

# 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 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 11th 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, junk food, etc., and switch to a vegetarian diet of mainly raw foods was not a popular position. In those early years of the 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, *Back to the Garden* newsletters, video and audio tapes, radio and television appearances, and *Back to the Garden* Health Ministries (see page 16). People involved in this exciting 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.

Dr. Malkmus' second book, *God's Way to Ultimate Health*, published in 1995, is the most complete compilation of information we have ever seen on how to maintain or regain your health in accordance with God's natural laws.

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 reaching the whole world with the knowledge and message, "YOU DON'T HAVE TO BE SICK!!!"

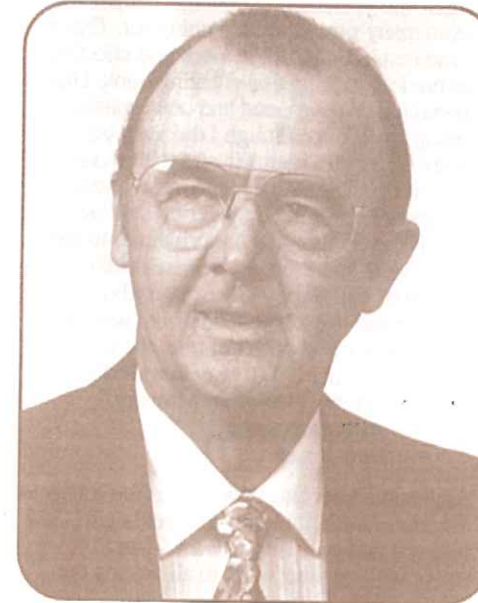
# Back to the Garden

Winter/Spring 1996  
Issue No. 13

Teaching Health from a Biblical Perspective

\$3.00

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The health testimonial of Dr. J.C. House, Evangelist, is featured on page 12, along with a foreword he wrote for *God's Way to Ultimate Health*. Dr. House, of Joshua, Texas, has been on the Hallelujah Diet since May 1994, and is now in perfect health at age 61. When he began the Hallelujah Diet, Dr. House was taking \$200 in prescriptions a month and found it difficult to maintain his schedule of 55 evangelistic meetings a year. Since starting this diet, Dr. House has been off all medication and has lost 54 pounds. With his renewed health, Dr. House now combines the Gospel message with our message of health in his evangelistic meetings around the world. In his foreword, Dr. House writes: "This book, *God's Way to Ultimate Health*, is the most complete treatise on the subject of Biblical Nutrition I have had the privilege of reading. I consider it must reading for any concerned person in today's society."

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## Drugs: A Killer of Mankind

By Dr. George H. Malkmus

**I**n the Bible, in the Book of Revelation Chapter 18 and verse 23, we are told, "... *for by thy sorceries (drugs) were all nations deceived.*"

The Biblical word for sorceries comes from the Greek word, phar-ma-kia, which in today's English would be translated as *drugs*.

Drugs are a topic we are hearing more and more of as we are about to enter into the 21st Century. But the word "drugs" often means different things to different people.

If you were to ask many people, "What is a drug?" you would probably receive a variety of answers. Some might answer that drugs are harmful, addictive, substances such as alcohol, nicotine, cocaine, marijuana, or the like. Others might say drugs are good substances that doctors prescribe and that can be purchased in a drug store that are supposed to take away our physical problems, such as headaches, high blood pressure, etc.

But for most people, the word "drugs" has a negative connotation. Public opinion polls show that a large percentage of Americans cite drugs as one of the most destructive problems facing our country today. Strangely enough, it is not uncommon for people to discuss the terrible influence of drugs on our society as they gather for coffee, light up

a cigarette, pick up a prescription or bring home some colas for their children.

Sadly, drugs have become such a pervasive influence in our society today that most Americans take drugs every day, and many do not even realize they are addicted to drugs. So, we need to ask, what is a DRUG anyway? As we turn to Webster's Dictionary, we find several definitions: "A *substance used in ... chemical operations; a substance used as a medicine ... a substance other than food intended to affect the structure or function of the body ... a substance that causes addiction.*"

**Drugs have become such a pervasive influence in our society that most Americans take drugs every day, and many do not even realize they are addicted to drugs.**

Most people think in terms of "good drugs" and "bad drugs," but after further analysis we will see that all drugs have a negative impact on the human body. All drugs could be divided into three categories, based on their intended purpose and their level of social acceptability. As we do, we will see there are fine lines separating these three wide-ranging categories, and that all drugs are sorceries by which our nation has been badly deceived. These categories include:

1) **Drugs used for intoxication.** Most of these are illegal and not socially accepted. Alcohol is a notable exception because it is a

*Continued – Please see page 5*

Dr. George Malkmus and Rhonda are seen here at a recent training session of *Back to the Garden* Health Ministers.

More than 40 people from all over the United States and other countries come to our farm in Eidson, Tennessee every two months for this three-day training session. These Health Ministers can then share the message of health in their communities.



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

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From the Mailbag

"You spoke a revelatory word concerning our health and our diet for which I express appreciation on behalf of the Rotary Club of Morristown. Your word could also be considered revolutionary as it calls into account the food processing and health care industries in America. You spoke the words of wisdom and offered us a challenge which, hopefully, we will consider and make the changes needed for our good health. Without doubt your message is one of the most challenging presentations we have ever had at our Rotary Club. We welcome your return as a guest or program presenter..."

Attorney J. Randall Shelton,  
Tennessee

"I have been on Barley Green since the 1st day of February and I feel like a new person. My blood pressure has gone down from 144 to 121 in one month. Don't have indigestion like I used to ... I was taking something almost every day before I started on this program. I had gotten to where if I walked a mile I was give out. Now I walk two miles 5 days a week and come home feeling like doing something else. Have lost 25 pounds ... oh I forgot to tell you I am 73 years old. My arthritis is better, but am still having back problem ... I have a Champion Juicer and really do like the juices - especially carrot. I am sleeping better and have more energy than I have had in a long, long time. I know my friends wish I would be quiet about my new way of eating ... Oh yes, my eyes are better too. I have given up tea and coffee and I really liked my tea and coffee "ha"...and I am off all my medications. I was taking 2 dyside a day to keep fluid from around

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Editor: Michael Dye

Subscriptions are free!  
Just send us your name & address.

The nutritional and health information in this newsletter is based on the teachings of God's Holy Word - the Bible, as well as personal experiences and research. We do not offer medical advice or prescribe the use of diet as a form of treatment for sickness without the approval of a health professional.

Because there is always some risk involved when changing diet and lifestyles, we are not responsible for any adverse effects or consequences that might result. Please do not apply the information in this publication if you are not willing to assume the risk.

If you do use the information contained in this newsletter without the approval of a health professional, you are prescribing for yourself, which is your constitutional right, but the editor and publisher assume no responsibility.

my heart. I was having problems with breathing and that was the main reason I started on your program and that is much better. Well, I just wanted to thank you for what you are doing for people. Wish more people would give this a try!"

Opal Burrough,  
Tennessee

"Dear Rev. Malkmus: Your outstanding publication, *Back to the Garden*, is truly a blessing. ... With prescription drugs killing an estimated 140,000 Americans and hospitalizing 2,000,000 more each year, it is not surprising that a rapidly increasing number of Americans are turning to *alternative* health and healing care - Back to God's Garden! May all the blessings of the Lord Jesus Christ be with you and yours,"

Col. H. Speed Wilson, USMC (Ret.),  
Ohio

"Thank you so very much for allowing me to come to the Training Seminar last week. I greatly appreciate your kindness. It's a great joy to learn the Ideal Health Diet - I Corinthians 10:31. This is what I have been searching for in my four-year health search."

Pastor David Hoffman,  
Bible Baptist Church,  
Rensselaer, Indiana

"Dear Brother George and Sister Rhonda ... I have been challenged on my back for 15 years by a skin cancer that progressively grew worse. After hearing your testimony and changing my diet to mostly raw foods, carrot juice, Barley Green ... and doing various herbal cleansings of my colon ... I began to see the raw bleeding place on my back begin to shrink, grow new skin and heal. It is 95% gone now. Praise our Lord Jesus Christ! ... Thank you for being a part of my recovery and for sharing God's Word about our body's health."

Peter Ritchie,  
Tennessee

"I wanted to drop you a line in regards to your book *Why Christians Get Sick*. It was excellent - a true revelation of common sense, back to nature living ... I too feel that the human race is slowly and systematically killing itself by trying to out-smart God ... I also had a major health problem in 1992. I was 42 years old and suffered a brain hemorrhage. I had so much brain swelling that it should have killed me or caused permanent damage. But by the grace of God, I am writing you with all my faculties. Even the doctors were baffled by my recovery. I had lost my sight and was temporarily paralyzed ... The medical community in this country is, in my opinion, causing a legalized genocide simply by not informing the public and using insane and unethical methods of treating disease ... I don't know how that can be changed until people start to take charge of their own health and use good preventive practices ... Wholistic and natural healing must be encouraged while books like yours must be distributed to more people, Christian and non-Christian. God's will must prevail! For if man continues on his present course, I see even worse health problems in the near future - especially for young people ... May God continue to bless you, so that your message will be heard around the world."

Anthony Muolo,  
New York

"Dear Rev. Malkmus...I just finished your book *Why Christians Get Sick*. It is superb!! And how badly needed by the world! ... I am so excited after reading your book that I feel a sense of urgency to spread the 'Gospel' that you have shared ...May God bless you for your wonderful endeavors."

Daniel A. Hayford,  
Florida

"Let me start by saying that your new book *God's Way to Ultimate Health* is simply terrific! The cover is especially beautiful and so attractive! But more importantly, the content is so well written and presented. It contains the answer that so many people are searching for. Thank you so much for all of the work and effort that was put into making this amazing book. I had ordered it a year ago, and had been waiting and waiting for it. Even though I did get a bit impatient, may I say that it was well worth the wait!! Secondly, my husband and I have been so impressed by your discoveries, that we have already started applying the principles to our eating habits and lifestyle. We are drinking carrot juice and Barley Green everyday and are feeling great! We are so thankful to see our bodies healthy and problem-free, the way God intended us to be! ... We pray that God will continue to richly bless your Ministry."

Barbara Somers,  
New Jersey

"Appreciate your fine new book, *God's Way to Ultimate Health*. It is truly Heaven's gift! God bless you and your divine work. I am recommending your work to all around me..."

Jack Tropp,  
(Author of *Cancer: A Healing Crisis*)  
California

"You and Rhonda and Michael have done an incredible job in describing God's Way to Ultimate Health and motivating your readers to join your healthful program. Hallelujah for your hard work and divine inspiration ... You are such an inspiration to all health seekers! Blessings on you and your precious ministry!"

Julie Seward,  
Tennessee

"Thank you so much for all the great work you do each and every day. I ordered your new book (*God's Way to Ultimate Health*) early, but now have to order another for my sister-in-law. She always has tried to feed her family healthfully and naturally, but after glancing through your book on their vacation started to realize how far from nature and God's way she was. I really enjoy reading *Back to the Garden* from cover to cover. I particularly enjoyed reading your article 'Raising Healthy Children - God's Way.' I have 3 children ages 13, 11 and 8. We all drink Barley Green and carrot juice daily...I do see my children healthier because of the better diet and hope that as they grow up and have children of their own, will realize the importance of a total healthful diet ... Thank you again for a great ministry. You have really touched our lives, and I pass the word to anyone who will listen."

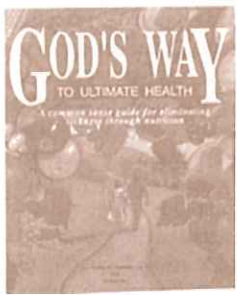
Danna Malnati,  
Tennessee

Mailbag Continued - Please see page 4

Back to the Garden

Some Healthy Gift Suggestions

We have put together a few suggestions for those of you who may be looking for some very special gift ideas. A gift of health is a special gift because not only can it last a lifetime, but it can even help make that lifetime last a little longer. Two of the items listed here are new, including the wonderful Rick Foster video featuring beautiful classical guitar, Christian family values and healthy lifestyle. The music and the message is guaranteed to touch your heart.



If you are looking to give a gift that can change someone's life, the healthful information in one of these books may be the best place to start. *God's Way to Ultimate Health* by Dr. George Malkmus with Michael Dye and Rev. Malkmus' first book, *Why Christians Get Sick*, are excellent starting points for a Christian wanting to make the transition to a healthier lifestyle. See page 20 for more on these books.

Four very helpful items we have found in pursuing a h are a *juicer*, *water distiller*, *food dehydrator* and *mini-h* all make great gift ideas. Fresh vegetable juice provides the quickest and most efficient means of getting live nutrients to your cellular level. A distiller produces the purest water that can be found on earth, and a dehydrator is the best way ever developed to preserve your garden harvest or any fresh produce you find in season. And when the weather is too bad to go out walking or jogging, a mini-trampoline is our favorite option for an indoor aerobic workout. See page 21 for more information on juicers and distillers, and page 22 for more on the dehydrator and Proounder mini-trampoline.



Proounder Mini-trampoline

Recently, while on a speaking tour of the Northwest, I had the privilege of meeting and staying in the home of Rick and Wendy Foster. Rick, along with his lovely wife and two children, live in the mountains of Oregon, have a large organic garden, eat a predominantly raw vegetable and fruit diet, home school their children and love and serve the Lord Jesus. Their family relationships, rural setting, diet and lifestyle, and testimony was a real encouragement and inspiration to both Rhonda and myself. Rick is a strong advocate of Hallelujah Acres and promotes this ministry in all of his meetings.



Rick Foster

Rick is also a classical guitarist par excellence! Chet Atkins states, "Rick Foster is one of my favorite players." Well, the reason I am telling you all this is that Rick and his family have put together an 80-minute video titled *Rick Foster at Home With the Guitar*. It is a classic and one that I believe would be loved by all those who appreciate our efforts to get people Back to the Garden. You will watch it again and again and want to purchase it as a gift for others. No video I have ever watched has inspired me as much as this one. I cannot recommend it highly enough!

#805 - **AT HOME WITH THE GUITAR VIDEO** Filled with gardens, guitars, flowers and fun, *At Home With the Guitar* blends live solo classical guitar performances with Christian family values and a nearly vanished mode of American rural life. Set against a backdrop of country living in the mountains of Southern Oregon, Rick and his family work, play and enjoy the bounties of God's creation. In this musical celebration of nature and family you are invited to sit back, catch your breath and enjoy a peaceful 80 minutes of beautiful scenery and some of the prettiest guitar playing this side of heaven. (80 min., \$19.95)

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

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

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

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



Dehydration is the most nutritious way of preserving food. With proper temperature and air-flow, fruits, vegetables and herbs can be dried so that enzymes and other nutrients are kept intact. To maintain the highest possible level of nutrition, you must ensure that the heat does not rise high enough to destroy the enzymes that are in the living, raw food. So, the challenge is to ensure you have a dehydrator that allows sufficient control over the temperature and air-flow of the various foods that can be preserved. The PressAIREizer is the first food dehydrator we have seen that has both an adjustable solid-state thermostat for temperature and adjustable air-flow. The PressAIREizer comes with eight stackable trays, eight easy-clean screens and eight fruit roll-up sheets. Additional trays can be purchased, and the expandable capacity of the PressAIREizer allows it to be used with anywhere from one to 35 stacked trays. In addition to being the most nutritious means of preserving foods, dehydration is also simpler, cheaper and less bulky than canning or freezing. It's a great way of making the most out of your garden harvest or practically any fruits, vegetables and herbs you are able to find in season. Dried apples, bananas, pineapples, apricots and fruit rolls make great snacks that are convenient to take anywhere. Dried tomatoes, onions, herbs, etc. are great for those winter soup recipes.

#580 - **PressAIREizer DEHYDRATOR** (\$249.50 including shipping)

#581 - **PressAIREizer ADDITIONAL TRAYS** are sold for \$12.95

#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 TOOTHPASTE** - A natural dentifrice with Australian Tea Tree Oil & essential oil of mint. It's great for soothing sore gums. (3 oz. tube, \$3.95)

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

#421 - **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)

#721 - **CRYSTAL DEODORANT STONES** are safe and effective for everyone in the family. 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 fits into a push-up container. (\$9.95)

#701-712 - **CREATION SOAPS** are handmade using only 100% natural ingredients, including organically-grown herbs and cold-pressed herbal extracts, so the natural proteins and enzymes are not damaged by heat. Several different types, each \$3.45. Send S.A.S.E. for free brochure, or send \$10.00, plus shipping, for #714 - sample pack of three bars.

