

# The Hallelujah Acres Story

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

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

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

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

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

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

In an effort to share his knowledge and healing experience with as many people as possible, Rev. Malkmus wrote his first book, *Why Christians Get Sick*, in 1989. It has been very well-received – as letters from all over the world attest – and is now in its 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

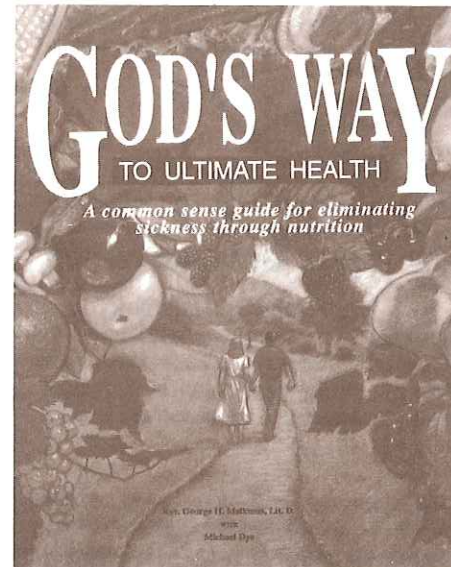
Summer/Fall 1995  
Issue No. 12

Teaching Health from a Biblical Perspective

\$3.00

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

## New Book Now Available



As this newsletter goes to press, we have been busy shipping out the first printing of *God's Way to Ultimate Health ... and initial reaction has been overwhelming!* The attractive color cover has led many people to pick up the book, and the 280 pages of potential life-saving information has made it difficult to put down. This big 8 1/2 by 11-inch book contains the essence of what Dr. George Malkmus has learned in nearly 20 years of research into how God intended our body temples to be nourished, sustained and healed. Excerpts from a foreword by Dr. David Darbro, M.D. are featured on page 10. See page 19 for more information on the book.

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## Raising Healthy Children – God's Way

By Dr. George H. Malkmus

**"In the beginning God created the heaven and the earth..."** (Genesis 1:1) **But it wasn't until the last day of creation, the sixth day, that God created man and placed him into a garden setting.**

If we want to learn how to raise healthy children, we must go back to the beginning – *Back to the Garden* – where life began! We must go back to the beginning to see how the Creator designed us and what instructions He gave us.

In Genesis 2:18, after God had created Adam, He said "..." *It is not good that the man should be alone; I will make him a help meet (wife) ...*" In the following verses the Bible tells how God created Eve. And finally we read "..." *God blessed them, and God said unto them, be fruitful, and multiply ...*" (Genesis 1:28)

Obviously, God did not want His beautiful and unique creation to become stagnant, and so He told that first couple, Adam and Eve, to 'multiply' (have children). I find it so exciting to see that all of the living things God created in the beginning were given the unique ability to reproduce themselves, whether it be by the seed of the plant or by the seed (sperm & egg) of the animal. And all plant and animal life has continued from that original creation to this

present day in a similar manner – each species reproducing through its own unique seed to create a new life.

As Rhonda and I travel around the country holding seminars on diet and lifestyle, two questions we are frequently asked are: "How can I raise healthy children?" and "What should I feed my children?" These questions are of monumental importance, because in the answer to these questions hinges not only whether a child will be healthy or sick, but ultimately the health and even survival of the human race.

Thus, what is proper nourishment for

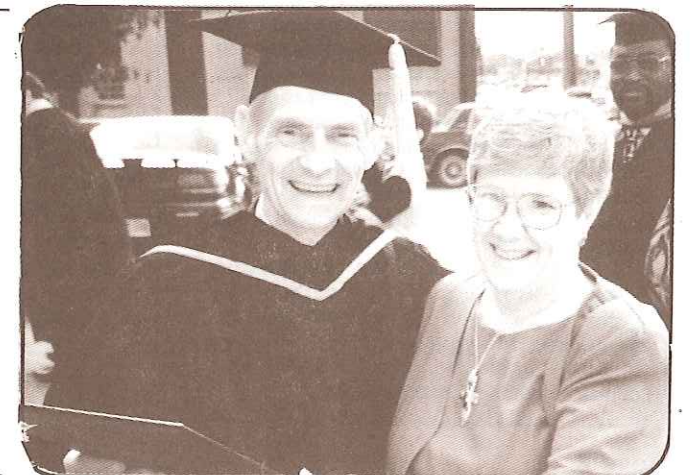
***If we will practice and teach proper nutrition in our homes and raise our children on healthy foods and lifestyles, we can have a tremendous impact on future generations. And when you add the Lord to this formula, we can have an influence that could change the world.***

children becomes of monumental importance. However, we find there are two different teachings in this area – God's way and the world's way. This becomes very confusing to most parents because we have been totally brain-washed by the world's teaching, while there has been practically no teaching on this subject within the church from a Biblical perspective. As I have said so many times before, the church for 2,000 years has only

*Continued – Please see page 4*

## Rev. Malkmus Receives Doctorate

During a beautiful graduation ceremony at Louisiana Baptist Seminary in Shreveport, La. on May 5, 1995, Rev. George Malkmus received an Honorary Doctorate Degree in Literature. It was a very moving experience.



**Note: This is your last free issue of Back to the Garden. See page 19 for subscription rates.**

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

**#411 – PROANCYNOL** is a proanthocyanidin (OPC) manufactured by AIM, offering 60 50-mg. capsules that contain a combination of the extract from green tea, grape seeds and pine bark. (\$24.95)

**#721 – 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. Stone has been formed to fit into a push-up container. (\$9.95)

**#311 – FRESH VEGETABLE AND FRUIT JUICES** by Dr. N.W. Walker lists fruit and vegetable juices, explains their elements, and provides suggestions for effective treatment of special ailments. (Paperback \$5.95)

**#312 – BECOME YOUNGER** by Dr. N.W. Walker explains how each organ of the body is meant to function. Shows we are never too old to *Become Younger* and tells how to make it a reality in our own lives. (Paperback \$5.95)

**#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)

**CREATION SOAP & HERBAL PRODUCTS** are handmade, using only 100% natural ingredients, cold-pressed, so proteins and enzymes are not damaged by heat processing. 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

**#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.)



## A New Juicer And We're Impressed!

**#550 – GREEN POWER JUICE EXTRACTOR** This new juicer offers several unique features that appear to give it an advantage to other juicers now on the market. 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. The company claims that the Green Power produces a juice that is higher in nutrients than any other juicer on the market. We notice this machine expels a very dry pulp, which is an indication that

more juice, and therefore more nutrients, are being squeezed from the vegetables. We received this juicer just shortly before going to press, and our initial impression has been very positive. We are now offering this juicer for sale, or if you would like a free brochure with more information, send us a self-addressed, stamped envelope. (\$595.00)

**#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 5-year limited warranty. In addition to juicing fruits and vegetables, you can make banana ice cream, baby food, nut butters and more. (Sells at our store for \$269.00 plus Tenn. tax, or we ship for \$269.00, including shipping.)

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

**#750 – DESERT ESSENCE 100% PURE TEA TREE OIL** - a high grade of Australian Melaleuca alternifolia. This oil is soothing and brings relief to minor burns, scalds, sunburn, insect bites, etc. It is a natural antiseptic. -1 fl. oz. (\$9.95)

**#751 – DESERT ESSENCE TEA TREE OINTMENT** - A natural blend of pure oils and herbs that soothe the skin. (\$7.95)

**#752 – DESERT ESSENCE TEA TREE OIL TOOTH PASTE** - A natural dentifrice with Australian Tea Tree Oil and essential oil of mint. (\$3.95)

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

**#412 – BORN AGAIN WILD YAM CREAM** natural source of progesterone made from the extract of wild yam root, which has been shown to be more effective than estrogen in relieving symptoms of PMS and menopause. (\$15.95)

**Two New Videos**

**#803 – CANCER DOESN'T SCARE ME ANYMORE** A new video by Lorraine Day, M.D., emphasizes the importance of defeating cancer by strengthening the body's immune system. This young medical doctor, faced with breast cancer, gives her personal story of why she refused radiation, chemotherapy and surgery and how she cured her cancer with nutrition. She reveals why people get cancer, how to avoid it and why the people who are profiting from the "Big Business" of cancer don't want you to know this information. (77 min., \$19.95)

**#801 – HIGH ENERGY VIDEO** by Dr. Douglas N. Graham offers a simple explanation of anatomy, biology and chemistry to help explain why our body is designed to function on a vegetarian diet of mainly raw foods. Dr. Graham demystifies the concept of proper food combining and provides many other healthy dining tips. His 50-minute lecture is followed by 25 minutes of delicious raw food recipes. (75 min., \$29.95)

## What's Happening at Hallelujah Acres

**To God be the glory, great things He has done!** When we think back to the humble beginning of Hallelujah Acres on February 12, 1992 in that 11-foot wide building that housed our 16-seat restaurant and health food store on Main Street in Rogersville, Tennessee ... to a ministry that is literally reaching around the world and affecting the lives of tens of thousands of people, we are struck with awe and are full of thanksgiving.

**New Book Now Ready!**

When we received our first copy of *God's Way to Ultimate Health* from the printer, the excitement was similar to the birth of a healthy baby. It is a beauty, and we believe when you see it that you will agree that it has been worth the wait and all the hard work that went into it. We apologize for it taking so long and we appreciate those who have waited so patiently. Those who ordered before the publishing date are being rewarded by only having to pay the pre-publishing price of \$14.95 plus \$2.00 shipping.

The book turned out larger than we anticipated, weighing in at almost two pounds, and is 280 (8 1/2 x 11-inch) pages. It is a manual we believe will revolutionize how the Christian Community (and we hope the world) eats and deals with physical problems. Nothing even remotely resembling this book has ever been put into print before. It contains the most up-to-date scientific findings, coupled with over 300 personal testimonies and all under-girded with Bible references. Due to the larger size, the paper and printing costs were much higher than anticipated. This has caused us to have to raise the price to \$16.95 plus a shipping charge of \$5.00. See page 19 for ordering information.

**Wesley Moore Hired as General Manager**

Wesley Moore, who has done all of our construction work over the past two years, is now our General Manager. He oversees business operations and is updating our computer system and refining the shipping department. Wes's wife, Judy, has also joined us and works with Rhonda in the office. Georgeanna Seal is kept busy with data entry and oversees the meal preparation for our Health Ministry Training sessions while Lorna Spring, who recently joined us, is helping wherever needed. Michael Dye, who is the editor of this publication, has spent most of the past year putting together our new book, *God's Way to Ultimate Health*. We have a wonderful staff!

**Back to the Garden**

*Back to the Garden* was first published in May of 1993. There were 4,000 copies printed of this first issue and it contained 12 pages. Our Spring 1995 Issue (#11) contained 20 pages with 42,000 copies printed thus far. Total circulation of the first eleven issues of *Back to the Garden* exceeds a quarter-million copies. And we sent them out *free of charge* to anyone that requested to be on our mailing. Our cost of printing and mailing this free publication has been tremendous, and grows with each issue! The cost of our last issue was over \$20,000.00. Our goal has been to continue sending out *Back to the Garden* "free" forever.

But increased postage and printing costs have forced us to reconsider. We can no longer afford to send out this publication without charge.

**Thus, this will be your last copy of Back to the Garden unless you send in a subscription.** To continue receiving *Back to the Garden*, you will need to send us \$10.00 for a one-year subscription, which includes four issues. We will still send a free sample copy to anyone who requests it, but a subscription will be necessary to receive future issues. See page 17 for our new pricing on individual and multiple copies. Our new price structure gives a considerable discount to those

**Christian Faith Ministries**

June 1, 1995

HALLELUJAH ACRES  
Attn: Dr. George Malkmus  
P.O. Box 10  
Eldon, TN 37731

Dear Dr. Malkmus:

Praise the Lord from whom all blessings flow! Words cannot express our gratitude to the Lord for sending you and your lovely wife to our ministry. We were truly changed by your message of health.

Since your visit here, most of our members have started on the Hallelujah diet and most of us are using the barley grain as you suggested. For the last two weeks the church has been on a fruit and vegetable diet.

Thank you Dr. Malkmus for being an obedient servant to the Lord. Thanks for taking us back to the garden!

In His Love,  
Dr. George A. Malkmus  
Gregory J. Thomas, Sr., Ph.D.  
Pastor

**This letter was received from Dr. Gregory Thomas, pastor of Christian Faith Tabernacle in New Orleans, La., following Dr. Malkmus' May 7 seminar at the church, which has a membership of more than 1,000.**

who buy multiple issues. Many people buy extra copies of *Back to the Garden* to share the good news with others. Some have bought thousands of copies to share. This publication is helping a tremendous number of people make the change to a healthier diet, and we appreciate all of you who have helped us to spread the word.

**Seminars, Radio & Television**

During the Spring of 1995 Dr. Malkmus (often joined by Rhonda) held seminars in Perry, Macon and Atlanta, Ga.; Lindale and Dallas, Texas; Pittsburgh, Lancaster, Gordonsville and Philadelphia, Penn.; Salisbury, Md.; New Ulm and Hastings, Minn.; New Orleans, La.; Winston Salem, N.C.; Melbourne, Fla.; along with meetings in Nashville, White House, Greenville, Johnson City and Hutchings, Tenn. There were four television appearances and almost weekly radio interviews in addition to our monthly seminars here at the farm.

**Health Ministry**

Back to the Garden Health Ministries continues to attract greater and greater numbers of people who want to share with others the good news "*You don't have to be sick!*" Over 100 people have gone through our training program thus far and we have almost that many waiting for training. This is a very exciting and growing ministry! See page 14 for more information.

