

The Hallelujah Acres Story

Hallelujah 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 ninth 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.

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, 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, doing radio and television appearances, and the newly-formed Back to the Garden Health Ministries (see page 14). 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

Spring 1995
Issue No. 11

Teaching Health from a Biblical Perspective

\$1.00

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Oxygen and Exercise

By Rev. George H. Malkmus

As you read these words, your chest is softly, rhythmically and automatically rising and falling as air enters into and exits your lungs. You probably weren't even consciously aware of this until I called it to your attention. Yet, without this intake of air, which contains oxygen, your physical life would cease very quickly.

In the Bible, we read in Genesis 2:7: "And the Lord God formed man of the dust of

the ground, and breathed into his nostrils the breath of life: and man became a living soul."

Thus, God used two separate and distinct steps in the creation of man. First, he formed man of "the dust of the ground." At death, when a body is placed in the ground, it eventually reduces to the same ingredients from which man was originally formed ... mineral ash or "dust of the ground." This reduction to mineral ash is accomplished much more rapidly by cremation.

So after step one in the creation of man, after "God formed man of the dust of the ground," God had nothing but a dead, lifeless body ... similar to what we see when we visit a funeral home and look into that open casket. We do see a body, but it is motionless and it is lifeless. Why is it motionless and lifeless? What makes the difference between life and death?

Answering that question brings us to the most basic and important substance in man.

An ingredient of such monumental importance that, without it, life is absolutely and positively impossible. My friend, the substance I am talking about is none other than oxygen! And so, God breathed into Adam the "breath of life," and that dead heap of minerals sprang to **LIFE!** Just as oxygen was absolutely necessary to produce **LIFE** in Adam, it is that same oxygen that is absolutely vital and necessary to sustain **LIFE** in man today.

At birth, when a child slips from the womb and enters this world, its **first** and most

"The greatest need of the body is pure air! Approximately 96% of our nutritional need comes from the air ... while only 4% comes from the food we eat!"

basic need must be met, and it must be met quickly if life is to continue. What is that most basic need? Why it is that same "breath of life," oxygen, that God breathed into Adam at creation. And so the baby takes into its little body that first breath and immediately we see the chest start to rise and fall as it rhythmically and automatically continues to take this "breath of life" into its lungs. This rising and falling of the chest as the lungs take in oxygen and give off carbon dioxide continues from birth throughout life. Most of the time we are not even aware that this process and exchange is taking place. Yet, if we were to cut off the oxygen supply for only a few

Continued – Please see page 4



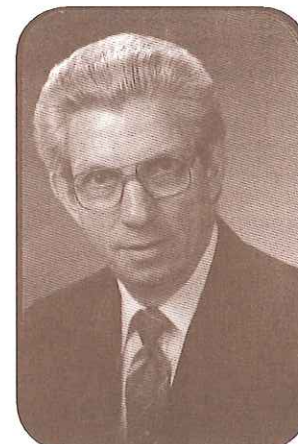
Rev. George & Rhonda Malkmus are pictured out frolicking in a light snow at Hallelujah Acres, with the Clinch Mountains in the background. Also pictured here – if you didn't notice – is an incredibly abundant supply of fresh oxygen.

*The best six doctors anywhere –
And no one can deny it –
Are Sunshine, Water, Rest and Air,
Exercise and Raw Diet.*

*These six will gladly be your friends,
If only you are willing.
Your ills they'll mend,
Your cares they'll tend,
And never send you a billing!*

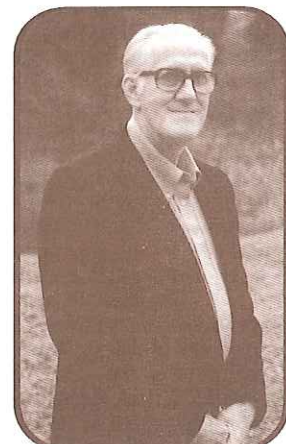
Inside . . .

From the Mailbag	pages 2, 7, 13
What's Happening at Hallelujah Acres	page 3
The Hallelujah Diet	page 6
Jim Allen heals Kidney Cancer	page 8
Pastor recovers from half-dozen diseases	page 9
PMS, Menopause & Diet	pages 10-12
Recipes from Rhonda	page 12
Back to the Garden Health Ministries	pages 14-15
Calendar of Events	page 16
Mail Order List	pages 17-19
Our Statement of Faith	page 20



Rev. Gale Galloway

Rev. Gale Galloway and Jim Allen provide two of the most powerful testimonies we have ever combined in one issue of *Back to the Garden*. When Allen, 71, was diagnosed with kidney cancer, three doctors told him the kidney would have to be removed. Instead, Allen changed his diet, allowed his body to heal the cancer, and kept both of his kidneys. Jim Allen's testimony is on page 8. Rev. Galloway's new diet has freed him from the devastation of six life-threatening diseases. The past 20 years of Galloway's life has been a medical nightmare. After a change in diet, he enjoys great health at age 58. Galloway's testimony is on page 9.



Jim Allen

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

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From the Mailbag

"Dear George and Rhonda...Keep up the good work. I feel your ministry is the most basic and Biblically sound of any available."

Dr. G. Roy Lockwood,
Florida

"I have been receiving your *Back to the Garden* magazine nearly a year now ... For this I am grateful...Good health is something most people take for granted but I feel it is our duty to be responsible for our own health and not look to our doctor as the one to give us good health ... I am also a user of Barley Green ... within a matter of two weeks taking three tablespoons of Barley Green, I completely eliminated my arthritis...We (also) started taking Grape Seed (proanthocyanidins) ... (and) have seen very positive results with prostate cancer ... Keep up the good work..."

Gary and Alberta Willers,
Nebraska

"Dear George & Rhonda ... I am learning so much from your ministry ...Meeting you has been priceless – a wondrous Christmas gift to last a lifetime."

Hope Boyce,
Tennessee

"Your book, *Why Christians Get Sick*, reiterates most everything my father has been telling me about salt, sugar, dairy products, white flour and the hormones in meat for the past 52 years. He was light years ahead of his time and I didn't know it ... My dad is 80 years old ... I am enclosing a check so that you can send him a copy of your book. I would also appreciate you sending me your newsletter, *Back to the Garden*."

Dick Liddell,
Louisiana

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(704) 481-1700

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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.

"Thank you for your ministry! We are missionaries doing Church planting in Nova Scotia ...So we need to stay healthy (not to mention our 4 children). A wonderful friend from the U.S. sent us your *Back to the Garden*. We were so excited to see Christian work in nutrition..."

Rev. & Mrs. Benjamin Meloro,
Nova Scotia

"Please send me another bottle of (proanthocyanidins) ... (It) really helped my Chronic Fatigue Syndrome."

Karen Echerd,
Tennessee

"I have been drinking carrot juice with Barley Green for lunch and breakfast now for about 3 mos. & have seen much improvement in my over all health & several in specific areas..."

Betty Wellsfry,
Washington

"Thank you for your seminar in Kansas City. I feel like I've been 'born again' in the area of diet. My whole way of thinking regarding food has changed ... The seminar was just AWESOME ..."

Tammy Francisco,
Missouri

"Dear George, Thank you so much for the information you brought to our family through your video tape of *How to Eliminate Sickness!* Your tape has what I believe to be the most basic and truthful information I have ever come upon...I have helped many people with this information...I feel it is important to keep this ministry going. I very much appreciate your sending me my *Back to the Garden* Newsletter at no charge. I have enclosed a check for \$... to further the cause and help with the expenses ...Thank you! Thank you! Thank you!"

Mark Cise,
New Jersey

"After hearing two tapes by you and reading your book *Why Christians Get Sick* – I have become a vegetarian...I lost 6 pounds the first week and my chronic sinus congestion is almost gone. I am taking Barley Green 2-3 times each day and feel so much more energetic...Four years ago I received a severe whiplash injury in a car accident. I have chronic subluxations of my cervical spine that worsened after another accident this year. I was in pain much of the time and had to limit my activities – even my job was in jeopardy due to so much ill time. I prayed frequently to the Lord for an answer...After hearing your tapes and learning of Barley Green I knew it was the answer for my full and permanent recovery. He has healed the total me – spiritual and now physical. I will be forty next year and plan to be the healthiest I have ever been...The Lord said man's years are 120, and I intend to go for it. Thank you for your health ministry. You are in my prayers. I am a nurse. I have seen first hand that God's way is the only way. My peers think I am an extremist with my Barley Green and vegetarian life style. I intend to at least prove to some of them that God's Way works."

Linda Spencer,
Kansas

"As a physician, I believe strongly in the interaction of food and disease and feel that proper nutrition plays an integral role in the prevention of various disease states. I am most interested in learning more of the biblical approach to health..."

Dr. Joseph W. Montagnino, M. D.,
New Jersey

"Dear Brother Malkmus: I just wanted to write and thank you for your kind, and thorough answer to my letter...You may remember that I moved to Atlanta to begin a doctoral program at Georgia State University. I have since decided to drop the program; I just was not up to 3-4 years more of the 'establishment medicine' route! In the meantime, I am an Exercise Physiologist with a Personal Training business. I am incorporating your (God's) ideas into my everyday conversations with my clients. You may be pleased to learn that I, too, now consider most everything from established, mainstream, medicine to be false. There is hope for me yet! Perhaps there might be some way I, as an exercise professional, can be of service in your ministry. I would be very interested in going through the training sessions...Please send ministry info...After 5 jars of Barley Green and carrot juice and copious raw vegetables and fruits daily, my rheumatoid arthritis is completely gone!...Praise God for the work you are doing..."

Matthew Mullings,
Georgia

"Thank you for your great newsletters!! Heard about your ministry through an uncle. I do believe in your ideas..."

Gwen Bistn'tan,
Guam

"My husband Paul, before he left for the Ukraine on a missionary journey, read an ad in the '*Sword of the Lord*' about your book, '*Why Christians Get Sick*.' He ordered it. When I read it, I saw that it might help me and with the help of God it did! I had a crippling arthritis in my hips and knees and couldn't walk without pain. It was painful for me to get up from the bed and I even had pain while in bed. I started on the vegetarian diet recommended in your book and ordered Barley Green and Herbal Fiberblend from you. When my husband returned from the Ukraine, I could tell him the good news about the relief from pain. After he read the book, he joined me in the diet and we continued on the Barley Green. He had similar problems...Now he also claims relief...We also tell and write our friends about your book, the diet and Barley Green here in Poland and in the U.S.A. One young sister in Christ, who recently joined our Church, had last stages of Multiple Sclerosis. After we told her about the testimonies in your *Back to the Garden*, agreed to try and now reports much improvement in 3 months...We thank God for you, your book, the ministry and encouragement."

Janina Gergel,
Poland

"What a pleasure it was to receive a copy of your newsletter (*Back to the Garden*) ... we are on the same wave length ... I was so excited when I read your book and about your work that I felt compelled to write ... All the best to you."