#601 - **PROBOUNDER** This high-quality mini-trampoline can offer one of the best indoor low-impact aerobic workouts ever devised. It's a great foul-weather alternative to walking or jogging. Includes a 40-inch diameter heavy-duty metal frame, six spring-loaded legs (removable for easy storage) and it folds in half to fit into its own carrying bag. (\$199.00)

#330 - **THE NEW MIRACLES OF REBOUND EXERCISE** by Albert Earl Carter details medical and scientific research showing the amazing benefits of rebound exercise. Data in this book has been confirmed by NASA, the U.S. Air Force, Dr. Kenneth Cooper's Institute of Aerobics and Hong Kong University. (170 pages, \$9.95)

#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)

#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)

#802 - **DIET FOR A NEW AMERICA VIDEO** 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. (60 min., \$19.95)

#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)

#308 - **DON'T DRINK YOUR MILK!** by Frank A. Oski, M.D. presents frightening medical facts about this over-rated nutrient. Dr. Oski concludes: "Perhaps when the public is educated as to the hazards of milk only calves will be left to drink the real thing. Only calves should drink the real thing." Dr. Oski is Director, Departments of Pediatrics, Johns Hopkins University School of Medicine and Physician-in-Chief, the Johns Hopkins Children's Center. (92 pages \$7.95)

#315 - **THE COOKBOOK FOR PEOPLE WHO LOVE ANIMALS** offers 300 + totally vegetarian recipes, without the meat, eggs, dairy, sugar and cholesterol that have been conclusively linked to heart disease, cancer, diabetes, arthritis, etc. **Our best-selling recipe book!** (Paperback \$9.95)

#305 - **HOW TO GROW MORE VEGETABLES** by John Jeavons. 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 \$16.95)

#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!** (\$16.95)

Paperbacks by Dr. Norman W. Walker

#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. (\$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. (\$5.95)

#335 - **THE NATURAL WAY TO VIBRANT HEALTH** (\$5.95)

#336 - **VEGETARIAN GUIDE TO DIET & SALAD** (\$5.95)

#337 - **COLON HEALTH: THE KEY TO A VIBRANT LIFE** (\$5.95)

#338 - **NATURAL WEIGHT CONTROL** (\$5.95)

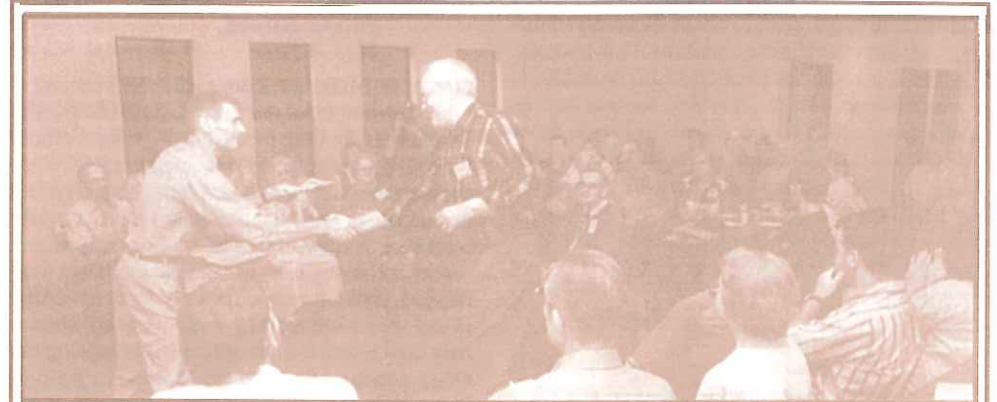
#340 - **WATER CAN UNDERMINE YOUR HEALTH** (\$5.95)

# What's Happening at Hallelujah Acres

*The Lord has done great things for us and we are glad!* With the Lord's guiding hand, a lot of hard work and an ever-increasing number of people helping and encouraging us, we have seen this go from nothing to a world-wide ministry in only a few short years. As someone shared with me the other day: "It is a ministry who's time has come as people find themselves getting sicker and sicker while at the same time spending more and more money on modalities that not only don't make them well, but often makes them even sicker."

*Back to the Garden is still free!*

*Back to the Garden will continue to be a free publication!* We announced in Issue #12 that we were going to begin charging a \$10 annual subscription fee. This decision was made because after nearly three years, the cost of sending out an ever-increasing number of free copies of this publication (45,000 for the first printing of this issue) was getting so high that we didn't see how we could continue on indefinitely as a free publication. Since that time, we have obtained nonprofit tax-exempt status, reconsidered our options and have reversed our decision on paid subscriptions. In making this decision, we hope that increased donations due to our tax-exempt status will allow us to continue sending this publication out free to those of our readers who let us know they do want to continue receiving *Back to the Garden* as a free publication. As a ministry, we realize a free circulation is the best way to continue making major strides toward our goal of reaching the entire world with the message: "You don't have to be sick!" This message of health is badly needed in the sick world in which we live, and we are reminded every day that this message is helping to literally save people's lives. With this issue, we have expanded to 24 pages to include even more helpful information. The cost of printing and circulating 45,000 free copies of a 24-page publication is tremendous. To enable us to increase the size and content of *Back to the Garden* and continue expanding our free circulation, the one sacrifice we must make is our frequency of publication. This is the Winter/Spring 1996 issue and we will publish twice a year. Going from a quarterly to a bi-annual publishing schedule will reduce our printing and mailing costs while allowing us to maintain our high circulation. And it will give us time to work on other badly-needed projects, such as a cook book, several videos and other books. Meanwhile, *Back to the Garden* will continue as a free publication to our readers who let us know they want to remain on our free mailing list. We will continue sending *Back to the Garden* out free to anyone we have heard from in the past year in the form of an order, a card, letter or survey response. Survey response? Yes, we have a readership survey on page 14. Sending in a response to this survey is one way of letting us hear from you so we know you



Dr. Aubrey M. Worrell, Jr., M.D. receives his certificate as a Back to the Garden Health Minister from Dr. George Malkmus at the close of our September training session. Dr. Worrell, of Pine Bluff, Arkansas, said he concluded long ago that "patients who weren't cured must lack some life vitality. Then three weeks ago I read *God's Way to Ultimate Health*. I think I've found the answer just from reading *God's Way to Ultimate Health* and *Why Christians Get Sick*. There is a life force present in live foods that is not present in dead, cooked foods."

want to continue receiving a free subscription to *Back to the Garden*. The very first question on this survey is: "Do you wish to continue receiving a free subscription to *Back to the Garden*?" It's that easy.

### New Book Tremendous Success

Our new book, *God's Way to Ultimate Health*, has been a tremendous hit since it came off the press. Our first printing of 10,000 copies was sold out in approximately seven weeks and we are well into the second printing. We have already received thousands of testimonials from people telling how the information in this new book has helped them or even saved their lives. Many are buying the book by the case lots to give to family and friends. The second printing of *God's Way to Ultimate Health* includes an index. Our first book, *Why Christians Get Sick*, also is continuing to sell very well, with over 100,000 copies now in print.

### Our Staff Continues to Grow

We have recently added two new full-time staff here at the Farm. Kathy Weems joined us in October to assist on the phones. Olin Idol, one of our Health Ministers, has just come on board to work primarily as Dr. Malkmus' assistant, to lighten his load. We welcome these new people to our dedicated staff, which is working extremely hard to keep up with the needs of this rapidly growing ministry.

### Non-Profit Status

We are thrilled to be able to report that we have recently been able to obtain a non-profit status through the American Evangelistic Association, which was founded by Dr. John Douglas in the 1940s. We have received our charter and those who wish to give gifts to this ministry can now do so as a tax exempt donation. With this exemption and the contributions people send in, we will be able to share the health message with ever more people. Our goal is that the whole world may one day know that "You don't have to be sick!"

### Health Ministry

The number of people contacting us for information and becoming a part of Back to the Garden Health Ministries continues to grow at an ever more rapid pace. We now have almost 200 trained Health Ministers spread out over the entire United States plus Canada, Hawaii and Puerto Rico. The number of professional health people joining us is overwhelming. We have had seven medical doctors, 26 registered nurses, five chiropractic doctors, one dentist and one optometrist come for training here at the farm. Dozens of pastors, evangelists and missionaries have also become Health Ministers. See page 16.

### Outreach

During the Summer and early Fall of 1995, Dr. Malkmus (often with Rhonda) held seminars in Morristown, TN; Algona, IA; Union City, MI; Walkertown, NC; Lindale, TX; Jackson, MS; Fresno, CA; Canyonville & Portland, OR; Grandview, WA; Atlanta, GA; Columbia and Nashville, TN; Cooks Forest State Park, PA; Little Hocking, Kidron, Masslin, Berlin, Proctorville, and Cincinnati, OH; and Renselaer, IN. There were several television appearances, almost weekly radio interviews, along with monthly seminars here at the farm.

Mail order is how we support this ministry. We can't begin to tell you how much we appreciate those who continue to purchase from us month after month and thus help this ministry to continue to grow.

Please continue to remember us in your prayers! With the ministry continuing to grow extremely rapidly, we need much wisdom for the decisions that need to be made daily. 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 of you as you stand with us in our efforts to proclaim to the world "You don't have to be sick!!!"



## From the Mailbag

Continued from Page 2

"My family and I recently obtained a copy of the video on How to Eliminate Sickness. I can honestly say that it is the most exciting video on health I have ever seen. I know what Rev. George says is true ... It has really changed the way I think about what food I put into my body. I am 17 years old and have been a vegetarian for many years, but not until recently have I realized the harmful effects of cooked foods. I have just completed high school and have a strong desire to enter the health field if it is the Lord's will. I would like to receive information on your ministry..."

Ryan Bunnell,  
California

"I have recently been introduced to your work through a friend ... You have struck a responsive chord in many people. Where others have failed to get a grassroots movement going, you have succeeded. I want to be a part of this movement..."

Chaplain Marcus Rackley,  
Missouri

"I am 'on fire' to spread your wonderful health message to the world! Please send me literature regarding the seminars you will be presenting at Hallelujah Acres ... I have been on the diet for only two weeks and feel marvelous. I had no intention of losing weight for I don't have a weight problem but I have lost 5 pounds! My abdomen is now flat as a board and I feel 20 years younger! I am recovering from a broken elbow and my doctor is amazed at the speed of my recovery..."

Barbara Davis,  
California

"Dear Rev. Malkmus, You and I have never met, but I have followed and admired your work for quite some time, and I consider us to be allies in the same cause. I want to congratulate you for your accomplishments and I wish you many more ... I thank you for inspiring me as you have inspired others."

Dr. Ralph Cinque, D.C.  
Texas

"Your ministry is a blessing to me. I have read your book (*Why Christians Get Sick*) twice and seen a lecture on video. Jesus Christ be praised that you are there. May he continue to use you in a mighty way to get His people back to right treatment of the body..."

Gray Clark, Church of Israel,  
Missouri

"I am a 28 year-old African-American woman with an intense desire to preach the gospel of Health to other African-Americans in the Body of Christ. I have given up animal proteins and ... have always been an exercise buff. Sadly though, my African/American brothers and sisters scoff at my dedication to the health of God's temple. They eat their meat and trash in defiance of God's Word and actually believe that I am depriving myself...May God bless you richly for the life-giving work you are doing for the Body of Christ."

Sonja Wilson,  
South Carolina

"Thank you so much for writing *Why Christians Get Sick*. I wish more pastors would take a stand on the 'food issue!...'"

Sheri Cook,  
California

"Dear Rev. Malkmus, I think your books *Why Christians Get Sick* and *God's Way to Ultimate Health* are revolutionary. I say this even though the Bible has taught diet for thousands of years..."

Charles Kowitz,  
New Mexico

"Dear Dr. Malkmus, I am a minister like you with a calling from our Lord to help His people. I have been an Ordained Deacon in the Catholic Church for seven years now with a ministry of praying for people with problems both physical and spiritual. Over the past year I have prayed with several members of our community with cancer, believing God would heal them, but they all died a painful death. The only thing I can say is that they were at peace with the Lord when they died which is a blessing. I started asking the same questions that you wrote about in your book 'Why do Christians die with cancer and other problems?' Several months ago I started praying that God would teach me the proper way to eat for I was always tired and overweight with high blood pressure. It did not take long for some one at work to get me started on Barley Green and hand me your book. I now have more energy than I know what to do with but I am sure God will find some use for it very soon. Your book (*Why Christians Get Sick*) started giving me the answers that I have been looking for over the past several years as to why Christians die with cancer and other problems. I now believe that the Lord is leading me not only to pray for healing but to teach them how the body that God created can heal itself with the proper food. I have made a commitment that I will not sit back and watch friends die of cancer without passing along God's Way to health. This new ministry is burning in my heart, but I need more training so I can give the correct information. PLEASE SEND ME YOUR HEALTH MINISTRY PACKET. I want to attend the training as soon as possible. This is a life or death situation and the Lord is not going to let me sit back any longer..."

Deacon Robert C. Keller,  
Texas

"Dear Rev. Malkmus: I am truly one of your biggest fans and praise God for your ministry! *Back to the Garden* is probably the best publication on nutrition from a Biblical standpoint and it's wonderful to see Christians finally coming around to realize that God does want us to walk in divine health. I have a ministry of teaching people about nutrition, also, and use a lot of your materials in my teaching..."

Peggy Turner,  
Georgia

"...Remember, when Peter preached the Gospel and three thousand souls were saved the political and high religious system of that day said nothing, but when the lame man at the gate called Beautiful was healed, the council of churches and all the senate (politicians) united against the men of God, threatened, and tried to stop their message of deliverance. Look how the state medical review boards of our day are already revoking licenses and threatening those who have turned to alternative medicine and therapy. No doubt they fear the effectiveness of God's way to health and healing as did the council of Pharisees in John 11:47-48, who feared that Rome would come and take away their place and nation if Jesus, who had raised Lazarus and

healed the sick was not stopped. The first commission Jesus gave was to heal the sick and the last commission he gave was to heal the sick. I believe as more and more people become aware of God's Biblical teaching on health and healing and see it in action, that those who oppose the truth will be forced to unite against and try to silence the true believers, and at that time our Lord will stand with us in great power. You and Rhonda are in my prayers as we watch God's Word unfold before us. Isn't it exciting to see Jesus Christ touching and healing bodies and souls just as He ever did..."

Peter T. Ritchie,  
Tennessee

"I have watched your video, *How to Eliminate Sickness*, three times. It is the most powerful message I have ever heard; just wonderful. I can't wait to start sharing it with my friends ... I sometimes feel like Noah when I try to talk to people of the dangers of eating animal product and they won't listen. I have had about two dozen people die of just cancer alone because they wouldn't listen or even watch a video or read some literature. But I keep going and trying as there are some who will listen. Your video will be of great help. God has chosen you to bring this message to the people and I will help do my share..."

Nancy Connelly,  
New York

"Rev. Malkmus, I am standing with you in prayer. God Bless You!..."  
Rev. Ralph L. Mitchell,  
North Carolina

"...Thank you again and again for the great blessing of your latest book *God's Way to Ultimate Health*, which I recently received ... May God prosper you in His Divine Health ... I am sharing it with many friends. We have all been healed in our body, mind and spirit thanks to Barley Green and diet change."

Rose Mary Reilly,  
North Carolina

"Dear Rev. Malkmus & Rhonda: I find myself looking forward to each issue (of *Back to the Garden*). Wish I had known about the value of raw foods and juices many years ago. I am a retired person from a wonderful profession of 'Optometry.' I have lost 24 pounds and feel great ... Thanks again, you are doing a great work for the human race - I can't speak enough praise for your Health Messages..."

Dr. Lillian W. Russo,  
Louisiana

"Thank you for your wonderful ministry...I first heard you on WOVK radio in Wheeling, West Virginia a few months ago, and what a Godsend this has been. I had a lady friend who was dying from vomiting and diarrhea and nothing would help her - neither medicine or prayer. So I gave her a jar of Barley Green and it has saved her life. For myself, the Barley Green has caused me to regain my health as it was 8 or 10 years ago. More energy, alert mind and I can eat anything, even a huge salad every day. I do the juicing and stay away from meat, fish & dairy products. What a difference this has made in the way I feel..."

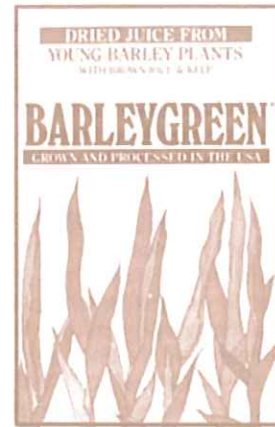
Imogene Wallace,  
West Virginia

*Mailbag Continued – Please see page 13*

*Back to the Garden*

## Barley Green, Herbal Fiberblend, etc. and books on these products

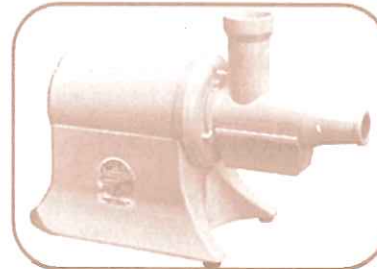
#400 – **BARLEY GREEN** is an organically grown, live food produced from the juice of young barley leaves. The juice is spray-dried in a vacuum at room temperature in two seconds, resulting in a bright green powder very rich in vitamins, minerals, live enzymes, chlorophyll and protein. Barley Green is 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, \$10.95)

#403 – **AIM HAND MIXER** is a small, battery-powered mixer that is perfect for mixing Barley Green, Herbal Fiberblend or any powder in liquid. Comes with carrying case. (\$5.95)

## Juicers & Distillers



#510 – **THE CHAMPION JUICER** This is a masticating juicer, which breaks up the cells and fibers of food, forcing its nutritional value into the juice. We do not recommend any juicer with a spinning basket because it only shreds the food, leaving much of the nutrients in the pulp. The

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

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

#515 – **CHAMPION JUICER REPLACEMENT BLADE** If you have put your Champion Juicer to good use over the years, you may notice its teeth getting a little dull. If carrots are becoming more difficult to push through your juicer, that is a sign of a dull blade. \$31.00. Other Champion replacement parts are available, including the strainer (#522) for \$5.00.

### Books on Juicing (all paperbacks)

#318 – **DRINK YOUR TROUBLES AWAY** by John Lust, \$4.95.

#319 – **MAKE YOUR JUICER YOUR DRUG STORE** by Dr. Laura Newman, \$4.95.

#320 – **JUICEMAN'S POWER OF JUICING** by Jay Kordich, \$5.50.

#321 – **THE JUICING BOOK** by Stephen Blaur, \$8.95.

#322 – **LIVE FOOD JUICES** by H.E. Kirschner, M.D., \$6.95.

#311 – **FRESH VEGETABLE & FRUIT JUICES** by Dr. Norman W. Walker, \$5.95. (For more book's by Dr. Walker, see page 22.)