**Northwest Tour Planned**

Though we have had many requests to do so, we have never held seminars in Oregon or Washington State. So, at the request of several of our Health Ministers and many people in that area, we are planning a trip there in late September 1995. Presently, we are looking at possibly holding seminars in the Grants Pass area of southern Oregon, the Portland area and Wala Wala, Washington. If you live in the northwest and are interested in either sponsoring a seminar or working with others to bring one to your area, contact: Rick Foster, 276 Corn Creek Rd., Days Creek, OR 97429. Rick and his wife Wendy will be coordinating these meetings.

**Mail Order**

The mail order business is our financial life blood. We buy products at wholesale and sell them at retail and from the profits we support this ministry. As the ministry has grown, our costs have grown. Increased personnel require increased payroll, utilities go up, telephone usage increases, postage costs have just taken a significant jump, new computer system, etc. Thus, we have had to increase our shipping costs. We trust you will understand. We can't begin to express our gratitude to those who have helped support this ministry through the purchase of the products we sell. We have experienced growing pains in the past and we appreciate your patience as we refine this expanding ministry. Our new computer system, though it has been very costly to install, will significantly improve our service to you, our valued customers and co-laborers.

**Opportunity for Retired Couple**

We are looking for a retired couple interested in living at our farm and working. Must be Christian, healthy and vegetarian. If you are interested, write us a letter. No calls, please.

Please continue to pray for us! With the ministry growing so very rapidly, we need much wisdom for our daily decisions. It is awesome to realize that by simply returning to the original diet God gave to mankind in Genesis 1:29, we could practically eliminate sickness from the earth. Thank you for your love and prayers and words of encouragement and may God bless each one of you as you stand with us in our efforts to proclaim to the world "*You don't have to be sick!!!*"



Raising Healthy Children
Continued from page 1

ministered to the soul and spirit of man to the almost total exclusion of teachings on how to nourish and maintain the beautiful body/temple God has given us. Because the church has been silent on this subject, the Christian community has accepted the world's teachings and as a consequence, suffered the same physical problems the rest of the world suffers. There is no difference in the physical well-being of the Christian Community and that of the rest of the world!

Sickness is of the world – not of God! When we eat the world's diet and live the world's way, we suffer the world's ills! But when we eat and live God's way, we will be free of the world's ills!

When my first child was born, the world was teaching that children were not receiving sufficient nutrients in mother's breast milk, and so our doctor told us to use a formula. Because of ignorance, the doctor's advice was accepted and this first child was raised on an artificial, chemical formula. By the time the second child came along, the world's teaching had changed and mother's breast milk was recommended. Then we were told to give the child baby cereal when only a few weeks old so that the child would sleep through the night. We could go on and show many different teachings the world has to offer. For instance, a mother is told that to make sure her child has proper nourishment she should take synthetic vitamins during pregnancy and while nursing and later to give the child a vitamin supplement and that vaccinations are necessary to prevent disease problems later on. These are the teachings of the world, and are not how God planned it to be.

My friend, what has been the results of parents feeding their children the world's diet and raising children the world's way? First, we find more and more married couples are having greater difficulty conceiving and carrying a child full term. Cesarean section births are being performed more frequently. Deformed and mentally handicapped children are being born in ever increasing numbers. Then there are all the childhood problems, from colic and ear and throat infections to swollen glands and upset stomachs. Then as they grow older there are the upset stomachs, infections and need for eye glasses and overweight problems and ...!

Is this what God intended? Did God make a mistake when He created man? Or has man made a horrendous mistake in listening to the world rather than listening to God when it comes to raising healthy children?

With regard to this subject, I believe one of the most revealing experiments ever conducted was one that was published in 1946

in the American Journal of Orthodontics and Oral Surgery. In this experiment, Dr. Pottenger fed 900 cats the same food for 10 years. The only difference being that one group of cats received their food raw while the other group received their food cooked.

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

One of the most profound things I have

Mother's milk is the perfect food for infants. This is how God designed babies to be nourished. Trying to nourish children in any other way is contrary to God's plan.

learned in these past 20 years of studying about the body God has given each one of us is that we literally become what we eat. For instance, a cow gives birth to a 100-pound calf that is made of flesh and blood and bone with a heart and liver and kidneys, etc. covered with hide and hair. What did the cow eat to produce all of these body parts - GRASS! Everything that calf is made of came from the nutrients found in the grass. Then after the calf is born, the mother cow eats grass and drinks water from which the mother cow produces milk that nourishes that calf until weaning time when the calf has matured enough to eat grass itself to obtain nourishment necessary to grow to a mature weight of about a ton. This is how God ordained it and this is how the entire animal kingdom, except for man, has been nourished since creation. All animals consume their food RAW, even the flesh-eating animals. When man cooks food, the heat destroys almost all nutrients or changes them to a form the body cannot utilize.

Now, let's examine the diet of the average child being raised in America today, and remember, that we literally become what we eat. First, there is the glucose (sugar water) often given the child in the hospital shortly after birth. Then there is hopefully mother's milk – but remember, mother's milk is made from the food and other substances the mother consumes (meat, sugar deserts, and other cooked foods along with coffee, sodas, drugs, etc.). Other children are placed on store-bought formula that contains chemical substances with words you cannot even pronounce. Pasteurized (cooked) and homogenized cow milk is accepted as proper nourishment for a human baby or child or nursing mother. Then there are baby cereals that come in boxes along with their chemical vitamins and cooked and manufactured baby

foods that comes in small jars. And of course the vitamin supplements and canned or bottled fruit juices. Then as these children grow older, they are placed on the Standard American Diet. We often refer to this diet as the S.A.D. American Diet.

What have been the results of raising our children in this manner – according to the world's teachings? Colic is common, as are ear and throat infections, along with swollen glands and tonsils. Then there are diaper rashes, fevers, stomach aches and spitting up. In our modern society, we accept all of these physical problems as NORMAL! Is this how God intended it to be? Or is this the result of ignorance and the acceptance of the world's way? The Scriptures say: "My people are destroyed for lack of knowledge." (Hosea 4:6)

Here at Hallelujah Acres, we have been teaching that we get sick when we violate God's Natural Laws. When we eat the way God intended, we not only get well, but stay well. Thousands upon thousands of people around the world have adopted the Hallelujah Diet and daily, testimonies pour in telling how

adopting this diet has caused all sorts of physical problems to disappear. Many have reported how simply changing their diet and lifestyle literally has saved their life. Just as proper diet and lifestyle will eliminate sickness and maintain wellness for adults, it will do the same for babies and children.

Dr. Dennis Gordon and his wife Gracie of Pennsylvania, adopted the Hallelujah Diet while Gracie was pregnant with her second child. Recently I held a seminar in Lancaster, and this couple attended the meeting and shared a beautiful testimony of how childbirth and raising a baby is meant to be: The baby was born at home with natural childbirth, and is being breast-fed by a healthy mother eating a healthy diet. With all this going for it, the baby – who recently turned six months old – has never experienced any sickness. No colic, no earaches, not even a runny nose or diaper rash. (See the letter and testimony of Dr. and Mrs. Gordon on page 7.)

Now compare that pregnancy, birth and first six months of baby life with the typical child whose mother goes through pregnancy and child-rearing by the world's way.

So how do we raise healthy children?

1. A healthy child begins before conception, because in order for the child to be healthy, the parents who produce that child must be healthy. The healthier the parents are at conception, the stronger the genetic foundation the child will have. This would require that both parents adopt the Hallelujah Diet or one very similar to it for as long as possible before conception - preferably a minimum of six months. It is extremely important that the father prepare his body for conception as much as the mother because a healthy sperm is necessary to produce

Continued – Please see next page
Back to the Garden

Mail Order List – Books, Audio and Video CASSETTES & Products
RECOMMENDED by HALLELUJAH ACRES

Hallelujah Acres is a Ministry that we support through the sale of products we feel can help people live healthier lives. This issue, we will be printing 35,000 copies of Back to the Garden. They will be sent out free of charge to all on our mailing list or those that request it. All of our seminars are free of charge, and so is our nutritional counseling. Our goal is to let the whole world know that they don't have to be sick and then show them how they can be well. We appreciate your support of this ministry by the purchase of the health products we sell.

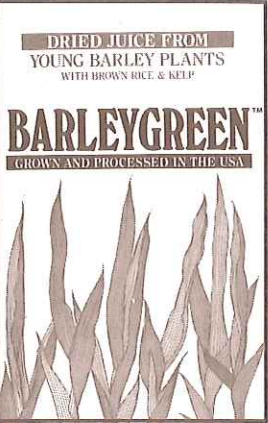
BACK TO THE GARDEN Extra copies of current or back issues of this informative newsletter are available, so you can share this information in your ministry, health-related business, medical practice . . . or just to have extra copies for friends and family members. The cost of extra issues are: 1 copy — \$3.00; 2 - 11 copies — \$2.00 ea.; 12 - 99 copies — \$1.00 ea.; 100 + copies — .75 ea.; postage included. Back issues include:

- #101 – Issue No. 1, May 1993, "God's Original Diet," Dianne McKee testimonial, book review of Why Christians Get Sick and more.
- #102 – Issue No. 2, June 1993, "The Hallelujah Diet," "The Ideal Diet / Transitional Diet / Foods to be Avoided," Harley Flora testimonial and more.
- #103 – Issue No. 3, July/Aug. 1993, "Meat, Dairy & Eggs," Patsy Stockton testimonial, book review of Diet for a New America and more.
- #104 – Issue No. 4, Sept./Oct. 1993, "The Healthy Cell Concept," Rhonda Malkmus testimonial, book review of Green Barley Essence and more.
- #105 – Issue No. 5, Nov./Dec. 1993, "Why Juice," Becky McClellan testimonial, Pastor Bob East testimonial and more.
- #106 – Issue No. 6, Jan. / Feb., 1994 "A Letter to Hillary Clinton," Carol Cover testimonial, Elwin Nichols testimonial and more.
- #107 – Issue No. 7, March / April, 1994 "Where's God," Mary Payne testimonial and more.
- #108 – Issue No. 8, May / June 1994 "God's Marvelous Self-Healing Body," Russ & Edie Dalsen testimonial, Rev. Hal Kirk testimonial, "Eliminate Toxins & Disease With a Healthy Colon" and more.
- #109 – Issue No. 9, Fall 1994 "Raw Food," Rev. C.R. Williams testimonial, "Protein and Propaganda," and more.
- #110 – Issue No. 10, Winter 94/95 "God's Way to Ultimate Health," book review of God's Way to Ultimate Health, "Lestor Roloff: A Preacher Ahead of His Time," Dr. Nathan Meyer testimonial, Antioxidants vs. Free Radicals and more.
- #111 – Issue No. 11, Spring 95 "Oxygen & Exercise," Jim Allen testimonial, Rev. Gale Galloway testimonial, "PMS, Menopause & Diet," and more.
- #201 – WHY CHRISTIANS GET SICK by Rev. George Malkmus is very helpful in introducing Christians to a natural diet and lifestyle. Letters are received daily from all over the world from people helped by this book, which is now in its 10th printing. Why Christians Get Sick is written on a solid Biblical foundation with over 150 Bible verses. (Paperback, \$7.95)

#202 – GOD'S WAY TO ULTIMATE HEALTH by Rev. George Malkmus with Michael Dye has everything you need to know about how to return to God's original plan for nourishing the human body. Read what the Bible says about diet, and how this Biblical wisdom is supported by modern science and real-life testimonials. Also an entire section of recipes and tips on how to set up your own natural foods kitchen by Rhonda Malkmus. Contains 280 8 1/2 x 11-inch pages of vital information. There has never been a book like this put into print. (\$16.95)

- #266 – HOW TO ELIMINATE SICKNESS SEMINAR ON VIDEO This new 2 1/2-hour professional quality video marks the first time we have been able to offer a full-length "How to Eliminate Sickness" Seminar by Rev. Malkmus on video. This seminar contains a powerful and up-to-date summary of everything Rev. Malkmus teaches. A Must-See Video! (\$24.95)
- #230 – REV. MALKMUS ON AUDIO CASSETTE This 90-min. cassette is a message delivered at the Indian Springs Baptist Church in Kingsport, Tenn. It covers the basics of why we get sick, how to restore our health, and will change your thinking forever as to what is nutrition and what is not. (\$9.95)
- #231 – HOW TO ELIMINATE SICKNESS SEMINAR ON AUDIO CASSETTE This is a new, updated three-hour recording of the "How to Eliminate Sickness" Seminar, with improved sound quality. It covers the basics of why we get sick and how to restore our health. It will change your thinking forever as to what is nutrition and what is not. A powerful presentation of the health message! (2 tapes in jacket, \$12.95)

#400 – BARLEY GREEN is an organically grown, live food produced from the juice of young barley leaves. The juice is spray-dried in a vacuum at room temperature in two seconds, resulting in a bright green powder very rich in vitamins, minerals, live enzymes, chlorophyll and protein. Barley Green is the most nutritionally-dense food ever found, providing one of the widest spectrums of naturally-occurring nutrients available. There are other Barley products on the market, but this is the only one we have found that gives truly miraculous results. Comes in a 7-ounce jar, containing 66 teaspoons. Barley Green is the only nutritional supplement Rhonda and I take. We cannot recommend it highly enough!!! (\$33.95)



- #302 – GREEN BARLEY ESSENCE by Yoshihide Hagiwara, M.D., explains how the right nutrition can help our body heal itself from the illnesses that plague modern society. Dr. Hagiwara, a research pharmacologist who developed Barley Green, explains why the body needs nutrition from a natural rather than synthetic source. He explains why the green juices of vegetables are the best source of nutrition, and why young barley leaves contain the most prolific and balanced nutrition of any source on earth. An excellent explanation of how vitamins, minerals, enzymes, protein and chlorophyll work in our body. (Paperback, \$9.95)
- #301 – GREEN LEAVES OF BARLEY by best-selling author and nutritional educator Dr. Mary Ruth Swope, tells why the dried juice of barley leaves is "truly a food with real power." Dr. Swope says, "Cells made strong through good nutrition will go a long way in giving us an immune system that will resist modern-day illnesses so prevalent in our society." (Paperback \$9.95)
- #303 – DIET FOR A NEW AMERICA is a best-selling book, for which author John Robbins was nominated for a Pulitzer Prize. This book will motivate you to live without animal products. This revolutionary compilation is powerfully written and intensely emotional, as John Robbins (former heir of the Baskin/Robbins empire) presents the cold, hard facts on the insanity of a meat-based diet. He also succeeds in giving us a caring look at our planet and makes us aware that there are loving, healthy choices for us to make that could do much to heal the Earth. Must reading! (Paperback \$14.00)

- #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)
- #308 – DON'T DRINK YOUR MILK! by Frank A. Oski, M.D. Frightening medical facts about this over-rated nutrient. Dr. Oski concludes: "Perhaps when the public is educated as to the hazards of milk only calves will be left to drink the real thing. Only calves should drink the real thing." Dr. Oski is Director, Departments of Pediatrics, Johns Hopkins University School of Medicine and Physician-in-Chief, the Johns Hopkins Children's Center. (92 pages \$5.95)

- #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)

Continued – please see page 18



# Calendar of Events for Hallelujah Acres

May 1995

**Friday, May 5, 3 p.m. Louisiana Baptist Seminary, New Orleans, La.** Rev. Malkmus to receive Honorary Doctorate Degree in Literature (Lit.D.).

