

The Hallelujah Acres Story

Hallelujah is a Biblical word used to express praise, joy and thanksgiving. It was chosen by Rev. George Malkmus as an expression of gratitude to God after he was healed of not only colon cancer, but *all* physical problems, following his change to a natural diet and lifestyle in 1976. Acres was added to the name of his ministry in 1986 when Rev. Malkmus purchased a 50-acre mountain farm in Eidson, Tennessee. On April 11, 1992, Rev. Malkmus married Rhonda Jean at the farm, and today they 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 12th 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!!!"

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Back to the Garden

Summer/Fall 1996
Issue No. 14

Teaching Health from a Biblical Perspective

\$3.00

Published by Dr. George H. Malkmus and Hallelujah Acres / P.O. Box 10 Eidson, TN 37731 / (423) 272-1800

"Choose Life"

By Dr. George H. Malkmus

"I have set before thee this day life and good, and death and evil; In that I command thee this day to love the Lord thy God, to walk in his ways, and to keep his commandments and his statutes, and his judgments, and that thou mayest live and multiply ... But if thine heart turn away, so that thou wilt not hear, but shalt be drawn away, and worship other gods, and serve them; I denounce unto you this day, that ye shall surely perish and that ye shall not prolong your days upon the land ... I call heaven and earth to record this day against you, that I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live ..."

– Deuteronomy 30:15 – 19.

God warns us in Romans 12:2, "Be not conformed to this world." When Christians fail to heed that warning and choose the World's Way, even in ignorance, Christians suffer the same consequences as non-Christians.

Life is a series of choices! Why? Because God did not create the human race to be robots but rather free moral agents with a brain capable of learning, storing information and making choices. Webster's Dictionary defines the word "choice" as "the act" or "power of choosing."

As we read through the Bible, we see God is constantly instructing His people in the good and right ways and then giving them the opportunity to make their own individual

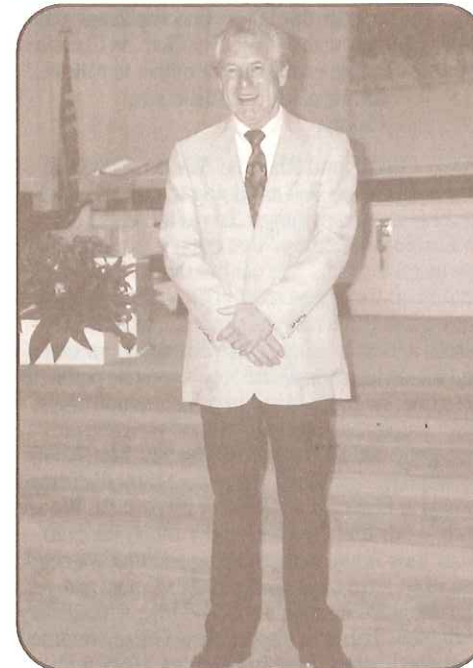
choices. However, He constantly warns that if they make the wrong choices they will have to suffer the consequences of that wrong choice. A verse that would sum up this Bible teaching is found in Galatians 6:7 "...whatsoever a man soweth, that shall he also reap."

When a person accepts Jesus Christ as their personal Lord and Saviour, they make a good choice because this personal decision determines their relationship with God as well as their eternal destiny. Sadly, many Christians believe that once they have made this good choice concerning their spiritual well being, God is now in control of their lives and they no longer have to make choices. As a result Christians often become very passive

and believe everything that comes their way from this point on in their life is God's will and they are powerless to change it. My friend, this just is not so! After a person becomes a Christian, life continues to be a series of choices. We are still responsible and in control of our spiritual and physical lives and will suffer the consequences if we make wrong choices.

One place where Christians are

Continued – Please see page 4

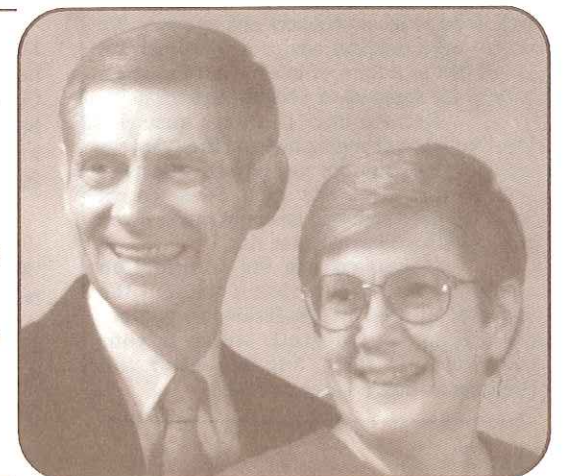


When Pastor Don Irby of Abundant Life Baptist Church in Proctorville, Ohio was in severe pain and unable to walk, doctors offered no hope. His diabetic-related pain, was caused by irreversible nerve damage, they said, and he was told the only solution was to learn how to cope with the pain. Instead, Pastor Irby came to Hallelujah Acres, where he found a dietary solution to the pain caused by his diabetes. "I'm now able to walk, climb ladders and even ride a horse without any problem," he said. "We've proven them wrong already. I have no pain, or practically no pain," Pastor Irby said. "Every day is a good day," he adds. Pastor Irby's testimonial is on page 8.

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Dr. George and Rhonda Malkmus, founders of Hallelujah Acres, teach health from a Biblical perspective. They cite the original diet of raw fruits and vegetables handed down to mankind by God in Genesis 1:29 as the perfect means of nourishing and sustaining our bodies in abundant health without all the processed foods and drugs of this world. They also cite the Biblical admonishment to honor our bodies as the "temple of God." The testimonials and letters in this publication, and our book, *God's Way to Ultimate Health*, offer living proof that God's health plan does indeed work.