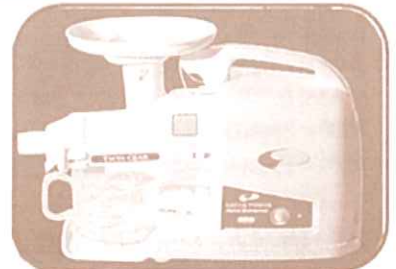
Winter 1995

#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)

#307 – **CLEANSING THE BODY AND THE COLON FOR A HAPPIER AND HEALTHIER YOU** by Teresa Schumacher. Everyone who eats food produces waste, some of which may remain on the colon wall. Mucus, which is secreted by all intestinal cells, can collect on the colon wall and accumulate and hold fecal matter. If your colon is clogged and coated with mucus, your body cannot function properly. A sluggish and toxic colon effects every part of the body. This book explains why it is so important to keep the colon clean, and how to do that by using Herbal Fiber Blend. (Paperback \$3.95)

#401 – **HERBAL FIBER BLEND** is the result of over 20 years of study and personal experiences of many users. This careful study and consideration has combined selected herbs and fiber for maximum contribution to the daily diet. Contains 18 different herbs in a psyllium base. Each herb is placed in the blend for a specific purpose (e.g. Shavegrass and Black Walnut hulls kill eggs of parasites and expels parasites; Pumpkin Seed is good for prostate problems; Licorice Root is a tonic for the intestinal tract, stimulating enzymes and peristaltic action; Slippery Elm coats the digestive tract and aids in healing inflammation, etc.) Comes in a 16-oz. container. **Rhonda and I use this product every day and highly recommend it!** (\$32.95)

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



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

#500 – **THE WATERWISE 5000 DISTILLER** Produces high-quality water by steam distillation. Kills bacteria, germs and removes foreign particles. Easy to use and easy to clean. Totally automatic – makes 1 gallon in 6 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 distillers.)

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

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

Three books on water we recommend are: #310 – **THE CHOICE IS CLEAR** by Dr. Allen Banik (\$2.50)

#339 – **THE SHOCKING TRUTH ABOUT WATER** by Paul Bragg (\$5.95)

#340 – **WATER CAN UNDERMINE YOUR HEALTH** by Dr. Walker (\$5.95)





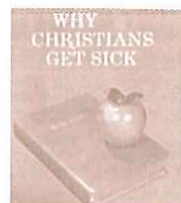
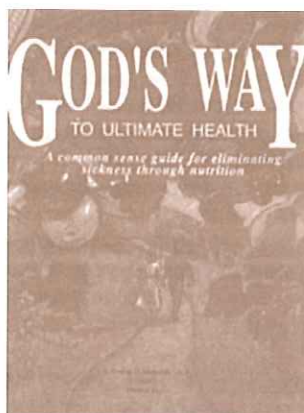
# HEALTH INFORMATION & PRODUCTS RECOMMENDED BY HALLELUJAH ACRES

Hallelujah Acres is a Ministry that we support through the sale of products we feel can help people live healthier lives. We will be printing 45,000 copies of this issue 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.

**Note: Please refer to the prices in this issue when making an order. Previously published prices will no longer be honored.**

## Books, Audios, Videos & Literature by Dr. George Malkmus

**#202 – GOD'S WAY TO ULTIMATE HEALTH** by Dr. 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 282 8 1/2 x 11-inch pages of vital information. There has never been a book like this put into print. (\$17.95)



**#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 11th printing. *Why Christians Get Sick* is written on a solid Biblical foundation with over 150 Bible verses. (Paperback, \$7.95)

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

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

**BACK TO THE GARDEN** Extra copies of current or back issues of this informative newsletter are available, so you can share this information in your ministry, health-related business, medical practice . . . or just to have extra copies for friends and family members. The cost of extra issues are: 1 - 11 copies – 1.00 ea.; 12 - 99 copies – \$.85 ea.; or 100 + copies – .65 ea., plus postage. All back issues include testimonials, letters from the mailbag and Recipes from Rhonda. The 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.

**#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 \$13.95)

**#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)

- #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 Dalson 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.
- #112 – Issue No. 12, Summer/Fall 95** "Raising Healthy Children – God's Way," "Creating a Baby on the Hallelujah Diet," Dangers of Cow's Milk, Foreword by Dr. David Darbro, M.D., to *God's Way to Ultimate Health*.

**#342 – DIET FOR A NEW WORLD** is the latest book by John Robbins, who has been called "the most eloquent and powerful spokesman in the country for a sane and sustainable future." *Diet for a New World* notes, "Today, a greater percentage of the human race is overweight than at any other time in history. Meanwhile, a greater percentage of the human race suffers from malnutrition than at any other time in recorded history. These two developments stem from a common source." This book includes a list of 124 substantive ideas of what you can do to improve the world, and states that reduction in meat consumption may be the most effective single action you can take. *Diet for a New World* helps one to understand how our food choices effect the world, and it offers 200 new recipes to help ensure this effect is a good one. Robbins also shows how advertising and commercially motivated educational programming shape our food choices and lead us toward disease. (Paperback, \$12.00)

## Drugs: A Killer of Mankind

Continued from page 1

legal intoxicant that is taxed, encouraged by advertising and socially accepted in many circles.

2) A second category could be called "grocery store drugs" because these drugs have become so much a part of our diet that many people view them as food items. They can be purchased at any supermarket or convenience store in America. These include tobacco products (with the addictive drug nicotine), coffee, colas and chocolate (which contain the addictive drug caffeine), and processed sugar, which is an addictive drug that can have very powerful affects on mood swings from hyperactivity to depression. (See page 8 for more on sugar.)

3) A third category would be **medical drugs**, which are supposed to relieve physical symptoms or help us to achieve a desired effect. There are thousands of drugs on the market available to treat practically every disease and

disorder you can think of. And of course, we have diet pills (drugs) to help us lose weight, sleeping pills (drugs) to help us sleep, stimulants (drugs) to keep us awake, and anti-depressants (drugs) that are supposed to put us in such a stupor that none of this will ever bother us again. There are new ones on the market every year. Some of these drugs are prescribed by doctors and others can be bought over the counter. When we include colas, coffee, prescriptions, over-the-counter medications and pain-killers, it would be shocking for most Americans to do an honest count of how many different drugs they consume.

Dividing drugs into different categories can allow many people to justify their drugs as "good," while they label other drugs as "bad." But under careful analysis, these three categories break down, as does the distinction between "good" and "bad" drugs. Any doctor or hard-core drug addict can tell you that many drugs prescribed by the medical profession are among the most powerful forms of intoxication and mood altering that can be found anywhere. It is not uncommon to become addicted or suffer severe side-effects, or even death, from drugs prescribed by a physician. Dozens of medical drugs – ranging from pain-killers such as morphine and demerol to stimulants ("speed") and anti-depressants ("downers") – are sold on the street as illegal drugs. Is it "bad" when drug addicts are buying morphine on the street from drug dealers, but "good" when other people are having the same drug prescribed to them by medical doctors? And is it "bad" when addicts buy amphetamines (speed) on the street, but "good" when people who may be equally addicted acquire their stimulants by prescription or from coffee and colas?

And speaking of addiction, U.S. government studies have found cigarettes are six times as addictive as heroine. (That means that a heroine addict is six times more likely to

be able to quit that drug than a smoker is able to kick the cigarette habit.) The cigarette industry is one of several examples of how merchants with a financial motive have the power to lead millions of people to become addicted to their drug, which practically guarantees the sellers of that drug will have a "repeat customer" for life. Cigarettes were once handed out for free. Our government cooperated by allowing free cigarettes to be part of the G.I. rations in World War II. That's not allowed any more, but pharmaceutical companies use the same strategy today by giving free samples of their drugs to medical doctors to dispense to their patients. (They also give financial incentives to doctors who prescribe their drugs.)

And what about the morality of a company that gets pre-schoolers to identify with a cartoon figure like Joe Camel? Or the logic of a drink with a whole paragraph of artificial chemical ingredients being called "The Real Thing?" Most colas have more caffeine than coffee and up to 11 teaspoons of sugar. When

***"The disturbing message," says Dr. David Himmelstein, of Harvard Medical School, is that 25% of the USA's elderly are getting "drugs that are likely to do them more harm than good."***

merchants market a drink containing a stimulant such as caffeine, known to be an addictive drug, along with sugar that rots our teeth and robs calcium from our bones, we are being deceived even by calling this a "soft drink." How many people have even considered how outrageous it is to call something "soft" when it rots our teeth, destroys our immune system and is addictive? I have even seen young mothers putting cola into baby bottles for their infants! We are being deceived if we believe a product is safe just because it is advertised on television, endorsed by a famous star or prescribed by a physician.

Whether we are talking about illegal hard-core drugs, alcohol, tobacco, colas or pharmaceuticals, some of the most underhanded methods ever seen are used to get people to try drugs. From the cocaine cartels in Colombia to ad agencies and lobbyists in the halls of our U.S. Congress, merchants who profit from the sale of drugs are backed by some of the most powerful and manipulative forces in the human race. Drugs are big business, so powerful and manipulative organizations are necessary to ensure the profits of these merchants continue to grow.

What does the Bible say about these merchants and their deceptions? We began with a brief excerpt from Revelation 18:23. The Book of Revelation was written around A.D. 96, long before the modern era of Colombian drug cartels, multi-national corporations along with their slick ad agencies and Congressional lobbyists, but Chapter 18 contains several references to the "merchants of the earth who are waxed rich through the abundance of her delicacies." (18:3). Revelation 18:23 clearly states that it is the "merchants" who have led all nations to be deceived: *"And the light of a candle shall shine no more at all in thee; and the voice of*

*the bridegroom and of the bride shall be heard no more at all in thee: for thy merchants were the great men of the earth; for by thy sorceries (drugs) were all nations deceived."*

So, how badly have we been deceived by these merchants and their drugs? An overwhelming majority of Americans agree that illegal drugs are bad, and most would now also say the same about alcohol and tobacco. And we are gradually becoming more educated about the evils of caffeine and sugar.

But drugs prescribed by a medical doctor continue to have an aura of respectability. After all, they are approved, prescribed and dispensed by the medical profession for the public's well-being. So, there are millions of Americans who have the good sense to avoid intoxicants (legal or otherwise), and who are smart enough to not smoke cigarettes, and who may even avoid colas and candy bars ... *but they still think they are safe in going the drug route as long as it is prescribed by their physician!* Yet, even these people have been

deceived by drug-selling merchants! The front page of the January 9, 1995 issue of U.S. News and World Report in big, bold letters

proclaimed **"DRUG ALERT!"** With the following in less bold print: *"What your doctor may not know: The undisclosed side effects of some prescription drugs could hurt or even kill you."* Inside this magazine on page 50 we read *"2 million hospitalized and 140,000 die each year from prescription drugs."*

In a front page story in *USA TODAY* under a bold heading **"Prescribing Harm,"** we read: *"37% of people older than 60 are taking five or more drugs and 19% seven or more ... Among older patients given three or more prescriptions upon leaving a hospital, 88% had one or more problems; of those, 22% suffered potentially serious or life-threatening problems."*

"The disturbing message," says Dr. David Himmelstein, of Harvard Medical School, is that 25% of the USA's elderly are getting "drugs that are likely to do them more harm than good." The *USA Today* article also quotes Dr. Sidney Wolfe of Public Citizen Health Research Group as saying "young and old are being given the wrong doses and the wrong combinations." The article adds: "16,000 car crashes a year are due to adverse (drug) reactions ... 61,000 people suffer drug-induced Parkinson's symptoms ... 41,000 people a year are hospitalized for ulcers caused by drugs ..." The article provides many more incredible statistics describing the devastating side effects from drugs prescribed by doctors.

As we turn from these horrible headlines at the close of the 20th Century, let's go back to the Bible, God's instructional manual for mankind. It is written *"for I am fearfully and wonderfully made..."* (Psalm 139:14). As we turn to the very first verse of the Bible we read: *"In the beginning God created the heaven*

**Continued – Please see next page**



Drugs: A Killer of Mankind  
Continued from page 5

and the earth.” (Genesis 1:1). Then follows the six days of creation culminating in Genesis 2:7 where we read: “*And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.*” God then placed this wonderful creation in a beautiful garden.

As we look back to the beginning, back to God’s creation of mankind, and *Back to the Garden*, where God placed that original couple, we see that God gave instructions as to what should be used for nourishment to sustain the human body in perfect health. And what did God say? He said that only raw fruits and vegetables are to be our food! (See Genesis 1:29.)

We find no drugs in the Garden or in the entire book of Genesis, which covers nearly the first 2,000 years of human history. In fact, it isn’t until we get into the New Testament, some 4,000 years after creation that we find the first mention of a physician: “*And a certain woman, which had an issue of blood twelve years, and had suffered many things of many physicians, and had spent all that she had, and was nothing better, but rather grew worse.*” (Mark 5:25-26).

As we look at all the physical problems mankind is experiencing today, it is obvious something terrible has happened between the time of creation and this present day. The basic problem is that the wisdom of God has been replaced by the “wisdom” of man. Man thinks he is smarter and knows more than God. Nowhere is the ignorance and foolishness of man more obvious than in the area of what we should and should not put into our bodies to maintain this beautiful temple God has given each of us. In our ignorance we are taking better care of our automobiles than we are our body/temple.

Because man has thought himself smarter than God, and replaced God’s wisdom with his own, man is experiencing ever more rapid physical deterioration, agony and early death.

I contend this is all happening because man has replaced God’s wisdom with his own wisdom. The Bible states in I Corinthians 3:19 “*For the wisdom of this world is foolishness with God.*” Sadly, the Christian community is just as guilty of turning its back on God’s wisdom as the rest of the world. The Christian community has been so programmed by the world’s wisdom concerning the physical body that even preachers and most Christians often have great difficulty accepting God’s way of caring for our body/temple.

As we look at the human body, we see a very complex piece of living machinery, with many systems – the digestive system, the circulatory system, the lymphatic system, the

endocrine system, the elimination system, just to name a few – all designed to work in perfection according to God’s design. *These beautiful body/temples can only function properly when provided with the proper building materials within a non-toxic environment.* And the only substances God designed to be placed in these beautiful body/temples of ours are raw fruits and vegetables, pure water, fresh air and sunshine! That’s it! Anything else put in our body is a toxic (poisonous) substance, contrary to God’s plan and will usually produce physical problems.

Sickness is clearly not God’s plan for man. “*Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.*” (III John 2). Many believe we get sick because of sin or because of old age, or because we inherited it, or that a germ, virus or bacteria chose us as its victim. But in most instances, this just isn’t so. We get sick and experience physical breakdowns because we put things into our bodies that God never designed these bodies to consume. And that is where we take up our subject for this treatise – Drugs: A Killer of Mankind!

*Our body is an incredibly unique chemical plant created by God that operates on electrical impulses and reacts chemically to all that enters. Everything we consume must be dealt with by the body either as nourishment to help rebuild our living cells or as a harmful, foreign substance that must be neutralized and expelled.*

Earlier we read in Webster’s Dictionary that a drug “*is a substance other than food ... that affects the structure or function of the body.*” God designed these beautiful body/ temples with a genetic blueprint, DNA and RNA, that recognizes only raw food as nourishment, and anything else as a toxic substance. Our body is an incredibly unique chemical plant created by God that operates on electrical impulses and reacts chemically to all that enters. Everything we consume must be dealt with by the body either as nourishment to help rebuild our living cells or as a harmful, foreign substance that must be neutralized and expelled.

Sickness and disease are actually the body’s efforts to deal with the toxic substances we have placed within them. A cold is the body’s effort to discharge toxins. A fever is the body’s effort to burn up poisons. Plaque build-up in the arteries and tumors are an effort by the body to encapsulate and rid itself of toxic substances. A headache is the body’s warning device telling us there is a problem inside. Diarrhea and vomiting are efforts to rapidly remove poisons ... And on and on we could go. These *symptoms* are the body’s reaction to us consuming harmful substances. We must realize the *symptom* is not the problem – it is the body’s effort to deal with the problem.

What is the solution? We can take two approaches: We can accept God’s way by

eliminating from our diet that which created the physical problem and begin nourishing our body with the foods God originally intended for us to consume, thus facilitating our body’s ability of self-healing. Or we can go the world’s way and take a drug to suppress the *symptom*. What the drug does is cause a chemical reaction within the body that will dry up the runny nose, for instance, or take away the fever or headache. But the drug taken to create this chemical reaction is another toxic substance that only further complicates the problem because now the body has to deal with even more poison! *All drugs are toxic to the system and create new problems! The solution to our physical problems is not more pollution!*

Every drug is liver toxic, even an aspirin! Every drug causes a new problem for which another drug is often necessary to relieve the *symptoms* of the previous drug. The taking of drugs places a person on a vicious down-hill spiral that will create ever more physical problems and ultimately end in an early demise.

In a recent issue of *Reader’s Digest*, there were seven double-page ads for different drugs. Each of these ads pictured a happy person and the text told how this particular drug would relieve some *symptom* they were experiencing. Yet as you turn the page over, on the back side of the beautiful two-page color spread, you find in very small type in black ink on white paper the adverse potential side-effects

that can be experienced if a person uses that particular drug. This is known as a “disclaimer.” Thus, if you take their drug and get sick, develop cancer, destroy your liver or die, they can use this as a protection against lawsuits, saying, “See, we warned you.” This type of disclaimer is also found on cigarettes and alcohol containers. And a person with cancer has to sign a paper saying that they will hold the medical doctor or hospital guiltless if the chemotherapy (drug) makes them sicker, causes their hair to fall out, destroys their immune system or causes their death.