**Saturday, May 6, 1 p.m. Gideon Christian Fellowship, 3401 Elysian Fields Avenue, New Orleans, Louisiana.** Dr. Malkmus will be speaking. Host pastor is Bill Wooten. For more information call (504) 947-4857.

**Sunday, May 7, 8:30 & 11 a.m. Christian Faith Tabernacle, 11,000 Morrison Road, New Orleans, Louisiana.** Dr. Malkmus will be speaking in both services. Dr. Greg Thomas is host pastor. Call (504) 242-6178 for more information.

**Tuesday, May 9, 7 p.m. Habersick Auditorium, Church & College Streets, Greenville, Tennessee.** Dr. Malkmus will deliver his 3-hour "How to Eliminate Sickness Seminar." Sponsors are Osa Anderson and Brice Casey. Both are Back to the Garden Health Ministers. Call (615) 638-8795.

**\*Saturday, May 20, 10 a.m. Hallelujah Acres, Eidson, Tennessee.** Dr. Malkmus will give his "How to Eliminate Sickness Seminar." This three-hour seminar explains how the body functions, why we get sick and how to eliminate sickness. It also shows how to lose weight comfortably, without painful dieting. If the principles of this seminar were applied universally, sickness could practically be eliminated from the earth within one year. This seminar has been delivered hundreds of times across America and even in foreign countries to tens of thousands of people.

**Monday, May 23, 7 p.m. Gleason Auditorium, Melbourne, Florida.** Dr. Malkmus will deliver his three-hour "How to Eliminate Sickness Seminar." Sponsor is Dr. John Reinhold and Christian Care Ministries. Phone (407) 726-6811.

**Thursday, May 25, 7 p.m. Ramada Inn North, Winston Salem, North Carolina.** Dr. Malkmus will be the featured speaker at this regional Barley Green Training Session. Sponsors are Gretchen Mack, Charlie Brown & Olin Idol (All Back to the Garden Health Ministers).

June 1995

**Saturday, June 10, 10 a.m. Second Annual Creationist Herb Festival, Blowing Rock, North Carolina.** Dr. Malkmus will be speaking. The festival is sponsored by Anna Carter and Mike Hurlbert. Call (704) 264-2792 for more information.

**\*Saturday, June 17, 10 a.m. "How to Eliminate Sickness Seminar" at the Farm.** (See description in May Calendar)

**\*Saturday, June 24, 10 a.m. "How to Eliminate Sickness Seminar" at the Farm.** (See description in May Calendar)

July 1995

**\*Wednesday, July 5 - 12 noon Morristown Rotary, Morristown, Tennessee**

**\*Thursday thru Saturday, July 6 thru 8, - Training for Back to the Garden Health Ministers.** Three days of intensive training for those who have become a part of our Health Ministry. This training session is limited to Health Ministers only. For more information on this ministry see page 14.

**Friday, July 14, 7 p.m. Knights of Columbus Meeting Hall, Algona, Iowa.** Dr. Malkmus will be delivering his "How to Eliminate Sickness Seminar." Cindy Jaeger is the contact person. Phone (515) 295-5199.

**Tuesday, July 18, 7 p.m. Creative Health Institute, 918 Union City Road, Union City, Michigan.** Dr. Malkmus will give his 3-hour "How to Eliminate Sickness Seminar." Sponsor and contact person is Hiawatha Cromer (Back to the Garden Health Minister). Call (517) 278-6260.

**\*Saturday, July 22, 10 a.m. "How to Eliminate Sickness Seminar" at the Farm.** (See description in May Calendar)

**Thursday thru Saturday, July 27 thru 29 - National Barley Green Convention, San Francisco, California.** Dr. Malkmus and Rhonda will have a table set up where books and tapes will be available for purchase.

August 1995

**Monday thru Friday, August 7 thru 11 - National Sword of the Lord Conference in Walkertown, North Carolina.** Dr. Malkmus and Rhonda will have a booth set up at this convention.

**Sunday, August 13, 9:30 a.m. Central Baptist Church, Lindale, Texas.** Dr. Malkmus will be speaking in both the Sunday School Hour and Morning Service. Host pastor is Dr. Gale Galloway (Back to the Garden Health Minister. Call (903) 882-3179.

**Monday & Tuesday, August 14 and 15, Baptist Bible Preachers Fellowship Meeting, Central Baptist Church, Lindale, Texas.** Dr. Malkmus will be speaking several times during this two-day meeting. Dr. Gale Galloway is the host and expects over 100 pastors to be present. Call (903) 882-3179.

**\*Saturday, August 26, 10 a.m. "How to Eliminate Sickness Seminar" at the Farm.** (See description in May Calendar)

September 1995

**\*Thursday thru Saturday, September 14 thru 16, Training for Back to the Garden Health Ministers.** See July calendar for more information.

**\*Saturday, September 23, 10 a.m. "How to Eliminate Sickness Seminar" at the Farm.** (See description in May Calendar)

October 1995

**Saturday, October 7, 9 a.m. Pascack Bible Church, Hillsdale, New Jersey** Contact person is Dennis Passante. Phone (201) 387-7968

**Sunday, October 15, 9:45 a.m. & 6:00 p.m. Decator Chapel, Little Hocking, Ohio.** Contact person is Dr. Bill Boyd, Pastor. Phone (614) 989-2428

**Monday, October 16 thru Wednesday, October 18 - Dr. Malkmus will be speaking at several different locations in Ohio.** To be announced in next issue of Back to the Garden.

**Thursday, October 19, 7 p.m. Bethel Baptist Church, 8501 Plainfield Road, Cincinnati, Ohio.** Contact Gerald Jacobson, phone (513) 891-2221

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

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

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

healthy offspring. The total elimination of all animal products (flesh & dairy), sugar, salt, white flour products, alcohol, nicotine and caffeine is extremely important, as is a daily aerobic exercise program for both parents to be.

2. Once conception has taken place, it is imperative that the mother (and hopefully the husband will support and encourage her by doing the same) remain on the Hallelujah or similar diet. Remember, that little one is being built from the nutrients the mother is consuming. Thus the higher quality the nutrients, the stronger and healthier the baby. The mother not only becomes what she eats – but the unborn child also becomes what the mother eats. Exercise is also extremely important during this time, although it may be necessary to moderate the vigor of the exercises as the child comes closer to term. Rest is also important and the expectant mother should not push herself to exhaustion.

Within 15 days after conception, the heart is forming and eyes developing. At about the 20-day mark, the foundations of the brain, spinal cord and nervous system have been laid and by day 24 the heart starts to beat. By day 28, arms and legs are budding, the brain has human proportions and blood is flowing in the veins. By day 42 the skeleton has been formed and by 8 weeks the child is a small-scaled baby with every organ present. The heart is beating steadily and taste buds are forming. And so it continues until about 9 months when the birth occurs. This child is literally being grown from the nutrients it is receiving from the mother.

3. We recommend that the birth be as natural as possible and without drugs. Many of our friends have had their children at home with a mid-wife and have had very positive experiences. A home birth provides an ideal setting for the out-of-the-womb bonding to begin between the parents and child. But the home birth option should only be considered by women who are in excellent health. And regardless of where the birth occurs, the father should be there with the mother during delivery.

4. The requirements of the newborn child are very basic - *mother's milk and love*. That should be the primary nourishment of the child for the first 18 to 24 months of life. Mother's milk (if mother is nourishing her body properly) provides everything the child needs to grow and be healthy and strong. Mother's milk contains all of the carbohydrates, essential fatty acids, amino acids, hormones, immune system factors, etc. that the child needs. Mother's milk is the perfect food for infants. This is how God designed babies to be nourished. Trying to nourish children in any other way is contrary to God's plan and design and will produce problems.

If a mother cannot nurse, the only acceptable substitute we have found is *raw* goat's milk. (Pasteurizing destroys almost all nutrients.) The chemical composition of raw goat's milk is very similar to human breast milk and many children have been successfully raised on it. It will keep approximately 4 days in a refrigerator. Formulas that contain rice or soy products are not recommended as they are extremely difficult to digest and can produce

allergies and other problems. If mother cannot nurse and goat's milk is not available, then homemade, raw almond milk combined with green drink (raw, freshly juiced vegetable greens or Barley Green) or diluted carrot juice might be used. Be sure they are well strained. (Cow's milk or formula should never be given to a human baby or child! See page 8.)

5. As the teeth start to appear, some ripe, raw fruit – a little mashed banana, avocado or such – can be added to the child's diet. With a Champion Juicer (using the solid "blank" plate instead of the screen), most raw fruits can be made into a wonderful puree for the child. Ease into the fruits gradually over a period of months, working the fruit portion up to as much as 40% of the child's diet. Purchase organic fruits as much as possible. Never use jarred baby foods as they have been cooked, and thus their nutrients have been almost totally destroyed.

6. By the time all of the child's teeth are in, milk is no longer needed and the child should

be *slowly* weaned. The child is now ready for a more diverse diet and so as the weaning progresses, new foods are slowly added, in small amounts at first. Raw vegetables can be pureed initially in a Champion Juicer and then made in a blender for more coarseness as the child starts to chew and then finally eat the whole raw food. Some cooked squash or sweet potatoes or vegetables can be added along with a little millet or brown rice. The cooked portion should never exceed 25% of the child's diet!

All foods that are addictive or harmful should be avoided. These addictive and harmful substances would include anything that comes from an animal source (meat, milk, eggs, etc.); refined sugars, salt, wheat products, heated oils, peanuts, cashews or any manufactured product containing the above. We receive so many positive testimonies from mothers who have used Barley Green as a part of the child's daily nourishment, starting shortly after birth with very small amounts

Continued – Please see next page

## 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 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 20 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.

Summer/Fall 1995



Raising Healthy Children
Continued from page 5

and then gradually increasing the amount as the child grows. Barley Green ensures the child is receiving a concentrated source of almost all nutrients needed. Vitamin supplements do not provide these nutrients in a natural form and can actually be harmful.

7. Once the child has reached school age, he or she should be on the same nutritional program as the parents – the Hallelujah or similar diet. In school, the child will no doubt be exposed to the world’s diet. We strongly recommend that parents take the time to pack a healthy lunch for their children. Explain that some foods are beneficial and that some foods are harmful. This education process requires great wisdom on the part of the parent. The primary requisites for dealing with this situation are patience, gentleness, understanding, loving support and the example being set by the parents. Do not expect the child to eat in this manner if the parents are not setting the example. Children learn by example more than anything else.

Hopefully, the child has been taught the proper way to eat by educational teaching and example since the child’s first remembrance. If the child eats some of the world’s foods, he or she will not feel well and this can be used as an excellent educational tool. We have had reports of children on a good diet actually having a positive influence on other children.

For parents who have recently gone on the Hallelujah Diet, and who have children already heavily into the world’s diet, there are things you can do to help them. The very worst thing a parent can do is force the child onto this

better diet. This will usually only produces rebellion. So what can a parent do?

- (a) Set the example! It must be consistent and without complaint! This will usually produce questions from the child, thus offering an opportunity for parents to share their recently gained knowledge. In fact, if this new way of eating is not forced on the child, it will often produce curiosity and the child will want to try what mom and dad are eating.
- (b) Slowly start removing the most harmful substances from their diet. Include more fresh vegetables and fruits and less animal products. Substitute honey for sugar and whole grain products for white flour products.
- (c) Start adding more of the better foods. Salads, slaws, raw fruits, raw and steamed vegetables, baked squash, sweet potatoes and baked potatoes. Slowly remove desserts if they have been a regular part of your meals.
- (d) Try to provide educational material on their level. Show a video, let them listen to an audio tape, take them to a live seminar, offer them a book to read on the subject.
- (e) If there are others in your community on the Hallelujah Diet, go for a meal in their home or invite them to your house so the child might realize that your family is not unique or strange.
- (f) At church fellowships and socials, be sure that there is always a large green salad and bowls of fruit so that there is not a need to eat the wrong foods in order to satisfy hunger.

