets), including a change in my hyper child, I have wanted to share it with others ... With the Lord’s help I hope He can use me ...”

Larry & Janet Horton live in Marion, Mass. Larry is a businessman while Janet is a full-time mother. Their reason for becoming a part of Back to the Garden Health Ministries: “In order to better serve our fellow Christians with good health information and products ... working together part time until we can make this a full time career/ministry.”

Dr. James Hostetler of Dalton, Ohio has had a professional Chiropractic practice for 12 years and studied health-related subjects since 1976, including Pre-Med / Nursing. He has a B.S. in Human Biology and is a Chiropractic Doctor. After 20 plus years of study he has arrived at the same conclusions as taught by Back to the Garden Health Ministries: “We don’t have to be sick” if we will nourish our bodies

God’s way! Dr. Hostetler writes: “I believe God has been preparing me and my family for this Health Ministry to the body of Christ ... Our heart is more toward a ‘temple’ oriented focus, bringing believers to maturity and thereby honoring the reputation of our Lord Jesus Christ.”

Olin Idol, a businessman from Mocksville, N.C., writes: “I obtained a degree in religion with the intent of entering the ministry ... I have always been interested in a healthy life-style and helping others. This would be a ministry where God could use my talents and interests.”

Karen Martin, office manager and administrative assistant in Searoy, Ark., writes: “I know that I have a calling on my life to minister to God’s people and to the lost that they can be healed and live in victory ... complete in spirit, soul and body ... Now God has marvelously revealed to me yet another of His hidden secrets, through you, how we can be healed and live wholly in the body. I am excited about this new revelation in my life and want to share it with others.”

Dr. Rowen Pfeifer, after two years of Pre-Med changed to a Chiropractic College and graduated with a D.C. degree. He has been a Chiropractic Physician for over 7 years. Dr. Pfeifer writes: “I have been, as has George Malkmus, an avid student of health principles, nutrition, wholistic health, etc., for the last 19 years ... One thing I have learned; all the answers to the nutrition subject are deceptively simple ... The bottom line is that the simple truths of nutrition are constant – and all the experts with all their research only ultimately prove these simple truths. We don’t need to wait for the next research project to prove this or that. The truth has always been with us ... It is my mission in life to help teach others how to keep themselves well, to be able to beat the odds, and to understand that illness is not normal.”

At our first training session for Health Ministers, conducted here at Hallelujah Acres in August, Robert Smalley, International Director for Back to the Garden Health Ministries shared with those gathered: “The churches have Senior Ministers, Assistant Ministers, Youth Ministers, Music Ministers, Hospital Visitation Ministers, etc., etc. But how many churches have a Health Minister – someone to show people how to eat properly so that they can enjoy abundant health?”

Well here at Hallelujah Acres we are training Health Ministers! We are teaching them how to go back into their churches and communities and teach others how to so eat and live that they will not get sick in the first place, or how to eliminate sickness by simply changing their diet and lifestyle. Our Health Ministers are not Medical Doctors and cannot diagnose or prescribe, but they can inform people of God’s Original Diet for mankind, and how this diet has helped others.

The following persons have received training as Back to the Garden Health Ministers and are available to help people in their communities:

Charlie Brown	Charlotte, NC	(704) 541-3541
Beverly Cook	Houston, TX	(713) 484-8113
Ann Dean	Waxahachie, TX	(214) 937-2207
Nancy Fitzmorris	Covington, LA	(504) 893-7209
Dr. James Hostetler	Dalton, OH	(216) 828-2296
Olin Idol	Mocksville, NC	(910) 998-7762
Karin Martin	Searcy, AR	(501) 268-4835
Ruth Morita	Oceanside, CA	(619) 722-8075
Angela Olson	Hastings, MN	(612) 437-5668
Dr. Rowen Pfeifer	Nashville, TN	(615) 333-3883
Rev. Don Prewitt	Orlando, FL	(407) 292-2625
Kevin Stitt	Woburn, MA	(617) 932-3828
John Winstead	Charlotte, NC	(704) 537-5621

Recipes from Rhonda

When a person changes from a conventional American Diet to natural foods, the transition can often be difficult and challenging. We strive to help you make that transition easier by giving you healthy recipes that taste good and are simple to prepare. But more than that, we hope that these recipes will give you ideas from which you can create your own recipes. This can be fun as well as delicious and nutritious.