The whole approach of the medical community is wrong when it comes to using drugs and other harmful treatments (radiation, chemotherapy, etc.) to deal with disease. They are always talking about cures and treatments for specific *symptoms* but they will *never* find a way to cure disease through the use of drugs!

The medical community cannot find a cure for our physical ills no matter how much money or time they spend searching for a cure. Man has been searching for cures for his physical ills for ages. Yet to this very day, in this enlightened age with all of the scientific laboratories and financing, they have yet to find a cure for even a common cold. Where is the cure for constipation? For indigestion? For pimples? To say nothing of cancer, arthritis,

Continued – Please see next page  
*Back to the Garden*

Calendar of Events for Hallelujah Acres  
OCTOBER 1995

**Thursday & Friday, October 4th & 5th, Praise Church, Atlanta, Georgia.** Dr. George Malkmus will speak at 11 a.m. each day at the American Evangelistic Associations Annual Convention. Contact person is Dr. John Douglas, President. Phone (904) 758-0050.

**Monday, October 9 - 6 p.m., Lighthouse Baptist Church, Columbia, Tennessee.** Dr. Malkmus will give his “How To Eliminate Sickness” Seminar. Contact Person is Pastor Dave Baker. Phone (615) 380-1297.

**Sunday, October 15 - 9:45 a.m. & 6 p.m. Decatur Chapel, Little Hocking, Ohio.** Dr. Malkmus will be speaking in all services. Dr. Bill Boyd is host pastor. Sponsor is Back to the Garden Health Minister Mrs. Bill Boyd. Phone (614) 989-2428.

**Monday, October 16 - 6:30 p.m. Christian High School, Kidron, Ohio.** Dr. Malkmus will deliver his 3-hour “How to Eliminate Sickness” Seminar. Sponsor is Back to the Garden Health Minister Dr. Jim Hostetter. Phone (216) 828-2296.

**Tuesday, October 17 - 6:30 p.m. Dutch Harvest Restaurant, Berlin, Ohio.** Dr. Malkmus will be speaking. Sponsor is Dr. Jim Hostetter (216) 828-2296.

**Wednesday, Oct. 18 - 6:30 p.m. Heritage Christian School, Canton, Ohio.** Dr. Malkmus will be speaking. Sponsor is Dr. Jim Hostetter (216) 828-2296.

**Thursday, October 19 - 7 p.m. Bethel Baptist Church, Cincinnati, Ohio.** Dr. Malkmus will be giving his 3-hour “How to Eliminate Sickness” Seminar. Sponsors are Back to the Garden Health Ministers Mr. & Mrs. Gerald Jacobson and Tony & Mary Westerfield. Call (513) 891-2221.

**Friday, October 20 - 6 p.m. Bible Baptist Church, Rensselaer, Indiana.** Dr. Malkmus will deliver his three-hour “How to Eliminate Sickness” Seminar. Sponsor is Back to the Garden Health Minister Pastor David Hoffman. Phone (219) 886-0070.

**Sunday, October 22 - 10 a.m. & 6 p.m. Abundant Life Baptist Church., Ohio.** Dr. Malkmus will be speaking in all services of the day. Sponsor is Back to the Garden Health Minister Pastor Don Irby. Phone (614) 989-2428.

**\*Saturday, October 28 - 10 a.m. “How to Eliminate Sickness Seminar”** This three-hour seminar explains how the body functions, why we get sick and how to eliminate sickness. It also shows how to lose weight comfortably - and without painful dieting. If the principles of this seminar were applied universally, sickness could practically be eliminated from the world within one year! This is the same seminar Rev. Malkmus has given throughout the United States and Canada.

NOVEMBER 1995

**\*Thursday thru Saturday, November 9 thru 11 - Training for Back to the Garden Health Ministries.** This will be three days of intensive training for those who have become part of our new Health Ministry and will be held in the new facilities here at the Farm. This is only for those who have qualified and pre-registered. For more information call or write Hallelujah Acres or see page 16.

**Sunday, November 12 - 6 p.m. Christ Church, 15354 Old Hickory Blvd., Nashville, Tennessee.** Dr. Malkmus will be speaking. Sponsor is Back to the Garden Health Minister, Dr. Rowen Pfeifer. Call (615) 333-3883 for more information.

**Wednesday & Thursday, November 15 & 16 - 7 p.m. Central California Conference for Seventh Day Adventists, Clovis, California.** Dr. Malkmus will be speaking both evenings. Contact person is Gloria Borja. Phone (209) 291-7700.

**Sunday November 19 - 5 p.m. Grace Missionary Baptist Church, Surgoinsville, Tennessee** Dr. Malkmus will give his three-hour “How to Eliminate Sickness” seminar. Contact person is Pastor James Miller (423) 239-7180.

**\*Saturday, November 25 - 10 a.m. “How to Eliminate Sickness Seminar” at the Farm.** See listing for October 28 for details.

DECEMBER 1995

**Friday, December 1 - 10:30 a.m. Television Station WTIP (Channel 60), Gadsden, Alabama.** Television interview featuring Dr. George Malkmus.

**\*Saturday, December 16 - 10 a.m. “How to Eliminate Sickness” Seminar at the Farm.** See listing for October 28 for details.

**\*Thursday thru Saturday, December 28th thru 30th - Training for Back to the Garden Health Ministries.** This will be three days of intensive training for those who have become part of our new Health Ministry and will be held in the new facilities here at the Farm. This is only for those who have qualified and pre-registered. For more information call or write Hallelujah Acres or see page 16.

MEETINGS IN 1996

**Saturday, January 6th - 10:00 a.m. Southland Christian Church, Lexington, Kentucky.** Dr. Malkmus will be delivering his three hour ‘How to Eliminate Sickness Seminar’. Sponsor is Back to the Garden Health Minister Betty Thore. Phone (606) 873-7030.

**Sunday, January 7th - 6:00 p.m. Southland Christian Church, Lexington, Kentucky.** Dr. Malkmus will be speaking. See details in above listing.

**\*Saturday, January 13 - 10 a.m. “How to Eliminate Sickness Seminar” at the Farm.** See October 28 listing for details.

**\*Saturday, February 17 - 10 a.m. “How to Eliminate Sickness Seminar” at the Farm.** See October 28 listing for details.

**Saturday, February 24 Atlanta, GA area** Arrangements not finalized as we go to press. Call Hallelujah Acres for more information.

**Sunday, February 25 - Landmark Baptist Church, Columbia, South Carolina** Dr. Malkmus will be speaking. Call (803) 776-2535 for information.

**\*Saturday March 9 - 10 a.m. “How to Eliminate Sickness” seminar at Farm** See Oct. 28 listing for details.

**\*Thursday thru Saturday, March 14 thru 16 - Training for Back to the Garden Health Ministers here at the Farm.** See Nov. 9-11 listing.

**\*Thursday thru Saturday, March 21 thru 23 - Lancaster Pennsylvania area** Details not complete as we go to press. Contact Mary Glick (717) 656-7244 or Sandi Kureshi (717) 656-6151.

**March 27 thru 30, Second Annual Tulsa Bible Prophecy Conference.** Dr. Malkmus will give his three hour ‘How to Eliminate Sickness Seminar’ on Saturday Morning from 9:00 a.m. to noon. Sponsored by Pastor Charles Pack of THY KINGDOM COME MINISTRIES. Back to the Garden Health Minister Dr. Nathan Meyer will be sharing his testimony of healing through the Hallelujah Diet at this meeting.

**Saturday, April 13 - 10 a.m. “How to Eliminate Sickness” seminar at the Farm** See Oct. 28 listing for details.

**\*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!**

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

**Directions to the Hallelujah Acres Farm in Eidson, Tennessee:** Come to Rogersville, Tenn. (located in Northeast Tennessee). From 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 road and Hallelujah Acres will be on your right. Look for the sign.

Winter/Spring 1996



# Unique Features of the Green Power Juice Extractor Result in a More Nutritious and Long-Lasting Juice

By Michael Dye

Unique features of the Green Power Juice Extractor allow it to produce a juice that is longer-lasting because more nutrients are kept intact.

Carrot juice from the Green Power can be refrigerated 48 hours, maintaining nutritional value and good taste. The reason this juice can be kept longer, company officials explain, is the Green Power extracts more nutrients in the juicing process. The extra enzymes and added stability of minerals enables the life, vitality and freshness of the juice to be maintained for a longer time.

The first distinguishing feature I noticed on the Green Power was that it has two slow-moving "twin gears" that squeeze and crush the food, contrasted with a single fast-spinning cutter blade with sharp teeth that is characteristic of the Norwalk and Champion juicers. Instead of fast-moving teeth that cut and rip into the fruit or vegetable, the triturating process of the Green Power occurs when food is squeezed and crushed between two stainless steel gears moving at the slow speed of 90 r.p.m. For an idea of how slow 90 r.p.m. is, consider that the cutter blade of a Champion moves at 1,725 r.p.m., (19 times faster) and the Norwalk blade spins at 3,250 r.p.m. (36 times faster). Green Power officials say reduction in heat and friction means more enzymes are kept intact in the juicing process.

As these gears squeeze, crush and move the triturated fruit or vegetable along, the juice is forced through a fine stainless steel strainer, while the pulp is expelled. The dryness of the pulp from the Green Power is an indication that more juice (and therefore more nutrients) are being extracted. And unlike the time-consuming two-step process of the Norwalk, which involves trituration and a separate hydraulic press, the Green Power uses a one-step process similar to that of the Champion.

In addition to keeping more enzymes intact because of less heat and friction, the Green Power also utilizes bioceramic and magnetic technologies, which the company says helps to add more positive ions – and vitality – to minerals in the juice. It was easy for me to see how the slow-moving twin gears could keep more enzymes intact because of the reduced heat and friction, but the molecular effect of the magnetic and bioceramic technologies is a bit more technical. Here is how that was explained by company officials and consultants:

At the core of each of the twin gears is a series of magnets. The magnets are each three-quarters of an inch long and are alternated between positive and negative. When the two gears are placed side-by-side, the positive and negative magnets are also alternated between the gears, which generates a positive charge, or attraction. At the molecular level, this means the magnets are creating positive ions as the gears spin.

Surrounding the inner core of magnets is a second level containing bioceramic particles

and an outer layer of stainless steel. Bioceramic particles, produced by infrared technology, also emit positive ions. Magnets in the Green Power work in conjunction with these bioceramic particles, the company explains. The magnets recharge the bioceramic material and the bioceramic material recharges the magnets. Without this recharging, the effect of both the magnets and the bioceramic material each would eventually be diminished.



The Green Power Juice Extractor

As the gears are spinning, the magnets and the bioceramic material are each producing more positive ions than can be held in charge by either the magnets or bioceramic material, therefore many of these positive ions go into the juice. These additional positive ions add more vitality and longevity to the life of the minerals, which reduces oxidation and keeps the juice fresher longer.

Company literature states juice from the Green Power can be kept refrigerated for two days. I have tried this and found the 48-hour-old carrot juice to still taste very good. It remained bright orange, showing no apparent signs of oxidation. When carrot juice has lost its freshness due to substantial oxidation, this oxidation is obvious because the bright orange juice turns brown and no longer has the same fresh smell or taste. There is some separation that occurs with two-day-old juice from a Green Power, and that can be remedied by stirring, shaking or re-straining the juice.

The Green Power allows you to make juice for the next day or two, which can be stored in glass jars in the refrigerator. This is a real time-saving feature. Some days I have two or three glasses of juice without setting up and cleaning my juicer. Anytime I plan to spend a day or two on the road, I find it very convenient to pack a few jars of fresh juice in a cooler. (Two hints for keeping juice longer: Peel your carrots instead of just scrubbing them, which will eliminate a lot of bacteria, and fill small jars to the top with juice, allowing as little oxygen in the jar as possible.)

And this is the perfect juicing solution for people who have a job where it is impossible or inconvenient to bring a juicer to work. The best time to juice is during the early to middle part of one's daily eating cycle. The ability to make extra juice the night before would make it much easier for many people to drink juice at work.

Now I have been the happy owner of

a Champion Juicer since 1991, and I juice most every day. I still think the Champion is a fine juicer. But for those who can afford the extra cost, I would suggest the Green Power as an alternative to consider. I especially recommend the Green Power for anyone who would like to be able to store their juice for one or two days.

As with the Champion, the Green Power comes with attachments that allow it to be used to make baby foods, nut butters and frozen desserts. The Green Power also is capable of juicing wheat grass and comes with attachments for making various types of pasta.

I would love to see lab results of a comparison of the total nutritional content of carrot juice from the Champion, Green Power and Norwalk. I have seen lab results comparing mineral content of juice from these three juicers using kale, celery, chard, sunflower sprouts and parsley (but no carrots). In these results, the Green Power had a slight edge over the Norwalk and a bigger advantage on most minerals over the Champion. But these results don't satisfy me because the five green foods used in this test are not a good representative sample of the foods used most often by people who juice.

As for prices, the Champion retails for \$269.00, the Green Power costs \$595.00, and the Norwalk Press tops out at about \$2,000.00. These are the only three juicers we recommend at Hallelujah Acres. We specifically do not recommend a centrifugal juicer (any juicer with a spinning basket) because it only cuts and shreds the food, which does not extract a sufficient amount of nutrients into the juice.

The Champion and the Norwalk have been around for decades and have introduced many people to the healthful benefits of fresh vegetable and fruit juice. The Green Power is the new kid on the block, and it's rapidly gaining recognition and respect. The Green Power was the Grand Prize Winner of the 9th International Invention/New Products Exposition in Pittsburgh, Penn. in May 1993; it was the winner of the Korean President's 1st Prize in the 93 Invention Day in May 1993; it won the Silver Medal at the International Exhibition of Inventions in Nurnburg, Germany in March 1993; and it won Silver Medal at the 20th International Exhibition of Inventions in Geneva, Switzerland in May 1993.

The Champion is a very dependable and versatile juicer that has produced great results for many people. And the Norwalk Press, developed by Dr. Norman Walker and used at the Gerson Clinic, has been available for those who could spend up to \$2,000 for a juicer. Now there is another choice for people willing to pay more for a higher quality juicer. Many of these people will find the Green Power to be an attractive option. From my experience with all three juicers, I could justify paying more than double the cost of a Champion to buy a Green Power. But I couldn't justify spending more than three times the cost of a Green Power for a Norwalk.

For information on how to order a Green Power or Champion juicer, see page 21.

diabetes, heart disease or AIDS.

The medical and scientific community tells us they are working on a cure and if we will give them ever more money for research, they will eventually find a cure for everything that ails us. *My friend, they will never find a cure, because there is no drug or treatment that can heal our bodies of anything!* We have been taught from childhood that when we get sick, we need to get a treatment for the disease, disorder or symptom. What we fail to understand is that before we can heal or get well, we must remove that which is *causing* the physical problem!

Knowledge is the greatest need in this "dark age" of ignorance in which we find ourselves. We need knowledge as to how God made us ... knowledge as to the nature and purpose of disease ... knowledge of how to live and nourish these physical bodies so they will not break down and get sick ... knowledge of the truth about life! This is the crying need of our day, and until we turn back to the God who made us and the guide book (Bible) God has given us, and start taking care of our body/temple the way God intended, we will continue to walk in darkness and get sicker and sicker.

Medical treatments must be replaced by education about healthy diet and lifestyle! Doctors must stop offering costly cures that do not cure and taking the money from people for that which does not make them well. The frenzied search for cures must cease! Drugs, radiation and surgeries only create new problems.

We are dealing with more than just the drugs of the medical profession. We are

*"In my opinion, as long as our approach to healing (except in rare cases) involves the use of drugs, chemicals, radiation and scalpels, we will never be successful. If we sincerely want to bring the American people back to health, or if we personally wish to reclaim our own perfect health, we must return to God and follow His ways - Nature's ways..."*

— Dr. Richard Anderson in his book *Cleanse & Purify Thyself*

*"Don't let Drug Companies and Out-of-Date Doctors keep you in the dark. Open your eyes! ... Tradition-bound doctors are able to cure only about 25% of the ailments they treat. Most of what they do is relieve symptoms until your body's natural healing mechanisms and immune system can finish the job ... Let Nature work for you, not against you ... Avoid drugs when you can: They're blocking agents with side effects that often fight your body's normal healing process. In general, you'll discover your body is capable of healing itself if you give it the right stuff."*

— Dr. Robert C. Atkins, M.D., from the Fall 1993 issue of *Tomorrow's Health*

suffering from the drug effects that come from cigarettes, alcohol, soft drinks, coffee and more. The nicotine, alcohol and caffeine in these products also create monumental problems in the body. And there are other toxic substances that man is putting into his body that are usually not even recognized as drugs. Sugar is one of the worst of these drugs, a toxic substance that destroys our immune system. Read Michael Dye's article on page 8 for incredible information on the harmful, drugging effects of sugar.

Any substance we consume must be dealt with by the body either as nourishment or as a toxic substance. Even cooked food has a drugging effect upon the body because the life-force (enzymes) have been destroyed by the heat, thus our living body does not recognize the dead, devitalized, cooked food as nourishment. It is interesting to note that a person's white blood cell count will not rise when raw foods are placed within the body, yet will increase when that same food, only cooked, is placed within the body. And we know that a rise in the

white blood cell count is an indication that the body is doing battle with a toxic substance.

What is the answer? Here at Hallelujah Acres, we teach that all we need to do to be well and maintain perfect health is nourish our bodies with living food according to God's plan. We have found that when we live and nourish these physical bodies the way God designed, that physical problems almost always simply go away and that we never experience sickness again. Twenty years ago, when I changed from the typical American Diet and lifestyle to nourishing my body God's Way, all physical problems simply disappeared in less than one year and I have lived free of any physical problems ever since. And my experience is not unique! We have thousand upon thousands of testimonials from people who have written or called to tell us how they too had a similar experience.