If we will practice and teach proper nutrition in our homes and raise our children on healthy foods and lifestyles, we can have a tremendous impact on future generations. And when you add the Lord to this formula, we can have an influence that could change the world. Remember – In the Garden, there were

no doctors, nutritionists, hospitals, formulas, containerized cow’s milk, jarred baby foods or synthetic vitamins. Man just did that which came naturally – eating and experiencing life as God intended. Can you imagine an animal in the wild needing all of the things we humans think we need in order to eat properly or have healthy offspring. No more should humans! As we work with nature and return more and more to the way God intended, the healthier will be our people and the more the world will look to the Christian Community to see why we are so successful and free of the physical problems they are experiencing.

The church must not only set a spiritual example before the world, but also the physical example. For too long the church has accepted the teachings of the world concerning the physical. As a result, the church has suffered the same ills as the world. It is high time for the church to turn its back on the world’s ways and return to God’s ways. As we do, the church will become well, the children being born to these healthy Christian parents will be superior and the Christian community will become the example God intended all along. I personally believe that the greatest opportunity for evangelism in the world today is the example of a healthy, vibrant church and healthy children that will cause the world to seek out the church to find out what makes us healthy. Then we can not only give them the health message but the Gospel message as well!

Words of wisdom to consider:
“It is better to build strong children than try to repair adults.”
“Train up a child in the way he should go; and when he is old, he will not depart from it.” – Proverbs 22:6

meals. All juices should be freshly extracted so their nutrients remain intact. Canned and bottled juices are not acceptable nor are cereals or other packaged, boxed, or jarred products. These have had their nutrients destroyed in processing.

During the early years the child’s jaws are not fully formed and vegetables are hard for them to eat. During these early years, it is best to feed the child fruit while juicing the vegetables. Vegetable juices contain the body building materials while the fruit cleanses the body and gives quick energy.

When All Teeth Are In: Slowly wean the child from breast milk and start adding, slowly at first, raw vegetables pureed in the Champion Juicer (use blank attachment in place of strainer in your Champion Juicer). Introduce only one new food at a time in very small portions. Serve food at room temperature - never hot or cold. If a child does not accept a new food, don’t force it - simply wait a few weeks and try again. Steamed root vegetables like sweet potatoes, squash, beets can be added as well as grains like brown rice, millet and quinoa. The cooked portion should never exceed 25%.

Foods to be Avoided: All animal products (flesh foods, dairy, cheese, eggs, etc.), salt, refined sugars, heated oils, wheat products (which are acid forming and hard to digest), cashews and all nuts (except for almond milk). Baby foods should never be seasoned with salt, sugar, spices, oil or butter.

School Age: They should now be ready for the Regular Hallelujah Diet with slight modification, if required.

Health Ministries – Continued from page 14

instructions on how He wants us to maintain our temples and how to repair them when maintenance has been neglected.” – Joe McBride, Pacolet, S.C.

“I am a Christian and often wondered about people praying for healing from a ‘lifestyle’ disease while continuing the lifestyle that caused their problem. My first issue of Back to the Garden newsletter put it all together. God has given our bodies the ability to heal, but we must be good stewards of our bodies. This ministry is complete – spiritually and physically.” – Nancy Rigsby, Dearborn Heights, Michigan

“I am interested in your ministry because first of all it is Biblical and therefore it is from God. Secondly, I believe the health message is the right hand of the Gospel...” – Dr. Johny Talaa, M.D., B.S.M.T., M.H.Sc., N.D., Avon Park, Florida (Dr. Talaa wants to someday take this health message back to his native Indonesia.)

“Everything George says is what I feel in my spirit. When I taught in the church, the thing I lacked was a specific plan or diet. God answered that prayer with the Hallelujah Diet. When I started on Barley Green eight years ago, I had pneumonia, frequent colds, flu, heart murmur, constipation, hemorrhoids, body and breath odor. All physical problems disappeared and I have been free of any physical problems since.” – Helmut Theissen, Harrow, Ontario, Canada

“This organization (Hallelujah Acres) represents the cutting edge of truth and revelation knowledge. Sharing this truth and wisdom represents acting on a higher calling.” – Larry Vaydich, Sioux City, Iowa
“As a Christian, I am excited about this ministry. I see so much needless suffering all around me and I believe I can make a difference. I

sinus infections this year...My husband has stopped snoring at night and I sleep better too ... Darrell also had a growth on his forehead which is gone and his acid stomach problem is no more! ... May our God bless you two, George and Rhonda, as you spread the news and share it with others. So many need to hear about this.”

Melva Proechel, Minnesota

“Dear Brother George, You seem to have had enough experience that you do not need affirming, but as a physician who said Hallelujah so many times during your message at the New Bethel church Sunday, I stand in awe at what God is doing! ... Truly God designed the body for self-healing and how sad that greedy man seeks to profit from perversions of His wise plan. ...”

Dr. Richard Ruhling, M.D., M.P.H. Tennessee

“I was very encouraged to read Back to the Garden. As an Evangelist I wish to distribute copies of Back to the Garden to my fellow Christians... Your good work to the Christian is very much appreciated. May God keep you in good health and bless you abundantly in your good mission.”

Valentine Fernando, Maryland

“One day a person shared with me one of your News Letters - WOW!!! I was fascinated how well you put it all together. ...I think the church has for too long given up the ministry of healing to the doctors. It is high time we get the word out ‘You don’t have to be sick!!!’ You are right on!!! George & Rhonda, May God our Father bless your ministries and the work of your hands.”

William Bertrand, Nebraska

“Dear George and Rhonda: I thank God for the both of you. You saved my life. Last October (1994) I was just about to go under. For the past seven years I hadn’t slept much more than 3 hours a night. Because I couldn’t get sufficient sleep, I felt so bad some nights I wondered if I

would like to spread the word that ‘You don’t have to be sick...’ ” – Christine Benbow, McAllen, Texas

“I feel that my career and life’s experiences so closely parallel that of George Malkmus that it has got to be God that arranged for me to hear about him. I want to spend the rest of my life helping people...” – Warren Clough, Sulphur Springs, Arkansas

“I want to be of service to mankind. I believe people need to be educated about the correlation of their health and what they eat. People need to be encouraged to learn about nutrition and its impact on their state of wellness. Since starting a living foods diet in May of 1993, my blood pressure is normal, legs no longer ache. I have lost 50 pounds and have lots of energy.” – Hiawatha Cromer, E. Lansing, Michigan

“I want to be a Health Minister in order to help people learn to treat the root problem and not the symptoms...I want to teach people how to eliminate sickness!” – Mary Glick, Lancaster, Pennsylvania

And that is only a small sampling of the responses we have received from our Health Ministers as to why they want to become a part of this ministry. We envision thousands of Christians joining us from all around the world. Not only will many individuals want to become involved, but every church should become a part, for their own membership and to help those in their communities. Many churches already carry our literature, audios, videos and Barley Green in their book stores and some even 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 and request our “Health Ministry Packet.”

would wake up the next morning alive. Besides that, I had a herniated disc, pinched nerves and high blood pressure ... Well, to make a long story as short as possible, I was sharing my physical problems with a man I met at the North Georgia State Fair in Marietta and he gave me an audio tape by Rev. Malkmus which I listened all the way home. When I got back home I changed my diet. Went off all meat, sugar, etc. ... My prostate was well in a little over two weeks as was my high blood pressure and within two months, all my health problems had hobbled off somewhere and were gone. I juice carrots, apples and celery and I wouldn’t eat meat again if you paid me. I have lost 25 pounds and feel better than I have in 28 years. Keep up the good work Brother George ... Hallelujah for Hallelujah Acres!”

John Cook III, Georgia

“This morning as I was talking to my husband, I said, ‘Thank you for being so willing to go along with me on this new diet.’ To which he replied ... ‘There is no way that I am going to let you get healthy all by yourself.’ We are missionaries here in the Philippines.”

Mickey & Chuck Richards, Philippines

“Have read the book Why Christians Get Sick, heard a small audio tape and read 3 issues of Back to the Garden...keep up the good work. America, if not the world needs to hear this message. I believe our hospitals could virtually be emptied by this change in lifestyle.”

Joe Roper, Ohio

We would love to hear from you. Tell us about your experiences from a change in diet by writing: Dr. George Malkmus, Hallelujah Acres, P.O. Box 2388, Shelby, NC 28151. We prefer to use your name and state of residence in letters for publication. If you do not want your name printed, or if your letter is not intended for publication, please indicate such in the letter. Thanks.

Recipes from Rhonda
for raising healthy children

Sweet Almond Milk

- 1 Cup almonds, soaked
- 6 Cups distilled water
- 3 – 4 dates, pitted

Soak almonds overnight & rinse. Blend half the almonds, half the dates and 3 cups of the distilled water. Repeat with remaining ingredients. Pour through a fine strainer to remove the pulp. If being used for an infant, strain through cheese cloth also. Serve at room temperature. Refrigerate any remaining portion. (For plain almond milk, just leave out the dates.)

Creamy Banana Milk

- 1 Qt. distilled water
- 1/2 - 1 Cup sunflower seeds, soaked overnight
- 1/2 ripe banana
- 3 T raisins or 4 - 5 dates

Place all ingredients in blender and blend for 2 minutes. For a thicker milk, add more banana.



Sharing 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 those who become a part of this Ministry can potentially support themselves full-time. 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 *Back to the Garden* so people in your community will know where they can find support and encouragement in this new and healthy way of living.

We now have over 100 Health Ministers who have been through training. They are spread out across the United States and into Canada, Hawaii and Puerto Rico. It is interesting to see how many are coming from the professional health field - three Medical Doctors, one Optometrist; one Dentist; four Chiropractors; and 14 Registered Nurses have joined us thus far. 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: "We are the kind of people who want to help others. We have been drinking Barley Green since 1988 and now on the Hallelujah Diet and we are strongly convinced that this is what we want for the rest of our lives. We have each lost 30 pounds! My husband who has been a diabetic for 14 years was able to go off the needle in just three months, his blood pressure is now normal and his chronic bronchitis has cleared up...Others who come to our seminars also see results. It is so rewarding - and we would feel guilty if we didn't share it..." - Ingrid Joks, Ocala, Florida "I desire to be a Health Minister in order to spread the good news about our marvelous self-healing body; to promote good stewardship of our body temples; to help others recover from physical problems as I am recovering and to serve the body of Christ, so we can all serve Christ more effectively ... in good health" - Sandy Kureshi, Reading, Pennsylvania "I have been practicing and looking for alternative methods for years. I am an active Christian and believe the same as you do." - Dr. H.G. Robinson, M.D., Lakeland, Florida "I have a strong desire to teach others that God has given clear