From the Mailbag

"We first heard about you on a Bee Alive broadcast which offered your book *Why Christians Get Sick*. Our whole family has adopted the Hallelujah Diet and *life is better for all!!!* Since going on the Hallelujah Diet, my husband Bill has eliminated his heartburn; his hiatal hernia is gone; his snoring has stopped; his legs don't ache any more; headaches are gone; he has more energy; has lost 16 pounds and been able to give up his 6-8 Mylanta per day. I (Yvonne) have lost 30 pounds; migraines gone; nerves calmed; panic attacks gone; arthritis in back gone; circulation improved; no more cold and tingling hands and feet; fever blisters gone; spastic colon and hemorrhoids gone; fibrous breast tumors gone; greater physical strength and mental clarity. Our daughter Amy who has Spinalbifida and juvenile diabetes is off Macrodantin (anti-biotic) for her kidneys; reduced insulin from 23 to 4 units a day; lost 14 pounds and her constipation problem of 19 years is gone. Also, her skin has improved and she has more energy and is stronger. My 74 year old mother is off her blood pressure medicine; skin much improved and has lost 16 pounds. We love Rhonda's recipes. Thank you for all that you do to help others."

Yvonne, Bill and Amy Roberts, Maryland

"Thank you, thank you for writing *Why Christians Get Sick!* Three months ago I began changing our family's way of eating and have seen wonderful results - not only for myself, but my children also. My 4 1/2 year old daughter has taken medicine daily since the age of 10 months for asthma, allergies, bronchitis, ear infections and urinary tract infections. Since we have changed our diet, she has not

taken any medication at all and her behavior and health have improved dramatically! The principles of eating spoken of in your book has been an answer to my prayers. With Sincerest Thanks."

Sharon Kemnitzer,
Pennsylvania

"Thanks to your sharing this wonderful health message, I started on your program (Hallelujah Diet). Within three days I couldn't believe how great I felt. I suffer from Chronic Fatigue, Hepatitis A, Herpes II. For twelve months I have been so sick I could not work - not even for one hour. Thousands in Australia have this virus and they say there is no recovery, but I was praying 'Lord, I need my health back - You must have some way for me to find my health.' Now He has answered my prayer through you my dear Friends. So far I have shared this health message with many and I hope to share it with my neighbors. Please, would you send me a *Back to the Garden* and I would love to read more...May God richly bless you for your kindness...You may get many from Australia who want you to come and do a seminar ...I truly praise our wonderful God for how He is using you, your wife and Michael Dye. God is behind you all the way. I pray for you all each day. My love to you all."

M.F.,
Australia

"Dear Rev. Malkmus, Just wanted to extend our blessings to you and your dynamic ministry. Having been on Navigator staff now for 20 years we have seen our ministry impact and explode when God began to teach us His excellent way to good health. It not only saved my life, but God has used it to bless the lives of countless others. My family, including one grandchild are less sick, more energetic, and are able to think more clearly because we continue to eat a diet of approximately 80% whole, raw, organic foods. Thank God for your excellent newsletter *Back to the Garden!* And the spread of the health message."

Dave & Anne Frahm,
Colorado (Anne and Dave are the authors of *A Cancer Battle Plan*)

"Dear Rev. Malkmus: I just finished reading your book *Why Christians Get Sick* today. I thank you so much for writing this book. It has really opened my heart. I am 21 years old and have already experienced cysts in my reproductive organs. I am a mother and would worry that I would not be able to have another child. I have had two surgeries and I could not understand "WHY" God would let these things happen to me at such a young age or at all. Your book is fantastic - I want to share it with everyone! I have already told everyone I know about it. Hopefully I can purchase your book for them eventually. God Bless you Rev. George Malkmus! If there is anything I can do to help you in any way, please send me some information. I am going to take good care of my family now. Thank you so much!!"

Brandi Henderson,
Texas

"We have been using your products, reading your books, and watching your video. Your program is wonderful - it truly follows the Word of God. I have used many of the principles you espouse over the last 30 years, but not to the extent that you have. I like the honesty, and effectiveness of

the Scriptural diet you recommend ... My wife Diane and I both love the Lord and have a great desire to help people get truly healthy. I was married to my first wife Christine for 30 years. The last two years I went through the agony of seeing her die with ovarian cancer. I was with her for every chemotherapy treatment, the operations and the sorrow. The grief I experienced prompted me to try to learn true health principles to teach others that they might avoid the same result that my wife arrived at ...We have already referred your program to many people and have received your Health Ministers' packet and would love to come for training in May. We would consider it a privilege to be listed as Health Ministers, bringing people hope and program that is very uncomplicated and in total agreement with the Word of God. As Christians we must be true examples for others to follow..."

Dr. Ronald J. Vaillancourt,
Florida

"Dear George and Rhonda: We do appreciate you both and all you are doing to inform people of these important things...It was the video, 'How to Eliminate Sickness' that opened our eyes and got us on the diet...We cut out meat, dairy, eggs, processed foods and most cooked foods - began eating raw fruits and vegetables, taking Barley Green and exercising. Since changing our diet and life-style, my husband Roy's prostate problems are gone; no more blood in urine; hemorrhoids, heart palpitations and high blood pressure are also gone and he has lost 30 pounds. My (Ruth) constipation problems are gone; no more cramps in legs at night and I have lost 20 pounds. We are both in our mid 70's and find it much easier to work long hours without tiring and that we need less sleep, have more energy and feel more relaxed... Our daughter Susanna's husband Eric, a missionary with New Tribes in Papua, New Guinea returned from the mission field in February 1995, with a brain tumor (congenital cyst) the size of an orange on the left side for which the medical profession said there was nothing they could do. He went on the Hallelujah Diet in May of 1995 and the tumor is gone. Susanna, has the entire family (7 children) on the Hallelujah Diet. We spent three weeks with them in October and had a great time. You would be happy to see their family eat and enjoy their food and carrot juice and Barley Green. The children love it, and there has been a real improvement in all their health. The 10 year old daughter had a skin problem...which is now gone. The two teenage boys acne is gone. Susanna's severe PMS problems are gone. Their 20 year old daughter, a juvenile diabetic, has improved greatly, having been able to reduce her insulin from 9 to 2 units a day. He and his family are returning to the mission field soon...Our son, Paul, 52, a missionary to Russia, was with us in August for a week - and he joined us in our diet and took Barley Green. By the time he left, the arthritis pain in his right arm was much less and he was feeling so much better, we gave him a case of Barley Green to take back to Russia with him. He was so happy to be able to supplement their diet with Barley Green and has since ordered more...Sorry this letter is so long - but did think you would be interested, and we do want to say 'thank you' again from our hearts."