Sherry Rogers, M.D., P.C.,
New York

Mailbag Continued – Please see page 7

Our Featured Product: Born Again Wild Yam Cream

By Rhonda J. Malkmus

Recently we have come across a hormone replacement (a natural progesterone) after many months of searching. Though there are several products of this type on the market, the one we found to have the most active ingredients at the lowest price was "Born Again Wild Yam Cream." It is made from wild yam extract and, unlike other commonly prescribed products, it is totally natural. Wild yam root has been used since the 18th and 19th century to treat menstrual and menopausal problems. The wild yam root comes from Mexico and contains diosgenin, offering the same effect on the body as progesterone, which has been shown to be more effective than estrogen for relieving PMS and menopausal symptoms. However, we must realize that just as the estrogen is not depleted overnight in our bodies, it can not be restored overnight. The producers of this product state that in some women it may take up to three months to see results. "Born Again Wild Yam Cream" is a topical cream and is absorbed slowly through the skin, helping to replace and restore hormone levels. Wild yam cream does not promote masculine side-effects and is known to reduce sodium fluid retention, according to Laursen in the book, *PMS: Premenstrual Syndrome and You*.

John R. Lee, M.D. states, "the reason synthetic progesterone causes side effects is because it is not progesterone. The pharmaceutical companies alter the molecular structure so it no longer fits into the biochemical machinery of the body." Dr. Lee has done extensive study over the past 6 years and finds natural progesterone applied topically results in an increase in bone mineral density and in a decline in fractures. He also discovered that osteoporosis can be reversed in a clinical reality by the use of such a cream. Dr. Lee offers this advice: "For women who are switching from a progestin, such as Provera, to natural progesterone, I generally recommend that they taper off the progestin gradually: Cut the progestin dose in half for the first month, as the progesterone cream is added. Then cut in half again the second month, taking it every other day, if necessary. By the 3rd month, the progestin can be safely discontinued."

#412 – "Born Again Wild Yam Cream" sells for \$15.95. If used daily, one jar should last approximately one month. We are excited about this product and are thrilled to be able to offer it to you.

Proancynol – Our New Super-Antioxidant

In Issue #10 of *Back to the Garden*, we featured a grape seed proanthocyanidin (OPC) product, along with information on how proanthocyanidins eliminate the free radicals that are related to more than 60 degenerative diseases. We cited personal testimonies and scientific research supporting the far-reaching benefits of OPCs. And we noted that at that time, we were still searching for the best product at the least cost among the many companies marketing OPC.

Over the past three months, we have not been idle in our search. After trying and evaluating almost a dozen different products, we have reached a decision as to which way to go. American Image Marketing (the distributors of Barley Green), have recently come out with an OPC they have named "Proancynol." There is much debate today on the issue of whether the most effective proanthocyanidins are those derived from the extract of pine bark or grape seeds. Unlike most other OPC products on the market, "Proancynol," the new product from AIM, is not limited to only one source of OPCs. Proancynol includes extract from both pine bark and grape seeds, along with green tea, a third source of proanthocyanidins. Because of this combination, we feel Proancynol offers the broadest spectrum of beneficial antioxidants, which team up for a synergistic effect that is superior to any one single source of OPC. In addition to producing what we feel is a superior product, AIM also has produced a very economical source of OPCs. Proancynol offers 60 capsules, each containing 50 mg. of OPC for \$24.95. The product we initially offered contained 60 capsules of 20 mg. at a cost of \$29.95.

CAUTION: OPCs are anti-oxidants (see Issue #10 of *Back to the Garden* for more information on antioxidants) that, among other things, help the body to better utilize antioxidants such as beta-carotene (vitamin A), vitamin C and vitamin E. They are not a substitute for Barley Green and a good diet. But OPCs will help your body to better assimilate the nutrients from your good diet.

#411 – Proancynol, sells for \$24.95.

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

CUSTOMER ORDER FORM

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

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

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

If you are not on our mailing list, but would like a free subscription to <i>Back to the Garden</i> , please check this box <input type="checkbox"/>		If you DO NOT want to continue receiving <i>Back to the Garden</i> , please check this box <input type="checkbox"/>			
We appreciate your order. The life-blood of this ministry flows from your purchases of the health-related products and books we offer. Every purchase made helps us to reach more people with the message that "You do not have to be sick!" ... If God's laws of natural health are followed. Together, we are changing the way the world maintains health. Thank you and may God Bless.	Quantity	Item #	Item Name	Price Each	Total Price
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Card Number: <input type="text"/>				6% Sales Tax (NC residents only)	
Signature _____				Shipping	
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#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 affects 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

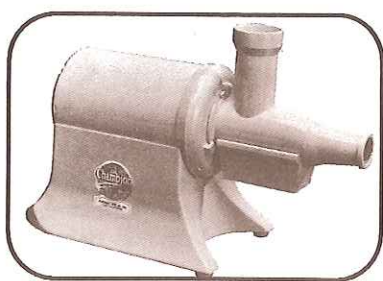
#750 – DESERT ESSENCE 100% PURE TEA TREE OIL - a very high grade of Australian Melaleuca alternifolia, organically grown. This oil is soothing and brings relief to minor burns, scalds, sunburn, insect bites, etc. It is a natural antiseptic, helps prevent infection in minor cuts, wounds, scratches and 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)

#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

Praise GOD from whom all blessings flow! 1994 was an *incredible* year here at Hallelujah Acres. As we look back on '94, we see it was a year of blessings beyond our wildest dreams. Hallelujah Acres has gone from a "voice crying in the wilderness" to a ministry that is literally reaching around the world. Let's briefly reflect on this past year...

We move to the Farm

We started 1994 in Rogersville, Tenn., running a restaurant full time and the ministry on the side. We just couldn't keep up with running a restaurant six days a week, 8-plus hours a day and the ministry also. So, on March 28th, we closed the restaurant and moved the ministry out to the Farm, into a 1700-square-foot building we had just completed. We realized, almost immediately, the new building was too small.

New Building Completed

So in April we broke ground for a new 5,000-square-foot building to house the ministry ... and on October 5 we moved in. The top floor houses our office complex where Rhonda and Marge Smalley work diligently answering phones and processing orders along with Georgianna, who enters new names and keeps the mailing list up to date. The main floor has a 100-plus seat auditorium, large kitchen, natural foods store and restrooms, while the basement contains our shipping room and storage areas. Most of the construction was done by Wesley Moore along with his sidekick Skip, and they did a wonderful job. The new building is extremely functional, has room for expansion and we love it.

Back to the Garden

Back to the Garden is the voice of Hallelujah Acres. We started this publication in May 1993 with 8 pages and 4,000 copies. By the end of 1993, we had doubled the pages to 16 and our circulation had increased to 10,000. We ended 1994 with a 20-page publication and a circulation of 34,000 copies of issue #10. We are repeatedly told that *Back to the Garden* contains more helpful health information than any other publication on the market, regardless of the price, and yet we still send it out free to anyone who requests it. Thus far, we have printed almost a quarter of a million copies!

Seminars

During 1994 we held health seminars in 19 states - Texas, Mississippi, Florida, Minnesota, Virginia, California, Georgia, Michigan, North Carolina, South Carolina, Pennsylvania, Montana, Ohio, Kansas, New York, Missouri, Massachusetts, Alabama and Tennessee. Also, we spoke in two Canadian cities, Toronto and Vancouver. The number of people attending these seminars continues to increase and it is not unusual for

people to travel over a thousand miles to attend. Requests for us to hold seminars in 1995 are coming in larger numbers than we can fill.

Radio and Television

We did many radio and television interviews and talk shows during 1994, and requests are now coming in at the rate of almost one a week. We were on two radio stations blanketing the entire New York metropolitan area and one of these did a re-run of the hour-long broadcast. In Macon, Ga. we appeared on the Del Ward TV Show on a CBS Affiliate Station. This show had been running continuously for about 30 years and we were told that our interview generated more response than anything they had ever done. (We are scheduled to appear on the Del Ward Show again on January 27, 1995.)

Health Ministry

On April 15, 1994, Rev. Malkmus met with Robert and Marge Smalley in Nashville, and from that humble meeting has developed *Back to the Garden Health Ministries*. Our



An enthused group of Back to the Garden Health Ministers listens to Rev. George Malkmus at the Oct. 20-22 training session at Hallelujah Acres.

first training session was held in August. About 60 Health Ministers have been here to the farm for training and are now in the field ministering in 25 different states as well as Puerto Rico, Hawaii and Canada. We are overwhelmed at the number of doctors, nurses, pastors, evangelists and professional people who are becoming Health Ministers. At our last training session in December 1994, we had six registered nurses, four pastors and two evangelists here for training. This ministry is still in its infancy and we believe there will ultimately be thousands of Health Ministers all around the world. We receive inquiries daily from those who want to join us.

New Video and Audio

In late 1994 we were finally able to produce both a new full-length audio and video of Rev. Malkmus' *How to Eliminate Sickness* Seminar. We have sold hundreds of each of these in the past few months and the letters and calls pour in daily from people who have been helped and blessed by the information they contain.

Why Christians Get Sick

Rev. Malkmus' first book *Why Christians Get Sick* had three new printings in 1994 and is being sold by the case lots almost daily. One Christian Company in New York

has ordered 1,500 copies for free distribution. Daily, letters and phone calls tell how this book is changing lives. Many have said the information has saved their life. Total printing of this book now numbers about 70,000 copies and as we go to press, a 9th printing has been ordered.

New Book

God's Way to Ultimate Health was written in 1994, and has been a monumental project ... taking far more time to produce than we estimated. It is not unusual for the lights in Michael Dye's office to still be on when I get up at 4 a.m. He has worked so diligently on this book. It has been completed and should be ready for shipping during March. *We apologize for this taking so long, but we believe when you see it, you will agree that it has been well worth the wait!*

Mail Order

The mail order business is our life-blood! We buy products at wholesale, sell them at retail and from the profits we support this ministry. Rhonda and Rev.

Malkmus still take no salary from the ministry. All profits go for the free distribution of *Back to the Garden* (which cost us well over \$50,000 during 1994), taxes, utilities, construction, etc. We cannot begin to tell you how much we appreciate those who have made purchases and sent donations during 1994 to help make

this ministry possible. Only God knows the lives that have been impacted. Rob Vaughan has worked so very hard trying to keep up with this rapidly expanding phase of the ministry. (Around Christmas time, mail was running very slow. Sometimes a first-class letter with an order took as long as two weeks to reach us. Then there were times when we got backed up and ran out of a particular item. We apologize for any delays you may have experienced and are presently taking steps to rectify the situation.) We have recently added a fax machine and now can receive orders and correspondence 24 hours a day. Our Fax number is (615) 272-9965.