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   | Jane W. Jennings            | Winston-Salem, NC     | (910) 765-0217   |
| Osa Andersen                    | Greeneville, TN     | (615) 638-8795   | Ingrid & Helmut Joks        | Ocala, FL             | (904) 854-7477   |
| Pastor Matthew Azzolina         | Bethel Park, PA     | (412) 348-6741   | Mrs. T.L. Kelley            | Chattanooga, TN       | (615) 894-2642   |
| Edgar Beard                     | Centerville, TN     | (615) 729-4345   | Sandy Kureshi               | Lancaster, PA         | (717) 656-6151   |
| Christine & Lyndon Benbow       | McAllen, TX         | (210) 686-4929   | Jacquelyn Lantrip           | Columbia, TN          | (615) 381-6000   |
| Charlie Brown                   | Charlotte, NC       | w (704) 542-3969 | Robert Larabee              | El Paso, TX           | (915) 857-1122   |
| Heidi Brown                     | Wilson, NC          | (919) 291-1963   | Don & Marshall LeDuc        | Frederica, DE         | (302) 335-3889   |
| N. Jean Brown                   | North Street, MI    | (810) 385-4912   | Alice Lee                   | Northbrook, IL        | (708) 291-6695   |
| Diane Bruni                     | New Orleans, LA     | (504) 246-8779   | Carol V. Lohrbach           | Atlanta, GA           | (404) 633-7375   |
| Pierre Buch                     | Moneta, VA          | (703) 297-6358   | David Lutter                | Waukesha, WI          | (414) 521-1675   |
| Colon & Marie Butler            | Hampton, GA         | (404) 227-6019   | Neville & Karen Martin      | Searcy, AR            | (501) 268-4835   |
| Pastor Brice & Nancy Casey      | Chuckey, TN         | (615) 787-0636   | Pastor James Mays           | Corbin, KY            | (606) 523-2812   |
| Millie Chelius                  | Reading, PA         | (610) 375-8375   | Joe McBride                 | Pacolet, SC           | (803) 474-2893   |
| C.M. Clayton                    | Fayetteville, TN    | (615) 433-9944   | Connie McCullough           | Rimersburg, PA        | (814) 473-6179   |
| Warren & Mary Clough            | Sulphur Springs, AR | (501) 298-3483   | Dr. Nathan Meyer            | Salem, VA             | (703) 384-6950   |
| Gary & Bobby Jean Coaker        | Pineville, LA       | (318) 640-3749   | Nancy Mills                 | Harrow, Ontario, Can. | (519) 738-2180   |
| Chet & Beverly Cook             | Houston, TX         | (713) 484-8113   | George & Ruth Morita        | Oceanside, CA         | (619) 722-8075   |
| John J. Cook                    | Chamblee, GA        | (404) 452-1210   | Victoria I. Morton          | Denver, CO            | (303) 373-0439   |
| Carol Cover                     | Northfield, MN      | (507) 645-7202   | Becky Nippert               | Memphis, TN           | (901) 759-0423   |
| Hiawatha Cromer                 | E. Lansing, MI      | w (517) 278-6260 | Jerome & Angela Olson       | Hastings, MN          | (612) 437-5668   |
| David Darbro, M.D.              | Indianapolis, IN    | w (317) 787-7221 | Erla Opsahl                 | Encinitas, CA         | (619) 942-9569   |
| B.W. & Patricia Darnell         | Benton, KY          | (502) 898-6084   | Rev. Nicasio Ortiz          | Carolina, Puerto Rico | (809) 769-3063   |
| Leroy Davis                     | Baltimore, MD       | w (410) 426-0338 | Lev-I                       | Sanibel, FL           | (212) 989-0979   |
| Ann Dean                        | Waxahachie, TX      | (214) 937-2207   | Sharon Penner               | Princeton, IL         | w (815) 872-1607 |
| Patricia Dello-Buono            | W. Palm Beach, FL   | (407) 689-1724   | John E. Peters              | Pittsburgh, PA        | (412) 731-9389   |
| Joe & Mary Ellen DeLuca         | Lawrence, MA        | (508) 686-4772   | Paul & Pat Peterson         | Houston, TX           | (713) 568-6039   |
| Gerald & Margaret DuBois        | New Castle, DE      | (302) 571-8504   | Don & Frances Pfaff         | Springfield, OR       | (503) 747-9691   |
| Beverly Erskine                 | Ft. Worth, TX       | (817) 292-7632   | Dr. Rowen Pfeifer           | Nashville, TN         | w (615) 333-3883 |
| Nancy Fitzmorris                | Covington, LA       | (504) 893-7209   | Rev. Don Prewitt            | Orlando, FL           | (407) 292-2625   |
| Steve & Trudy Funk              | Grove City, OH      | (614) 875-0070   | Nancy Rigsby                | Dearborn Hts., MI     | w (313) 323-0538 |
| Rev. Gale & Betty Galloway      | Lindale, TX         | (903) 882-3179   | Rev. Josephine Santostefano | Quincy, MA            | (617) 471-1770   |
| Larry Gaudet                    | Jefferson City, TN  | (615) 475-8395   | Dr. Roy Schlabach           | Millersburg, OH       | (216) 674-1855   |
| D. Ann Gentry                   | Tempe, AZ           | (602) 968-1209   | Eli M. Slabaugh             | McGaheysville, VA     | (703) 289-9339   |
| Mary Glick                      | Lancaster, PA       | w (717) 656-7244 | Betty & Bernard Smith       | Barnesville, GA       | (404) 358-2564   |
| Lydia Graber                    | Stuarts Draft, VA   | (703) 337-2716   | Wesley & Alma Stilwell      | Grandview, WA         | (509) 882-2363   |
| Charlotte B. Hayes              | Kannapolis, NC      | (704) 938-1948   | Kevin Stitt                 | Woburn, MA            | (617) 932-3828   |
| Steve & Connie Head             | Covington, GA       | (404) 464-2596   | Jim Stokes                  | Grand Rapids, MI      | (616) 682-0021   |
| Dale D. Henry                   | Little River, SC    | (803) 399-1474   | Dr. Johny & Wilma Talaa     | Avon Pk., FL          | (813) 452-6762   |
| Eleanor Hetke                   | Collegedale, TN     | (615) 396-9345   | Helmut & Irene Thiessen     | Harrow, Ontario, Can. | (519) 738-4029   |
| Rev. Jerrell & Ann Higginbotham | Bryant, AR          | (501) 847-9654   | Thomas & Darrellyne Tillet  | Mountville, PA        | (717) 285-2947   |
| Dr. James & Gayle Hostetler     | Dalton, OH          | w (216) 828-2296 | Sara Van Akker              | Ontario, Canada       | (705) 689-8611   |
| Evangelist J.C. & Doris House   | Joshua, TX          | (817) 558-4751   | Grietje VanDerLoon          | Ontario, Canada       | (705) 689-8611   |
| Dr. L.C. Huddleston             | Jackson, MS         | w (601) 956-0010 | Rob Vaughan                 | Kingsport, TN         | (615) 247-7374   |
| Fred & Janet Huhn               | Salisbury, MD       | (410) 543-4577   | Larry Vaydich               | Sioux City, IA        | (712) 274-2256   |
| Carol J. Huston                 | Seaford, DE         | (302) 628-3554   | Morris Watson               | Spencer, IN           | (812) 829-9140   |
| Olin Idol                       | Mocksville, NC      | (910) 998-7762   | Denny & Fran West           | Oak Hill, WV          | (304) 469-2485   |
| Betty Ivory                     | Fairburn, GA        | (404) 964-6300   | John Winstead               | Charlotte, NC         | (704) 537-5621   |
| Lyle & Teri Jacobsen            | Dayton, VA          | (703) 879-2965   | Dr. Wojciech Wojcik         | Metairie, LA          | (800) 927-3738   |
| Gerald D. & Jean Jacobson       | Cincinnati, OH      | (513) 793-6194   | Richard & Gloria Woodside   | Millville, PA         | (717) 458-6786   |

Creating a Baby on the Hallelujah Diet

The Family of Dr. Dennis & Gracie Gordon Report: A Healthy Pregnancy, Natural Childbirth Without Pain & a 6-Month-Old Baby That's Never Been Sick

Gracie Gordon was healthy and vibrant all during her pregnancy. Her natural childbirth at home, she said, involved "a three-hour labor without pain."

And, most important, the little baby girl, Tashura-Ha'shem, 6 months old as we go to press with this paper, *has never been sick.*

"She has experienced no sickness, not even a nose drip or a diaper rash," the baby's father, Dr. Dennis Gordon, said the day his daughter turned six months old.

The Gordons began the Hallelujah Diet as Gracie was entering her fourth month of this pregnancy, and are impressed with the results.

The 6-month-old baby has had nothing but mother's milk, and Gracie said her diet has become "almost 100-percent raw

food." The mother said she intends to raise her baby on a completely raw diet.

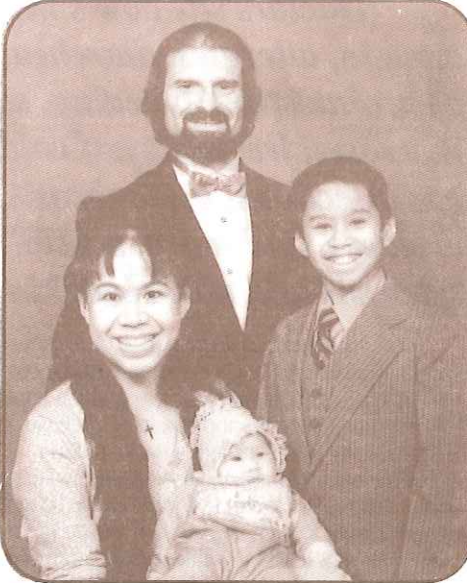
Gracie said some people warned them of the possible dangers of a home birth, but she said, "I knew there wouldn't be any complications because I was following God's laws. And everything came out fine."

At 6 months, Tashura-Ha'shem is 20 pounds and 30 inches. "And she's just wonderful, really healthy," her mother said.

Gracie has been a vegetarian for 10 years, but did not begin eating much raw fruits and vegetables until her third month of pregnancy, when she adapted the Hallelujah Diet. Prior to this, the Gordons had been on a macrobiotic diet, but Gracie said that during her pregnancy she was unable to eat macrobiotics. "I craved

raw fruits and vegetable salads," she said. That craving has now become a lifestyle.

The transition has made her life easier, Gracie said, "because I don't have to spend as much time in the kitchen." When they go to family gatherings, the Gordons bring a big vegetable salad, fresh fruits and their juicer. "People get curious about all this, and that gives us a good chance to minister to them," she said.



Dr. Dennis & Gracie Gordon, their daughter, Tashura-Ha'shem, and her son, Raza

Dr. Gordon Shares his Family's Story

This letter from the Gordons is printed in full:

Dear Rev. Malkmus: My wife and I thoroughly enjoyed your seminars here in Pennsylvania last week. You crystallize information, thoughts, ideas, ideals and belief systems we have long been aspiring to attain and apply to our daily lives. Now with the Hallelujah Diet we can at last fulfill our dream to be total raw vegetarian.

My wife Gracie has been a vegetarian for 10 years but up until five years ago she still consumed fish, dairy and huge amounts of sugary breakfasts and junk food. I had been an omnivore up until two years ago when I went on a strict macrobiotic diet. I lost over 30 pounds (from 160 to 125) after six months - and by a year later leveled out to where I am today at about 138 (I'm 5'6" tall). When on the macrobiotic diet I finally gave up all meat, dairy, sugar, white flour, processed foods and caffeine. But my diet was over 90 percent cooked, contained an abundant amount of sea salt (powdered rock) and contained little to no fruit. Still, compared to when we were on the "SAD" (Standard American Diet), we were still in a superior state of health.

When we heard about your nutritional regime (in August '94) that really set things clicking for us. We listened to your tapes over and over and over again until we were totally transformed by them. We dug out a Champion Juicer which we had purchased two years earlier but had stopped using when we were on the macrobiotic diet. I started using Barley Grass and upped our consumption of raw fruits and vegetables. We gradually reduced the amount of cooked foods we ate and eliminated the use of sea salt.

At the time we started on our new nutritional regimen (my wife and I were fully committed to it) my wife, Gracie, was in her

fourth month of pregnancy. We wanted to have a natural childbirth, at home, in our outdoor jacuzzi. Many people thought we were crazy and warned us about all the potential hazards of such a course of action. They were especially 'concerned' that on the 'radical' diet of only fruits and vegetables my wife wouldn't get enough nutrients to either be healthy or grow a strong, healthy baby inside. Yet years of study, experimentation and faith in God's Garden of Eden blueprint for our bodies and their proper nutrition we turned a polite deaf ear to our well-meaning friends and relatives.

Success Story

On Nov. 17, 1994 Gracie started going into labor at approximately 8 p.m. and by 10 p.m. she was ready to get into the spa. The air temperature was about 50 degrees, but the water was 102 degrees and very comfortable. I got into the spa at 10:30 and our midwife joined us at 10:45. All we did was hold Gracie, support and watch mother and child delivering each other as God Almighty had planned from the very beginning. There was quiet elation and joy all around as we gently lifted the baby onto Gracie's belly - still mostly submerged in the water. It was sheer bliss. Our little daughter had made only one sound - a short exclamation as she drew in her first breath of life. I understand that it is typical for a baby to have mucous in its mouth, nose, etc., and has to be suctioned out. Our baby was totally clean! No mucous anywhere. We named her Tashura-Ha'shem (Hebrew for Gift of God) and as I write this she is 4 1/2 months old, 18 pounds and 27 inches - all on a pure diet of mother's milk made from the raw materials of barley grass, carrot juice and raw fruits and vegetables. Neither mother nor child has had even a sniffle. The baby has no colic!!! She is rarely if ever in any pain or discomfort. By two months she was being potty

trained and never even gets a diaper rash! Gracie, a fitness professional and aerobics instructor, resumed her workouts about one month to six weeks after delivery. The only weight she gained in her pregnancy was the combined weight of the baby (7 lbs. 6 oz.), placenta and amniotic fluid. Weight before pregnancy: 110 pounds; weight at delivery: 125 lbs.; weight now: 108 lbs.

At 51 I keep up with my young family by exercising every day, embracing the Hallelujah Diet 100 percent, and getting regular health tune-ups via the Chiropractic Healing System. As a chiropractor myself I can attest to the wonderful health results this three-pillar approach to optimal health and life expression can produce. Truly we are wonderfully and fearfully made in His image and likeness and just as God is not diseased, neither should we be diseased. As Paul Bragg says, 'The Greatest Wealth - Health.' We, as the temples of the living God, have a Divine duty to keep our bodies clean, pure, holy, undefiled, and as healthy and alive as possible for as long as possible - so we can glorify God in our bodies and labor long in His vineyard.

May God Bless you and keep you, Your fellow health missionary, Dr. Dennis Gordon, D.C.



# Cow's Milk is the "Perfect Food" for Baby Calves But Many Doctors Agree it is Not Healthy for Humans

By Michael Dye

*People who have been taught that cow's milk is the "perfect food" may be shocked to hear many prominent medical doctors are now saying dairy consumption is a contributing factor in nearly two dozen diseases of children and adults.*

*Doctors say cow's milk can lead to iron deficiency anemia, allergies, diarrhea, heart disease, colic, cramps, gastrointestinal bleeding, sinusitis, skin rashes, acne, increased frequency of colds and flus, arthritis, diabetes, ear infections, osteoporosis, asthma, autoimmune diseases, and more, possibly even lung cancer, multiple sclerosis and non-Hodgkin's lymphoma.*

In American society, one of the most sacred of all sacred cows is the milk of the cow itself. Cow's milk is more American than apple pie, but that's because apple pie doesn't have Congressional lobbyists and a multi-million dollar advertising budget. Most parents wouldn't think of raising their children without the benefit of cow's milk to help their little bones to grow big and strong. Its silky, white texture is the very epitome of our concept of wholesome purity.

Our "nutritional education" in school (funded in part by the dairy industry) taught us that dairy products are one of the four basic food groups we all need for proper nutrition. And with more than 60 of the most powerful Congressional leaders in Washington receiving campaign contributions from the National Dairy Council, we can be assured that dairy products are well-entrenched as a major staple of our government-sponsored school lunch programs.