Ruth & Roy Beverly,
North Carolina

Mailbag Continued - Please see page 9

Our Featured Products

Help For PMS & Menopause Problems:

Finally, a safe way for women to "handle" menopause, PMS and osteoporotic conditions without the expense, dangerous side-effects and ineffectiveness of Estrogen Replacement Therapy. Several experts in the field of natural health - including Charlotte Gerson, director of the Gerson Clinic; Dr. Julian Whitaker, M.D.; and Dr. John R. Lee, M.D., considered the world's leading authority on hormonal balance - have recently recognized the benefit of a progesterone cream made from Wild Yam extract for women troubled by PMS, menopause and osteoporosis.

For many years, the medical community has offered Estrogen Replacement Therapy for these symptoms. This practice has produced many dangerous side-effects, and not solved the problem. Following decades of research, Dr. Lee has determined that problems generally associated with a decline in estrogen levels are actually caused by a decline in progesterone, and can best be remedied by a progesterone cream made from Wild Yam extract. We are pleased to offer a very high quality Wild Yam Cream that many health professionals feel is a viable alternative to estrogen replacement. This moisturizing body cream contains only the purest, natural ingredients available with no mineral oil or animal testing involved, and has been found to contain the highest concentrations of natural progesterone of any Wild Yam Cream on the market. This all-natural cream also moisturizes the body with vitamin E, avocado oil, carrot oil and aloe vera oil. Many have reported decreased hot flashes, decreased mood swings, decreased premenstrual problems and even increased thyroid production. When applied to the soft, fleshy tissue of the body, the moisturizing cream is absorbed through the tissue.

Each jar of Wild Yam Cream comes with a booklet that contains a wealth of information and charts explaining how and where to use this wonderful product. A book and two-tape lecture by the world's leading authority on estrogen-progesterone balance, Dr. John R. Lee, are also available for \$9.95 each, plus handling. Dr. Lee's lecture is titled "Natural Progesterone: A Remarkable Hormone."

The regular price of this Wild Yam Cream is \$29.95, but we are offering it for \$24.95 in a special introductory offer until Sept. 30, 1996. We are also offering a package deal for the Wild Yam Cream, book and tapes by Dr. Lee (a \$50.00 value) for \$41.95 until Sept. 30, 1996.

#423 WILD YAM CREAM - 2-oz. jar, regular price \$29.95, special price \$24.95 until Sept. 30, 1996.

#362 NATURAL PROGESTERONE - by Dr. John R. Lee, paperback, 104 pages, \$9.95.

#806 NATURAL PROGESTERONE: A REMARKABLE HORMONE - A two-cassette audio presentation by Dr. John R. Lee, just over two hours. (\$9.95)

#425 PROGESTERONE CREAM PACKAGE DEAL - Includes 2-oz. jar of Wild Yam Cream, the book and audio tapes by Dr. John R. Lee. Regular price \$50.00, special price \$41.95 until Sept. 30, 1996.

Note: The prices in this newsletter are effective through Dec. 31, 1996.

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Shipping Charges: \$5.00 for all orders under \$50.00. For orders over \$50.00, please add 10 % for shipping and handling. Outside Continental U.S., please call for foreign rates. (Tennessee residents, please add 8.75 % sales tax to entire order.)

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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Summer/Fall 1996

Three New Audio & Video Offerings:

#266 - HOW TO ELIMINATE SICKNESS VIDEO '96 - This three-hour seminar contains much updated information not available in our past video offerings. This is an updated version of the seminar Dr. Malkmus has delivered across the United States and Canada. 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 Must-See Video!* (\$24.95)

#231 - HOW TO ELIMINATE SICKNESS AUDIO '96 - This two-cassette audio, approximately three hours in length, is a dynamic presentation of the message of health from a Biblical perspective. This recording has much new information not available in previous recordings. (Two tapes in a jacket, \$12.95)

#265 - DR. MALKMUS' SECOND APPEARANCE ON 3ABN - This 60-minute video is a follow-up interview to Dr. Malkmus' original appearance on the Three Angels Broadcasting Network with Danny and Linda Shelton. As with the original, this interview has been broadcast half-way around the world and has generated a tremendous response. (\$19.95)

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

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 \$12.50

#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. Great for soothing sore gums. (3 oz. tube, \$3.95) Or #753 – 7-oz. tube, \$6.95)

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

#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.

#332 – **ROGER'S RECOVERY FROM AIDS** – by Bob Owen, Ph.D. A heartwarming, true story about one man's recovery from AIDS that shows people with this dreaded disease that there is hope. We loved this book, although we must say the method used for Roger's recovery – fasting with water and fruit juice – is not as effective as vegetable juices. (\$10.00)

#601 – **REBOUNDER** 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., \$21.95) High Energy Recipe Guide, # 360, \$9.95.

#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 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. This book is very helpful in converting to a vegetarian diet, but some Christians may be bothered by what could be seen as animal-rights and New Age leanings in the book. (Paperback \$10.95)

#305 – **HOW TO GROW MORE VEGETABLES** by John Jeavens. With this method a backyard gardener can grow a year's supply of fruits & vegetables in under 200 square feet of soil per person with about 10 minutes a day required for upkeep. It teaches the Biodynamic / French Intensive technique . . . a totally natural approach to gardening! **This is the gardening method that I personally use . . . it is excellent!** (Paperback \$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** (\$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

Friends, it is happening! The message, **YOU DON'T HAVE TO BE SICK** is not only going out to tens of thousands of people around the world, but people are receiving this Biblically-based health message, accepting the dietary principles God revealed to us in Genesis 1:29 and *experiencing* the fantastic results in their bodies.