*Please America, and especially the Christian community, turn back to the God who made us and his ways before it is too late!*

## 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.



# Sugar: Leaving a Legacy of Dental Decay, Obesity and Dysfunctional Immune Systems for our Children

By Michael Dye

As we pass through the supermarket aisles perpetuating another generation of dental decay, obesity, weakened bones, diabetes, hyperactivity, emotional imbalance and dysfunctional immune systems, *we must ask ourselves the compelling question of why we consume sugar, and especially, why we give sugar to children.*

By any reasonable definition of terms, refined sugar could be categorized as a poison and an addictive drug rather than a food. That is, of course, assuming your definition of food requires it to provide some form of nutrition.

Taking a quick look at the facts about refined sugar (sucrose or C<sub>12</sub>H<sub>22</sub>O<sub>11</sub>), we see:

- Sugar is refined from plant material (beets or sugar cane) so that 100 percent of all nutritional value is removed. Not only does it have zero nutrients (only "empty calories"), but when sugar is consumed, it actually robs nutrients from the body, particularly from the teeth and bones. Sugar also is harmful to the stomach lining and can interfere with digestion of nutrients from other food.

- Sugar consumption requires the body to need more nutrients than would otherwise be needed without consuming sugar, therefore it has been classified by some as an "anti-nutrient."

- Sugar is addictive like a drug, can

cause drastic mood swings like a drug (from hyperactivity to depression) and has withdrawal symptoms like a drug. And the common combination of sugar and starch leads to a fermentation in the digestive process that breaks down to alcohol (a drug) and other toxins. Considering all its adverse effects on human health, and the fact that refined sugar has zero nutrients, it becomes difficult to defend the common perception of sugar as a food rather than a poison or an addictive drug.

Because sugar is added to the vast majority of all processed foods, this becomes a health problem for people of all ages, but children are the one group with the reputation for being addicted and affected by it most severely. Dental decay, obesity, hyperactivity and diminished immune systems that lead to frequent colds, flu symptoms, ear-aches and infections, sore throats and worse, are the modern-day plagues of children who eat lots of sugary processed foods.

The average American consumes a third of a pound of sugar per day, according to Frances Moore Lappé in *Diet for a Small Planet*. The main reason American sugar consumption continues to increase over the decades is that we are eating more processed foods with sugar added. Many breakfast cereals are about half sugar. Colas have up to 11 teaspoons of sugar and about 25 percent of America's total sugar consumption comes in the form of colas.

Lappé writes: "Since the early 1900s the per capita consumption of sugar in processed

fruits and vegetables has tripled. So much sugar is added to processed fruits and vegetables that Americans eat almost as much sugar in these foods as they do in cake and candy. Since the early 1900s, the per capita use of sugar in beverages, mainly soft drinks, has increased almost seven-fold." She notes by 1976 the average American was consuming the equivalent of 382 12-ounce cans of cola per year, and Lappé warns, "The next time you reach for a Coke, remember that you're about to drink the sugar equivalent of a piece of chocolate cake, including the icing"

In *Fit For Life*, Harvey and Marilyn Diamond quote Dr. Clive McCay of Cornell University as showing "that soft drinks can completely erode tooth enamel and make teeth as soft as mush within two days (as described in *The Poisoned Needle* by Eleanor McBean). The ingredient that is the culprit here is a horrific concoction called phosphoric acid."

Because bad teeth are so apparent, it has become common knowledge that sugar causes dental decay. Practically everybody knows that sugar rots teeth. What becomes apparent later is that sugar rots the rest of the body too. In *Sugar Blues*, William Dufty notes, "Dental researchers have proven that the teeth are subject to the same metabolic processes that affect other organs of the body."

*Sugar Blues* also cites a 1958 report by *Time* magazine "that a Harvard biochemist

children as their most lucrative customer base. Sugary products dominate the commercials on Saturday morning cartoons. In *Living Health*, the Diamonds cite a *Los Angeles Times* article reporting that in one nine-month period it was possible for a child watching television just during the daytime on weekends to see "more than 5,500 commercials for cereals, candy, and other sugared items, and just one for vegetables!"

To cash in on this lucrative advertising, check-out counters are designed to maximize sales. So in supermarkets and convenience stores we find a vast selection of candies on display in easy reach and at eye level for every kid in America, from toddlers to adolescents.

In *Beating the Food Giants*, Paul Stitt writes, "The truth is that most of the garbage sold in supermarkets isn't really food at all. Some of it is really candy, most of it is really poison. But it's not food ... These products should be revealed for what they are, so that people can decide for themselves. For instance, Kellogg's Sugar Smacks, a product that's more than 50% sugar, should not be called a cereal. The word 'cereal' denotes a food made from grain, but Sugar Smacks isn't a food and what little grain is left in it has been robbed of its nourishment. Sugar Smacks is a candy and that's what it should be called. When mothers across the nation find out they've been giving their kids candy for breakfast, Kellogg's – and all the other presweetened breakfast

producers – will soon be out of business."

In *Sugar Blues*, the classic documentary on sugar, Dufty explains how our emotional state is affected by sugar intake: "The brain is

probably the most sensitive organ in the body. The difference between feeling up or down, sane or insane, calm or freaked out, inspired or depressed, depends in large measure upon what we put into our mouth. For maximum efficiency of the whole body – of which the brain is merely a part – the amount of glucose in the blood must balance with the amount of blood oxygen." He then quotes Dr. E.M. Abrahamson and A.W. Pezet from *Body, Mind and Sugar* as further explaining, "... When we take in refined sugar (sucrose), it is the next thing to being glucose in our bodies. The sucrose passes directly to the intestines, where it becomes 'predigested' glucose. This in turn is absorbed into the blood where the glucose level has already been established in precise balance with oxygen. The glucose level in the blood is thus drastically increased. Balance is destroyed. The body is in crisis."

Sugar consumption causes a series of emergency reactions by the body in an attempt to maintain this balance. First, Dufty explains, the brain registers an imbalance and sends a message for the adrenal glands to secrete hormones to keep the blood glucose level up, then insulin from the pancreas begins working against the adrenal

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

|                                 |                     |                |                               |                       |                |
|---------------------------------|---------------------|----------------|-------------------------------|-----------------------|----------------|
| Merrill & Alma Akins            | Ocoee, TN           | (423) 338-9235 | Jane W. Jennings              | Winston-Salem, NC     | (910) 765-0217 |
| Jack Allen                      | Smyrna, TN          | (615) 459-5248 | Bonnie Johnson                | Merrillville, IN      | (219) 736-7825 |
| Betty M. Alt                    | Flintstone, MD      | (301) 478-2279 | Ingrid & Helmut Joks          | Ocala, FL             | (904) 854-7477 |
| Osa Andersen                    | Greeneville, TN     | (423) 638-8795 | Mrs. T.L. Kelley              | Chatanooga, TN        | (423) 894-2642 |
| Lawanna Austin                  | Jackson, MS         | (601) 366-3031 | Bob & Karen King              | Morgantown, PA        | (610) 286-6752 |
| Pastor Matthew Azzolina         | Pittsburgh, PA      | (412) 835-1191 | Ethel King                    | Beaumont, TX          | (409) 892-2085 |
| Marlane Barlow                  | Covington, LA       | (504) 892-0684 | Gary Kramis                   | Houston, TX           | (713) 645-8288 |
| Edgar & Barbara Beard           | Centerville, TN     | (615) 729-4345 | Sandy Kureshi                 | Lancaster, PA         | (717) 656-6151 |
| Christine & Lyndon Benbow       | McAllen, TX         | (210) 686-4929 | Jacalyn Lantrip               | Columbia, TN          | (615) 381-6000 |
| Sandra Bergeron                 | Norcross, GA        | (770) 564-9206 | Robert Larrabee               | El Paso, TX           | (915) 857-1122 |
| Roy & Ruth Beverly              | Lexington, NC       | (910) 764-2695 | Alice Lee                     | Northbrook, IL        | (708) 291-6695 |
| Jana Boggs, D.N.                | Hilo, HI            | (808) 961-4481 | Doug Lemon                    | Florence, MS          | (601) 932-4101 |
| Pastor Bill & Beverly Boyd      | Little Hocking, OH  | (614) 989-2428 | Carol V. Lohrbach             | Atlanta, GA           | (404) 633-7375 |
| Charlie Brown                   | Charlotte, NC       | (704) 542-3969 | Franklin & Betty Lusk         | Edinburg, TX          | (210) 380-2468 |
| Heidi Brown                     | Wilson, NC          | (919) 291-1963 | David Lutter                  | Waukesha, WI          | (414) 521-1675 |
| N. Jean Brown                   | North Street, MI    | (810) 385-4912 | Neville & Karen Martin        | Searcy, AR            | (501) 268-4835 |
| Cathy Bublewicz                 | Trenton, NJ         | (609) 695-7729 | Pastor James Mays             | Corbin, KY            | (606) 523-2812 |
| Pierre Buch                     | Moneta, VA          | (703) 297-6358 | Joe McBride                   | Pacolet, SC           | (803) 474-2893 |
| Colon & Marie Butler            | Hampton, GA         | (404) 227-6019 | Connie McCullough             | Rimersburg, PA        | (814) 473-6179 |
| J.D. Butler                     | Texarkana, TX       | (903) 832-3414 | Rev. Rex & Patricia McDonald  | Selma, AL             | (334) 874-6371 |
| Mel & Grace Caldwell            | Millersville, PA    | (717) 872-8218 | Bob & Helen McTammany, MD     | Asheville, NC         | (704) 683-0973 |
| Pastor Brice & Nancy Casey      | Taylors, SC         | (803) 322-8734 | Pastor Woodrow Medlock        | Wartrace, TN          | (615) 389-9401 |
| David Cave                      | McCallen, TX        | (210) 687-1072 | Dr. Nathan Meyer              | Salem, VA             | (703) 384-6950 |
| Millie Chelius                  | Reading, PA         | (610) 375-8375 | Nancy Mills                   | Harrow, Ontario, Can. | (519) 738-2180 |
| C.M. Clayton                    | Fayetteville, TN    | (615) 433-9944 | George & Ruth Morita          | Oceanside, CA         | (619) 722-8075 |
| Warren & Mary Clough            | Sulphur Springs, AR | (501) 298-3483 | Susan & Paul Morlock          | Knoxville, TN         | (423) 531-7519 |
| Gary & Bobby Jean Coaker        | Pineville, LA       | (318) 640-3749 | Victoria Morton               | Narazeth (???), PA    | (610) 746-2363 |
| Debra L. Coley                  | Nashville, TN       | (615) 256-6234 | Deb & David Myers             | Felton, PA            | (717) 927-6372 |
| Chet & Beverly Cook             | Houston, TX         | (713) 484-8113 | Becky Nippert                 | Germantown, TN        | (901) 759-0423 |
| John J. Cook III                | Chamblee, GA        | (404) 452-1210 | Jerome & Angela Olson         | Hastings, MN          | (612) 437-5668 |
| Carol Cover                     | Northfield, MN      | (507) 645-7202 | Erla Opsahl                   | Encinitas, CA         | (619) 942-9569 |
| Hiawatha Cromer                 | E. Lansing, MI      | (517) 278-6260 | Rev. Nicasio Ortiz            | Carolina, Puerto Rico | (809) 769-3063 |
| Rev. & Mrs. Brian W.Cutts       | Wallingford, CT     | (203) 284-3337 | Augusto Pareja, M.D. & Monica | Chicago, IL           | (708) 799-6233 |
| David Darbro, M.D.              | Indianapolis, IN    | (317) 787-7221 | Sharon Penner                 | Princeton, IL         | (815) 872-1607 |
| Domingo Davalo                  | Columbia, TN        | (615) 380-2907 | Linda Perham                  | Van Cleave, MS        | (601) 826-4380 |
| Leroy Davis                     | Baltimore, MD       | (410) 426-0338 | John E. Peters                | Pittsburgh, PA        | (412) 731-9389 |
| Ann Dean                        | Arlington, TX       | (214) 937-2207 | Paul & Pat Peterson           | Houston, TX           | (713) 568-6039 |
| Patricia Dello-Buono            | W. Palm Beach, FL   | (407) 689-1724 | Don & Fran Pfaff              | Springfield, OR       | (541) 747-6691 |
| Joe & Mary Ellen DeLuca         | Talente, OR         | (503) 512-9235 | Dr. Rowen Pfeifer             | Nashville, TN         | (615) 333-3883 |
| Ralph & Marilyn Derrico         | Allentown, PA       | (610) 797-6779 | Ruth Postema                  | The Dalles, OR        | (503) 296-9444 |
| Judith A & David DeWall         | Seneca Falls, NY    | (315) 568-2255 | Rev. Don Prewitt              | Orlando, FL           | (407) 292-2625 |
| John & Donna Diegel             | Narvon, PA          | (717) 354-8942 | Darrell & Melva Jane Proechel | Hastings, MN          | (612) 437-3682 |
| Gerald & Margaret DuBois        | New Castle, DE      | (302) 571-8504 | Carole Z. Pylant              | Snellville, GA        | (770) 736-7070 |
| Larry & Norma Durant            | Clinton, MS         | (601) 924-9989 | Dr. Martin L. & Geri Riccio   | Mercerville, NJ       | (609) 584-0159 |
| Mattie Durant                   | Clinton, MS         | (601) 924-9198 | Nancy Rigsby                  | Dearborn Hts., MI     | (313) 323-0538 |
| Beverly Erskine                 | Ft. Worth, TX       | (817) 292-7632 | Placido & Nida Roquiz, MD     | Avon Park, FL         | (813) 385-7757 |
| Betty Jane F. Evans, L.P.N.     | Huntsville, AL      | (205) 883-1589 | May Rynberk                   | Schererville, IN      | (219) 322-2298 |
| Burl & Sharon Faulkner          | Springfield, MO     | (417) 831-0729 | Irene Salahuddin              | New Orleans, LA       | (504) 362-1917 |
| Doyal & Dolores Ferguson        | Rogers, AR          | (501) 636-9192 | Rev. Josephine Santostefano   | Quincy, MA            | (617) 471-1770 |
| Nancy Fitzmorris                | Covington, LA       | (504) 893-7209 | Dr. Roy Schlabbach            | Millersburg, OH       | (216) 674-1855 |
| Howard & Shirley Frankenberg    | Rawlings, MD        | (301) 729-3416 | Elke & Luke Short             | Sorrento, FL          | (904) 383-5082 |
| Rev. Gale & Betty Galloway      | Lindale, TX         | (903) 882-3179 | Fred Skaggs                   | Parris, TX            | (903) 784-4810 |
| Larry Gaudet                    | Bell Buckle, TN     | (615) 389-9635 | Eli M. Slabaugh               | McGaheysville, VA     | (703) 289-9339 |
| D. Ann Gentry                   | Tempe, AZ           | (602) 968-1209 | Betty & Bernard Smith         | Barnesville, GA       | (404) 358-2564 |
| Mary Glick                      | Lancaster, PA       | (717) 656-7244 | Iva J. Smith                  | Max Meadows, VA       | (703) 699-1908 |
| Jerry L. Gordon                 | Humboldt, TX        | (901) 784-2216 | Louis B. Smith                | Jacksonville, FL      | (904) 646-1706 |
| Lydia Graber                    | Stuarts Draft, VA   | (703) 337-2716 | Wesley & Alma Stilwell        | Grandview, WA         | (509) 882-2363 |
| Scott & Jan Gridley             | Elverson, PA        | (610) 286-5985 | Pastor Roger & Jill Stine     | Bedford, PA           | (814) 623-2112 |
| Dorothy & Chester Grove         | Harrisonburg, VA    | (540) 434-5407 | Kevin Stitt                   | Woburn, MA            | (617) 932-3828 |
| Leon R. Grove                   | Roslyn, PA          | (215) 659-6700 | Jim Stokes                    | Grand Rapids, MI      | (616) 682-0021 |
| Pat Guidera                     | Salisbury, MD       | (410) 742-7657 | Dr. Johny & Wilma Talaa       | Avon Pk., FL          | (813) 452-6762 |
| Eldore Hanni                    | Winfield, PA        | (717) 524-9693 | Kathy Taylor-Aguirre          | Morgan Hill, CA       | (408) 778-2554 |
| Olga Hartman                    | New Orleans, LA     | (504) 242-8672 | Beverly Theriot               | Breaux Bridge, LA     | (318) 332-1346 |
| Charlotte B. Hayes              | Kannapolis, NC      | (704) 938-1948 | Helmut & Irene Thiessen       | Harrow, Ontario, Can. | (519) 738-4029 |
| Steve & Connie Head             | Covington, GA       | (404) 464-2596 | Betty Thore                   | Versailles, KY        | (606) 873-7030 |
| George & Evelyn Heath           | Mechanicsburg, PA   | (717) 737-0002 | Thomas & Darrellyne Tillet    | Mountville, PA        | (717) 285-2947 |
| Dale D. Henry                   | Little River, SC    | (803) 399-1474 | Sara Van Akker                | Ontario, Canada       | (705) 635-9343 |
| Eleanor Hetke                   | Collegedale, TN     | (423) 396-9345 | Grietje VanDerLoon            | Ontario, Canada       | (705) 635-9343 |
| Rev. Jerrell & Ann Higginbotham | Bryant, AR          | (501) 847-9654 | Ronald Vanover                | Beckley, WV           | (304) 255-2191 |
| Beverly Hobbs                   | Kenner, LA          | (504) 888-3255 | Rob Vaughan                   | Kingsport, TN         | (423) 247-2892 |
| Pastor David & Janet Hoffman    | Rensselaer, IN      | (219) 866-3547 | Larry Vaydich                 | Sioux City, IA        | (712) 274-2256 |
| Dr. James & Gayle Hosteller     | Dalton, OH          | (216) 828-2296 | Jean (Margaret) Ward          | Nicholasville, KY     | (606) 885-4385 |
| Evangelist J.C. & Doris House   | Joshua, TX          | (817) 558-4751 | Carol Troy Warner             | Charlotte, NC         | (704) 335-9963 |
| Randy Howard                    | Flat Rock, AL       | (205) 632-3909 | Sue & Larry Weed              | Augusta, GA           | (706) 798-1968 |
| Dr. L.C. Huddleston             | Jackson, MS         | (601) 956-0010 | Denny & Fran West             | Oak Hill, WV          | (304) 469-2485 |
| Fred & Janet Huhn               | Salisbury, MD       | (410) 543-4577 | Mr. & Mrs. H.L. West          | Louisville, KY        | (502) 499-2330 |
| Rev. L.D. "Ben" & Sara Hurr     | Granbury, TX        | (817) 573-6830 | Anthony & Mary Westerfield    | Cincinnati, OH        | (513) 984-0169 |
| Carol J. Huston                 | Seaford, DE         | (302) 628-3554 | Allen Williams                | Jackson, MS           | (601) 924-9989 |
| Olin & Myra Idol                | Mocksville, NC      | (910) 998-7762 | John Winstead                 | Charlotte, NC         | (704) 537-5621 |
| Pastor Don Irby                 | Proctorville, OH    | (614) 886-8396 | Wojciech Wojcik, PhD, DC      | Metairie, LA          | (504) 837-7377 |
| Betty Ivory                     | Fairburn, GA        | (404) 964-6300 | Richard & Gloria Woodside     | Millville, PA         | (717) 458-6786 |
| Lyle & Teri Jacobsen            | Dayton, VA          | (703) 879-2965 | Aubrey Worrell, M.D. & Pam    | Pine Bluff, AR        | (501) 535-8200 |
| Gerald D. & Jean Jacobson       | Cincinnati, OH      | (513) 793-6194 | Sandy & Kay Yates             | Gainesville, FL       | (904) 462-5922 |