Cow's milk is promoted as the "perfect food" for humans, and especially for our children. This advertising has put such a strong emphasis on the health of our children that some people view milk commercials as more of a public service announcement than an attempt to sell a product. These ads have told us "Milk is a Natural," "Everybody Needs Milk," "Milk is the Perfect Food," etc. This advertising has served its purpose well because the average American consumes 375 pounds of dairy products a year. One out of every seven dollars spent on groceries in the U.S. goes to buy dairy products.

But to gauge the full impact of this promotion, we must consider more than just the dollar amount spent on dairy products. We must also consider the impact this massive advertising, promotion, lobbying, "nutritional education" and public relations effort has had by creating a widely-held perception of cow's milk as a very wholesome and healthy product. This promotion has been so effective that it is common for even people who give up meat to still feel that they

should continue consuming dairy products to ensure they receive sufficient protein or calcium. People buy cow's milk for their families based on the premise that this product provides essential nutrition, helps to build a healthy body, and that indeed, their precious health may be in jeopardy if they do not drink milk.

If this is the premise on which Americans spend an incredible chunk of their grocery bill to provide for the health and nutrition of their loved ones, we need to further examine this premise.

Despite what the dairy industry has led us to believe, many medical doctors and nutritionists are now saying that cow's milk is not healthy for human consumption, and that it can lead to many serious diseases. When you look at the credentials of the doctors making these statements, it would be hard for the dairy industry to accuse these physicians of being on the lunatic fringe of the medical world.

Frank Oski, M.D., author of *Don't Drink Your Milk!* is the Director of the Department of Pediatrics of Johns Hopkins University School of Medicine and Physician-in-Chief of the Johns Hopkins Children's Center. He is the author, co-author, editor or co-editor of 19 medical textbooks and has written 290 medical manuscripts.

In the first chapter of his book, Dr. Oski states, "The fact is: the drinking of cow milk has been linked to iron-deficiency anemia in infants and children; it has been named as the cause of cramps and diarrhea in much of the world's population, and the cause of multiple forms of allergy as well; and the possibility has been raised that it may play a central role in the origins of atherosclerosis and heart attacks."

Dr. Oski comments, "Being against cow milk is equated with being un-American," but still he notes, "Among physicians, so much concern has been voiced about the potential hazards of cow milk that the Committee on Nutrition of the prestigious American Academy

of Pediatrics, the institutional voice of practicing pediatricians, released a report entitled, 'Should Milk Drinking by Children Be Discouraged?' Although the Academy's answer to this question has (as of this writing) been a qualified 'maybe,' the fact that the question was raised at all is testimony to the growing concern about this product, which for so long was viewed as sacred as the proverbial goodness of mother and apple pie."

Another outspoken critic of cow's milk is Dr. William Ellis, a retired osteopathic physician and surgeon in Arlington, Texas, who has researched the effects of dairy products for 42 years. Dr. Ellis is listed in Marquis' Who's Who in the East, Leaders of American Science, the Dictionary of International Biography and Two Thousand Men of Achievement. Dr. Ellis says dairy products are "simply no good for humans ... There is overwhelming evidence that milk and milk products are harmful to many people, both adults and infants. Milk is a contributing factor in constipation, chronic fatigue, arthritis, headaches, muscle cramps, obesity, allergies and heart problems."

When Washington D.C.-based pediatrician Dr. Russell Bunai was asked what single change in the American diet would produce the greatest health benefit, his answer was, "Eliminating dairy products."

Dr. Christiane Northrup, a gynecologist in Yarmouth, Maine, states, "Dairy is a tremendous mucus producer and a burden on the respiratory, digestive and immune systems." Dr. Northrup says when patients "eliminate dairy products for an extended period and eat a balanced diet, they suffer less from colds and sinus infections."

Dr. Oski's book includes a letter written by Dr. J. Dan Baggett, a pediatrician in Alabama who describes his experience after six years of recommending that all his patients eliminate cow's milk from their diets. He writes, "In general, they cooperate much better than I had earlier anticipated except for the pre-teenagers and teenagers." Dr. Baggett's letter, states in part: "During the years 1963 through 1967, I referred an average of four appendectomy cases per year. During the past five and a half years, I have referred only two patients for appendectomy, the last one being three years ago. Both of these children were professed milk guzzlers.

"I do not have a single patient with active asthma. In fact, I have nearly forgotten how to prescribe for them.

"Perhaps the most significant thing I have learned is that Group A beta-hemolytic streptococcus germ will not, under ordinary circumstances, establish an infection in a child kept on an absolutely no-milk-protein dietary regimen. I have been aware of this for the past two and a half years and, so far, there have been no exceptions. Any time a patient of mine is found to have streptococcal pharyngitis or pyoderma, we can establish by history that he has ingested milk protein within five days prior to onset of symptoms or signs bringing him to the office.

"I now admit an average of 12-14

*Back to the Garden*

## From the Mailbag

Continued from Page 2

"We very much appreciate receiving your *Back to the Garden* publication. It keeps us on track. Your info regarding nutrition is greatly welcomed. We have been taking Barley Green for one and one half years and since May have been off meat and dairy. We have seven children ranging in age from twenty to age one. We start our day with only fruit and eat only whole grains, fruits and vegetables ... Right now we are probably at 50% raw/50% cooked. We are all very healthy. We attribute this to God's grace in providing information (as yours) that will teach us how to take care of the bodies He (God) gave us - to live the longest for His kingdom purposes ..."

Pastor Dan & Valerie Hall,  
Minnesota

"...No question but what the Lord has led you to the final solution to mankind's physical, mental and spiritual health problems. Your work is really of the Lord..."

Dr. G. Roy Lockwood B.S., Th.D.,  
F.R.G.S.,  
Florida

"Dear Pastor Malkmus: ... your presentation at White House (Tennessee) was superlative. There were at least five medical doctors in the audience and one chiropractor. Also, the President of International Food Laboratory was there ... Suffice it to say, your message was perfectly expressed to win the doctors ... Thank you for coming and sharing."

Marguerite N. Entz,  
Tennessee

"Dear George & Rhonda...Keep up your good work and the public will continue to benefit."

Dr. Leonard Taylor, M.D.,  
Arizona

"Greetings from two very happy truckers. We are a husband and wife driving team, who stopped in to see you about 2 months ago, from Seaford, Delaware. On Oct. 15 of '94, we went on your (Hallelujah) diet, *Cold Turkey*, and have had great results! It was a little hard to give up a few things, but we hung in there, and are very glad we did. My husband weighed 301 lbs., and has lost 50 lbs. so far ... Now a lady never tells her weight, so I'll just say I lost 25 lbs. & feel great! We both went thru some cleansing & found that to be real exciting...We have been sharing your tapes & book with so many people. We are on our second case of your book, *Why Christians Get Sick*. Some people are on it also, but some think we are a little crazy: 'You gave up eating meat?' When people think it is to hard to do, we tell them how we do it & that they should try. They have it easy. We are on the road sometimes 2 weeks at a time. But we got a converter for our truck, & we take our Champion (Juicer) along with us & make fresh juice everyday. We carry water to wash it up in & buy steam distilled water to take our Barley Green in. We take our crock pot along & plug that into the converter, & kill a few potatoes or other veggies, & I make our salad while we drive down the road. That,

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along with our 2 ice chests that plug into the cigarette lighter and we eat better meals than you can buy out. It is all in how badly you want to do something. We are so thankful for my husband's sister, who shared your tape with us. We also want to thank you, George & Rhonda, for sharing your knowledge with anyone who will hear it. May God continue to bless you all as you keep sharing what you know to be true."

Dorothy & Milton Stoltzfus,  
Delaware

"...Since I have not written in to *Back to the Garden* prior to this, may I say that we are being blessed in a manifold fashion as we move into our eighth month on the Hallelujah Diet. After years on blood pressure medication, both of us are experiencing very beautiful blood pressure readings. Gone is our arthritis and so is the medication. As well, we no longer take allergy medications and most symptoms have disappeared. For years I had to go to a Dermatologist for the removal of pre-cancerous spots on my hands and ears. I will not need to go this year - I have no spots. I could go on and on as we realize new blessings almost every week. Thank you for sharing this good news and for your gracious ministry to us. It is indeed a privilege to now be yoked with you and Rhonda and the rest of the staff as Health Ministers. We look forward to many years of ministry as we anticipate many people getting serious about the proper care of their body - God's Temple..."

Pastor Brice Casey,  
Tennessee

"Dear Reverend Malkmus: Thank you! Thank you! Thank you for your wonderful presentation at last weekend's Whole Foods Expo (in Philadelphia)! The favorable comments are still pouring in! ...Your message of healing through God's natural laws was of great inspiration to those in attendance ..."

Dr. Susan Silberstein, Ph. D.,  
Executive Director, Center for  
Advancement in Cancer Education,  
Pennsylvania

"We attended the Whole Foods Expo in Philadelphia on March 26, and felt led to write you a note of encouragement. After sitting through a presentation by a medical doctor and two product sales people, it was indeed refreshing to hear your forthright talk. Speakers often will tickle the ears of the audience with the profit motive becoming obvious ... You told it like it is, giving God the credit and setting the record straight. Having a deep appreciation for God's word of truth, we were thankful to hear you speak from a Biblical perspective ... May the grace of the Lord Jesus Christ be with you in your ministry and travels."

Jim & Sue Morrone,  
Pennsylvania

"Dear George, I appreciate your health ministry so much and I myself live a vegetarian, 60 - 80% raw food life ... Meat and fish are all dangerous in these times, but we can live for God and receive the blessing of abundant health! We are one in the Spirit..."

Dr. Gordon S. Tessler Ph.D.,  
The Genesis Way Nutrition  
Counseling Center,  
North Carolina

"...I want to restate my inexpressible thanks to the good work you and Rhonda are doing to raise the hopes and improve the health of so many people. You seem to have the answer to the 64 million dollar question, *Why Christians Get Sick*. Over one year ago, it was one of the most memorable days of my life when I first learned of your work over 3 ABN."

Dick White,  
Texas

"...Both our children and ourselves have found an excess of high energy since taking Barley Green. It has been as of this writing only 4 days of taking this product. This morning my children were out of bed before their 6 a.m. alarm, dressed, beds made and bright eyed and bushy tailed. They came out to the kitchen, made their Barley Green, drank it and then began to do their chores. They began their school work at 6:30 a.m. This is truly amazing. There are no complaints in my family concerning the salads we eat nor is there any problem taking the Barley Green. ..."

Leslie McLea,  
Maryland

"My husband & I wish to thank you for continuing to send us *Back to the Garden*...For the past 14 months we have basically been on your program including carrot juice & Barley Green. We have experienced wonderful results. My husband has Peripheral Neuropathy - a continuing disabling disease for which there is no cure. Before January 1994 he had been examined by several medical specialists with an abundance of lab & other testing done. The myelin sheath of his nerves was being destroyed. They offered only 3 medical treatments - none a cure and two included possibly severe side-effects. These were Chemotherapy and Prednisone. Dick decided to reject these treatments and in January 1994 learned of & began a detox program...Following the detox program we both started the type of diet you recommend in your magazine. When Dick started the detox he had numbness in feet & spreading upwards to thighs. Numbness in finger tips, balance was affected, difficulty in walking, night sweats & more. Personality was changing also. He states about 8 weeks after the detox & diet change he began having feelings in feet & finger tips, gate improved, no night sweats & basically a changed person. He can also now walk over 2 miles per day. If Dick gets off the diet his symptoms start to return. He is not cured but the improvement is remarkable. Your diet will be our way of life from now on. As for myself, arthritic pain in my feet, thumb and neck are gone and fingernails are strong and healthy. They were splitting, peeling and breaking...We praise God for leading us in this direction and pray you will continue in your wonderful work of bringing God's Way of life and health to others..."

Lenora & Dick Harvey,  
California

"I am a new convert of 4 weeks to Barley Green and raw fruits and vegetables. This is the first time in 30 years that I have a normal blood pressure. It has been as high as 230/120 but it is normal since I have been taking Barley Green. Your diet of raw fruit and vegetables is doing so much for my whole body - I am a new person...Thank you."

Evelyn Murdock,  
Tennessee

*Mailbag Continued - Please see page 15*

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## Milk — Continued from page

of disease, yet many of them showed signs of diseased arteries in the heart. ... The majority of children with normal blood vessels had been breast-fed; the majority of children with diseased vessels had been fed cow milk or cow milk based formulas. It is therefore reasonable to conclude that the differences between human milk and cow milk were responsible for the early changes in the coronary arteries."

But don't we need to drink milk to get calcium? No. The best way to add calcium to your diet is to eat more fresh green vegetables. Cow's milk *is* high in calcium, but Dr. Ellis explains, the problem is that it is in a form that cannot be assimilated very well by humans. Dr. Ellis states, "Thousands and thousands of blood tests I've conducted show that people who drink 3 or 4 glasses of milk a day invariably had the lowest levels of blood calcium."

Dr. Ellis adds, "Low levels of blood calcium correspond with irritability and headaches. In addition, the low calcium level in milk-drinkers also explains why milk-drinkers are prone to have muscle spasms and cramps. Since calcium is necessary for muscles to relax, a lack of calcium causes muscle cramps, etc."

One of the most serious problems caused by a calcium deficiency is osteoporosis, a condition characterized by the loss of 50 to 75 percent of the person's original bone material. In the U.S., 25 percent of 65-year-old women suffer from osteoporosis. Their bones become brittle and easily broken. They can crack a rib from something as minor as a sneeze.