As we enter 1995, sometimes we think we have a handle on this rapid growth and at other times we have trouble keeping up with it all. Sometimes Rev. Malkmus and Rhonda go months at a time without a day off. We would appreciate your prayers for God to give us wisdom as to how to control it all and keep serving the multitudes who are turning to us for help. This is an information ministry and we long for the day when the entire world will be able to receive the message "You do not have to be sick!" Thank you for your love and prayers and encouraging words and support and may God Bless each one of you as we enter the New Year! May He grant you lots of love, happiness, prosperity and health and may 1995 be the greatest year ever in your life! We love and appreciate each one of you!

Oxygen & Exercise

Continued from page 5

we simply inherited the problem through our genes from our parents or grandparents. Has it ever occurred to us that the pronouncements of Science and the Medical Profession may not be truth at all, but simply the pronouncements of a group of people whose paychecks are being provided by those who stand to gain by their pronouncements? Recently I heard a Scientist deny that nicotine is addictive or that cigarette smoking causes lung cancer. Almost all Scientists' paychecks are provided by the industries who stand to profit from their findings ... the Drug Industry, Tobacco Industry, Processed Foods Industry, etc.

There is hardly an evening goes by that we are not told of some new scientific finding on the evening news. They have just discovered a gene that *possibly* causes this

problem or a new drug that *promises* hope for that problem. And thus the people are constantly being brainwashed that Science and the Medical Industry – if provided with enough money and time – will ultimately come up with a magic bullet that will take away all our ills.

As a result of all the mis-information being disseminated today, the average person fails to realize that we can take responsibility for our own health and this beautiful body/temple God has given us. Too many people fail to realize that they don't have to be sick and thus most people die decades before they should or would if they took proper care of their body/temple. How different life would be if we took back control of these beautiful body/temples and started providing for them the way God intended and taking care of them as God would have us. Sickness would practically vanish and death would only come as a result of old age ... not from cancer, heart attacks, strokes, diabetes, and the like.

The Hallelujah Diet

by Rev. George H. Malkmus

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

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

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

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

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

*The reason I supplement my diet with BARLEYGREEN is that our food today is being grown for the most part on very deficient soils that often lack all the nutrients my body needs for building new, strong, healthy, vital, vibrant cells. BARLEYGREEN is grown organically and contains the widest spectrum of nutrients available today from a single source that I am aware of. It is also loaded with enzymes. I consider it the single most important food I put in my body each day and always consume *at least* 3 tablespoons of it a day. Another AIM product we find very beneficial is Herbal Fiberblend, for added fiber, preventative maintenance of the colon and insurance against parasitic infestations..

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

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

My friend reading these words, 99% of our physical problems as well as the aging process, to a great extent, is under our direct and personal control and by following the guidelines we share here at Hallelujah Acres, we can practically eliminate sickness from our world. If you think this is too simplistic and pie-in-the-sky type of hype, I challenge you to try the Hallelujah Diet for 90 days along with following a vigorous exercise program and then you can personally determine who is right ... Religion, the Medical Establishment, Science, Big Government and all the rest, or this preacher.

In the Bible we read in chapter one of the Book of Daniel about Daniel and the three Hebrew children who exercised this power in their own bodies in their own lives against all odds when they refused to eat the meat and drink the wine that came from the king's table and chose only a vegetarian diet. What were the results? *"... their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat ... in all matters of wisdom and understanding ... he found them ten times better than all the magicians and astrologers that were in the realm."* Read the entire account in Daniel 1:8-20.

We can maintain a healthy body, along with a young body and mind if we so desire. It is within our power because God has placed that power in our hands. And when we take care of God's creation (our bodies) as God intended we will not be sick or die young. "Whatsoever a man soweth that shall he also reap" (Galatians 6:7) *"... I have set before you life and death, blessing and cursing: therefore CHOOSE LIFE, that both thou and thy seed may live."*

Thoughts to Pass On

"DRUGS AND SURGERY SHOULD ONLY BE USED AS LAST RESORTS – IF AT ALL. Drugs are powerful chemicals, all of which have negative side effects. One hundred changes in body function may follow the use of a drug. Of these 100, one may be desirable – the suppression of a symptom – and the other 99 side effects may be undesirable. These 99 undesirable changes are euphemistically called 'side effects.' Because of these so-called 'side effects' ('poisoning effects' is a better term), a healthy person who takes a drug will become sick. YET THE SAME MEDICAL MENTALITY EXPECTS THAT THE SAME DRUG WILL PRODUCE HEALTH IN A SICK PERSON! This, of course, is an impossibility. Drugs do not build health: they suppress symptoms, often at great cost. Turning off the fire alarm (the symptom) with a drug will not extinguish the fire (the cause of the symptom). There are cases where drugs are useful; but probably as much as 90% of the time drugs are used, more harm than good results."

– Dr. Alan Immerman

Back to the Garden Health Ministries

Continued from page 14

one month ... my health is good now ... Thus, I am eager to be in your training program, so I can learn to use my talents to the highest good – To become a channel for God's good – and to help others be healthy. There is too much suffering in the world today and I want to help eliminate it."

Diane Patterson, supervisor of 60 employees for Los Angeles County, living in Los Angeles, Calif., writes: "I was writing 'Why Christians Get Sick' when I saw Rev. Malkmus' book! He said what was in my heart. Every word is true ... I am so happy to find out that there is an organization that has its focus on God's Word and how to eat so as to regain and maintain our health. After a year on a 100% raw diet I feel better than I believed a human being could feel ... Totally joyous, friendly, loving, able to cope with anything, energetic and radiant."

Nicasio Ortiz, Pastor of a Presbyterian Church in Carolina, Puerto Rico, states: "Last August, while I was in Mexico, somebody loaned me your book *Why Christians Get Sick* and I believe it was God answering a question I had for a long time ... 'Why, if we have a wonderful, merciful God and healer ... Why are so many Christians sick?' Your book was clear and direct, so here I am. I believe in your Back to the Garden Ministry and want to pass on the information to others that 'you do not have to be sick!'"

Angie Olson, a housewife and church worker in Hastings, Minn., states: "I am an active Christian working with children at our First Baptist Church in Rosemont, and I see many Christian people sick ... mostly because of what and how they eat. I want to help get the message out that people don't have to be sick! ... Since going on the Hallelujah Diet: my arthritis is gone ... Backache much, much better (have had three car accidents) ... Have lots of energy! ... Heartburn totally gone ... We are using our Champion (Juicer) every day, eating less, drinking no more coffee, eating lots of salads, planted a garden after many years of excuses not to."

Jane Jennings, a pharmacist from Winston-Salem, N.C., states:

Rev. Gale Galloway

Continued from page 9

the burning urine and infections caused by diabetes are aggravated by prostate problems, which required him to get up every 20 minutes to urinate for six months in a row. His prostate trouble also led to locked bowels, which required an enema to unblock.

Doctors told him, "You've got to do something because you're in serious shape." But Rev. Galloway said he refused to take any medication for his prostate trouble "because three or four days before I got ahold of a copy of *Back to the Garden*." He read the newsletter and the book *Why Christians Get Sick* by Rev. George Malkmus, and immediately cut out meat and went on a vegetarian diet of about 85 percent raw foods, with fresh vegetable juice, Barley Green and Herbal Fiberblend.

Back to the Garden gave him hope, he said, because, "I read the testimonials and it sounded like these people were getting some help." And now Rev. Galloway's own life has become one of these testimonials. In less than two weeks, he saw a major improvement in all symptoms. "And, after four weeks on the Hallelujah Diet, all infection (from diabetes) was gone and my prostate problem was all gone. My soreness in the urinary tract was gone for the first time in two years ... Going on this diet has been the greatest thing that has ever happened to me."

When he returned to his doctor two months after starting on the Hallelujah Diet, blood

sugar was normal, there was no sign of prostate trouble, and his cholesterol, triglycerides and thyroid all were normal. His blood sugar had topped out at the dangerous level of about 300, but after two months on the diet, it was at 94 (below 100 is considered good). His triglycerides had reached 323, but after two months, they were at 118 (50 to 150 is considered safe). His cholesterol had once hovered around the 300 level, but after two months, his LDL (bad cholesterol) was 104, with total cholesterol at 144. By that time, Galloway had lost down to 197 pounds and said he was "feeling great."

Two months later, he came in for another check-up, which showed continued improvement in every category, and the loss of another 21 pounds. "My doctor sat me down and said, 'I want to hear everything you're doing.'" Galloway said he told him about the diet, fresh juice and Barley Green, and the doctor commented, "Well, it's working."

After eight months on the diet, Galloway said in late January that he has had no re-occurrences of any of his previous medical problems. He has leveled off at below 160 pounds. He now takes proanthocyanidins (see page 19), which he said has given him added strength.

Rev. Galloway's wife, Betty, has also benefitted greatly from the Hallelujah Diet. In the past six months, Betty has lost from 150 to about 117 pounds. Galloway notes that his wife had a bad cholesterol problem and was "on the verge of having a stroke." She was unable to reduce her cholesterol on medication. But since changing her diet, Betty has reduced her

"Because I have had to search so hard for material to inform me about correcting my own health, I would like to be a part of a ministry that has the information. A ministry that teaches others in a clear, simple and concise manner. It took me years, traveling through the writings of many, to finally reach Rev. Malkmus' ministry."

Fred and Janet Huhn of Salisbury, Md., write: "Since being introduced to the Hallelujah Diet several months ago, we have experienced renewed health and vitality. Janet suffered from asthma for years but has been able to drastically reduce her need for medication and can even jog several miles – 35 pounds lighter. Fred has had heart problems but is now exercising regularly and feeling fit and trim 40 pounds lighter – cholesterol has dropped 60 points – to 177 without medication ... We believe our bodies are the temple of the Holy Spirit and that we honor God when we take care of them."

Ann Gentry, a Registered Nurse, from Tempe, Ariz., writes: "As a nurse I have witnessed such abuse of patients with drugs and chemotherapeutic agents and radiation with no attempt made toward prevention. I am no longer willing to stand by and watch. Many people come to me asking what to do about their degenerative diseases of all types ... I need the tools to get them interested (in a changed diet).

Aren't they great! And that is only a sampling of the responses. Although many of them once had serious physical problems, they are now free of most of these problems as a result of changing their diet and life-style.

We envision thousands of Christians joining us from all over the world. Not only will many individuals want to become involved, but every church should become a part, not just for their own membership, but also to help those in their communities. Many churches already carry our literature, audios, videos and Barley Green in their book stores and some offer juicers and distillers. Many pastors and evangelists are starting to incorporate the health message into their ministries. It is all very exciting!

If you are interested in learning more about how to become a part of this exciting Health Ministry, write or call us to request our "Health Ministry Information Pack." Please address all requests for information to: Robert Smalley, International Director, Back to the Garden Health Ministries, P.O. Box 10, Eidson, TN 37731.

cholesterol to the normal range and has quit taking cholesterol medication.

As one might expect, these health improvements have not gone unnoticed by Rev. Galloway's congregation. "My people have wondered what has happened. They know what I've been through. All this has really made a big difference in the health of the people in this church. There were 46 people at the first seminar I gave on diet and Barley Green. This one woman in the church has been able to reduce her insulin and she expects the doctor to take her totally off insulin in her next visit."