Survey Results

In Issue #13 of *Back to the Garden* we asked our readers to fill out a survey with questions asking what effect this ministry and the information we share has had on their lives. Well the response has been overwhelming! We have had thousands respond and as I write this article (six months since Issue #13 first came off the press) we are still receiving large numbers of completed surveys daily. These surveys reveal that just in the bodies of those who have responded, tens of thousands of physical problems have simply gone away! Yes, just disappeared when they got off the world's diet and returned to eating and living God's way! Friends, we do not have to spend billions of dollars on research and take decades to do double-blind studies in an effort to find the solution to our physical ills ... the results are in: **WE DO NOT HAVE TO BE SICK** if we will but fuel these beautiful body/temples God has given us with the diet and lifestyle He intended. Here in America, we do not have a Health Care System, but a Disease Care System which is slowly bankrupting (1.2 trillion dollars last year) our nation while creating ever more physical problems, that often injure and kill our people. (Read about the sad state of our Health Care System on page 7.)

Our Leaders Need to Hear

Next week I have a meeting scheduled at the office of one of our United States Senators. My purpose for requesting this meeting is to share the results of the above survey and show how we could save over a half a trillion dollars now being spent on so-called health care by simply teaching the American people how to eat and live properly. The savings would more than balance the budget not to mention the suffering and deaths that would be prevented. Sadly, sickness is big business and billions are being spent on a disease care system that has tremendous political power. Pray that as our leaders are made aware there is another and better way to deal with the physical ills our people are experiencing that they will have the guts to take up this issue and make the necessary changes.

Back to the Garden

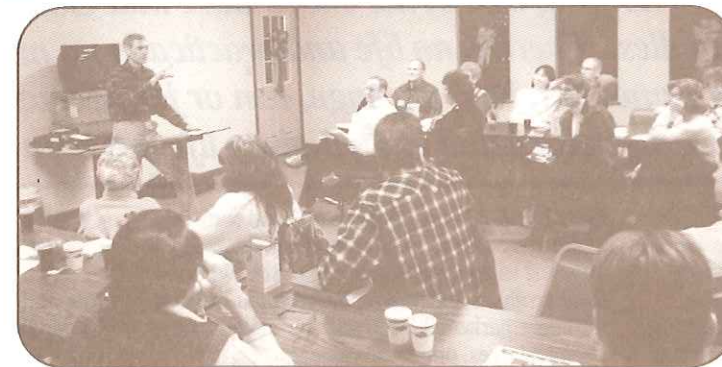
During the past six months, over 10,000 persons have written or called us, requesting they be added to our mailing list to receive a free subscription to this publication. Thus far, we have printed 65,000 copies of our last Issue #13, and

Summer/Fall 1996

those who responded to our survey indicated they were each sharing *Back to the Garden* with an average of 10 or more other people. This means that the last issue of *Back to the Garden* was potentially read by over a half-million people. Please remember us in your prayers as the cost of sending out *Back to the Garden* at no cost becomes greater and greater. And we want to say a great big **THANK YOU** to those who have sent in donations to help in this tremendous undertaking.

Our Staff Continues to Grow

We now have a staff of 15 people, with two more joining us soon. There are now five phone lines here, which stay full most of the time. God has given us a wonderful group of people who are dedicated to helping others, for which we are so thankful. They work very hard to keep up with the demands of this rapidly expanding ministry.



Dr. George Malkmus addresses a recent *Back to the Garden* Health Ministry training session at Hallelujah Acres.

Health Ministry

Interest in our Health Ministry continues to grow in leaps and bounds. Thus far, approximately 400 persons have received training here at the Farm. These trained Health Ministers are located in approximately 40 states in the United States as well as two provinces in Canada, Hawaii and Puerto Rico and there are hundreds more waiting for training. We now have eight medical doctors, 42 registered nurses along with many other health professionals who have been through training as well as dozens of pastors, evangelists, and missionaries and just ordinary Christians who are ministering in their churches and communities. See page 14 for more information about this exciting ministry.

New Books from Hallelujah Acres

Our newest book, *God's Way to Ultimate Health* is changing and saving countless lives. The first printing of ten thousand copies of this book in June 1995 sold out within two months. We are now well into our third printing, with a total of 30,000 copies in print. Thousands of testimonials from people all over the world have been received, telling how the information in this book has helped them or even saved their life. Many are buying the book by the case to give to family and friends. (Read Dr. Rowen Pfeifer's foreword to this book on page 12.) Our first book, *Why Christians Get Sick*, also continues to be a good seller with

over 110,000 copies in print. Now Rhonda is working on a new book that will contain not only an abundance of recipes but it will also show "how to" adopt and implement the diet and lifestyle that we teach. She already has over 100 pages written and we hope to be able to announce it in Issue # 15 of this paper later this year.

Seminars

During the Winter and early Spring of 1996, Dr. Malkmus (sometimes accompanied by Rhonda), held seminars in Nashville, Morristown and Surgoinsville, TN; Clovis, CA; Lexington, KY; Livingston, Covington, Maturie and Pineville, LA; Gadsden and Atlanta, GA; Leesville and Columbia, SC; Orlando, Avon Park, Ocala, Gainesville and Jacksonville, FL; Baltimore, MD; Lamar, Lancaster, Intercourse and New Holland, PA; Tulsa, OK; Kokomo and Indianapolis, IN; Harrow, Ontario; Detroit and Dearborn Heights, MI;

Burbank and Princeton, IL; Cincinnati, OH; and a home-schooling conference in Binghamton, NY. We are now averaging 300 to 400 people per meeting and requests for seminars are coming in larger numbers than we can fill. In our Nashville meeting we had 1,400 in attendance. Recently, we had opportunity to be on another one-hour interview with Danny and Linda Shelton on 3 ABN. This satellite and cable telecast blanketed North America, from Alaska to the Virgin Islands, and the response has been overwhelming. We are also averaging one radio broadcast a week. While in Kokomo, IN we had 390 persons show up for a meeting in a church that seated 300, and people had to be turned away. Fortunately, we had a second night scheduled in that church and the next night over 300 more attended. How exciting it is to see this interest. People are becoming aware that what they eat and how they live does indeed affect their health. The medical profession's disease care system is losing ground as people become educated.