Our pervasive dairy advertising has led to one of the most commonly held, and solidly disproved, fallacies about bones, which is that the best way to build strong bones is to increase calcium consumption by drinking plenty of milk. Actually, the consensus among leading medical researchers is that the best way for most people to increase their calcium level and strengthen their bones is to reduce their protein intake, and specifically to reduce consumption of animal products. Research has conclusively shown we can do more to increase the calcium level in our bones by reducing protein intake than by increasing calcium intake. The reason is that animal products and other sources of high protein are very acidic, and the blood stream must balance this acidic condition by absorbing alkaline minerals such as calcium from the bone structure. Thus, numerous studies, including those published in the Aug. 22, 1984 *Medical Tribune* and the March 1983 *Journal of Clinical Nutrition*, have found that vegetarians have much stronger bones than meat-eaters. Indeed, the *Journal of Clinical Nutrition* article found that by age 65, meat-eaters had five to six times as much measurable bone loss as vegetarians.

Speaking of minerals, another serious problem caused by consumption of cow's milk is iron-deficiency anemia. Dr. Oski notes that 15 to 20 percent of children under age 2 in the U.S. suffer from iron-deficiency anemia. Cow's milk contributes to this condition in two ways.

First, he notes that cow's milk is extremely low in iron, containing less than 1 milligram of iron per quart. Because of this, he writes that it is estimated that a 1-year-old would

need to drink 24 quarts of cow's milk a day to meet his iron requirements, which would be impossible. He states many infants may drink from one to two quarts of cow's milk a day, which satisfies their hunger to the point that they do no have the appetite to consume enough of other foods that do have a high iron content.

The second way that cow's milk leads to iron-deficiency anemia in many infants is a form of gastrointestinal bleeding caused by increased mucus and diarrhea associated with dairy consumption. "It is estimated that half the iron-deficiency in infants in the United States is primarily the result of this form of cow milk induced gastrointestinal bleeding," Dr. Oski writes. "Mucus is frequent and some stools contain obvious traces of bright red blood. ... The diarrhea impairs the infant's ability to retain nutrients from his feedings. In addition, the changes produced in the gastrointestinal tract by the allergic reaction result in seepage of the child's own blood into the gut. This loss of plasma and red cells leads to a lowering of the infant's blood protein level and to the development of anemia."

The mucus created by dairy products causes other problems as well. It is well-known that dairy products cause excessive mucus in the lungs, sinuses and intestines. Dr. Ellis notes this excess mucus in the breathing passages contributes to many respiratory problems and that mucus hardens to form a coating on the inner wall of the intestines that leads to poor absorption of nutrients, which can cause chronic fatigue. This mucus also causes constipation, which can lead to many other problems.

Two very common problems with infants are colic and ear infections, both of which can be caused by cow's milk. Medical studies have found cow's milk can contribute to these problems either directly, when the infant drinks cow's milk, or indirectly, when the infant breastfeeds from a mother who has been consuming dairy products.

Colic, suffered by one out of every five infants in the U.S., is characterized by severe stomach cramps. The July/August 1994 issue of *Natural Health* reports, "When a mother eats dairy products, milk proteins pass into her breast milk and end up in the baby's blood; some studies have found that cow's milk proteins (from milk drunk by the mother) might trigger coliclike symptoms in infants fed only human milk and no cow's milk."

Concerning ear infections, Dr. Northrup states, "You just don't see this painful condition among infants and children who aren't getting cow's milk into their systems."

The *Natural Health* article also notes, "Removing dairy from the diet has been shown to shrink enlarged tonsils and adenoids, indicating relief for the immune system. Similarly, doctors experimenting with dairy-free diets often report a marked reduction in colds, flus, sinusitis and ear infections."

Another common problem for children is the bellyache. Dr. Oski states in his book that up to 10 percent of all children in this country suffer from a syndrome known as "recurrent abdominal pain of childhood." He says studies performed in Boston and San Francisco each concluded "that about one-third of such children had their symptoms on the basis of

lactose intolerance. The simple solution was to remove all milk and milk-containing foods from the diet and watch for signs of improvement."

The *Natural Health* article also notes that antigens in cow's milk may contribute to arthritis and osteoarthritis. "When antibody-antigen complexes (resulting from an immune response) are deposited in the joints, pain, swelling, redness and stiffness result; these complexes increase in arthritic people who eat dairy products, and the pain fades rapidly after patients eliminate dairy products from their diets. In a study published in *Scandinavian Journal of Rheumatology*, when people with rheumatoid arthritis fasted on water, fruit and vegetable juices, and tea for seven to ten days, their joint pain and stiffness were greatly reduced. When they ate a lacto-ovo-vegetarian diet (including only milk and eggs as animal foods), the symptoms became aggravated and they remained ill."

A 1992 report in *The New England Journal of Medicine* also notes that cow's milk can contribute to juvenile diabetes and autoimmune diseases by impairing the ability of the pancreas to produce insulin.

The *Natural Health* article also states a 1989 study published in *Nutrition and Cancer* found a link between consumption of cow's milk and butter with the risk of developing non-Hodgkin's lymphoma, a cancer of the immune system. The article adds, "High levels of the cow's milk protein beta-lactoglobulin have also been found in the blood of lung cancer patients, suggesting a link with this cancer as well."

Dr. Oski's book also cites studies by two scientists from the University of Michigan who have conducted extensive research on factors associated with multiple sclerosis. There is an unusual geographic distribution of MS victims in the U.S. and throughout the world, which has baffled medical researchers for decades. This distribution of MS victims has no correlation to wealth, education or quality of medical care. Dr. Oski notes the Michigan scientists found in this pattern in the U.S. and 21 other countries, "the only significant link was between multiple sclerosis and average milk consumption."

Dr. Oski's book even cites a possible link between excessive consumption of cow's milk and juvenile delinquency, based on a study conducted in Tacoma, Wash. Dr. Oski writes, "When the diets of young criminals were contrasted with those of adolescents from a similar background, it was found that the juvenile delinquents consumed almost ten times the amount of milk that was drunk by the control group. The juvenile offenders ate less fruit, nuts and vegetables."

When a reasonable person considers all this evidence, it would be difficult to still believe cow's milk is healthy for human consumption. So, what do we drink instead? Dr. Oski partly answers this question by writing, "For the newborn infant, there are two obvious alternatives — the right and left breast of the healthy mother."

After a child is weaned, there is no reason to drink any milk. We shouldn't drink any liquid with our meals because this dilutes our digestive fluids. When we are thirsty, we should drink distilled water. Or, if you want to drink something nutritional between meals, the best choice is freshly-extracted vegetable juice.

*Back to the Garden*

patients per year to the hospital. Their average hospital stay is three days. Between 1963 and 1967, I admitted an average of 100+ patients to the hospital per year. Their average stay was five days."

So how can all these medical statements be explained in light of what we have been taught all of our life about milk? Remember "Milk is the Perfect Food" ... "Milk is a Natural" ... "Everybody Needs Milk." Are we talking about the same food here?

Perhaps we are not. It would appear that promoters of cow's milk are creating advertising statements that are meant to appeal on a subconscious level to our positive feelings and experiences with human breast milk. All mammals, including humans, are intended to be nourished during infancy by milk from their mother. Part of the very definition of a mammal is that the female of the species has milk-producing glands in her breasts which provide nourishment for her young. Each species of mammal produces its unique type of milk designed specifically to strengthen the immune system and provide nourishment for their babies, which are weaned after their birth weight has approximately tripled.

So, absolutely yes, "*milk is a natural*" ... in the proper context. It is perfectly natural for infant mammals, including humans, to be nourished exclusively by milk from their mother's breasts. So if we are talking about human breast milk for babies, yes, "*milk is the perfect food.*" And yes, during infancy when we have no teeth for eating solid food, and as we need to strengthen our immune system, "*everybody needs milk.*"

I have just quoted three of the most popular advertising slogans of the dairy industry and they are undisputably as true as any words that could be spoken on the subject of nutrition ... if they are applied to a baby's need for human breast milk. In fact, not one of the doctors I have quoted in describing the terrible problems caused by cow's milk would disagree that milk is a natural, milk is the perfect food or that everybody needs milk, in this context.

But whoa.

The dairy industry has begun with these three statements that we all know are true about a baby's need for human breast milk, and twisted them out of context to apply them to a completely different product they are selling. And the sad result is that most Americans still think these noble statements about our babies needing to suckle their mother's breast milk are true when applied to the advertising claim that humans of all ages need to buy and drink cow's milk.

So, in an effort to undo the damage caused by this manipulation, let us consider the differences in human breast milk versus cow's milk, and further examine the physical problems caused by humans trying to subsist on the milk of another species well past the age when any mammal should be drinking any milk.

A good place to start in analyzing the distinction between milk of different species is to begin to understand how nature works. As Dr. Oski explains in *Don't Drink Your Milk!*, "The milk of each species appears to have been

specifically designed to protect the young of that species. Cross-feeding does not work. Heating, sterilization, or modification of the milk in any way destroys the protection."

So, how much of a difference is there between a human baby drinking the milk of its mother versus drinking the milk of a cow? Dr. Oski cites a "study of over twenty thousand infants conducted in Chicago as far back as the 1930s ... The overall death rate for the babies raised on human milk was 1.5 deaths per 1,000 infants while the death rate in the babies fed cow milk was 84.7 per 1,000 during the first nine months of life. The death rate from gastrointestinal infections was forty times higher in the non-breast-fed infants, while the death rate from respiratory infections was 120 times higher. An earlier analysis involving infants in eight American cities showed similar results. Infants fed on cow milk had a twenty times greater chance of dying during the first six months of life."

Dr. Michael Taylor, a Chiropractic Physician, doctoral candidate to become a Doctor of Nutrition and fellow of the American Academy of Orthomolecular Medicine, agrees, stating, "It is a dietary error to cross species to get milk from another animal." He notes there is a tremendous difference between human

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***“There is overwhelming evidence that milk and milk products are harmful to many people, both adults and infants.” – Dr. William Ellis***

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babies and baby calves, and a corresponding difference between the milk that is intended to nourish human babies and baby calves. In an interview on "Let's Eat," a Seventh-day Adventist television program, Dr. Taylor notes that human infants take about 180 days to double their birth weight, and that human milk is 5 to 7 percent protein. Calves require only 45 days to double their birth weight and cow's milk is 15 percent protein.

In addition to the difference in the amount of protein in these two different types of milk, there are also major differences in the composition of this protein. The primary type of protein in cow's milk is casein. Cow's milk has 20 times as much casein as human milk, which makes the protein from cow's milk difficult or impossible for humans to assimilate, according to Dr. John R. Christopher, N.D., M.H.

Protein composes 15 percent of the human body and when this protein cannot be properly broken down, it weakens the immune system, causing allergies and many other problems. Allergies caused by cow's milk are extremely common. In fact, Dr. Taylor states that when a single food can be isolated as the cause of an allergy, 60 percent of the time, that food is cow's milk. Dr. Ellis notes that symptoms of this allergic reaction to cow's milk in infants can include asthma, nasal congestion, skin rash, chest infections, irritability and fatigue.

Dr. Oski's book cites evidence from Dr. Joyce Gryboski, director of the Pediatric Gastrointestinal Clinic at Yale University School of Medicine, who states "they see at least one child a week who is referred for

evaluation of chronic diarrhea and proves to have nothing more than an allergy to cow milk."

Another reason many people suffer various symptoms of disease from drinking milk is that, according to Dr. Oski, the majority of the world's adult population is "lactose intolerant," meaning they cannot digest lactose, the sugar in milk (cow's milk and human milk). An enzyme known as lactase is required to digest lactose, and Dr. Oski states that "between the age of one and a half and four years most individuals gradually lose the lactase activity in their small intestine. This appears to be a normal process that accompanies maturation. ... Most people do it. All animals do it. It reflects the fact that nature never intended lactose-containing foods, such as milk, to be consumed after the normal weaning period."

In fact, so many people have bad reactions to drinking cow's milk that in 1974 the Federal Trade Commission felt compelled to take legal action against advertising claims made by the California Milk Producers. The ads claimed "Everybody Needs Milk." The FTC prosecuted the milk producers for "false, misleading and deceptive" advertising. The FTC complaint cited the high incidence of lactose intolerance, allergies caused by cow's milk and the increased risk of heart disease. The FTC won and the milk producers had to come up with a new slogan for their ads: "Milk Has Something for Everybody."

One medical researcher, Dr. Kevin

McGrady, commented, "Milk has something for everybody all right — higher blood cholesterol, and increased risk of heart disease and stroke."

Three reasons cited by medical researchers that dairy products contribute to heart disease are their high content of cholesterol and fat, along with an enzyme in cow's milk called xanthine oxidase (XO). This enzyme, which creates problems only when milk is homogenized, causes heart disease by damaging arteries.

Explaining the significance of XO, Dr. Ellis cites research by Dr. Kurt Oster, Chief of Cardiology at Park City Hospital in Bridgeport, Connecticut:

"From 1971 to 1974, we studied 75 patients with angina pectoris (chest pain due to heart disease) and arteriosclerosis (hardening of the arteries). All the patients were taken off milk and given folic acid (a B-vitamin) and ascorbic acid (vitamin C), both of which combat the action of XO. The results were dramatic. Chest pains decreased, symptoms lessened, and each of those patients is doing great today."

Dr. Oster's article states that Dr. Kurt Esselbacher, Chairman of the Department of the Harvard Medical School, was in full agreement. Dr. Esselbacher writes: "Homogenized milk, because of its XO content, is one of the major causes of heart disease in the U.S."