In your Champion Juicer ...

Freshly extracted, raw vegetable juices are the fastest way we know of to get the largest amount of nutrients to the cellular level of the body. This is because, with the fiber removed, nutrients can be easily and quickly absorbed into the bloodstream without going through the process of digestion. (This is not true of any juice found in a can, bottle, or container. All processed juices have been heated to kill the enzymes so they will not spoil on the store shelf. This processing destroys almost all nutritional value.) The fresh, live juices brings to the body natural vitamins, minerals, protein, enzymes and so much more.

Carrots should comprise at least 60% of any vegetable juice mix you make. It takes approximately one pound of carrots to make 8 ounces of juice, which allows you to consume the nutrients of an entire pound of carrots in one serving of fresh carrot juice. The body cannot assimilate more than 8 to 10 ounces of juice at one time, so drink one serving and then wait one hour before drinking additional juice.

Buy organically grown produce if you can. If pesticides are a concern, you can peel your carrots and soak other vegetables. Here at Hallelujah Acres, we do not recommend any juicer that has a spinning basket. These juicers leave too much of the nutrients in the pulp. The Champion Juicer is the one we recommend as the best buy for the money.

Vegetable juices can be used as mid-morning or mid-afternoon pick-me-uppers or as an appetizer 30 minutes before a meal. (Never drink juice or any other liquid with a meal as it dilutes the digestive juices and makes digestion very difficult.) Here are a few recipes for juicing you might like to try for yourself and your family:

Carrot / Apple Juice

For every 8 to 10 carrots you run through your juicer, add one apple (The sweeter the better.) This is the only exception to not mixing fruit and vegetable juices together. It’s delicious!

Carrot / Vegetable Juice

Run 5 to 6 carrots, 1 beet, 1 stalk of celery (cut into 1 inch pieces), along with some green leaves from spinach, kale, lettuce or cabbage through the juicer. You can vary the number of vegetables and the quantity to create many different flavors. You can make your own V-8 Juice (or V-6, V-5, or whatever) that is alive and full of nutrition rather than cooked and dead as found in cans and bottles.

Raw Apple Sauce

Scrub apples or peel about two medium apples for each person. Then quarter and remove seeds. Using your Champion Juicer (with the solid plate instead of the screen in place) simply run the apples through the machine. Out of the front of the machine will come beautiful, raw, nutritious, apple sauce! A small amount of cinnamon can be added for more flavor. You can also add raw, pitted dates for a wonderful taste sensation. Just place a date or two in the hopper with every four quarters of apple and run them through the machine together. Two or three almonds can be run through with every four quarters of apple for another delicious taste treat. Let your imagination have some fun as you try your own combinations.

Minestrone Soup

For that cold winter evening, a thick, full-bodied soup with homemade whole-grain bread can be a welcome treat following your large green salad. (Remember to start each meal with either Barley Green or fresh vegetable juice at least 20 to 30 minutes before the meal.)

- 8 cups of vegetable soup stock
- 1 1/2 cups of garbanzo beans, cooked & drained
- 2 cups of red kidney beans, cooked & drained
- 1/2 cup of carrots, diced or chopped
- 1/2 cup onion, chopped
- 1 cup cabbage, chopped
- 1 clove garlic, crushed
- 3 medium tomatoes, peeled & finely chopped (or one 14 oz. can of unsweetened and unsalted Italian tomatoes with juice)
- 1/4 teaspoon oregano
- 3/4 teaspoons basil
- 1/4 teaspoon thyme
- 1/2 cup fresh parsley (or 1 tablespoon dried)
- 2 tablespoons Braggs Liquid Aminos (add slowly to taste)
- 1 package spinach noodles - prepare according to directions and set aside.