Mail Order

Mail Order is how we support this ministry and we can't begin to tell you how much we appreciate those who continue to purchase books, videos and other products from us month after month and thus help to support this ever-expanding ministry. Thanks also to those who have sent in donations. Without you folks we couldn't continue sending out all the free information in *Back to the Garden* that is having such a benefit on the health of so many people. Please continue to remember us in your prayers! With the ministry growing so rapidly, we need much wisdom for the many 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, that we can eliminate almost all 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 as we proclaim to the world "You don't have to be sick!!!"

Choose Life

Continued from page 1

making horrible choices is in the area of their physical body. What does the Bible say about our physical bodies, and what have Christian leaders taught on this subject?

Well, the Bible teaches that our bodies are the *"temple of God."* In the Book of Romans, Chapter 12, verses 1 and 2 we read: *"I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world..."* Here God is encouraging Christians to make the right choices with regard to the care and maintenance

of their physical bodies while warning them against making the wrong choice. Obviously, one wrong choice would be to adapt the world's diet and lifestyle and the world's methods of dealing with the physical body.

Most of the Christian Churches I have been associated with over the last 40 years of my life – including the various churches I pastored for some 20 years – have been making great effort to make disciples and teach spiritual principles while warning the people and trying to protect the people from the sins and moral decay of the world. This is as it should be and then of course it is up to each individual to make the right choices. In other words, it is up to each individual to choose whether they are going to go God's Way or the World's Way.

But while the Christian community has been trying to make disciples and teach spiritual principles and protect Christians from the sins and moral decay of the world, the Church has utterly failed to instruct Christians how to take care of their physical body. As a direct result of this information not being made available to the Christian community, Christians have accepted every teaching the world has to offer pertaining to the physical body. Because the Church has been silent on the teachings of the Bible concerning the physical body, Christians do not even have the information necessary to make proper, intelligent and Biblically-correct choices. Thus the Christian community is just as sick and suffering the same consequences within their physical bodies as the rest of the world. Let me illustrate what I am talking about:

Almost 50% of Americans die from heart attacks and strokes. Over 30% die of cancer. Approximately 8% die of adult-onset diabetes. Arthritis is afflicting more and more Americans, even children. Some 75% are overweight. Constipation problems plague over 80% of our population. Over 30% suffer from allergies. And we could go on and on ...

America is a sick nation – one of the sickest nations in the world – even though Americans spend in excess of one trillion dollars on so-called health care each year. And the Christian community is just as sick as the worldly masses! That's right, the percentage of physical problems among Christians is identical to that of the non-Christian worldly masses. Where does God fit in? Well, God warns us in Romans 12:2, *"Be not conformed to this world."* When Christians fail to heed that warning and choose the World's Way, even in ignorance, Christians suffer the same consequences as non-Christians.

When we look at the diet of the average Christian and the average non-Christian, we cannot see any difference in what they eat. Each group eats hamburgers, hotdogs, pizza,

continuing to consume hamburgers, French fries and soda pop! And even though God is capable of overruling the natural laws He established at creation concerning proper fuel for the human body – God apparently isn't answering a lot of these prayers in view of the fact that Christians are just as sick and dying at the same rate as non-Christians. And considering the medical statistics we cite following this article on page 7, doctors also are unable to cure the diseases that are killing our people and making lives miserable.

The option we recommend here at Hallelujah Acres is GOD'S WAY – that is returning to the diet of raw fruits and vegetables by which God originally intended mankind to be nourished and sustained in perfect health (see Genesis 1:29). And Brothers and Sisters, if

you take the time to read the testimonials and letters from the mailbag in this newsletter and our book, *God's Way to Ultimate Health*, I believe you will be left with no doubt that

GOD'S WAY does indeed work, even when all else has failed.

But despite the tremendous success rate of those who have returned to God's Original Diet, this option is still relatively unknown. This is because the powerful profiteering forces in the world, ranging from the giant processed food industry and synthetic vitamin business to the medical profession and drug manufacturers, all have financial motives to keep customers consuming their products, even if they are harmful or deadly. These powerful forces of the world – along with their massive advertising campaigns, lobbyists and legislation passed to protect them – *control* what Americans know about how to take care of their bodies.

Might I add also, that very few Pastors are aware that there is another option. I went to Bible College for four years and not one time during those four years was I ever taught how to minister to the sick people that would be in the churches I was to pastor. As a consequence of not having any training in God's Way of dealing with physical problems, when someone in one of my churches would get sick I would pray for them, and if they were seriously ill, I would encourage them to go to the doctor. Often I would find myself praying for God to give the doctor wisdom as to which drug to give to that sick Brother or Sister. Sadly, all too often, after I had fervently prayed for them and the doctors had done all they knew how to do – I conducted their funerals and buried them while trying to console the family that this was God's will and that God must have wanted them home in heaven.

Today, I look back at all the funerals I conducted, at all the children who died with

Continued – Please see next page

Most Americans do not realize that after they leave the fresh, raw fruits and vegetables in the produce department of their super-market, there is nothing else in the entire store that God intended to nourish our bodies. There is no life and practically no nutrition in anything that comes in a box, package, can or jar because it has been processed, devitalized and its God-given life has been taken away.

French fries, donuts, milk shakes and soda pop at the same fast-food restaurants. Each group buys the same meat, dairy, sugar, salt, white flour products and other manufactured foods at the supermarket all laced with the same toxic chemical dyes, preservatives, etc.