Rev. Galloway and his wife have opened a small health food store in a 12-by-20-foot building between their home and the church. Rev. Galloway offers nutritional counseling in the health food store, and said his plans for the future include spending more time "teaching people from the pulpit on health, and holding more seminars, including a weekly support group." He adds, "The Health Ministry training session (at Hallelujah Acres) was very helpful because I learned more details on how to explain all this and answer people's questions."

Rev. Galloway will be sharing the pulpit with Rev. George Malkmus twice in the coming months. Rev. Malkmus will bring his "How to Eliminate Sickness" seminar to Rev. Galloway's church on Feb. 25 (see Calendar of Events, page 16 for details). Rev. Galloway has also invited Rev. Malkmus to be the main speaker on Aug. 14 and 15 at the East Texas Baptist Bible Fellowship meeting in Lindale, which Galloway is hosting.

Spreading the Word with Back to the Garden Health Ministries

For those who have a burden to share the health message with others, *Back to the Garden Health Ministries* provides a vehicle to make it happen in your own community. We will train you, provide educational materials and health products in the form of books, audios, videos, juicers, distillers, etc. The products will be purchased from us at wholesale so that those who become a part of this Ministry can potentially support themselves. We will help you, and even support you with regional Seminars throughout the country. We will list the names and phone numbers of those who join us in this publication so that people in your community will know where they can find support and encouragement in this new and healthy way of life.

We now have some 60 Health Ministers spread out across the United States, as well as into Canada, Hawaii and Puerto Rico. We receive daily inquiries from those who want to learn more about this ministry. We envision thousands becoming a part of *Back to the Garden Health Ministries*. Listen as these people share their reason for joining us:

Richard Woodside, a Pastor and Missionary from Millville, Penn., writes: "I have felt a burden to help those suffering from sickness here at home just as a 'medical missionary' does overseas. I felt that if we could help meet real physical needs, we would have greater opportunities to give them the Gospel as well."

Morris Watson, a missionary to Germany now living in Spencer, Ind., states: "After my wife and I had bouts with serious illnesses (and getting little or no help from the medical establishment) we concluded that we could be of little help to others or have a good Christian testimony while being sick. This prompted us to seek the answers to this and find the root causes. We believe we have found the answers in the ministry of Back to the Garden. We have studied it quite thoroughly, have put into practice what we have learned with significant benefits in a short time ... In six months I have recovered from prostatitis and a sever arthritic condition. Now we are sharing these truths with others."

Gretta VanDerLoon, a retired Registered Nurse from Ontario, Canada, writes: "I have seen in my work (as a nurse), that people really don't get any better with the present methods of giving drugs. And the things they do to cancer patients are really atrocious! Actually, I am glad to be retired, and be able to teach a different way of healing ... My friend Sara (Sara VanAkker, also a retired R.N.) and I will work the ministry together. We have been vegetarians for 21 years."

James Stokes, a missionary from Grand Rapids, Mich., states: "I am interested in being used by God to bring revival to the body of Christ in the U.S.A., and the whole area of health and nutrition is crucial in accomplishing this and most neglected."

Wesley and Alma Stillwell, Health Ministers in Grandview, Wash., write: "A big thank you to each of you for making our visit to Hallelujah Acres such a special time. Our new ministry is already helping others to better health. I am down 40 lbs. from my heaviest weight of 328 ... The #10 newsletter is being very well received." (Editor's note: And we thank the Stillwells for volunteering to spend several days here in October while on their vacation, helping us mail out issue #10.)

Eli Slabaugh, a Mennonite Pastor and Evangelist from McGaheysville, Va., wants to be a Health Minister "for the very same reason you are – to help people ... *It works!* I weighed 220 pounds and now weigh 196."

Elaine Robitzach of Macon, Ga., writes: "The improvements in my health are worth telling ... My depression has lifted, gone after 15 years of misery. I am very excited and anxious to tell the world this wonderful news, 'God's Marvelous Self-Healing Body' really does heal itself!!! I am living proof. I can hardly wait for the doctor to check my blood chemistry – triglycerides were high and I weighed 165 lbs. last January; I was told to lose 30 lbs by giving up fats but I craved sugar and sweets and was addicted to chocolate. This caused drastic mood swings and rapid personality changes and I had never gotten a good night's sleep. Now, all my physical symptoms have vanished, I sleep well, wake up with energy to walk a mile every morning PLUS the added reward of feeling good, like a 25-year-old and my age is 57. My arthritis has improved in 5 weeks and I have lost 15 lbs! I think more clearly and my memory has improved ... So ... that is why I am ready to minister to everyone I meet. *I know it works!!!*"

John Peters, a Chemical Engineer from Pittsburgh, Penn., says: "God has blessed me in so many ways and has been preparing me to be a Health Minister for many years. My Christian faith; my scientific background; my experience as a Dale Carnegie Instructor, my illness and now my recovery. All of this came in focus when I heard Rev. Malkmus' message ... His message to treat the cause instead of the symptoms was like turning on a light on my problems ... I had large cell lung cancer. After surgery and radiation, I began to fade. When the doctors talked about open chest surgery a second time, I went on the Gerson program and began to recover in about

Continued – please see page 15

The following persons have received training as Back to the Garden Health Ministers and are available to help people in their communities: w = work phone			
Merrill & Alma Akins	Ocoee, TN	(615) 338-9235	
Osa Andersen	Greeneville, TN	(615) 638-8795	
Edgar Beard	Centerville, TN	(615) 729-4345	
Charlie Brown	Charlotte, NC	w (704) 541-3541	
Heidi Brown	Wilson, NC	(919) 291-1963	
N. Jean Brown	North Street, MI	(810) 385-4912	
Pierre Buch	Moneta, VA	(703) 297-6358	
Colon & Marie Butler	Hampton, GA	(404) 227-6019	
Pastor Brice & Nancy Casey	Chuckey, TN	(615) 787-0636	
C.M. Clayton	Fayetteville, TN	(615) 433-9944	
Gary & Bobby Jean Coaker	Pineville, LA	(318) 640-3749	
Chet & Beverly Cook	Houston, TX	(713) 484-8113	
John J. Cook	Chamblee, GA	(404) 452-1210	
Carol Cover	Northfield, MN	(507) 645-7202	
Ann Dean	Waxahachie, TX	(214) 937-2207	
Gerald & Margaret DuBois	New Castle, DE	(302) 571-8504	
Beverly Erskine	Ft. Worth, TX	(817) 292-7632	
Nancy Fitzmorris	Covington, LA	(504) 893-7209	
Rev. Gale & Betty Galloway	Lindale, TX	(903) 882-3179	
Larry Gaudet	Jefferson City, TN	(615) 475-8395	
D. Ann Gentry	Tempe, AZ	(602) 968-1209	
Steve & Connie Head	Covington, GA	(404) 464-2596	
Dr. James & Gayle Hostetter	Dalton, OH	w (216) 828-2296	
Evangelist J.C. & Doris House	Joshua, TX	(817) 558-4751	
Fred & Janet Huhn	Salisbury, MD	(410) 543-4577	
Olin Idol	Mocksville, NC	(910) 998-7762	
Betty Ivory	Fairburn, GA	(404) 964-6300	
Jane W. Jennings	Winston-Salem, NC	(910) 765-0217	
David Lutter	Waukesha, WI	(414) 521-1675	
Neville & Karen Martin	Searcy, AR	(501) 268-4835	
Pastor James Mays	Corbin, KY	(606) 523-2812	
Dr. Nathan Meyer	Salem, VA	(703) 384-6950	
George & Ruth Morita	Oceanside, CA	(619) 722-8075	
Victoria I. Morton	Denver, CO	(303) 373-0439	
Jerome & Angela Olson	Hastings, MN	(612) 437-5668	
Rev. Nicasio Ortiz	Carolina, Puerto Rico	(809) 769-3063	
Diane Patterson	Los Angeles, CA	(212) 989-0979	
Sharon Penner	Princeton, IL	w (815) 872-1607	
John E. Peters	Pittsburgh, PA	(412) 731-9389	
Dr. Rowen Pfeifer	Nashville, TN	w (615) 333-3883	
Rev. Don Prewitt	Orlando, FL	(407) 292-2625	
Rev. Josephine Santostefano	Quincy, MA	(617) 471-1770	
Eli M. Slabaugh	McGaheysville, VA	(800) 232-2905	
Wesley & Alma Stilwell	Grandview, WA	(509) 882-2363	
Kevin Stitt	Woburn, MA	(617) 932-3828	
Jim Stokes	Grand Rapids, MI	(616) 682-0021	
Sara Van Akker	Ontario, Canada	(705) 689-8611	
Grietje VanDerLoon	Ontario, Canada	(705) 689-8611	
Morris Watson	Spencer, IN	(812) 829-9140	
John Winstead	Charlotte, NC	(704) 537-5621	
Richard & Gloria Woodside	Millville, PA	(717) 458-6786	

From the Mailbag

Continued from Page 2

"I would like to receive your newsletter. I thoroughly enjoyed reading your book. I am slowly changing my eating pattern to eat more and more raw foods. I am truly thankful you wrote *Why Christians Get Sick*. I am happy to know I don't have to run to the doctor every time I have a sinus infection, because I won't have sinus infections any more! Praise God! My friend ... who lent the book to me is doing great! ... He had a tumor in his colon and had part of his colon removed. Ever since he has had diarrhea. Since he's been eating mostly raw foods, pure water and exercising, he now has normal bowel movements! He is very excited! He also looks great – not only physically but his overall countenance is much happier! ... Thank you for your ministry and I look forward to receiving your newsletter."

Ann Marie ??? (Sorry, but the last name is unlegible. The letter was damaged by the post office and delivered without an envelope and return address. Please write again with your request. - editor) "Just received my order of *Back to the Garden* newsletters. Have sent them out to pastors and friends for Christmas Cards. I need two dozen more as soon as possible...I am trying to get Rev. Malkmus' message into as many homes and churches as I possibly can. Maybe one seed will sprout and grow. I know everything he says is true. Have been preaching the same message for 15 years – But I am just an old woman called a 'Health Nut.' "

Hazel Hedrick,
Virginia

"...I think Issue #10 of Back to the Garden is the best yet! There are so many I would like to pass it on to. Therefore, I have decided to order one hundred of this issue ... At 75, on reduced income, I can't really afford this, but I cannot afford not to do all I can to help Christians find health and blessings. I feel this is my ministry, too. May God continue to bless your health ministry abundantly!!!"