Chop carrots, onion, celery and garlic and saute’ in water, soup stock or olive oil over medium heat until the onion is translucent - about 5 minutes. Stir in kidney beans, garbanzo beans, tomatoes and herbs. Bring to a simmer, then turn heat down and simmer about 10 minutes. Stir in cabbage and parsley and simmer with lid partially on for about 15 minutes or until cabbage is tender (be careful not to burn). Soup will thicken. Add more tomatoes or soup stock as needed. Serve over spinach noodles. This was the most popular soup at our restaurant.

Seasoned Basmati Rice

This is one of our favorites on a cold winter evening after we have had our Barley Green and salad. This is the only kind of rice we use and the aroma of this rice cooking will tantalize your taste buds

- 1 cup Brown Basmati Rice, rinsed and set aside
- 1/2 cup of celery, chopped
- 1/4 cup onion chopped
- 1/4 cup red and/or green pepper
- 3 cups distilled water

Saute the celery, onion and peppers in water, vegetable soup stock or olive oil, until onion is translucent. Add rice and saute a few minutes (do not let it burn). Then add 3 cups of distilled water and bring quickly to a boil. Cover, reduce heat and simmer for 30 minutes. Turn burner off and allow to sit covered an additional 15 to 30 minutes. Do not lift lid. Stir, season with Braggs Liquid Aminos and herbs to taste. Serve alone or use as a base on which to place stir-fried or steamed vegetables.

Sweet Potato Delight

Wonderful for the holidays or anytime you want a special treat.

- 4 sweet potatoes, peeled and cut in 1” chunks
- 1 large green apple, peeled and diced
- 1 cup raw cranberries (if available)
- 1/2 cup of raisins
- 2 Tablespoons raw, unfiltered honey
- 1/2 cup fresh orange juice

Preheat oven to 350 degrees. Place sweet potato chunks in a large baking dish. Top with diced apple, cranberries and raisins. Drizzle with honey and pour orange juice over all. Cover and bake approximately one hour, or until sweet potatoes are tender.



# Lester Roloff: A Preacher Ahead of His Time

By Rev. George Malkmus

I owe my life to Evangelist Lester Roloff! For it was he, in 1976, that encouraged me to go the nutritional route for the treatment of my colon cancer rather than the medical route which had proved so devastating to my mom. Though Brother Roloff is at home with the Lord today (he died in an airplane accident), I thought our readers would find what he was teaching over twenty years ago to be of great interest.

He wrote two little booklets before he died, *Soul, Mind & Body* and *Food, Fasting & Faith*. He was a preacher many years ahead

of his time as he tried to get Christians and especially preachers to get off the world's diet and back to God's diet. He took lots of abuse from fellow preachers, but he never backed down from what he knew through personal experience and the Scriptures to be the truth. In fact, since starting Hallelujah Acres Ministries, I have had over a half dozen preachers tell me that Brother Lester Roloff had given them a juicer many, many years ago. Some lamented that they had allowed it to gather dust, rather than using it.

Well, what did Evangelist Lester Roloff have to say in the two booklets mentioned above? Let's listen as he speaks through the printed word he left behind for our admonition.

## Excerpts from *Soul, Mind & Body* by Evangelist Lester Roloff

Lester Roloff suffered more than his share of scorn in response to the burden he felt to tell others of the advantages to a diet of raw fruits and vegetables, with lots of fresh carrot juice.