As a direct consequence of putting these non-food, toxic substance of the world into their bodies, Christians get sick! And I do not care how fervently a Christian prays over his food before he puts it into his mouth – God is not going to remove the fat or sugar or salt or other harmful (toxic) substances from the food or nullify the consequences these harmful substances will have on their beautiful body/temples. *"Whatsoever a man soweth, that shall he also reap"* (Galatians 6:7).

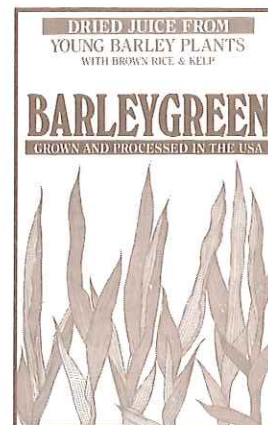
As the Christian continues to put these toxic (non-food) substances into his or her body, usually after a period of time, the body starts to react and break down. This is what we have been taught to call disease or sickness and it is almost always caused by improper diet and/or lifestyle. Now the Christian isn't feeling good or is in pain. What does he do? Most Christians have been programmed that there are only two options available: (1) Prayer and (2) Go to the Doctor. Very few Christians are even aware that there is another option – GOD'S WAY! And I am not talking about "prayer." Prayer in this case is the Christian asking God to remove the adverse consequences he is suffering because he consumed harmful substances into his body/temple that God never intended to be used as nourishment for these wonderful bodies He created. Take for example a Christian who gets sick because he is consuming hamburgers, French fries and soda pop. It seems a bit preposterous for that Christian to pray to God to make him well while he is

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)



#301 – GREEN LEAVES OF BARLEY by 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)

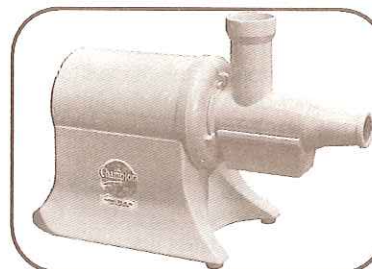
#307 – CLEANSING THE BODY AND THE COLON FOR A HAPPIER AND HEALTHIER YOU by Teresa Schumacher. Everyone who eats food produces waste, some of which may remain on the colon wall. Mucus, which is secreted by all intestinal cells, can collect on the colon wall and accumulate and hold fecal matter. If your 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 17 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)

#347 – THE NEW SUPERANTIOXIDANT-PLUS By Dr. Richard Passwater is a booklet that offers information on the benefits of adding proanthocyanidins to our diet. (\$3.50)

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 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. 25 lbs., 17" l., 8" w., 13" h. (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.

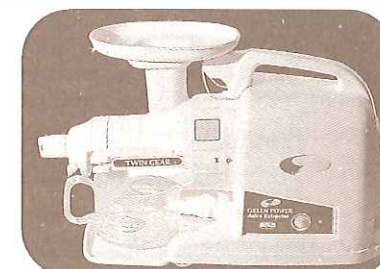
#319 – MAKE YOUR JUICER YOUR DRUG STORE by Dr. Laura Newman, \$4.95.

#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.)



#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. 32 lbs., 20" l., 8" w., 13" h. (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.)

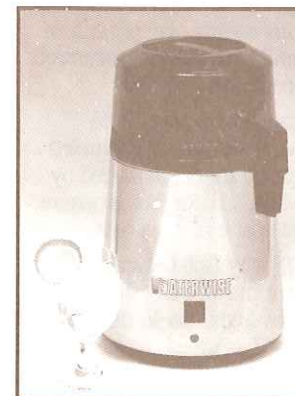
#501 – WATERWISE CARBON FILTERS (2-pack, \$2.99)

#502 – KLEENWISE, cleaner and descaler for your distiller (40 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)



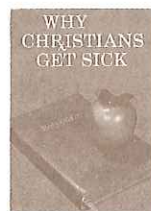
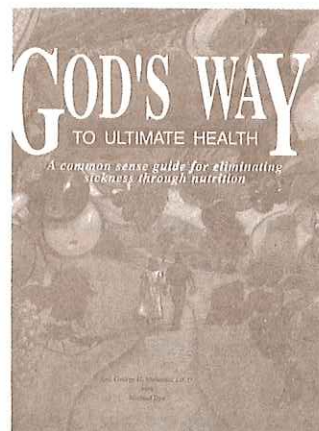
Health Information & Products Recommended by Hallelujah Acres

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 70,000 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: The prices in this newsletter are effective through Dec. 31, 1996.

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 12th 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 VIDEO '96 – This three-hour seminar contains much updated information not available in our past video offerings. This is an updated version of the seminar Dr. Malkmus has delivered across the United States and Canada. 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 *Must-See Video!* (\$24.95)

#231 – HOW TO ELIMINATE SICKNESS AUDIO '96 – This two-cassette audio, approximately three hours in length, is a dynamic presentation of the message of health from a Biblical perspective. This recording has much new information not available in previous recordings. (Two tapes in a 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 – \$0.85 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.
- #106 – Issue No. 6, Jan. / Feb., 1994** "A Letter to Hillary Clinton," Carol Cover testimonial, Elwin Nichols 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)

#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." Citing the problems caused by a meat-based diet, Robbins 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 affect 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, \$12.50)

cancer, at the mothers who died with breast and uterine cancer, and the fathers who died with prostate and colon cancer. I think about all the heart attacks and strokes and the children who lost their parents and adults who lost their spouses and children. I wish there was some way I could have known what I know today and have been able to tell them there is another way of dealing with that physical problem – GOD'S WAY! If I could have only had this knowledge back then I believe many of those I buried would be alive and well today. But even better than that, if I had known then what I know now and could have taught the people in my various churches how to so eat and live a healthy lifestyle – we could have prevented them from ever getting sick in the first place.