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Back to the Garden

Winter/Spring 1996



# 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 nearly 200 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 - seven Medical Doctors, one Optometrist; one Dentist; five Chiropractors; and 26 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:

**Beverly Boyd, Little Hocking, Ohio (Beverly is the wife of Dr. Bill Boyd, Pastor of Decatur Chapel):** "My husband played college sports, and fitness was our life until 1978 when my husband was saved and our church 'frowned on our physical focus.' After entering the ministry we were taught 'Physical Exercise profiteth little' and 'It is vain for women to exercise and focus on their physical bodies.' So, I slipped (guilt-ridden) into a life without much exercise and have gotten into a more sedentary, unhealthy lifestyle. I have been crying out to God for several years for 'answers' for my lack of energy, weight gain, etc. After reading your book *Why Christians Get Sick*, I cried and thanked God for the *truth* revealed. I am now seeking health and returning my body to proper weight and fitness. I want to become a Health Minister not only to learn how to better take care of my own body, but also that I might be able to help other women through counseling to better health."

**Kathleen Bublewicz, Trenton, New Jersey:** "First and foremost I am interested in becoming a Health Minister because I want to help people. I believe this is my calling in life - that is why I became a nurse. But as I began to research and explore alternatives during my nursing career, I began to seriously doubt the use of drugs in our health care system ... I read just about every book on alternatives I could get my hands on while I worked in the hospital. I questioned Doctors, residents, nurses, etc. about the role of diet in disease. They did not feel as I did about the powerful tool of diet in healing. I can remember telling them 'If you provide the proper environment, the body will heal itself.' Few converts did I win - drugs were the answer, they would say. I believe that was because they had a vested interest in making money off the sick and thus were pretty close-minded to anything that would oppose their vested interest. I have prayed to God and asked Him to direct me to an organized method of sharing this important knowledge with others. So, when I got my hands on your book *Why Christians Get Sick* - I felt my prayers were answered. Issue 11 of *Back to the Garden* especially impressed me with all of the testimonies and responses from nurses, doctors and other professionals. In fact I found all the testimonies mindboggling - sincere, everyday people with stories that should make the front page of their newspaper. I have witnessed much suffering and I believe much of it could be avoided and/or eliminated with good diet and Barley Green and good colon care. I believe God has guided me to you, and I hope and pray that I can help others with this correct diet and knowledge."

**Doug Lemon, Florence, Mississippi:** "In the 60s I started reading *Prevention Magazine*. Then in 1987, when my wife nearly died, it was fresh carrot juice that brought her back. This led me to a B.S. in Nutripathy. Actually, I have always been a student of nutrition and eating healthy. Also, I have been a student of God's Word. But no one has ever put the two together like you have so that the Body of Christ can perform the Lord's work. With the contacts available to me, this Health Ministry will allow me to be of service to my fellow man."

**Luke and Elke Short, Mount Dora, Florida:** "Have read and

studied hundreds of books on health and nutrition searching out God's truth and have been helping people get well for over 20 years ... People need the opportunity to learn the truth and we want to help share this good news 'You don't have to be sick!'"

**John and Donna Diegal of Narvon, Penn.** (soon moving to Vermont) told fellow Health Ministers at the September training session how they and their four children had lost a total of 234 pounds and gone off all medication since starting the Hallelujah Diet. Since that time, none of them have even had a cold. Some families use their children as an excuse not to go on this diet, but the Diegals said it was their children, aged 11 to 20, that have given them added inspiration and encouragement to stick to the diet. Ailments they have healed include asthma, hemorrhoids, irritable bowel syndrome, constipation, hot flashes, fibrocystic disease, headaches and even John's terrible snoring.

**David Cave of McAllen, Texas**, who along with his wife Nancy are missionaries to Mexico, told of his recovery from prostate cancer at the September session. David had a PSA count (used to measure prostate cancer) of 320, which is extremely high. He said one doctor told him "there was nothing we can do for you because it's already in the lymph system." He said another doctor offered "radiation, hormone supplements and a prescription for pain to keep you comfortable to the end." Instead, David opted for the Hallelujah Diet, and said, "within three days my life was completely different and I haven't had any reason to go back." His most recent PSA readings are between 0.0 and 0.1, which indicate no sign of prostate cancer. (Zero to 4 is considered normal.) David said his plans are to take this message "to 4,000 Mexican churches and the people in those churches ... They know how close to death I was. They just call it a miracle."

**John Robert McTammany, M.D., Asheville, North Carolina:** "After being a physician and surgeon for over 35 years, I have given up my medical practice because I have concluded that modern American medicine has headed off in the wrong direction and is more interested in people being sick than well. HMO's and other reforms are making things suddenly much worse. I think people must take the responsibility for their own health and use principles as promoted by Hallelujah Acres. I would like to be a part of this revolutionary awakening and fulfill finally the ministry to which God called me in 1954." Dr. McTammany has had two heart by-pass surgeries, involving six vessels each. "I couldn't hardly walk a couple months ago," he told fellow Health Ministers at the September training session. Explaining the severity of his condition, Dr. McTammany said, "I was dying." But after three months on the Hallelujah Diet, the 60-year-old physician has lost 20 pounds, reduced his blood pressure and his healthy glow and enthusiasm tell the rest of the story. Explaining his new attitude, Dr. McTammany described eating as "an act of worship." Summarizing the impact of the September Back to the Garden Health Minister training session, Dr. McTammany told fellow Health Ministers at the close of the three-day training, "I don't think any of us will ever be the same again."

**Placido Roquiz, M.D., Avon Park, Florida:** Another M.D. at the September training session, general surgeon Placido Roquiz said his research had convinced him that "cooked food causes cancer, while cancer cannot survive on raw food." After this research, he adds, "My eyes were opened up" by reading *Why Christians Get Sick*. Dr. Roquiz said he plans to incorporate what he has learned into his medical practice.

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."

hormones to keep the glucose level down. Dufty adds, "All this is reflected in how we feel. While the glucose is being absorbed into the blood, we feel 'up.' A quick pick-up. However, this surge of mortgaged energy is succeeded by the downs, when the bottom drops out of the blood glucose level. We are listless, tired; it requires effort to move or even think until the blood glucose level is brought up again. Our poor brain is vulnerable to suspicion, hallucinations. We can be irritable, all nerves, jumpy. The severity of the crisis on top of crisis depends on the glucose overload. If we continue taking sugar, a new double crisis is always beginning before the old one ends. The accumulative crisis at the end of the day can be a lulu."

Dufty adds that for someone who has gone very long without eating sugar, the physical signs become very apparent when you have eaten a restaurant meal containing sugar: "... taste is not always infallible. However, if you get sleepy after such a meal, you can be sure something had sugar or honey in it."

He also explains the difference between refined sugar (sucrose) and glucose. Glucose, found in fruits and vegetables, is always present in our bloodstream and plays a vital role in the metabolism of all plants and animals. Many foods are converted into *glucose* in our bodies. There is a major difference in the way our bodies react to glucose versus sucrose, and there is a difference in the way our bodies react to starches and proteins when they are combined with sugar. Dufty explains: "When starches and complex sugars (like those in honey and fruits) are digested, they are broken down into simple sugars called monosaccharides, which are usable substances - nutrients. When starches and sugars are taken together and undergo fermentation, they are broken down into carbon dioxide, acetic acid, alcohol, and water. With the exception of the water, all these are unusable substances - poisons. When proteins are digested they are broken down into amino acids, which are usable substances - nutrients. When proteins are taken with sugar, they putrefy, they are broken down into a variety of ptomaines and leucomaines, which are nonusable substances - poisons."

Dufty also cites the work of Dr. William Coda Martin in the 1950s, which was intended to make the distinction between what is food and what is poison. Coda's working medical definition of poison was very simple: "Any substance applied to the body, ingested, or developed within the body, which causes or may cause disease." The dictionary definition of poison is "To exert a harmful influence on, or to pervert." Dufty adds, "Dr. Martin classified refined sugar as a poison because it has been depleted of its life forces, vitamins, and minerals."

So, when a substance is classified as a poison, has no nutritional value, is known to rot teeth, cause numerous physical and emotional problems, and is addictive, indeed it becomes compelling to ask how it came to be that we feed this harmful, toxic substance to children.

*Sugar Blues* contains a fascinating history of sugar, from the early days when sugar trade was dependent on slave labor to modern times when it is still an unholy alliance of

merchants, government and medical authorities that profit from the use of this unhealthy product.

Dufty notes that Arabs were "probably the first conquerors in history to have produced enough sugar to furnish both courts and troops with candy and sugared drinks. An early European observer credits the widespread use of sugar by Arab desert fighters as the reason for their loss of cutting edge." He quotes a 1573 journal of German botanist Leonhard Rauwolf, who made voyages through Libya and Tripoli, as stating: "The Turks and Moors cut off one piece (of sugar) after another and so chew and eat them openly everywhere in the street without shame ... in this way (they) accustom themselves to gluttony and are no longer the intrepid fighters they had formerly been."

On his second journey to the New World in 1493, Christopher Columbus found sugar cane growing in the islands of Hispaniola. By 1510, Spain was transporting African slaves to grow sugar in these islands, while Portugal was using the slave labor of its criminals to produce sugar in Brazil, and the Dutch had established a refinery in Antwerp. "By 1560, Charles V of Spain had built the magnificent palaces in Madrid and Toledo out of taxes on the sugar trade. No other product has so profoundly influenced the political history of the Western world as has sugar," Dufty writes. "Sugar pushing had become so profitable by 1660 that the British were ready to go to war to maintain their control." He notes the object of the British Navigation Acts of 1660 was to prevent the transport of sugar, tobacco and other products from the American Colonies to any port other than Britain and British territory.

By the late 1600s, sugar consumption had sky-rocketed in Europe, including more than two million pounds per year in Britain. About this time, large numbers of people throughout Europe began exhibiting major emotional disturbances, especially in the large cities where sugar intake was highest, and mental hospitals were constructed to institutionalize these people. One historian referred to this period as "The great confinement of the insane."

"Today, pioneers of orthomolecular psychiatry ... have confirmed that mental illness is a myth and that emotional disturbances can be merely the first symptom of the obvious inability of the human system to handle the stress of sugar dependency," Dufty writes.

In addition to unprecedented numbers of mental patients, other medical problems began to appear in increasing numbers as sugar consumption began to rise. In countries where accurate records were kept on national sugar consumption and death from specific diseases, Dufty notes "the point is inescapable: As sugar consumption escalates wildly, fatal diseases increase remorselessly."

But never mind the health factor. There was profit to be made by merchants, doctors and government taxes. Governments became a major partner in the sugar business. From 1840 to 1890, the U.S. Government took in two cents in federal taxes from every five-cent pound of sugar. And Dufty shows that time after time, doctors have been ignored when they discover that terrible diseases are caused by bad diets, while other

doctors have become famous for inventing drugs or treatments from which profit can be made.

For example, in the 19th Century, medical history records a dramatic increase in fatalities caused by diabetes. But rather than blame diabetes on the increased sugar consumption of that period, doctors determined the cause of diabetes was failure of the pancreas to secrete sufficient amounts of insulin. In 1923, Canadian physician Frederick Banting received a Nobel prize for discovering how to provide diabetes patients with insulin and use it to control their glucose level. This invention has generated huge profits for the medical and pharmaceutical professions as millions of people became dependent on insulin for the rest of their lives.

Then, in 1924 Dr. Seale Harris, a professor of medicine at the University of Alabama, discovered hyperinsulinism (also called low blood glucose or hypoglycemia), which is characterized by the overproduction of insulin. Dr. Harris developed the glucose tolerance test still used today to diagnose this problem, but there was no Nobel prize for Dr. Harris. Unlike Dr. Banting's findings of the previous year, the short-coming of Dr. Harris' discovery was that he did not find any miracle drug or treatment for this disease that could make anyone a profit. The only cure for a person with hypoglycemia, Dr. Harris found, is for that person to eliminate refined sugar from their diet. And as Dufty shows in his book, the A.M.A. and the Department of Health, Education and Welfare do not even acknowledge that hypoglycemia is a widespread disease, even though 49.2 percent of 134,000 responses in an H.E.W. survey volunteered that they suffered from hypoglycemia under the category of "Do you have any other condition?"

*Sugar Blues* ties together an incredible number of diseases and plagues that can be traced to diets that have been dominated by sugar and starch while excluding fresh fruits and vegetables. Scurvy became a well-known plague of sailors as early as 1516 when hundreds were dying from this dreaded disease on ships. Armies and navies from all around the world became afflicted and died in large numbers from scurvy for more than 400 years before 20th Century medical science discovered this was a disease caused by bad diet. It wasn't just the lack of nutritious foods that caused scurvy. It was the combination of the lack of nutritious foods *plus* sugar, which robbed nutrition from the body. For example, Dufty's historical research finds that rations of the 18th Century Royal Navy, plagued by scurvy, included items such as "Water gruel sweetened with sugar in the morning ... puddings, boiled biscuits with sugar." Likewise, outbreaks of beriberi became prevalent when cultures living off of brown rice had their diets changed to white rice and sugar.

Today's commercial food processing and marketing giants still find it more profitable to stock and promote sugary and starchy foods with a long shelf life rather than perishable fresh foods that provide the nutrition we need. This can leave a child who is strongly influenced by TV food commercials with a diet that, despite the addition of modern synthetic vitamins, has many of the same deficiencies as the disease-causing food eaten by sailors several centuries ago.



# Sandy Kureshi Changes Her Diet and Recovers From Chemical Exposure, Severe Respiratory Problems, Drug Side-Effects ... and Loses 90 lbs.

By Michael Dye

Sandy Kureshi had devoted more than 20 years of her life to the medical profession, continuing her education beyond a Master's Degree. As a medical records supervisor in California, her career was boosted by a fast-track management training program that gave her prospects of becoming an assistant hospital administrator.

But in June of 1993, while working as medical records supervisor for a large health maintenance organization in California, Sandy was exposed to chemical fumes that she says caused her lungs to crackle like a bag of potato chips when she breathed. She was eventually diagnosed with and treated for severe respiratory problems including pneumonia, chronic asthma and chronic obstructive pulmonary disease.

The end result of medical treatment Sandy received was a toxic reaction to massive amounts of drugs she was prescribed, which nearly killed her. From chemical exposure at her hospital job to a toxic reaction to her numerous prescriptions, the former medical professional says, "Medical science was killing me."

After losing her job, home and health in California, Sandy and her husband returned to Pennsylvania to live with her Mennonite "spiritual family." It was there Sandy was introduced to the Hallelujah Diet with a "How to Eliminate Sickness" tape by Rev. George Malkmus.

She began by giving up all meat and dairy, and noticed dramatic improvement in her breathing within two weeks. Then she bought a used Champion Juicer and went on the Hallelujah Diet completely. After 33 days, Sandy had lost 30 pounds, was off all medication and was able to return her breathing machine. With her new diet, there was no need for the anti-depressants she had been prescribed for 18 years. By

*From chemical exposure at her hospital job to the toxic reaction to the numerous drugs she was prescribed, the former medical professional says, "Medical science was killing me."*

October 1995, she had lost 90 pounds, down from a high of 260, and is still losing.

Sandy ended her 22-year career in the medical profession and her life is now dedicated to helping people to restore their health through natural diet. Sandy credits Hallelujah Acres with saving her life, so she has completed our three-day training course as a Back to the Garden Health Minister to help her share this message of health with others. Sandy gives her own "How to Eliminate Sickness" seminars throughout the Northeast and into Canada, with as many as 500 people in attendance. She also works in a health food store in the heart of Pennsylvania's Amish Country, where "most of the traffic up and down the road is horse and buggy."