Betty Ison,
California

"A dear friend brought me several copies of '*Back to the Garden*.' I really enjoyed them. Dr Dorman put me on Barley Green ... Then I heard you on Dr. Dorman's radio program on KCCV, Kansas City. Thank you for all the things you are doing to help people. I wish more doctors would take a good look at alternative remedies for good health ... I meant to tell you how much Barley Green has helped me. Due to an auto accident January 1988, I have a fused spine and it has been like a sore thumb. But about ten days ago I noticed it seemed the nerve endings around the fusion had eased. Glory! Hallelujah! I am now able to do yard work. One day recently when my 2-year-old grandson, Micah came to stay with me I picked him up and then realized I just hadn't been able to do that before. I am telling everyone who will listen ... Thanks again."

Dorothy Burns,
Kansas

"I thank God for your newsletter and for bringing me into the knowledge of Barley Green. One week after starting Barley Green my PMS symptoms were taken care of and leg pains were helped. I am sharing the good news with those around me."

Pamela Morgan,
Minnesota

"Thank you so much for your eye-opening article on antioxidants and particularly your exhaustive research. Since leaving the pharmaceutical industry in the early 80's I have researched the health and nutrition field extensively. Now, I feel this amazing compound OPC offers mankind the missing piece to the wellness puzzle. The nutritional regimen of Barley Green, OPC and pure water now offers a viable solution to the health crisis in this country. Keep up your wonderful work!"

Stephen Fazia,
North Carolina

"Dear Brother George: It has been a little over a month and we are still getting responses from the meetings you held here in the Northeast. Many, oh so many, were inspired to make drastic changes in their diet. One lady in Greenville, with Multiple Sclerosis on the (Hallelujah) diet strictly as you outlined, stood up from her wheelchair, walked to the cupboard, picked up something, walked back and sat down. For many years before, she could not even stand without the help of a cane. Then the pastor there told me he himself has lost 20 pounds ... and the stories go on and on. Do you realize how many lives you are saving in this work you are doing? We are so grateful you took time to come here out of your busy schedule. We could never repay you – but God will ..."

Rick & Gwen Shorter,
New York

"Please keep *Back to the Garden* coming. I have gotten a young woman in our church on your (Hallelujah) Diet. She is a diabetic, and has many other health problems. In only five weeks her blood sugar of 368 has dropped to an amazing 84. Her face has color, her smile has returned, and we are giving God the glory. He (God) told us in His Word what we are to eat. His Word gives us health on earth and eternity with Him. Indeed, the truth sets us free. Now my pastor and his wife are interested. I give my *Back to the Gardens* to them to read. Please pray they will give it a try. Both have health problems and are only in their early 40's. God bless you."

Cheryl Potter,
Florida

"... I am a Seventh Day Adventist and so ashamed that we have had the health message but never practice it. It takes an outside minister like you to shake up the people in our church ... I agree with your message and ministry 100%. My heart aches to see my family sick because of ignorance of the truth...I work at the Hospital and see sick people everyday. Everyday, someone dies in the hospital. What a pathetic world we live in. But thanks to your message and ministry, some people have awoken from their malady and ignorance and are living a healthy life according to God's way. God Bless you and your ministry ...God is using you both in a mighty way..."

Beth Pulido,
Ontario, Canada

"Oh please send me the newsletter '*Back to the Garden*.' I have never read anything so uplifting. **HOPE** for sure! Thank you very, very much!!" Leafie Large,
South Carolina

"...I am doing great on the Hallelujah Diet - lost 25 pounds and all symptoms are cured! Praise God and Thank You!" Elaine Robitzsch,
Georgia

"I have been a reader of your *Back to the Garden* since its inception and have also enjoyed your book, *Why Christians Get Sick*, which I think is the best book on God's health plan that I have read. I also have enjoyed your tapes ... I have been involved in teaching God's nutrition since 1987 ... and have shared your Hallelujah Diet, newsletters, and book everywhere I have spoken. *Why Christians Get Sick* is very effective in reaching sick people. My ministry, Kryrie Ministries, does missionary work in Truk Lagoon, about 500 miles southeast of Guam. We will be returning in May 1995 ... I have taught them before on nutrition, but they are so steeped in their traditions and island customs ... pork, white rice, sugar, soft drinks ... I feel your book would greatly impact their lives ... Would you please prayerfully consider donating as many books as possible to this missionary outreach? ... 12/22/94 ... I have today received 10 copies, together with copies of your newsletters. Thank you so much for the donation of these items ... God bless you as you go forth with the truth about sickness and disease and, most importantly, about how to obtain maximum health. Please pray for the people of Truk as I share your book and God's word on Nutrition again with them..."

Rev. Phyllis Petty,
California

"... I am standing with you in prayer for the fulfillment of your vision to bring all men to health and spiritual knowledge of God's laws." Robert Colema,
New York

"I was introduced to Barley Green a month ago. I am now a distributor, on the (Hallelujah) Diet and feeling great. I take 3 T. Barley Green a day. I am a severe diabetic – on the insulin pump for a year but have cut my insulin intake by half in the past month ... I am off dairy and meat totally. I am so eager to learn more ... Thanks a million!" Trenna McPherson,
Florida

"I believe this (Hallelujah) diet is exactly what God designed for mankind ... God bless you and your team and family." Anaseini Qevegeretabus,
Fiji Islands (South Pacific)

"I thank God every day for bringing you into my life and for your ministry. I take Barley Green and Herbal Fiber Blend daily and have recently added carrot and other juices made fresh with my Champion Juicer. And thanks to Rhonda's great recipes, I am making other changes. When I read about the Super Anti-Oxidants in a recent *Back to the Garden*, I ordered some ... After adding them to my diet for five days now, the results are dramatic. My energy level is up and I feel even better ... Thanks for *Back to the Garden*, I know I can trust any products you carry..."

Julia Cruze,
Florida

"In August I began taking Barley Green and drinking a pint of carrot juice a day. I have managed to eliminate meat from my diet and am working on the other things you talked about that are harmful ... I have a muscle illness called Fibromyalgia and since I started on the Barley Green and carrot juice I am feeling 100% better. Thanks!" Michelle Butler,
Mississippi

Continued – Please see page 13

Jim Allen uses Diet to Help Heal Kidney Cancer

By Michael Dye

When he was diagnosed with kidney cancer at age 70, Jim Allen was told by three different doctors that his left kidney would have to be removed. Medical science considers kidney cancer to be one of the most difficult forms of cancer to cure. When Jim mentioned the possibility of using a change in diet to help his body to heal the kidney cancer, “the doctor looked at me like I was a fool,” Jim recalls.

But after a visit to Hallelujah Acres, Jim did change his diet. And today, at age 71, he still has both kidneys and his medical tests show no sign of cancer. Jim also has no more headaches, no more sinus problems, and has lost 30 pounds. “And I just feel a whole lot better,” said the soft-spoken retiree of Eastman Chemical Company.

His wife, Anna Lee, went on the same diet and has been healed of diverticulitis, arthritis, migraine headaches, an irritating skin problem, and she has lost 35 pounds.

One of the interesting things about the Hallelujah Diet, Jim notes, is that a person can start this diet to heal a major, life-threatening disease, and then find that several other unrelated problems also clear up.

This, he adds, is just the opposite of the negative side-effects of prescription drugs and other treatments offered by the medical profession. Jim is speaking from experience here. He said one of his medical treatments for kidney cancer “almost killed me. I thought I was having a stroke. I could not move for seven hours.” In addition to the negative side-effects, he said this chemical treatment also caused the cysts in his kidney to spread.

Recalling his feeling when he first learned of his kidney cancer, Jim said, “The doctors left me stunned and in fear. It was the most awful feeling I’ve ever felt.” After his initial diagnosis by a doctor in his hometown of Kingsport, Tenn., Jim sought a second opinion from a specialist at Duke University Hospital in Durham, N.C. He made six visits to Duke, and was scheduled to have his kidney removed there on Dec. 10, 1993. But Jim decided to get a third opinion from a urologist back in Kingsport.

All three doctors agreed: The kidney

would have to be removed. Laser surgery was used in several operations to remove about 40 cysts from his kidney and two from his bladder. The cysts were found to be cancerous, and doctors insisted the cysts would continue returning if the kidney was not removed.

But in the meantime, a couple of friends told Jim and his wife about Hallelujah Acres. They pleaded with Jim to go see Rev. George Malkmus before agreeing to have his kidney removed. The friends told Jim and Anna Lee about several people who had avoided major surgery by healing themselves of various diseases after going on the Hallelujah Diet. The female friend said she

had used this diet to eliminate a tumor in her breast, and that doctors were about to remove part of her son’s colon before he got on the diet.

They went to Hallelujah Acres that day. After talking with Rev. Malkmus and hearing other people’s testimonies, both Jim and Anna Lee decided to get started immediately on the diet. Since that day, they have been on a strictly vegetarian diet of about 85 percent raw fruits and vegetables, along with plenty of fresh carrot juice, Barley Green and Herbal Fiberblend.

Jim said Rev.

Malkmus and his wife, Rhonda, were both very helpful. “After they explained the difference between the body’s means of natural self-healing with proper nutrition versus the doctors’ means of surgery and drugs, there was no choice in my mind about which way I wanted to go. They explained about how the body works to heal itself. It just made sense,” Jim said. “It wasn’t until I was 70 years old that I learned how self-healing works in my body. After starting on the new diet, Anna Lee could see a difference right off. In three weeks or less, I could really tell a difference,” Jim added.

After about 90 days on the Hallelujah Diet, Jim’s Kingsport urologist wanted to schedule surgery to remove his kidney. This was shortly after 30 to 40 cysts had been removed from the kidney by laser surgery, and the doctor told him the cysts would continue coming back if the kidney was not removed.

During this consultation, Jim said he did not tell the doctor about his new diet, but he did ask if he could postpone surgery long enough to see if his body’s immune system could work

on the cancer. “The doctor looked at me like I was a fool and he said there’s no such thing.”

The doctor told Jim he would be “taking a chance” if he did not have the surgery, but he agreed to wait 90 days. So on May 18, 1994, the doctor went back up into Jim’s kidney again. This was six months after he had been eating mainly raw fruits and vegetables, drinking carrot juice and using Barley Green. Much to the doctor’s surprise, no new cysts were found.

“The doctor came out of the operating room and sat down and told my wife and daughter he could not believe what has happened. The doctor sat there with his chin resting in his hands for a long time, saying, ‘I just can’t believe it.’ He didn’t know what to think.” It was after that visit that Jim told his urologist about Barley Green, carrot juice and his new diet. “He said, ‘I’ve never seen anything like it. Just keep doing what you’re doing.’”

The doctor scheduled another exam for Jim on Nov. 28, 1994 to check again to see if any cysts had returned. Once again, no new cysts were found. The doctor will continue monitoring Jim’s kidney for awhile to ensure there is no re-occurrence, but Jim said he is confident that his diet has eliminated the problem.

“It’s just wonderful to know I’ve still got my kidney. And I’m feeling great,” he added. “If it hadn’t been for George and Rhonda, I would have lost my kidney.”

Anna Lee is equally thrilled ... for the sake of her husband and for herself. Her serious medical problems began in 1986 when she had a nervous breakdown. “They kept me doped up all the time. I had to change doctors to get off drugs,” she said. “On this diet, I’m not nervous any more. I’m a completely different person.”