However, we must not dwell on that which we cannot change. The Bible encourages *"Forgetting that which is behind..."* And so we must do what we can for those who are still living. We must proclaim to all who will listen – Christian and non-Christian alike – **YOU DO NOT HAVE TO BE SICK!** The World's Way is the wrong way! As part of our beginning verse states: *"I have set before you the way of life and death, blessing and cursing: therefore CHOOSE LIFE, that both thou and thy seed may live."*

The first thing we must realize if we are going to "CHOOSE LIFE" is that our body is a *living* organism made of approximately one hundred trillion *living* cells that are constantly in the process of dying and replacing themselves. For example, we rebuild new taste buds every two weeks and a new surface layer of skin every four weeks. Every cell in our heart muscle is replaced in about eight weeks and the cells that make up our bone structure are replaced in about one year. Yes, we are *"... fearfully and wonderfully made."* (Psalm 139:14).

As these old cells die and are replaced with new cells, these new cells that are being formed are totally dependent on the building materials we provide them. On the World's Diet of more than 90 percent cooked, dead, processed foods (and all the toxins that have been placed in them), the living body cells are not receiving proper building materials and thus the new cells are weaker than those they are replacing. As a direct result, there is deterioration and degeneration of body parts the older we become.

However, if we will stop putting into our bodies the dead, devitalized, manufactured so-called food products of the world and return to the living (raw) food with which God designed us to be nourished, something very exciting begins to happen within the body. As the old cells die and are replaced with the new cells – these new cells, because they have the proper building materials, are stronger than the cells they are replacing and the body slowly rebuilds itself. We can literally even reverse the aging process.

As a direct result of people eating the World's Diet which fails to provide the body with the proper building materials to keep the

body strong and functioning properly, people's bodies break down – this is what we call sickness and disease. How should these physical problems be dealt with? The logical approach would be to teach people that consuming this low-grade fuel containing toxic substances is the cause of their disease. But is this what is done? We all know this is not what is happening.

Rather we see special interest groups making huge financial profits from the sickness of the people. For example, the American Medical Association is a union of doctors who have a stranglehold on the healing arts in this country. Medical Doctors go to medical school but are not taught how to properly nourish the physical body so that sickness will not come. Rather they are taught how to give drugs and radiation and cut out body parts. They are taught how to deal with symptoms rather than the causes of physical problems, because it would not be nearly as profitable for doctors to teach people how to not be sick.

Because the Medical Doctors are treating symptoms rather than eliminating causes, those who run the hospitals, provide the drugs and the machines to treat these symptoms continue to come out with ever stronger drugs and more sophisticated machines that are ever more expensive. Thus we see the American people paying ever greater sums of money to this "Disease Care Industry," while the health of the American people continues to decline.

Medical doctors and drug companies are

***"I have set before you the way of life and death, blessing and cursing: therefore CHOOSE LIFE, that both thou and thy seed may live."* – Deuteronomy 30:19**

not alone in destroying the physical health and bankrupting the American people. The number one business in America is the manufactured food industry. They are the ones who take away all the food value in raw fruits and vegetables by destroying nutrients during the manufacturing process. Most Americans do not realize that after they leave the fresh, raw fruits and vegetables in the produce department of their supermarket, there is nothing else in the entire store that God intended to nourish our bodies. There is *no life* and practically no nutrition in anything that comes in a box, package, can, jar or container of any kind because it has been processed, devitalized and its God-given life has been taken away.

Then food manufacturers put sugar and salt in to their "food" product to give it some taste so people will buy this nutritionally devoid garbage. However, most consumers do not know that there are no nutrients in these products because they often add coal-tar derived, synthetic vitamins that contain no food value for the body, but rather are carcinogenic and cause further break-down within the body. Then they add all kinds of additives and preservative so they will be appealing to the senses and have a shelf life long enough so they can make a lot of money.

Then to top it all off, our government

leaders have passed laws to protect these huge and profitable industries. For instance, if a doctor in the state of California has already treated a cancer patient with chemotherapy, radiation and surgery and that person is dying, the law states that if he uses any other modality – including the suggestion that a changed diet might help that person get well – he can be sent to jail, pay a \$10,000 fine and lose his license. Yes, there are laws against healing in this country. Yet doctors can treat people with chemotherapy, radiation and surgery and if the person dies as a result of that treatment, the doctor is not held accountable for the death.

If there was any way to determine the true cause of most deaths that are attributed to cancer, I believe the majority of them would be found to be caused by the chemotherapy and radiation administered to these unfortunate people. Laws are so bad that if a child develops cancer and the parent refuses the doctor permission to administer chemotherapy to their own child, Social Services can come into that home and take the child from the parents and administer the drugs in open and direct opposition of the parents' wishes. And even if the child dies as a direct result of the administering of these toxic drugs, the doctor and Social Services are held guiltless. This is criminal and we must get these laws changed. You see friend, we are dealing with a world system controlled by an industry that is making huge profits on disease and sickness and our

government is protecting them.

In an effort to maintain their control and keep the people in ignorance and looking to the medical community as their only hope when physical

problems come, they use science as their authority and source. And what do these scientists who are paid their salaries by the medical and drug industry tell us? They tell us that the physical body of man is a chemical plant and that when we get sick, they and they alone have the solution – drugs to bring about a chemical change within the body. For instance, an Aspirin, Excetrin, Bufferin, etc. will take away the headache or ease the pain by short-circuiting the body's warning system. But these drugs do absolutely nothing to correct the cause of the headache or other pain. That is the equivalent of reacting to a fire alarm by cutting off the alarm rather than putting out the fire! And to top it all off, the chemical drug they administer usually creates new problems within the body, that we must deal with. Every drug is liver toxic and does damage to the body – even an aspirin. (This is no secret because the incredibly thick manuals used by the medical profession and drug industry, such as the Physicians Desk Reference, list the known side-effects of drugs. And yes, all drugs have side-effects listed.)