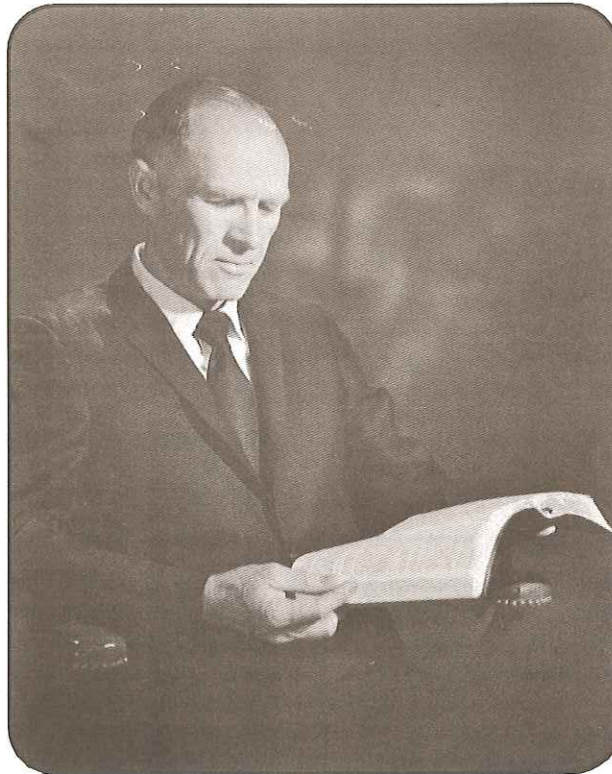
In his book, *Soul, Mind & Body*, Brother Roloff writes: "For many years, I've been asked by my friends to write this book and give my testimony of what the right kind of food and exercise has done for me. I want it understood that I'm not a doctor, neither do I present any sort of dietary salvation, but I refuse to be pushed out of the field of the physical and the mental because I have found the answer and I'm obligated to give it. After thirty years of illness and fear of being sick, I've found the way of health and I'd be a traitor to my generation if I did not share it. I believe it is a sin to be sick if you could be well, and mighty expensive and discouraging ...

"If I can keep you from getting sick, I can speed you on to a more fruitful Christian life and you can take the money that you'd spend on hospital bills and give it to the cause of Christ or use it for some other worthwhile purpose."

Brother Roloff based his dietary beliefs on a combination of Biblical teachings, scientific knowledge and personal experience. Roloff begins his chapter on *The Body* by quoting I Corinthians 6:19-20:

"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."

In addition to quoting Scripture, Brother Roloff offers the wisdom of dozens of medical doctors, scientists and advocates of natural health in his little booklet. He quotes Jethro Kloss as saying, "God, in His infinite wisdom, neglected nothing and if we would eat our food without trying to improve, change or refine it, thereby destroying its life-giving elements, it would meet all requirements of the body."



Evangelist Lester Roloff

Brother Roloff emphasizes, "The secret of a live, clean body is live, clean food – fresh vegetables, juices, fruit, and nice green salads." Noting the heavy price we pay for our cooked food habit, he writes, "Man is the only creature on earth that cooks his food. Man has hundreds of different diseases. I do not live completely without a cook stove, but because of its overuse, it has become the murderer of the human race."

Unlike wild animals who live solely on raw foods, "Man tries to build live healthy cells on dead deficient foods that are lacking in the spark of life ... What is this spark of life? A raw carrot has it. When planted, it will sprout. Heat, as employed in canning and cooking, kills this spark of life. A cooked carrot will not sprout. The life is gone – destroyed by heat. All cooked foods are dead foods. Man is the only animal that tries to build healthy live cells

out of dead deficient foods ... What I want you to get is the fact and the truth that if you can get it (food) just like God and nature finishes it – not stove cooked, but sun cooked – it will be a lot better."

Brother Roloff was not known as a man who pulled his punches or offered a sugar-coated flavoring for his words. For example, he writes: "It's a disgrace to see the poisons that are served around our churches today and the average supermarket is a mausoleum where dead foods lie in state."

He quotes Dr. C.W. Cavanaugh as stating, "The fact is there is only one major disease and that is malnutrition. All ailments and afflictions to which we may become heirs are directly traceable to this major disease."