Sandy began her medical career in 1971 in Pennsylvania and continued to advance in that field when she moved to California in 1980. She



Sandy Kureshi, before and after losing 90 pounds on the Hallelujah Diet. Sandy weighed in at 260 in this picture with her husband, Saqib Kureshi and friend Marge Clemons. She was down to 170, and still losing, by October 1995. Sandy credits Hallelujah Acres with saving her life and has become a Back to the Garden Health Minister to share this message with others.

assisted in surgeries, worked in coronary care and the intensive care unit and then became medical records supervisor for a large health maintenance organization in California. As a medical records supervisor, Sandy supervised over 30 employees, 30,000 medical records and between 450 and 500 appointments per day. "I felt my years of experience had come to fruition. I had a positive attitude, I appreciated the administration and worked with them on a fast-track program, possibly to become assistant hospital administrator," she said.

But then in June of 1993, an accident occurred that drastically changed Sandy's life, health and career. The accident occurred in the Radiology Department. Film developing solutions (from developing X-Rays) were poured down an industrial sink, which began to back up. After being unable to unclog the sink for three days, janitorial services poured a liquid formula down the drain, Sandy said. The mixture of chemicals

another shift started coming in and noticed the fumes and the physical problems so many people were experiencing. The building was then evacuated and the fire department's hazardous materials team responded, although Sandy notes the administration was not the one who called the fire department. The hazardous materials team, "covered from head to foot" in protective clothing and breathing apparatus, went in and used large fans to blow out the fumes, she said. Even after that, when Sandy and others went back to work the fumes were still present. The building was closed because employees kept complaining and going to the hospital for treatment.

"The next day in a supervisor's meeting, we learned we had been exposed to gas," Sandy said. Supervisors were asked to turn in reports to OSHA (Occupational Safety and Health Administration), and they were each handed one blank form to fill out and

another sheet of paper telling them what to say, she recalled. Sandy said they were told to write in the reports that it had been "a bad smell, foul odor and hysteria, indicating that the people had a hysterical reaction. Nowhere did it state there had been a gas. Nowhere did

it state there had been a chemical reaction that released those fumes. They basically denied any and all liability and responsibility for what had occurred, and told us we were to treat our employees as though there were malingerers and they said there was nothing wrong with any of them."

"The administration docked us without pay" for the time spent outside waiting for the fumes to be cleared, she said. Five to seven had been hospitalized, but the administration "assured us they already had a history of weakness in the upper respiratory system, a history of asthma or emphysema."

Sandy said her attempt to tell the truth cost her job and her career in medicine. She couldn't afford to hire lawyers to fight a \$5 billion corporation. She could never get an

Continued – please see next page  
Back to the Garden

# Recipes from Rhonda for the Holidays

Often, I am asked for special recipes for the Holidays. Following are some that I have tried on George that have produced a very positive response. The Grain Crisps are something George was making when we met. These raw crackers are wonderful served with salads.

## Holiday Cocktail

In your Champion or Green Power juicer, make the following juice: one sweet apple, a quarter to half a beet and enough carrots to equal 8 ounces of juice.

## Lemon & Oil Salad Dressing

Combine the following:  
Juice of two lemons  
1 - 2 cloves of garlic, crushed  
1 Tblsp. Extra Virgin Olive Oil  
Distilled water to desired consistency

Mix dressing ingredients together and allow to stand several hours before serving. Garlic should be removed prior to serving. Any of your favorite herbs can be added to vary the flavor. Try this dressing on the mixed green salad found on page 262 of *God's Way to Ultimate Health*.

## Sprouted Grain Crisps

Raw crackers can be made by using any grain, such as wheat, rye, oats, rice, millet or barley. An example would be:

1/4 - 1/2 Cup rye  
1 1/2 - 1 3/4 Cup wheat berries  
3 Cups distilled water

Put the above ingredients in a bowl and soak overnight (about 12 hours). Drain the water, reserving the soak water for use later (do not refrigerate). Place drained grains on a paper towel placed in the bottom of a bowl, cover with a towel and allow to sprout for about 12 hours. When the sprouts are ready, assemble:

1 cup sprouted grains  
1 cup soak water  
1 Tblsp. dehydrated onions  
1 tsp. dill weed  
1 tsp. caraway seeds  
1 Tblsp. Bragg Liquid Aminos

Put the above ingredients in a blender and blend until a creamy consistency is reached. Then pour a thin layer onto a plastic dehydrator tray and dehydrate until crisp. (Make sure all moisture has dried before removing from dehydrator tray.) Enjoy with your favorite salad, use as a snack food, or you can make delicious mini-sandwiches by spreading with ripe avocado topped with a dehydrated tomato. These grain-crisps will keep for months in a tightly-sealed container. Note: You can vary the flavor by changing grains, herbs and seasonings. A sweet grain-crisp can be made by adding a ripe banana and pitted dates or raisins to the grains while in the blender. The sweet grain-crisps take longer to dehydrate. For information on dehydrator, see page 22.

## Corn Bread Dressing

Prepare George's famous Hallelujah Acres Corn Bread on page 272 of *God's Way to Ultimate Health*. Set aside to cool or make the day before. Additional ingredients include:

1 - 2 Cups Vegetable Broth  
2 Cups Celery, chopped fine  
1 1/2 Cup Onion, chopped fine  
1 Cup 7-Grain Bread (or other whole grain bread) cut into small cubes and toasted in a dry skillet  
1 1/2 tsp. marjoram  
1/2 tsp. thyme  
1/2 tsp. sage  
Braggs to taste

In a saucepan sauté onion and celery in vegetable stock until tender.

In a large bowl combine crumbled corn bread, toasted bread cubes and veggies. Add seasonings and mix well. Add broth until mixture is moist. Put into lightly oiled baking pan and bake 350 degrees for 45 - 60 minutes.

## Two Potato Soup

3 Sweet potatoes, cubed  
4 - 6 White potatoes, cubed  
3 Stalks of celery, chopped fine  
2 Medium onions, chopped fine  
2 Cloves of garlic, crushed  
1/2 Cup Parsley  
2 Scoops Better Than Milk  
Braggs to taste  
Pinch of cayenne  
All Purpose Seasoning

Sauté onion, celery in small amount of distilled water for 3 minutes. Add the rest of the ingredients and enough distilled water to cover. Bring to a boil, turn down to med. heat. Cook about 45 minutes until vegetables are tender.

Remove 3 - 4 cups of vegetables, cool partially, place veggies in a food processor with Better Than Milk and puree. Add back to the soup, heat to serving temperature and serve.

## Baked Sweet Potatoes

Bake one potato per person at 350 degrees for 45 minutes or until tender when pricked with a fork. Remove from the oven, cool slightly, peel and mash. Add a small amount of pure maple syrup and herb seasoning like Frontier Herb's All Purpose (this seasoning can be found at your health food store).

## Stuffed Acorn Squash

1 Small to medium Acorn squash per two people, recipe serves 8

Stuffing:

1/2 C Organic raisins  
1 - 1 1/2 Cup Heated Veg. Soup Stock  
2 Onions, chopped fine  
4 Garlic cloves, minced  
2 Apples, peeled, cored & diced, about 1 1/2 cup  
1 1/2 Cup diced 7-grain bread or other whole grain bread, toast slightly in ungreased fry pan  
2 Tblsp. Bragg's Liquid Aminos  
1 - 2 tsp. ea. Parsley, basil, sage or your favorite herbs.  
1 tsp. grated lemon peel

Cut squash in half. If the squash will not sit up, slice 1/4" from the bottom to make it stable. Remove the seeds. Bake cut side down (not the side the 1/4" was cut from) on a lightly oiled baking pan until soft (about 50 minutes). Remove from oven.

While squash is baking, soak the raisins in the heated vegetable stock for 10 minutes. Steam sauté the onion, celery and garlic over med. heat until soft (3 - 4 minutes). Add apple and steam another 3 minutes or until apple is tender.

Transfer to a large mixing bowl and mix in the bread crumbs, herbs, grated lemon, raisins, vegetable stock and Bragg's Aminos. The mixture should be moist. Taste and adjust seasonings if needed. Spoon into squash.

Return to oven and bake additional 15 min.

The Wild Rice Dressing on page 266 of *God's Way to Ultimate Health* can also be used to stuff the squash if you prefer.

## Cranberry Sauce

Instead of sugar to sweeten your cranberry sauce, try the following :

2 ripe pears, chopped fine  
1 medium apple, chopped fine  
1/2 cup raw honey

## Raw Pumpkin Pie

1 1/2 - 2 Cups Raw pumpkin  
1 Cup Almonds  
2 - 4 Tblsp. fresh lemon or orange juice  
2 Tblsp. Raw, unfiltered honey  
1/2 Cup Organic raisins, soaked  
1/2 tsp. Ginger  
1 tsp. Cinnamon  
1/4 tsp. Nutmeg

In a blender combine the pumpkin, almonds, juice and honey. Add coconut, raisins and spices. If too thin add more almonds. The pie will firm up some when chilled, but the consistency should be that of pancake batter.

Pour pie into pie crust found on page 273 in *God's Way to Ultimate Health*, under the Strawberry Pie recipe. Cover & chill overnight.

**Juicing Tips:** When drinking fresh vegetable juice, be sure to drink it at least 30 minutes before a meal and two hours after a meal. The advantage in drinking fresh vegetable juice is that this nutrition is able to get to your cellular level within minutes and without going through the time and energy-consuming process of digestion. If juice and solid food end up in your stomach at the same time, the juice may have to sit around for a couple hours while the solid food is digested. Also, the body can assimilate the nutrition from only 8 oz. of juice at a time. Drink 8 oz. and wait one hour before drinking more juice.



Back to the Garden Readership Survey

Name \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Answering as: \_\_\_\_\_ individual \_\_\_\_\_ couple \_\_\_\_\_ family of \_\_\_\_\_

You may respond to this survey by making a photo-copy or by cutting out this page, or by writing your answers on separate paper. Many of you will need a separate sheet of paper for longer responses. Mail to Hallelujah Acres Survey, P.O.Box 10, Eidson, TN 37731 or fax to (423) 272-9965. Thanks.

1) Do you wish to continue receiving a free subscription to Back to the Garden? \_\_\_\_ Yes \_\_\_\_ No

2) How and when did you first learn about Hallelujah Acres, and this diet? \_\_\_\_\_

3) How many people normally read each issue you receive of Back to the Garden? In your household? \_\_\_\_ Outside your household? \_\_\_\_

4) What specific features of Back to the Garden do you find most interesting and helpful? \_\_\_\_\_

5) Are there any changes you would suggest to help us improve Back to the Garden? \_\_\_\_\_

6) Has information in Back to the Garden changed the way you think about diet and health? \_\_\_\_ If so, please explain. \_\_\_\_\_

7) Have you passed this information on to others? If so, how many? \_\_\_\_\_

8) Have you known other people whose health has been affected by a change to this diet? \_\_\_\_ If so, what changes have you seen? \_\_\_\_\_

9) Have you read: Why Christians Get Sick \_\_\_\_; God’s Way to Ultimate Health \_\_\_\_; Back to the Garden (how many issues?) \_\_\_\_

10) Have you attended a seminar by Dr. George Malkmus? \_\_\_\_ Have you seen a video or heard an audio tape of a seminar by Dr. Malkmus? \_\_\_\_

11) Any comments or reaction to any of these books, tapes or seminars? \_\_\_\_\_

12) Have you ever made a mail order purchase from Hallelujah Acres? \_\_\_\_ If so, where you satisfied with the product and service? \_\_\_\_\_

13) Describe your current diet: \_\_\_\_ The Hallelujah Diet (vegetarian, at least 75% raw fruits & vegetables, with fresh vegetable juice and Barley Green) \_\_\_\_ Working toward the Hallelujah Diet \_\_\_\_ Vegetarian, but not mainly raw foods \_\_\_\_ Lacto-Ovo vegetarian (still eating dairy and eggs) \_\_\_\_ Almost vegetarian \_\_\_\_ Standard American Diet \_\_\_\_ Other – please describe: \_\_\_\_\_

14) Do you exercise regularly? \_\_\_\_ If yes, how often? \_\_\_\_ minutes a day, \_\_\_\_ days a week. What types of exercise? \_\_\_\_\_

15) What is your age? \_\_\_\_ On a scale of 1 to 10, how would you rate your current health? \_\_\_\_ Does your health limit your activities? \_\_\_\_\_

16) Have medical problems, health care or expenses been a problem for you or your family? \_\_\_\_\_

17) Are you taking steps to improve your health? \_\_\_\_ If yes, please describe what steps. \_\_\_\_\_

18) Have you made any changes in your diet and lifestyle based on information from Dr. Malkmus and Hallelujah Acres? \_\_\_\_ Yes \_\_\_\_ No If you answered “yes” to #18, please complete the questions in the left column below. If you answered “no,” complete questions in the right column below.

19) Yes, changes I have made include: \_\_\_\_\_

20) Were your dietary changes all-at-once or gradual? \_\_\_\_\_

21) Did you notice any temporary unpleasant symptoms (known as a cleansing reaction or healing crisis – see Chapter 23 in God’s Way to Ultimate Health) after making these dietary changes? \_\_\_\_\_

22) If yes, was this a problem, and how long did it last? \_\_\_\_\_

23) Are there any diseases or conditions that were healed after you made this dietary change? \_\_\_\_\_

24) Are there any medications you have been able to quit taking because of your dietary change? \_\_\_\_\_

25) What impact has this dietary change had on your daily activities, ability to work, exercise, etc? \_\_\_\_\_

26) If you have experienced improvement in your health on this diet, may we share this information with others in Back to the Garden? \_\_\_\_\_

27) No, I have not made dietary changes based on this information because: \_\_\_\_\_ I am satisfied with my current diet & health. \_\_\_\_\_ I don’t believe a change in diet would have an impact on my health. \_\_\_\_\_ I think making these changes would probably improve my health, but I find these changes difficult to make because \_\_\_\_\_ This is new to me. I need more time to consider. Other \_\_\_\_\_

28) The foods or substances I find the most difficult to give up include: \_\_\_\_\_

Thank you for your time. You have helped us to evaluate the impact the information from our ministry is having on our readership, and what we can do to better serve you. Back to the Garden

employer reference, and with no job and, of course, no health insurance, Sandy said she went through “two months of self-pity and chronic depression.” Sandy and several of her family members had experienced chronic depression for many years. “It ran in the family. My mother was on medication for chronic depression, my sister, aunt and cousins ...” “For this chronic depression I had taken 18 years of benzodiazepine drugs... I also took Prozac,” Sandy said. “You see, I was a good student of the medical profession. I learned that if you had a symptom, you took a drug to make it better ... I never questioned the prescription drugs I took during those years.” Within two months, Sandy developed the first case of pneumonia she had experienced since shortly after being born as a premature baby. “I thought that was strange. I hadn’t had pneumonia since I was born. I hadn’t had any upper respiratory problems, other than an occasional cold or sinus, since then.” Because Sandy was unable to figure out what caused the pneumonia, she assumed it was stress. “It lasted several months. I was on lots of anti-biotics and nothing seemed to help it. Finally it went away. I felt a little better but I didn’t have all of my energy back. And then I started developing a strange noise in my lungs, a crackling sound. My lungs would crackle.” Sandy likened the noise to the crackling sound made by opening and closing a bag of potato chips. She had never smoked and had always worked in a smoke-free environment, so Sandy said she had no clue at that point what was causing her problems. Because she had lost her medical benefits, Sandy said she continued to rely on antibiotics from friends. Then she developed kidney problems. Her kidneys shut down and she went to an emergency room. “When they catheterized me, they got something (from her kidneys) that looked a lot like motor oil,” Sandy said. Doctors were going to admit her, but Sandy said when they discovered she had no money or medical insurance, the hospital sent her home. But doctors were very concerned about her and called her at home every two hours. Sandy was advised to apply for indigent care, which she did. With her county medical benefits, she was examined and referred to another doctor, but that doctor didn’t accept county medical benefits. Then in July of 1994 Sandy heard about a Veterans Administration Hospital looking for subjects for medical testing. The deal was that in exchange for being a subject in the testing of experimental drugs, all subjects would receive free medical care. VA tests found Sandy had only 63-percent of her lung function, and she was diagnosed with chronic asthma and chronic pulmonary disease. The VA hospital gave her an experimental drug for asthma and pulmonary obstructive disease, four different inhalers and two anti-depressants. “But I was getting worse,” Sandy said. When she came to the VA hospital, it had been 13 months since her exposure to the chemical fumes. Shortly after starting on the