Dr. Oski warns, "The consumption of cow milk from an early age may have life-long consequences. ... One pathologist has reviewed the heart vessels of over 1,500 children and adolescents who had died as a result of accidents. ... These children and adolescents had not died as a result

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**Continued — Please see page 12**



# Medical Doctor Writes Foreword to *God's Way to Ultimate Health*

The following article is one of four forewords included in *God's Way to Ultimate Health*. We are honored that the writers of the forewords for this book include a doctor of medicine, a doctor of divinity (an evangelist), a doctor of nutrition and a Chiropractic Physician. The following foreword has been edited to meet space requirements.

By David Darbro, M.D.

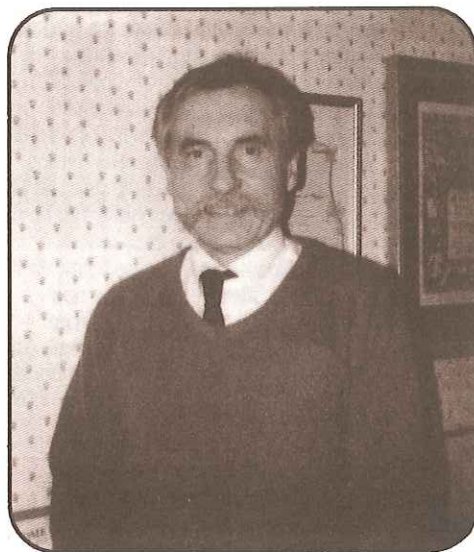
Americans are becoming aware that much of what we have been told by those we rely upon for healthcare is not true. In fact, powerful political and economic forces exist throughout the land which thrive upon the public's health misfortunes. These vested interest groups, because of financial reasons, do not wish to see people freed from disease and pain. They hire expensive lawyers, influence the media and bitterly oppose those who say there is a better way.

*God's Way to Ultimate Health* is a book offering freedom to people enslaved by the shackles of chronic degenerative disease. Some of those who make a living from other people's ill health would certainly not want you to read this book.

Why should I, a practitioner of medicine for 30 years, encourage anyone to read a book on health written by a protestant pastor? The answer to that question is because this book gives the reader the keys which can unlock the doorway to health. I believe this book is must reading for anyone who seeks the truth and wants to lead a healthier life.

Just a word about my credentials. After graduating from the Indiana University School of Medicine I went into family practice. Shortly thereafter I became a Charter Fellow of the American Academy of Family Physicians and received my specialty board certification as a Diplomate of Family Practice. I spent my first 15 years in medicine treating symptoms by using various pharmaceutical approaches. During that time I almost never saw anyone cured of arthritis, diabetes, hardening of the arteries, hypertension, cancer, multiple sclerosis, etc. Although I gave my patients the best AMA-approved care available, and referred many of them to appropriate specialists, practically nothing was done to slow the rapid downhill slide of their chronic degenerative diseases. The suffering of these people ended only in the grave.

My motive for going into medicine was to help people get well. Although I was able to manage some symptoms by using pharmaceuticals, I was unable to reverse any serious disease process or see my patients return to genuine wellness. The problem hit close to home when my mother developed an erratic heart rhythm that would not respond to her cardiologist's treatments. Her doctors gave her no choice other than to live with her problem. Because of mom's deteriorating condition I was open to alternative approaches which lay outside the boundaries set by orthodox medicine.



Dr. David Darbro, M.D.

I began attending seminars on alternative means of treatment, given by a Mayo Clinic-trained internist. I found merit in some of these alternative treatments, despite attacks and allegations by the medical hierarchy claiming these were "unproven" forms of treatment.

Then I learned that the Office of Technological Assessment of the United States Government had shown that 80 to 90 percent of the therapeutic approaches which were accepted by the medical profession as standard care were *actually unproven*! No wonder I wasn't seeing anyone cured! I suddenly realized that 80 to 90 percent of what I had been taught in medical school was UNPROVEN! This information brought me to a painful crossroads in my medical career. Was I to continue the rest of my professional life, secure in the safety of organized medicine and peer review, but be untrue to myself, my patients and the truth? Or was I to seek the truth and become a pioneer different from my colleagues because I was willing to abandon the diagnose-and-treat-the-symptom way of thinking, and instead use innovative approaches which could restore health to my patients? My 15 years of frustration with the lack of medical results ended when I changed my thinking and headed 180 degrees in the opposite direction toward alternative medicine.

The last half of my career has been spent studying principles that underlie much of alternative medicine. After practicing a few months in my new area of specialty, I at last began to see the long-sought-for results in my patients. Some hypertensives were able to stop their drugs, some angina patients ceased having chest pains, some diabetics could get off their insulin, some arthritics began to freely move without pain, and even an occasional cancer patient went into remission. To my delight, even mom's heart problem soon disappeared and she was able to stop her prescription medicines.

These 15 years have been precious learning experiences filled with valuable lessons that have taught me how to make wise

health choices. However, I have found the price is often high when one does not follow the "usual and customary" medical practices. Many of my colleagues in alternative medicine have lost their licenses to state medical review boards, and others have been threatened with loss of licensure if they continue practicing forms of alternative therapy. But regardless of the painful casualties that occur during this process of change, the public is becoming aware of available options, and is assuming greater and greater responsibility for their individual health. In this way the noble profession of medicine changes for the better.

My adventure in alternative medicine has rewarded me with an 80 to 90-percent success rate when the patient has done his part. Could this rate be improved? Something more was needed to bring my success rate to maximum attainable levels. What were the missing pieces to the puzzle?

I believe these missing pieces have been provided by the life and ministry of a pastor with no medical training. This pastor has learned, through his own trials and tribulations, the importance of eating food the way our Creator originally intended. My staff and I attended a weekend of intensive training at Hallelujah Acres in the small, rural community of Eidson, Tennessee, where Rev. George Malkmus taught us the Back to the Garden Health Ministers program. We found answers to questions about diet, live foods, what is and is not nutrition, how to exercise, etc. This program was learnable, livable, do-able and can be adopted into anyone's lifestyle who sincerely seeks a healthy existence, free of sickness, pain and premature death.

At this seminar we heard testimonials about P.S.A. levels dropping from 227 to normal. (P.S.A. is a measure of prostate cancer.) A lady shared that her breast cancer which had metastasized to her bones had remarkably diminished since beginning the Hallelujah Diet. Some found their chest pains from hardening of the arteries were gone. Others had lost weight, increased their energy level, found new hope, and on and on. My conclusion after talking personally to those people is that Rev. Malkmus' program works! I find his approach is unique because it is based on a combination of Biblical teachings, the very best nutritional information available to modern science and nearly 20 years of personal experience by Rev. Malkmus. I am convinced that the conclusions contained in this book provide the answers to the vitally important health questions of our day. I urge you to read this book carefully, because it can save you many years of personal research in the jungle of conflicting health claims. It could also save your life!

• A word to fellow health professionals:

May I now say a word to my M.D. and D.O. colleagues who are also in the noble

Continued – please see next page

profession of medicine? Doctor, have you ever asked yourself why people are turning away by the droves from orthodox medicine and seeking alternative care? Our honored profession once provided the public with a security blanket they could depend upon, but somehow this blanket has now become thread bare, stained and full of holes. People are realizing that we doctors do not have the answer to the basic question of why they lost their health to begin with, much less can we tell them how to regain it. For those of you who have sold your soul to orthodox textbook medicine, my remarks will probably not make much of an impression. For others, however, who sincerely seek the truth, there will be something of value for you in this book. I urge you to read it with an open mind. A few days of reading this book will provide you with vital knowledge we didn't receive during our years of medical school training.

Doctor, if you or a loved one is suffering or dying from one of the serious degenerative diseases, I also encourage you to read this book. Are you truly convinced that pharmaceuticals, radiation, chemotherapy or surgery are the

best option if your own wife, son, daughter or parents are diagnosed with cancer? A.M.A.-approved

pharmaceuticals, radiation, chemotherapy and surgery are not treatments that restore health. Indeed, these are treatments that would make a healthy person sick! Doctor, how can you justify giving cancer patients a treatment that we all know is weakening their immune system at the very time when it is most important to strengthen their immune system? My colleague, there is a better way than we have been taught. If health is restored, cancer disappears. Healthy people don't have cancer.

If you are a cardiologist or heart surgeon, and are eating the Standard American Diet (appropriately called the SAD diet), you are as susceptible as anyone else in the nation to be struck down with sudden death from a heart attack. If you apply the principles in this book to your own life you will greatly diminish your risk of suffering either a heart attack or stroke.

Physician: Are you embarrassed by patients who know more about nutrition than you do? Are you dismayed because HMOs not only dictate how you are to practice medicine but also goad you into herding huge numbers of patients through your office like cattle each day to hand them a prescription for the latest drugs? There is a better way that can deliver you and them from the disease management trap. In fact, this book may give you ideas of how to practice traditional medicine as it was originally intended by Hippocrates, the Father of Medicine.

Hippocrates taught that the body is capable of healing itself, and that a doctor's aim should be to promote the general well-being of the patient so the "physician within" can get on with this healing. In fact, the word

"physician" comes from the Greek word "physis," which was coined by Hippocrates himself. Explaining the concept of "physis," Hippocrates wrote that it is the tendency of nature "though untaught and uninstructed ... to preserve a perfect equilibrium ... to re-establish order and harmony." He taught that it is the duty of the physician to merely assist this tendency of the body to achieve its own equilibrium, harmony and health. The cardinal rule of Hippocrates for the physician was "First, do no harm."

Doctor, do I have to remind you that you took the Hippocratic Oath before you were allowed to treat your first patient? So, how can you in good conscience administer potentially harmful radiation and drugs and then brand George Malkmus as a radical and a heretic for promoting healing through healthy diet and lifestyle? Hippocrates said, "Let your food be your medicine and your medicine be your food." From this viewpoint, *God's Way to Ultimate Health* becomes a textbook of traditional medicine. In my humble opinion, this book should be on every doctor's desk and serve as a primary reference to be used daily with patients.

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***In my humble opinion, this book should be on every doctor's desk and serve as a primary reference to be used daily with patients. – David Darbro, M.D.***

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The public wants us to lead them to safety. We physicians are to lead by example. Thus we must first heal ourselves and in so doing regain the right to be heard by others. So I urge you to engraft these principles into your own life, find that they work, and then confidently share them with your patients. And do not worry about losing business if all your patients become healthy. You will always be busy with new referrals if you teach people how to become healthy and maintain a state of wellness.

• A word to pastors:

Are you frustrated because the members of your congregation suffer from the same diseases as the world? Could it not be true that we must return to God's original diet for mankind in order to radically decrease the concentration of destructive man-made poisons in our food chain in order to regain our health? These bodies we live in were not designed for foods saturated with preservatives, antibiotics, artificial flavors, chemical fertilizers, pesticides, hormones and other hazardous chemicals. Nor were we designed for foods whose molecular structure has been ruined by irradiation, microwave cooking, deep frying or scalding high temperatures. As if that weren't enough, we were also not designed for foods containing refined sugar, chemicalized salt, and the excessive fat and protein from the flesh of animals. Our bodies were designed for a simpler fare of live foods given to us by our Creator.

The bottom line is: OUR DIET IS KILLING US! Many of those who follow Christ say with their lips that they bend the knee to Christ in the spiritual realm. But do they really,

if they persist in polluting these magnificent bodies with what we know is harmful? Are we not guilty of wrongdoing and hypocrisy if we knowingly put dead, refined, man-made garbage into our body – the temple of God – which is not our own but was "bought with a price?"

These bodies are the dwelling place of that which is sacred and must not be defiled. We are made in the image of God and we must care for these bodies in reverence to our Creator. The Christian of today must show the world that we honor God by eating natural foods as they are provided by God, rather than gorging ourselves with man-made, adulterated junk food, so we can live an abundant, wholesome, productive and disease-free life. Rather than bringing glory to the name of Christ, church potluck dinners full of artificial, dead, refined food, soda pop and coffee bring only paunchy, overweight bellies, disease and drug addiction. (Yes preacher, the caffeine in coffee and soft drinks served at your church is a "drug" and anyone who has to have it every day is an "addict.")

I beseech you, pastor, read this book and consider well these truths. We can throw

off the shackles which so easily beset us. Your ministry can be a living example of encouragement to your pastorate as your ideal

waist size reveals the fruits of your commitment to loving obedience.

It matters not whether you are a doctor, a pastor, a lawyer, a maintenance engineer, a common laborer or a housewife. You are responsible for your own health status. Regardless of your occupation, your health depends on whether you are obedient to natural law or whether you violate it. I urge you to learn God's natural laws for health and apply them in your life so these natural laws can benefit you with the blessings of health, high spirits and longevity rather than allowing these natural laws to make you downcast with sickness, disabilities and a premature death. The scriptural references in this book will help you to better understand the value of the foods created by our Creator to nourish our bodies. And you will see the personal testimonials and the scientific evidence to give even more support that God's original diet for mankind, specified in Genesis 1:29, does indeed work! Take this advice seriously by applying these principles to your life so that healthful living can be yours. Much expense, anguish and suffering can be avoided if you do.

May *God's Way to Ultimate Health* provide you with the key to a fascinating new way of life that can unlock your personal doorway to health.

Dr. David A. Darbro, M.D.  
Indianapolis, Indiana  
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*God's Way to Ultimate Health*, 280 pages, published by Hallelujah Acres, is now available for \$16.95. To order, see page 19.