He cites an article in *American Magazine* focusing on the sad commentary that "our hogs are fed more scientifically than our children." Farmers must raise hogs in the most efficient way possible to maximize profit, while the feeding of our children is a "hit or miss" procedure, the magazine notes.

As a man with a soft spot in his heart for children (Roloff founded six homes for homeless, run-away and troubled boys and girls), he adds, "Though you may misunderstand, it ought to really grieve us and we ought to sound a solid protest to the food that's being served in the average school lunchroom or cafeteria. We must get our children away from wieners, lunch meats, cereals, candies and carbonated drinks, greases and starches, if their little bodies are to be sound and their minds clear."

Brother Roloff gives us hope that we can rejuvenate our ailing body as he offers scientific evidence that we literally build an almost entirely new body every year with what we eat, drink and breathe. He quotes Dr. Paul C. Aebersold, director of the Isotopes Division of the Atomic Energy Commission, as informing the Smithsonian Institute, "In a year, approximately 98 percent of the atoms in us now will be replaced by other atoms that we

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take in in our food, drink and air."

He also quotes Dr. Tom Douglas Spies as informing fellow doctors at the annual meeting of the American Medical Association, "If we only knew enough, all diseases could be prevented, and could be cured, through proper nutrition."

Brother Roloff encouraged people to understand and resolve the cause of their illness rather than just seeking a quick fix for the symptoms. "It seems that some consideration should be given to the cause of our mounting physical disabilities, but instead of going to the root of our troubles – wrong habits of eating and drinking – we rush to the medicine shelf and smother our uncomfortable and distressing symptoms under an avalanche of pills, potions and pallatives."

He adds, "... I believe in divine prevention more than divine healing because the first would prevent the need of the latter ... I not only believe that the Lord is able to get you well, but I believe that He is able to keep you well in obedience to His wonderful way and simple plan of living."

On the subject of meat-eating, Brother Roloff writes: "I do not believe meat was upon God's original menu for man. He had his first serving of meat after the fall. Neither do I believe that we will be meat eaters during the thousand-year wonderful reign of Christ down here."

As for the physiological effects of meat, Roloff adds, "In the colon, meat decomposes rapidly, gives rise to acids and toxins which are absorbed into the blood and distributed throughout the entire body. Meat is toxic to the nervous system and throws an unnecessary and harmful burden on the kidneys and liver."

Brother Roloff sums up the dietary dilemma of the day in one lengthy but eloquent sentence:

"As long as people continue to eat foods that have been prepared of impoverished, ghostly white flour, bleached and sulphured foods, doped and adulterated foods, plaster-like preparations called breakfast cereals; so long as they live on inferior food, material that has been dyed, chemically treated, doctored up so that it will look and feel fresh far past the time when it should have spoiled;

"So long as we live closer to the can opener than to Mother Nature, closer to the baker and the confectioner than to the farmer, closer to the food manufacturer than to the Almighty, closer to the butcher than to the garden and orchard, closer to the drug store than to the health food store, closer to the surgeon than to common sense;

"So long as they try to live on poisoned, overheated preserves, scorched, pressure cooked, fried foods, food that has been altered in its chemistry, disorganized in its molecules by pasteurization, food that has

been artificially treated and sulphured until the food juices, vitamins, minerals and other food properties have passed up into the blue sky and there's nothing left but a dessicated lifeless substance sold as food in every grocery store and supermarket in the land and eaten by every man, woman, and child, including the doctors and passed upon as meriting seals of approval by various scientific organizations;

"So long as they mill off, peel off, pare off, and cook away from five to sixteen chemical food elements in the food and eat only the ghost-like starch, food sugar and food fat; so long as they eat food that has stood on warehouse floors and shelves for long periods of time in grime, dirt, dust, heat, moisture, and atmospheric ferments until the food properties have been injured by decomposition, toxins, age, vermin, rodents, metallic contamination, and by other agents of decay and corruption;