medication given to her by the VA doctors, she developed “giant hives as big as grapefruits from my neck down.” Sandy went to an emergency room, where she was given more medication. She returned to the emergency room again and then back to the VA hospital. “Little did I know I was having a toxic reaction to all the medication. Medical science was killing me,” she said. Then VA hospital officials became concerned that Sandy’s bad reactions were “throwing off the results” of their tests, so they removed her from their experiment. VA doctors gave her more medication, including nerve medicine, and told her to go home and “sleep it off.” Sandy went home to follow doctors’ orders, and when she awoke, her face was hot and she felt like she couldn’t breathe. “I looked in the mirror, and from the neck up I was beet red. My eye lids looked like cactus plants. My eye lids, cheeks and ears were filled with fluid. My throat was closing up. My vocal chords were being constricted and I couldn’t speak.” As a neighbor took her to the hospital, Sandy felt she was going to die. She had her address book, and began making marks by the names and addresses of people that “Yes, it’s true my lungs were gassed. It’s true my lungs were scarred. But what I’ve eaten since March 18 has radically improved the ability of my body to heal itself.” – Sandy Kureshi needed to be notified and told, “Hallelujah, I’ve gone home to the Lord.” Doctors told Sandy she shouldn’t have waited so long before coming to the hospital. They saw she was allergic to many different medications, and felt that a powerful steroid was the one last resort they could try. Doctors told her, “If it doesn’t work, there’s nothing else we can do,” she said. The steriod reversed the toxic reaction, and Sandy was able to breathe comfortably again. It was at this point that doctors told her she had a “textbook case of chemical exposure,” complete with scar tissue from where the lungs had been burned by chemical exposure. Sandy said this was the first time she realized the hospital accident had been the cause of her problems. Doctors also considered the possibility of multiple chemical sensitivity, fearing something in her home environment may be a complicating factor, so they advised her husband to not take her back to their home. They temporarily moved in with some friends, but Sandy felt she needed to be with her Mennonite “spiritual family” in Lancaster, Pennsylvania. Her doctors warned against the move to a colder climate in her health. But after waiting three weeks to be stabilized, Sandy and her husband drove across country, stopping at three emergency rooms along the way. Not long after her arrival in Lancaster, the whole family was invited out to listen to an audio tape by Rev. George Malkmus titled “How to Eliminate Sickness.” Sandy didn’t feel like getting out, but she agreed to go. “I was worn out just from getting dressed,” she said, and when she arrived, Sandy had to lie down

on the couch to rest while the tape was played. As she listed to Rev. Malkmus explain why we should give up meat, dairy, eggs, sugar, salt, and processed foods, and nourish the body with raw fruits and vegetables, she was not too excited. Her first reaction was that she really wasn’t sure if she even wanted it to be true, because, “I thought there wouldn’t be any more fun in life ... But it sounded like it had the ring of truth to it.” So she first decided to just try giving up milk and meat for two weeks. Sandy explains that she had learned the empirical method in school, which meant if she could duplicate the results achieved by Rev. Malkmus and others, then his conclusion would be valid. At that time, Sandy had to sleep with four pillows to keep her upper body elevated enough that she could breathe. “Needless to say, in two weeks with no milk and no meat, I no longer needed to sleep with four pillows under me at night,” Sandy said. She was able to reduce her breathing treatments and started going out again. “I found out there was something I was more hooked on that milk and meat, and that was breathing. And it felt so good to be able to breathe again, it was worth staying off the milk and meats.” She started reading Back to the Garden and coming to Mary Glick’s health food store, Glick’s Natural Products, and she learned that Rev. Malkmus was coming to Lancaster for a seminar at the Harvest House Restaurant. Sandy attended the seminar and decided to go on the entire program. She bought a used juicer and on March 18, 1995, she had her first fresh carrot juice. “I felt a major transformation in my body,” Sandy said. Just 33 days after starting on the Hallelujah Diet, Sandy was off all medication and inhalers, was able to return her pulmonary breathing machine and had lost 30 pounds. “I went from having medication that was killing me to eating food that was healing me,” Sandy said. “Yes, it’s true my lungs were gassed. It’s true my lungs were scarred. But what I’ve eaten since March 18 has radically improved the ability of my body to heal itself. My chronic depression of 18 years is gone. I’m off of Prozac. The reason for my chemical imbalance was my lack of enzymes that I needed from raw foods. My thyroid now works normally so I can control my weight. I don’t have the food cravings like I used to have. I found out within two weeks that my body suddenly liked raw fruits and vegetables.” With her newly-restored health, Sandy has become one of our more active Back to the Garden Health Ministers. When she gives her “How to Eliminate Sickness” seminars throughout the Northeast, Sandy brings an old picture and a box full of the medication she once took, to show people the shape she was once in. Sandy emphasizes, “The solution to sickness is to change your diet. You don’t have to be sick.”



# Foreword to God's Way to Ultimate Health by Dr. J.C. House

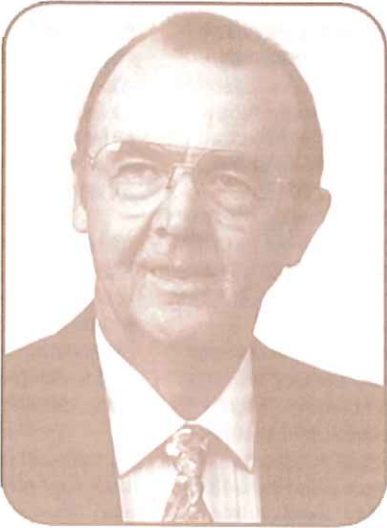
The following article is one of four forewords included in God's Way to Ultimate Health.

By Dr. J.C. House, Evangelist

In the divine providence of God, there are times in life when a person appears on the scene and it seems as if that person was "called into the Kingdom for such a time as this." That individual then has such an impact in certain areas of life, that things are never the same again.

I believe that Rev. George Malkmus is that kind of an individual in the field of Bible Nutrition. His premise, "YOU DON'T HAVE TO BE SICK," is more than a premise. It's a promise.

George Malkmus does not teach theory ... He teaches fact, based on Bible truth and 19 years of research and personal experience. Rev. Malkmus' personal experience is that he switched to the diet he now advocates 19 years ago and healed himself of colon cancer and several other problems, ranging from high blood pressure to



Dr. J.C. House

hemorrhoids. On this diet, Rev. Malkmus has enjoyed outstanding health, free of all illnesses, for the past 19 years.

George Malkmus' writings have circled the globe; his lectures on "How to Eliminate Sickness" have been heard by thousands; and his quarterly publication, *Back to the Garden*, is going into more than 34,000 homes at this time, and growing rapidly. Countless testimonies are on file sharing remarkable recoveries from all types of illnesses.

This book, *God's Way to Ultimate Health*, is the most complete treatise on the subject of Biblical Nutrition I have had the privilege of reading. I consider it must reading for any concerned person in today's society.

We live in a day when the masses are sick ... when a so-called National Health Care Plan is a paramount issue among politicians on the national level ... when individuals often find themselves bankrupt after illnesses and hospitalization ... and when businesses find it necessary to completely restructure financially because of rising health care costs. The answer to it all is found in this book. George Malkmus presents a simple, inexpensive, Bible-based plan to good health and longevity that is absolutely profound in its simplicity.

George Malkmus stands alone in the field of Bible Nutrition. I personally shall be eternally grateful for the truths that he shared with me that changed my life forever in the area of health.

Read this book, put it to practice and benefit from its truths.

Dr. J.C. House, Evangelist  
Joshua, Texas  
March 1995

*God's Way to Ultimate Health*, 282 pages, published by Hallelujah Acres, is now available for \$17.95. To order, see page 20.

## Evangelist Regains His Health with the Hallelujah Diet

Dr. J.C. House was ordained to the Gospel Ministry in 1964 and has been busy in full-time Christian service since that time.

While at his last Pastorate at Calvary Baptist Church in Holland, Michigan, the church averaged over 600 in attendance each week, 92 Missionaries and/or Missionary projects were supported each month and a nationwide radio ministry was instituted.

In 1988 Dr. House resigned as Pastor and began a full-time ministry of Evangelism. Each week he conducts meetings in different Churches across the country, sometimes conducting two meetings per week. He consistently averages 55 meetings per year.

Dr. House notes, "Good health is essential in maintaining this type of rigorous schedule and I credit the teaching of Dr. George Malkmus and his Hallelujah Diet as being most important in good health."

Summarizing his health history and the changes he has seen since beginning the Hallelujah Diet, Dr. House writes:

"In 1986 while still serving as Pastor, my weight reached 226 pounds. I had been troubled with Chronic Sinus for 35 years. I had the horrible headaches, the scratchy eyes, the drainage, the resulting sore throat, etc. I was being treated for Chronic Prostatitis, which kept me in pain and prevented me from ever getting a full night's sleep. I had constant stomach problems that complicated everything else.

When I entered full-time Evangelism, the problems complicated. In October 1989 I was diagnosed with throat cancer. Two unsuccessful surgeries and 37 radiation treatments followed.

The radiation treatments evidently lowered my immune system. Drainage from

the sinus created severe laryngitis and I was unable to preach. I found myself with colds all the time and at the change of each season, it seemed like a worse case of the flu. I was missing meetings due to health problems.

I was taking a prescription medication for sinus, a prescription medication for Prostatitis, and 1600 milligrams of pain medication each day. I was also receiving cortisone injections in my shoulder for bursitis and arthritis.

Each day became more difficult as I tried to maintain my schedule. In May of 1994 I was in a meeting with Dr. Charles Williams at Central Baptist Church in Hattiesburg, Mississippi. Dr. George Malkmus had just recently been with them in a Health Seminar and had left behind an issue of *Back to the Garden*. Each time I read it, I would voice all my objections as to why this could never work and how recovering your good health must be more complicated than just changing your diet. But the more I read, the more I knew in my heart that he was right.

I called Dr. Malkmus and made an appointment to meet with him. I drove 2,200 miles to talk with him and receive his counsel concerning my condition. He listened patiently and then said very kindly, "You don't have to be sick." Then he explained to me what was necessary in order to be well. I began a new way of life that day in the midst of all my sickness.

1. I eliminated all animal products from my diet, all meats, all dairy products ... milk, eggs, cheese, etc., along with eliminating caffeine, carbonated drinks, sugar, salt and white flour. I began a diet of 80% raw fruit and vegetables.

2. I began to take 3 tablespoons of Barley Green each day. This is probably the most important thing I do each day.

3. I began to drink freshly extracted carrot juice each day. I drink 16 to 24 ounces of juice daily, using only California carrots.

4. I began to use distilled water for drinking and cooking.

5. I began a daily exercise program of walking.

6. I try to get adequate rest each day.

7. I assumed a positive attitude about my life.

That was in May of 1994. This is being written 18 months later in October 1995. Several wonderful things have transpired in this past year and a half:

1. I have taken no medication of any kind in 17 months, not even an aspirin. My prescriptions were running over \$200.00 each month prior to this.

2. All symptoms of all illnesses have disappeared and I am healthier and feel better than I have in many years. I have no known health problems at 61 years of age: *No cancer, no sinus problems, no prostatitis problems, no laryngitis, no headaches, no bursitis, etc. Simply put, I am well!!!*

3. I now weigh 172 pounds at 6'1" height, a 54-pound loss from my high weight.

And all I did was follow George's advice and change my diet. I recommend it to anyone. Try it ... all you have to lose is your sickness."

Dr. J.C. House

*Dr. House is a trained Back to the Garden Health Minister who shares this ministry and the Hallelujah Diet in his evangelism meetings as he travels around the world.*

*Back to the Garden*

## From the Mailbag

Continued from Page 4

"...In less than four weeks I have lost 14 pounds, my cholesterol is down to 183, triglycerides have dropped from 946 to 329 and my risk factor for a heart attack or stroke has gone down from 9.9 to 6.1. My doctor is very pleased ... My depression has been helped greatly. Now I have hope! Thank you!"

Jo Ann Hopkins,  
Alabama

"I have been on the Hallelujah Diet for 3 1/2 months and it has helped a lot for my Lyme Disease which I have had for 4 years. It is the first time in 4 years that I am able to work all day! Thanks!"

Samuel M. Lapp,  
Pennsylvania

"Our sincere thanks to you for pioneering this health ministry. We have tried various means of improving our health & feel we have found an answer amidst the jungle of voices out there. We began juicing regularly about the middle of June when your new book (*God's Way to Ultimate Health*) arrived - It is a classic!! We are constantly moving toward the ideal diet & lifestyle you set forth ... We have four children at home & everyone is drinking juices. My husband keeps saying how much more energy he has than before. I always thought I was doing pretty good and could really work long days. However, I always had hay fever beginning in August every year. This year I have taken no medication. Last evening I had the biggest surprise of all. My 12 year old wanted me to play a running game out around our house. Normally I tried everything to get out of it. Last night I felt like playing with him. I ran and played with him for an hour. He was just totally amazed at how I could run around the house. I was too!! I have not been able to run like that in 20 to 30 years ... This is exciting! ... My husband and I were beginning to experience other health problems that I will not go into here, and we are so excited to learn that we Don't have to be sick. ... My husband pastors a small church & he is beginning to share the 'good news' about nutrition with the people. Thank you so much. Please don't stop..."

Mary Bear,  
Ohio

"...As soon as I read your literature, God removed my compulsion/addiction to all sweets, all meat, milk, cheese, coffee, pop, etc. At times I had some pain (facing reality without all that food), but God has brought me thru one day at a time. I have lost almost 60 pounds and like others, feel so much better all over. High blood pressure is now normal and I am off medication. A bad back I have had for 25 years is better ... I don't plan to ever go back to my old way of eating. I love this new way! God bless you and thank you."

Linda Davis,  
Michigan

"Thank the Lord for your dedication to help point people back to God's way, Back to the Garden. Your magazine is great! I don't want to miss an issue. ... I think everyone should read your new book, *God's Way to Ultimate Health*. Then there wouldn't be so much sickness in this world..."

Della Mahon,  
Iowa

Winter/Spring 1996

"... I am 80 years old ... my hobby is gardening ... I spent 20 years studying the healing herbs and was aware of a therapeutic green drink which has been a help to me for 15 years. Dr. Kirschner, M.D. of California used that and carrot juice in his preventive medicine practice ... I was quickly convinced when I saw Barley Green which I am taking and I am also juicing carrots ... I am so glad you are doing what you are. I am personally confident that God wants us, His children, to live and walk in Divine Health. Enclosed find my check for 2 more books. I have already given 6 *Why Christians Get Sick* away and need several more..."

Titus Schrock,  
Indiana

"Dear George & Rhonda: We heard of your mission from a friend who lent us a tape of your lecture ... I am a family practice boarded M.D. and can testify that you are certainly on the right tract from a medical stand point - keep up the good work!...Thank you both from the heart."

Dr. Ronnie Roach, M.D.,

"I was scheduled for a complete knee replacement ... I was taking tylenol 3 by prescription, also improvane, a sleeping pill as the pain was so bad I wasn't sleeping ... Since being on the Hallelujah Plan I have not had any pills. I am able to walk more without pain..."

Jeff Gibson,  
Oregon

"Greetings in the name of our Lord Jesus! I have just read both of your books: *Why Christians Get Sick* and *God's Way to Ultimate Health*. I was overjoyed to see that, at last, someone has the courage to stand up for the truth. Praise the Lord! In August of 1993, I had open-heart surgery, nine and a half hours in the operating room. I was at the end of my rope. Two arteries were completely closed and another 90% closed. I was given six By-passes and a new aortic valve - All because of my atrocious eating habits. Please send me your "Health Ministry Information Pack." My wife and I are interested in becoming part of your Back to the Garden Health Ministries."

W. Pat and Martha Billingsley,  
Alabama

"Thank you, thank you for your wonderful *God's Way To Ultimate Health*. In fact, I want never to stop thanking God for you and your ministry. I can't tell you how many people I have loaned your first book, video, and audio tapes to - and your newsletters. I love everything about your ministry. Especially, that you have alerted Christians to the fact that God did provide a healthy diet for his earth family. I think I have told you before that I am a very busy 76 year old grandmother and gardner, enjoying excellent health. For years I have read health magazines and books, and listened to tapes ... Therefore my diet is predominantly raw, and I endeavor in all ways to live a healthy life-style. My pastor and Christian friends seem concerned that I am influenced by one segment of *New Age* philosophy ... Until my pastor makes time to read your books and listen to your tapes and become health educated, he will not allow any kind of health seminar or program in our church. Never-the-less, though my pastor will not back me, I have decided I want to, if I qualify, become a part of your *Back to the Garden Health Ministries*. Please send me the Health Ministers

Packet...May God ever abundantly bless you, all most dear to you, and your ministry."

Betty Ison,  
California

"Dear George and Rhonda: It is amazing how many people have started living more healthy lifestyles...since you folks spoke in our Church. Thanks for coming. I personally started being more earnest in a healthy diet and exercise program. I went to the doctor recently for my regular six months check up and she was so amazed at the difference in my blood pressure and general health that she asked me if I had retired..."

Dr. James C. Hutchings,  
Pastor, Tennessee

"Please send me your Health Ministry Packet. I am very interested in your Hallelujah Diet and how to share it. I am an RN and became a nurse because I was interested in health. I have not seen one healthy thing in the hospital in 13 years."

Helen Hargett,  
Washington

"My husband and I were privileged to see a video on your health message...at someone else's home. We went home and that very afternoon changed our diet. We dropped meat, dairy products, sugar, eggs and white flour immediately and started eating fresh fruits for breakfast and fresh raw vegetables for lunch and supper. The first week I felt pretty bad since I have had irritable bowel and the change was so drastic. However, my husband felt great and so I stayed on the diet too. After about one and a half weeks, we had each lost about 10 pounds and I started to feel better than I had for a long, long time. Now, after almost three months on this diet I have not been bothered by my irritable bowel. I am no longer bothered with bloating, vaginal yeast, constipation and I can breath better. My skin seems to be clearer and my fingernails stronger. People are noticing that we are slimmer and have more energy and are asking us to help them. My sister, who is a diabetic, is trying to adopt this diet. In the short time she has been on it, her doctor has had to decrease her insulin because her sugar level has dropped so much. Please send us information as soon as possible as we want to stay on this diet and help others to have better health."

Joyce Reich,  
Washington

"Please send us another jar of Barley Green. It seems to do wonders for our daughter who has Lyme's disease..."

Amos N. Stoltzfus,  
Pennsylvania

"Yes, you are wonderful friends for what you have done for our family. I really have been at the bottom and going further down for a number of years...I am now shouting, thanking you and praising the Lord. My strength has increased rapidly - I am like a kid again. I am just short of 85 years old. Please continue to send me *Back to the Garden*..."

Lila Brecher,  
California

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.