Shortly after her nervous breakdown, she was struck by arthritis and diverticulitis. With the arthritis, Anna Lee said she had trouble walking up and down stairs, and sometimes even walking on level ground was difficult. During this interview, she climbed the steps at Hallelujah Acres with no problem.

She was hospitalized two or three times with diverticulitis, thinking she was having a heart attack. The diverticulitis, for which doctors say there is no cure, made it impossible for her to eat salads. But after a couple months of carrot juice and Barley Green, she was once again able to eat raw vegetables.

Other problems that plagued Anna Lee before her dietary change included migraine headaches and a severe itching on her arms that persisted for 20 to 30 years. She went to several doctors and dermatologists, who were never able to diagnose or cure the problem. “All they could do was give me medication that would knock me out. It was worth a million dollars just to get rid of the itch,” she said. “I’ve seen her scratch the blood out of her arms,” her husband added.

With a new lifestyle that includes regular walks along Kingsport’s “greenbelt,” the Allens prove you are never too old to change. “We’ve stopped going to the pharmacy. Our pharmacist thinks we’ve left town,” she laughed.

put into my body each day. Personally, I take 3 to 4 tablespoons of Barley Green each day.

2. EXERCISE. Start a daily exercise program! This is extremely important. A good starting point is to find a measured mile – whether it be around the block four times or up and down the driveway 40 times. Then go out and walk that mile at a comfortable pace while timing yourself. Tomorrow go out and walk that same mile, only try to walk it just a little bit faster. Do that every day until you can do it in 15 minutes. Then go to two miles and continue to walk two miles until you can walk it in 30 minutes. Then step it up to three miles in 45 minutes and finally four miles in an hour. When you can walk four miles in an hour, maintain that each day. Daily, vigorous exercise will enhance your clarity of mind, physical stamina and give you a sense of

From the Mailbag

Continued from Page 7

“God Bless you in your *Very Special Ministry!* Raw food was the only thing to give relief after three years of diarrhea following gallbladder removal. I enjoy all of your papers and share them with others. Thank you.”

Marjorie Philpott,
California

“I want to order 100 copies of your newsletter *Back to the Garden* ... I can honestly say that all you advocate in your newsletter is the absolute truth after being a victim of rheumatoid arthritis for the past five years that only got a lot worse trying to get relief from taking various strong medications. Since last December when I started taking Barley Green and gradually working up to your 75% raw, natural diet – I can do daily walks of about 1 1/2 miles each day on the boardwalk again after not being able to walk around the house without holding on to something nearby – plus the exercise bike and moderate aerobics – *what a pleasure!* I am just about off all the medications except one I take once a week and expect to stop that real soon ... I know a lot of people who are interested in Natural Health principles and I want to pass your good words on to them ... I was 78 last week and so thankful that I can function again and be able to help others ... Praise the Good Lord for helping us find out about all this.”

Fran Mischler,
New Jersey

“... It appears that we can easily become addicted to the foods of this world the same as we can fall prey to the illicit pleasures that can ‘do us in’ ... Health care reform should not start with the government, but with every responsible citizen and parent. Looking forward to receiving your materials as motivators to keep us on the straight and narrow...”

William Behan,
Kansas

“Please send a copy of your new book ... I knew Brother Roloff well, used to play piano for him at Bible Conferences in Jacksonville ... You’re doing a real good job. I am thinking strongly about a raw diet for a year ... Thanks for what you do.”

Dan Carr,
Alabama

well being. I personally try to speed walk at least four miles every day. I highly recommend it!

3. SUNSHINE. Sunshine produces Vitamin D in the body. It is important that we spend a little time in the sun, allowing the sun to fall on our exposed skin each day if at all possible. Do not get carried away and allow the skin to burn.

4. STRESS. Reduce stress and learn to go with the flow. That is often easier said than done. My personal experience has been that as I changed my diet to predominately raw and exercised regularly, I was able to handle stress much better. Many women have shared this same testimony with me.

5. LOVE. Take a little time for yourself and learn to love yourself as the Lord loves you so that you are able to love, help and give to others.

“...I am so happy with the results I am having from this lifestyle that I cannot imagine going back to my old way of eating.”

Bernie Veenkant,
Florida

“I loved your book *Why Christians Get Sick* and I just happened upon it. I know it was the Lord as I was just praying beforehand about my weight/ health/food problems. I asked the Lord for the truth about food and nutrition and just happened to find out about your book. I have implemented it (your diet) and although it has only been 3 weeks I already feel better. I have suffered from Crone’s Disease in the past and had one-third of my colon removed. Since that time, my stool has been 60 - 80% diarrhea. Since starting your diet, my stool is 95% back to normal as if before surgery. Please put me on your mailing list for your newsletter...”

Spencer Tieman,
Minnesota

“My brother, who has been a body-builder for 16 years, has always criticized my vegetarian diet. He has been on liquid protein and other high-protein diets for as long as I can remember. Some of his teeth have literally crumbled apart. I sent him a copy of ‘Protein and Propaganda’ from *Back to the Garden* #9. He called me today to say that effective immediately, he is a vegetarian. Praise God!”

Dana Nelson,
Kansas

“I am a Registered Nurse working in Open Heart Recovery ICU. I see all the time from their histories how people have abused their bodies with smoking, drinking and wrong eating. I also see what happens when we in the medical field push, pump and give drugs that are supposed to help make them better – sometimes cause worse problems than they had before the surgery ... I would like you to send information about your diet. Also add me to your mailing list ...”

Joyce Register,
Florida

“Dear Rhonda, You and George are doing a great work. Many people in my area are hearing about the ‘Genesis’ Diet. I have been strongly influenced by Arnold Ehret, Benedict Lust, Dr. Henry Beiler, Paul Bragg, Jack LaLanne, and others. And now your work brings it all together. Great health and long life to you. You are a blessing to millions.”

Dr. Dennis & Gracie Gordon,
Pennsylvania

Remember, it is *your* body/temple and *you* can have control over it. You do not have to be sick! Take control! For too long, women have allowed others to control their bodies ... advertisers, food merchants, fear, doctors, etc.

For the past year, I have been on a quest to find a natural hormone replacement to help women with menopausal problems. The basic and most important key is a natural diet of predominately raw food, exercise, etc., as listed above. This will usually all but eliminate menopausal symptoms as our body slowly stops producing natural hormones. But for those who need some help during this change of life, I have finally found a natural hormone replacement that will not harm us. Natural progesterone has been found in about 5,000 different plants, but the best source known today is found in wild yams! For more information on this product, see page 19.

“Our lives have been enhanced since being introduced to Barley Green and the Hallelujah Acres Ministry. We have been vegetarians since the late 80’s after our daughter developed Lyme Disease and subsequent candidiasis as an 18 year old and we became intimately involved with holistic health care alternatives to allopathetic medicine. However, we have been using synthetic vitamins. Now we use Barley Green and just purchased the Champion Juicer so we could add raw veggie juice to our daily regime. Now we have more energy and are more clearly focused on the health benefits and pleasures of raw food preparation and consumption. In October, our daughter, now an actress in N.Y.C. began daily use of Barley Green...and feels more energetic than she has felt since 1989 when she first got sick. She was a vegan, took vitamin supplements and exercised regularly but never felt as good as she felt after taking Barley Green. We promote your ministry by sharing our discoveries and being role models for friends, family and patients. Please keep us on your mailing list to receive *Back to the Garden* which is filled with information and great recipes from Rhonda.”

Dr. Lewis, Ph.D. & Adrienne
Kadushin, R.N., M.A.,
Maryland

“I saw a video of you speaking and I am excited and thrilled to know of someone else who believes the way I do regarding health. I learned of the healing properties of raw vegetable & fruit juices after I was diagnosed with multiple sclerosis in 1991. I went on a cleansing diet first and then took in only raw vegetable juices for the better part of a year...The only solid food I ate was in the form of salads and/or fruit. As of this date, (9/14/94), I have not had any symptoms of multiple sclerosis. I praise God for showing me how to become healed and I praise God for you and the message you are teaching through Him. I believe it is all from God for He made these wonderful foods for us in the first place...May our Precious Jesus continue to bless you as you advance further and further in His work.”

Jeanette Bush,
Michigan

“A doctor friend loaned me a copy of *Back to the Garden*. It is the finest publication about proper nutrition I have ever read. Please put my name on your mailing list...May God Bless all of you.”

Dorothy McRae,
Arizona

PMS, Menopause & Diet
Continued from page 11

consumption of raw fruits and vegetables with very limited amounts of grain. Large amounts of grain in the diet produce fat as can be found in the animals that have been grain fed. The excess fat in the average American woman's diet adds to PMS and menopause problems. Raw seeds and nuts should be eaten very sparingly because of their high fat content.

2. SUGAR. In the United States, the average woman consumes approximately 150 pounds of sugar per year! Sugar immobilizes our immune system. Just one can of soda pop contains almost 10 teaspoons ... enough to immobilize the immune system by about 33%. Sugar causes the pancreas to malfunction, leading to hypoglycemia and mood swings. Sugar depletes the body's reserve of B vitamins and other vitamins and minerals. Artificial sugar substitutes are not the answer - they can cause even greater problems - and must be avoided if we want to experience good health.

3. TABLE SALT. Our bodies receive all the natural sodium they need from fresh, raw vegetables and fruits. When we add table salt to our foods, we create many problems within our body including high blood pressure and water retention. In countries where animal products and salt are not consumed, high blood pressure does not even exist. Try to avoid all processed foods. It is interesting to note that after food manufacturers have destroyed almost all nutritional value during processing, they almost

always add sugar and salt. Why? Because without the addition of sugar and salt, there is practically no product on the supermarket shelf that would pass the taste test, and thus no one would buy their products. REMEMBER THIS WELL: AFTER YOU LEAVE THE PRODUCE DEPARTMENT IN YOUR SUPERMARKET, THERE IS PRACTICALLY ZERO NUTRITION IN THE REST OF THE STORE!!! Yet the average American spends most of their food dollars in the "rest of the store."

4. WHITE FLOUR. White flour products contain zero fiber. As a child we used to make glue by mixing flour and water together. Well, in our body, products made from white flour cause constipation, which leads to many other problems. Try using whole grain flours instead of white flour. But remember that all flour, after it has been baked in the oven, is devoid of almost any nutritional value ... even organically grown, whole-grain flour products.

5. CAFFEINE. Caffeine causes many problems for the body, including increased incidence of bladder and stomach cancer, raises blood pressure, increases heart rate, aggravates diabetes, etc. Replace it ... try an herb tea or Roma, both are available at health food stores. Also remember, caffeine in the diet increases menopausal and PMS symptoms. Many women report that eliminating coffee, tea, caffeinated colas and chocolate relieves PMS breast tenderness. A word of caution here; reduce caffeine intake slowly to prevent withdrawal headaches.