"So long as they drink bottled goods, soda fountain pop, artificial fruit drinks that have not a drop of fruit juice in them, laboratory fruit juices that contain powdered dope, dyestuffs, preservatives, and glucose; so long as they eat cold storage meat that may have been put in storage when the market price was low and kept for months or even years and doped, doctored, and embalmed to be sold when the market price was high; so long as they drink chocolate, cocoa, coffee and tea, or

***"The secret of a live, clean body is live, clean food – fresh vegetables, juices, fruit, and nice green salads ... I do not live completely without a cook stove, but because of its overuse, it has become the murderer of the human race." – Lester Roloff***

eat cream puffs and grease-filled doughnuts and sweet rolls;

"As long as they eat decomposed, rancid, lifeless, adulterated, fumigated, corrupt, foodless food material; so long as they eat fritters, fudge, syrup, soda crackers, cookies, candy, creamless ice cream, starchy noodles, pickled food, pig's feet, puddings, and all such meals of demineralized and devitalized food products presented by the food manufacturers and technicians more interested in how their wares will perform in their assembly line food processing machines than what their ware will do for your stomach;

"So long as they continue to procrastinate and postpone obtaining the flood of health that can be released to them through the daily use of nature's fresh, vibrant and vital plant juices – that long will they continue to be half alive and sick. That long will undertakers be in demand early in life; that long will they continue to sacrifice long before it's time the greatest miracle of the universe – human life."

Brother Roloff quotes Leviticus 17:11, "The life of the flesh is in the blood," and notes that "the blood must have good circulation, which comes, of course, from proper exercise." He also notes, "Good blood

cannot be made of white bread, embalmed beef, sausage, potatoes, gravy, doughnuts, pie, cake and coffee."

He recommended pure water and "daily faithful exercise," especially walking and jogging. He added, "Everybody ought to try to get real hot at least two times a week to sweat out as much of the impurity as you can through the millions of sweat pores. If you don't exercise your body, you cannot have good health."

Brother Roloff was widely known for his fondness of carrot juice. In a "radical statement out of the conviction of my soul," he writes, "If you were to offer me one hundred thousand dollars for my vegetable juicer that travels with me everywhere I go and I could not get another, it would be no temptation to sell it. That's how strongly that I recommend that you get one and faithfully use it. Do not get a cheap juicer because it will not hold up, cutting through those big California carrots."

Describing his diet, Brother Roloff writes, "I drink from a quart to two quarts of juice, either vegetable or fruit or both, every day. I eat a big salad made out of fresh vegetables for lunch. I take a walk and many times will jog a mile. I sleep on a real hard bed and if I can't find one, I get on the floor. I eat a lot of grapes, pears, apples, persimmons, nuts, raisins, dates, figs, and whatever I can get in

season, including watermelons, cantaloupes, and honeydew melons."

Brother Roloff's message was a simple one, and he repeated it more than once. In his conclusion, he wrote:

"Now here is a summary: Get a

vegetable juicer, and I didn't say a liquidizer or a pulverizer, but the best juicer you can get and use it every day ... And then move away from the cookstove and eat some big raw salads ... And whatever you do, remember that you are not to eat all you can hold, but just all you need because that's all the Lord said that He would provide for us. Philippians 4:19 ... The right kind of food and the right kind of exercise will bring the right kind of natural rest ... Get plenty of fresh air, exercise, and natural rest, and some good sunshine. And when you properly mix that with the food we have mentioned along with the Scripture, prayer, and faith, you'll have life and have it more abundantly.

"Take God's Word as it is, eat God's food as He gives it, and live accordingly and I believe you will find the pot of gold at the end of heaven's rainbow."

And Brother Roloff warns readers in his conclusion: "Remember one thing, good health is found nowhere along the line of least resistance and you had better deal gently with me in what I've said until you've proved that what we've said won't work. And remember, 'To him that knoweth to do good, and doeth it not, to him it is sin,' James 4:17."