6. TOBACCO. It has been proven that women

who smoke have an earlier menopause and greater calcium loss, which leads to brittle bones. Smokers also suffer more symptoms through menopause and during PMS because smoking decreases the amount of hormones produced. Smoking also constricts the arteries and impairs circulation. Also, the tars in cigarette smoke line the lungs and slowly shut off the oxygen supply. Women who smoke double their risk of heart attacks and strokes. Women who smoke experience earlier menopause and more problems with brittle bones due to the loss of calcium. Smoking increases the risk of dying from lung cancer 8 to 12 times. The risks from smoking increase with age, including osteoporosis, glaucoma, heart disease and several other cancers.

7. ALCOHOL. Alcohol intensifies almost every PMS and menopausal symptom, including mood swings and hot flashes. Alcohol is a depressant creating depression and exhaustion. It also impairs the body's ability to absorb calcium. Alcohol has a diuretic affect on menopausal women, causing the loss of moisture from the skin. It dehydrates the body tissues, which carry vital minerals from the body. This loss of moisture from the skin also contributes to wrinkling of the skin.

THINGS TO DO

1. EAT RAW FOODS. Make at least 75% to 85% of your diet raw! The closer a person follows the Hallelujah Diet, the less problems they will experience with PMS and menopause! Barley Green is the single most important food I

Continued - please see next page

Baptist Pastor Recovers From a Half-Dozen Life-Threatening Diseases with a Change of Diet

By Michael Dye

For the past 18 years, Rev. Gale Galloway of Lindale, Texas has lived a medical nightmare, more than once on the verge of death and with little that doctors could do to help him. But after struggling for survival in the face of more than a half-dozen life-threatening diseases, Rev. Galloway is now able to continue his ministry in great health at age 58, while looking forward to many more quality years.

All he did was change his diet after reading a copy of Back to the Garden. After converting to a vegetarian diet of about 85-percent raw foods, plenty of fresh vegetable juice and Barley Green, Galloway has amazed doctors with his recovery.

"This is the best shape I've ever been in," Galloway said. "I'm 58 years old and I can do more now in a day's time than when I was in my 30's."

His renewed health will allow him to continue carrying "tons of Bibles to foreign lands." Rev. Galloway is the pastor of Central Baptist Church in Lindale, Texas, which he described as "a very missionary-minded church, with 78 missionary projects around the world." In recent years Galloway's ministry has taken him to Russia, Guatemala, the Phillipines and Cayman Islands.

To fully appreciate where he is now, you have to understand where he has been. Since age 40, Rev. Galloway has struggled against severe osteo-arthritis that led to two hip transplants, toxic poisoning from prescribed medications, two heart attacks, a blood clot that destroyed a quarter of his left lung and a four-day coma from which he was not expected to awaken. He was overweight, carrying as much as 246 pounds on his 5-foot, 9-inch frame. And Rev. Galloway's ailments continued to mount

last summer as he was battling a "terrible combination" of diabetes and serious prostate trouble when he first read a copy of Back to the Garden in late May of 1994.

He immediately went on a vegetarian diet of 85 percent raw fruits and vegetables, with plenty of fresh vegetable juice, Barley Green and Herbal Fiberblend. He eliminated all his health problems in a matter of weeks. As Rev. Galloway attended the Oct. 20 - 22, 1994 training for Back to the Garden Health Ministers here at Hallelujah Acres, he was able to tell his fellow Health Ministers that his doctor had given him a clean bill of health on all these former ailments. And after less than five months on the Hallelujah Diet, Galloway had lost 78 pounds, weighing in at 164 at the October Health Ministers meeting.

In a one-sentence summary of his medical history, Galloway said, "It's been a nightmare." As he begins to detail the long chronology of his medical problems, Galloway notes he grew up on a farm, eating mainly cooked vegetables, very little meat, but lots of dairy. He wasn't sick much in his younger years, but he said he had little energy and endurance.

But by the time Galloway turned 40, he had developed a severe case of osteo-arthritis. "At age 45, I couldn't hold a knife to cut a steak," he recalls. This first affected his hands and feet. At 45, Galloway had to have surgery to replace his right hip. "My hip joint was dead," he explained.

Doctors had him on cortisone, a powerful steroid prescribed for



Rev. Gale Galloway and his wife, Betty, of Central Baptist Church in Lindale, Texas

extreme cases of arthritis, and 16 aspirin a day. From these drugs, Galloway developed toxic poisoning. This led him to try to avoid all prescription drugs, so he went to a health food store to get information about natural ways to heal arthritis.

Based on this reading, about 12 years ago, Galloway said he went on a cleansing fast, began eating more vegetables, started drinking distilled water and gave up milk. This was the first of his attempts to change to a healthier diet, but it wasn't enough.

A short time later, he suffered congestive heart failure, with two blocked arteries causing a 35-percent blockage of blood flow to his heart. He spent 2 1/2 days in intensive care. Based on this experience, he decided to give up red meat, but he continued eating fish and chicken. (Fish and chicken have the same levels of cholesterol as red meat, as well as other contaminants, such as growth hormones in chicken and toxins from water pollution in most fish.)

Two years later, Galloway had another heart attack. Doctors said his main heart valve was deformed. Surgeons removed this valve and replaced it with a St. Jude's Carbon Steel Valve.

In the meantime, he had hip surgery. While in recovery, a portion of skin on his stomach about the size of a large saucer turned black. The dead flesh had to be removed to a depth of about 1 1/2 inches. Doctors said it was medication from the hip surgery, given to prevent blood clots, that caused his skin to die as a bad side-effect. Doctors said this reaction indicated the medication did not achieve its desired effect of preventing blood clots.

This was verified as Galloway's next emergency was a blood clot that destroyed one quarter of his left lung. He went into a coma for four days. Doctors thought he was about to die, and all his family was

called to the hospital. Galloway recovered from the coma, but spent 31 days in the hospital.

After recovering from the coma, he had a bad reaction to heart rhythm medication. "I didn't have the

strength to walk into the hospital," Rev. Galloway recalls. He spent another 10 days in the hospital recovering from this reaction, and realized that any medication he took in the future could cause him serious problems.

Galloway's next trip to the hospital was for replacement of his left hip at age 55, ten years after the replacement of his right hip.

Less than two years later, he was rushed to the hospital again, thinking he was having a stroke because the left side of his body went numb. "I couldn't even function enough to write my name, and I passed out in the emergency room," Rev. Galloway recalls. At this point, doctors discovered Galloway was a diabetic, and told him he should start by taking insulin in pill form, and then later would need to take injection insulin.

Because of his previous bad reactions to medication, Galloway said, "I refused to take the pill." Instead, he attempted to control his diabetes by losing weight. "But with every diet I tried, I could never get below 220."

Then about a year later, he developed serious prostate problems. He said "diabetes and prostate trouble are a terrible combination" because

Continued - Please see page 15

Recipes from Rhonda

Health Tip: Keep a good variety of fresh, ripe fruit on hand. It's nice having a good stock of recipes available, but it's also nice to be able to just sit down with an apple, pear, banana, dates or whatever, and make a meal or a healthy snack out of fresh fruit. It's nutritious, quick and simple. If you keep fresh fruit readily available, you may be surprised how quickly your family gets into this habit. The cooked recipes in Back to the Garden are provided to assist people in adapting to the 15-25% cooked portion of the Hallelujah Diet, without preservatives, chemical additives, etc. But remember it is live (raw) food that provides the nutrients necessary for our bodies to build new, healthy, living cells.

Stir-Fry Vegetables

- 1 Onion, cut in half and sliced thin
- 3 carrots, peeled & sliced in
- 3 Stalks of celery, thinly sliced diagonals
- 1/2 cup chopped broccoli
- 1/2 cup chopped cauliflower

Stir-fry in small amount of water until al dente (firm but tender). Add 2 Tblsp. Braggs Aminos, 1 Tblsp. Mc Cormick's Oriental Seasoning. Serve alone, over rice or with noodles.

Fruit Bars

- 1 cup oat flour
- 1 ripe banana, mashed
- 3 cups rolled oats
- 1 cup apple juice
- 1 cup unsweetened coconut
- 2 cups chopped dates
- 1/2 cup chopped almonds
- 20 oz. can unsweetened crushed pineapple

Use the S blade of your food processor or blender to make oat flour out of a cup of rolled oats. Mix with all remaining ingredients except dates and pineapple. Use more apple juice to hold the mixture together, if needed. Press 1/2 of the mixture into a 9 x 12" glass baking pan. Chop pineapple and dates in food processor until the pieces are small. Place in a saucepan and cook until thickened. Spread over the bottom crust. Top with remaining oat mixture and bake at 350 degrees for 30-40 min. These make nice treats in a lunch box.

Stuffed Cucumbers

Wash thoroughly or peel cucumbers, cut in half lengthwise and carefully remove the seeds. On a plate make a nice bed of greens, place cucumber on top. Chop the cucumber hearts together with any of the following:
1 - 2 Tblsp. celery, chopped fine
1 - 2 Tblsp. carrot, grated
2 Tblsp. tomato, chopped into small pieces
1 - 2 Tblsp. raw almond butter

Mix in enough nut butter to hold it together and fill the cucumber halves. Note: You may change the "stuffing" by simply adding your favorite veggies or by adding herbs such as 1 Tblsp. minced parsley.

Raw Almond Butter

Almond butter is a much healthier alternative to peanut butter. It can be made in your Champion Juicer by replacing the screen with the solid plate and slowly feed the raw almonds through your machine. It is best to make in small batches so as not to over heat the motor. Almond butter can be used to stuff celery or to replace peanut butter in any recipe.

PMS, Menopause & Diet

By Rhonda Malkmus

As George and I travel around the country and even into foreign lands holding Health Seminars, the questions that women most frequently ask me as a woman are those which pertain to PMS (pre-menstrual syndrome) and menopause. This subject is an extremely important one to most women today because female problems can affect almost every hour of almost every day of a woman's life, physically, mentally and emotionally. In addition, PMS and menopause can affect those around us, our spouses, children and friends and thus, the whole world.

In my search for truth and knowledge on the subject of PMS and menopause, I have found that much of what is generally believed is false and is

often based on misinformation, horror stories and old wives tales rather than on truth. Ladies, if we are going to find help for

these problems, it is vitally important that we have an open mind, that we think positively about the natural changes taking place in our bodies and that we realize there is a vast difference between what women are experiencing today and what God intended! Although there is much misinformation along with many old wives tales and horror stories about PMS and menopause, I would challenge you to consider some more positive thoughts about these beautiful body/temples God has given us and how God intended them to function and be cared for.

It is vitally important for us to consider that the very purpose of a woman's monthly cycle is to produce an egg so that mankind can reproduce and thus perpetuate the human race. This was designed by God so that man could fulfill God's command to "be fruitful and multiply" (Genesis 1:28). The purpose of the flow of blood is to shed the lining of the uterus. Susan Larkin, M. D. states that, "Each month the uterus prepares a thick, bloodrich cushion to nourish and house a fertilized egg. If conception occurs, the embryo implants itself in the uterine lining after six or seven days. If pregnancy does not occur, the egg does not implant in the uterus and the extra build-up of uterine lining is not needed. The uterus cleanses itself by releasing the extra blood and tissue so the build-up can recur the following month."

This monthly cycle was to be a normal and natural occurrence every 28 days during a woman's child-bearing years. Today, however, many women experience severe pain, cramping and heavy bleeding during their menstrual cycle as well as during menopause. This is often accompanied by severe mood swings and

depression. Is this normal? Is this what God intended? These are vitally important questions we must answer if we are going to enjoy life and if our bodies are going to function properly.

Often, women are told that all of this pain and bleeding and emotional trauma during PMS and menopause are the result of Eve's disobedience to God in the Garden and in ignorance, they base this belief on Genesis 3:16, where the Bible says, "Unto the woman he said, 'I will greatly multiply thy sorrow and thy conception; in sorrow thou shalt bring forth children.' " What is the Bible teaching in this verse? Is it teaching that there will be pain, bleeding and emotional trauma during PMS and menopause or does it simply say that there will be some pain during childbirth?

For a few minutes, let's look at it from

Growth hormones in meat are made of synthetic estrogen, similar to a hormone that is naturally produced in small amounts in a woman's body. Synthetic estrogen has been found to cause numerous problems, including cancer and emotional imbalances.

a different angle ... *diet and lifestyle*. What we eat is usually the result of tradition, advertising and habit. During the early years of our lives, our dietary habits are usually very similar to those of our parents. As we grow up, we are introduced to new foods at a friend's house or a new product comes on the market and we give it a try and like it, or a new offering is made at a fast food restaurant and it tastes good and before we know it, we have incorporated a new item into our diet. We do not seem to realize that what we put into our bodies can have devastating effects. How sad that we have never been taught to associate what we eat with our well-being or our physical, mental and emotional problems. Yet, the truth is that *we literally become what we eat! In reality, diet and life-style influence our lives probably more than any other factor in life.*

Prior to the 1950's most food was grown locally, without pesticides, fungicides, and herbicides. Foods were not genetically altered, nor were they laced with preservatives, coloring agents, emulsifiers and other additives. Most of these toxic substances were added following World War II. Sadly, the average American of today, if he or she eats manufactured and processed foods, will put into their bodies over 10 pounds of these chemical additives every year!

It should be noted that the term PMS (pre-menstrual syndrome) did not appear on the scene until 1931 and did not become part of medical terminology until 1953. Why? What has changed in the past 50 years? What is causing more and more problems in this area with each passing year? I believe if we will take a long hard look at the "food" we have been

putting into our bodies and the way we have been living, we will find some very interesting things as well as most of the answers to the problems associated with PMS and menopause.

Growth hormones were first introduced by the meat industry in the 1950s so farmers could get their animals to market in less time, thus increasing their profits. Little did the women of America realize the significance of this change in the way the meat they were eating was being grown. An example of this would be a chicken that in past years took sixteen weeks to be ready for market is now ready for market in six weeks due to these *growth hormones*. When these animals are butchered, the growth hormones remain in the flesh of the meat and are consumed at our tables. Now if growth hormones can cause an animal to grow twice as

fast as it normally would grow and cause an animal to mature in less than half the time God intended, what do you think these *growth hormones* do within our bodies?

Growth hormones in meat are made of synthetic estrogen, similar to a hormone that is naturally produced in small amounts in a woman's body. Synthetic estrogen has been found to cause numerous problems, including cancer and emotional imbalances. Estrogen is the hormone, in its natural form, that God designed females to start producing in their bodies at the age of about fifteen or sixteen. This is what initiates puberty! This is the hormone that regulates a woman's life and makes it possible for her to have children. This is the hormone that the body slowly stops producing after child-bearing years have ended. So, what happens in the body of a woman when these hormones are added to the meat she eats, thus causing the body to have larger quantities of estrogen than God intended?

One of the most horrible effects of these artificial growth hormones is what they are doing to young girls. If you look at the age of puberty 50 years ago, it was usually in the range of age 15 to 16. Then look at the age a young girl starts her menstrual cycle today and you will find it to be age 10, 11 and 12 on the average, and some even earlier. The capability of a young girl to be able to reproduce at this young and tender age is causing monumental problems in our society!

It is interesting to note that – even today – girls who are raised from birth on a vegetarian diet, excluding all animal products, commonly do not begin their menstrual cycles until about age 15 or 16. When a woman eats only the foods God intended, without the addition of artificial hormones, the blood flow is

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usually very light to non-existent, without pain, aches or mood swings. This is the way God intended it to be! Take for example the third-world countries of today, where meat and manufactured products are not a staple and where women are physically active. There you will find that the physical and emotional problems associated with PMS and menopause in this country are *almost non-existent!*

Ladies, we are creating our PMS and menopause problems ourselves, in ignorance, because we have adapted the diet and lifestyle of this world! Then when we experience the consequences of this wrong diet and lifestyle, we go to the Medical Doctors of this world for help and all they do is make things worse with their artificial hormones, drugs and surgery!

Have you ever considered that PMS and menopause are big business? Think of all the money being made selling medical prescriptions, and supplies, to say nothing of the doctor bills. Usually after only a few months on the Hallelujah Diet, the PMS symptoms, as well as those from menopause, simply disappear. Often ladies report no more cramps and only light bleeding as well as no more mood swings. That's pretty exciting!

Let's look at menopause. What is happening today to cause women, as they approach what should be a very special time in their lives, to be plagued by all these health and emotional problems? The answer is really quite simple. As the estrogen levels in a woman's body naturally decrease as they come to the end of their child-bearing years, usually in the late 40s, the hormone level drops. This can cause hot flashes, mood swings and other symptoms associated with menopause. Meat and dairy products even without added growth hormones can cause the body to increase the amount of natural estrogen being produced. The eating of animal products is the primary cause of these problems because this creates an even higher level of estrogen in the body. Then when the estrogen level begins to fall, it plummets, often causing even more severe problems. Add to this the side-effects caused by the recommended Estrogen Replacement Therapy and the body has a monumental task to try to deal with all of the outside influences placed upon it.

We hear a lot about estrogen replacement therapy these days and that it is the answer for menopause and for menstrual problems. Let's examine it briefly. It has been in use since the 1960s. How safe is it? There is much controversy about this question and the side-effects that long-term use can cause the body. When I learned that Premarin is made from the urine of pregnant mares who have their foals removed during the 11th month of pregnancy so that their urine can be used to produce Premarin, I was repulsed. Then the foals are sold and slaughtered. Ladies, do we want to put horse urine in our bodies? I certainly do not.

Women who have had to undergo complete hysterectomies, have an even greater battle on their hands. Because they now have no ovaries to produce estrogen, the doctor prescribes artificial estrogen. These added hormones (estrogen replacement) can create

many physical problems, including cancer and cause many side-effects including: bloating, bleeding, change in sexual desire, cramps, depression, irritability, breathing difficulties, cervical damage, eye damage and fibroid growths, just to name a few. To say nothing of the increase in heart attacks of women during these years. Also, without ovaries the body begins to age more rapidly. One of the most hideous things a doctor can do to a woman is to perform a complete hysterectomy, an operation that is almost always unnecessary.

Many reports are available showing that in countries where very few animal products are consumed and the diet is comprised mainly of fresh vegetables and fruits, passing through this "change of life" is of little consequence and hardly even noticed. Certainly, our Heavenly Father never intended for women to have to suffer as women suffer today! The simple truth is that we are creating these problems and experiencing all of the difficulties and suffering because of an improper diet and lifestyle and by putting into our bodies all these artificial hormones.

God designed our bodies to live and be nourished by fresh, raw fruits and vegetables ONLY! He also designed our bodies to be physically exercised on a daily basis. How many of us live according to His plan? Yet we don't seem to understand that when we "suffer," this suffering is usually simply the consequences of our wrong diet and life style. It's high time for the women of America to *wake up* and take back their health and teach their daughters these forgotten and neglected truths.

At Hallelujah Acres we have found that simply by making some diet and lifestyle changes, we can usually eliminate almost all problems associated with PMS and menopause! Lets take a brief look at what we have found:

THINGS TO AVOID

1. **ANIMAL PRODUCTS.** By removing all animal products from the diet, including fish, chicken, milk, cheese and eggs, the body will have fewer complications to deal with. By eliminating animal products, artificial hormones are also eliminated (unless taken into the body in the form of estrogen replacement). Flesh foods are also the primary cause of osteoporosis as they create an acidic condition within the body. This acidity causes the body to remove calcium from the bones in an effort to neutralize this acidity. We have also found that those who consume large amounts of soy products have many of the same problems associated with meat eating because of the high protein. Meat, without question, is the most dangerous substance we can put into our bodies!

Another problem associated with animal products is fat. The average American meat-eater consumes over 100 pounds of fat a year. This brings the current consumption of fat by the average American female to about 40% of her daily calorie intake. Here at Hallelujah Acres, we teach that the daily intake of fat should be approximately 5% of our total calorie intake. And this 5% can be found in the

Continued – please see next page

What Experts Say About the Relationship Between PMS, Menopause, Hormones & Diet

"Estrogen Replacement Therapy places women at high risk." – National Institute of Health Consensus Development Conference 1984

"Estrogen replacement increases the risk of cancer during use and for many years after it is discontinued." – Obstetrics & Gynecology, 1990

"Why do doctors give women Estrogen Replacement Therapy (ERT) at the end of menopause if estrogen is carcinogenic?...I believe that menopause is nature's way of decreasing estrogen formation in woman in order to protect her from cancer. Who are we to think that we know better than nature...I do not believe any woman needs estrogen unless she has had a hysterectomy at a very young age...Dr. Ray Peat believes that 10% or less of the women on ERT really need it, and these should surely take natural progesterone along with their estrogen to afford some measure of protection from carcinogenic effects." – Lita Lee, Ph.D.

"A mounting body of evidence suggests that other sources of estrogen contribute to the background level of carcinogens in our food environment. Milk, commercial eggs and other dairy products often have traces of estrogen. Most commercial grade meat is laced with it. Birth control pills are based on it..." – Betty Kamen, PhD in her book *Hormone Replacement Therapy*

"Milk may add dietary estrogen and other hormones now used freely by the dairy industry." – Dr. Susan M. Lark, M.D.

"Report in English journal, Lancet, suggested we are awash in a 'sea of estrogens' which might help to explain the rise in male prostate cancer paralleling the rise in female breast cancer (men, too, have had immeasurable exposure to estrogens by eating commercially-raised, DES-tainted beef and poultry for 35 years, being exposed to pesticides and chemicals mimicking estrogens that are ubiquitous to our environment." – Forward to *The Menopause Industry*

"The consumption of foods and beverages which are high in sugar content is associated with the prevalence of PMS." – *Journal of Reproductive Medicine*, 1991