We have laws in our land to prevent the sale of dangerous drugs on the street and we send people to jail who sell these drugs

Continued – Please see next page

Choose Life

Continued from page 5

illegally. Indeed, most Christians take a strong stand against this plague on our society. But it is sad to realize that some of these same Christians will go to their doctors and be prescribed some of these same dangerous drugs. This is completely legal and if a person dies as a direct result of taking these prescribed drugs the doctor and druggist are held guiltless. How many people are dying and having adverse reactions to legally prescribed drugs from medical doctors? A *U.S. News and World Report* article titled "DRUG ALERT" in the January 9, 1995 issue states that "2 million are hospitalized and 140,000 die each year from prescription drugs." These are only the ones that have been documented. I believe the actual numbers are much greater.

The obvious reason that costly drugs, radiation, chemotherapy, etc., are emphasized by the medical community is that very little profit could be gained by simply teaching people to avoid disease and sickness with proper diet and lifestyle. Dr. Irwin H. Rosenberg, M.D., Director, USDA Human Nutrition Research Center on Aging at Tufts University writes: "For too long nutrition has been denied its proper role in American medicine. Billions of dollars are spent on the treatment of disease each year, but very little is spent in research on nutrition, which is often the key to the prevention of disease..."

And to keep us further in the dark and looking to medical doctors for a cure, these "experts" tell us that we are not to blame for our physical problems. For years the medical and scientific community has been telling us that there are germs, or viruses or bacteria out there just waiting to attack us and we are just the innocent victim, or that we inherited the diabetes, cancer or heart problems from our parents or grandparents. They say everything is in the genes and if these experts can isolate a certain gene, they will be able to prevent a small percentage of people from developing a particular problem. They constantly tell us that if we will give them enough money for research and enough time, they will find a cure for the ills suffered by mankind. But they will never find a cure for anything because they are searching in the wrong places.

They have been studying chemistry when they should have been studying biology! Man is not just a chemical factory, but a living organism that requires living food in order to be properly nourished and to function at the level intended by our Creator. This magnificent level intended by our Creator – but not understood by medical doctors – includes the ability of our bodies to replace our old cells with vital, healthy new living cells, if the building material for these new cells is living food instead of dead food. This regeneration of healthy new cells enables us to live without the decay, deterioration, sickness and disease we generally associate with old age. And this magnificent plan of our Creator provides us with the capability of self-healing, so that every cell and organ in our

body has the potential to repair itself and restore itself to normalcy, just as a cut on the surface of our skin heals and disappears.

This is how God designed the human body to function and when we stop putting the garbage of this world (manufactured foods and drugs) into these beautiful bodies and return to the nourishment of *living* foods as God designed, most physical problems will simply just go away and we will no longer have any need for the drugs and doctors and hospitals of this world, except for accidents and the resulting repair needed of the human frame.

Our experiences here at Hallelujah Acres (and we have thousands of testimonies to verify it) have shown that when our bodies are provided with the necessary nutrients through living food, we no longer need fear degeneration, disease or mental disorders. When we understand the basic care of the physical body and nourish it with the living food as God ordained, we have taken a giant step toward eliminating all illness, both physical and

mental. If just half of the people in America were to choose God's Way to Ultimate Health, we could cut the cost of health care by approximately \$500,000,000,000.00 (500 billion) dollars the first year. I believe that would go a long way in balancing the budget, to say nothing of all the pain and suffering and loss of loved ones that would not result.

The Bible says "*ye shall know the truth and the truth shall make you free,*" but it will only set us free if after we know the truth we choose to accept that truth and act upon it. If you want further proof of this truth, just look at the new life, health and vitality of those who have returned to the Genesis 1:29 diet. So many of these people have become such a powerful inspiration to others.

God bless you all! We love you and want only God's best for you. We are here to do what we can to help you achieve the ULTIMATE HEALTH that can only be attained as we Choose Life through God's Way rather than Death through the Ways of this World.

The Hallelujah Diet

by Dr. 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.

Seminar Schedule for Dr. George Malkmus

May 1996

Saturday, May 4th - 8 p.m. Live radio interview WCBM 680 AM, Baltimore Maryland. Host is Dr. John Vandenberg.
Thursday, May 9th - 10 a.m. meeting with Senator Fred Thompson concerning Health Care, Nashville, Tennessee.
Saturday, May 11th - 2 p.m. Webb School, Knoxville, Tennessee. Sponsor is Peter Malkmus. Phone (423) 531-4020.
Monday, May 13th - 6:30 p.m. Pigeon Forge Church of God, Pigeon Forge, Tennessee. Sponsor is Cathy Humes. Phone (423) 429-4267.
Thursday thru Saturday, May 16th thru 18th - Training for Health Ministers. This will be three days of intensive training here at the farm. This is only for those who have qualified and pre-registered. For more information call or write Hallelujah Acres.
Sunday 6 p.m. & Monday 7 p.m., May 19th – 20 th, Restoration Church, Spartanburg, South Carolina. Sponsor is Pastor Don Horton (864) 579-7797.
***Saturday, May 25th - 10 a.m. "How to Eliminate Sickness Seminar" at the Farm.** 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 free seminar were applied universally, sickness could practically be eliminated from the world within one year! This is the same seminar Dr. Malkmus has given throughout the United States and Canada.

JUNE 1996

Saturday, June 8th - 9:30 a.m. St. John's Catholic Church, Encinitas, California. Sponsors are Ed Alexander (619) 436-5725 and Ruth Morita (619) 722-8075.
Sunday, June 9th - 3 p.m. Hope Church of the Valley, Canoga park, California. Sponsor is Jessie Malkmus. Phone (818) 712-9278.
Tuesday, June 11th - Christian Assembly of God, Sonoro, California. Sponsor is Patricia Thomas. Phone (209) 532-8410.
Wednesday, June 12th - 5:30 p.m., Meadow Springs Health & Fitness Guest Ranch, Platina, California Sponsor is Steve Jenkins. For details, contact Marshall Loskot (916) 352-4224.
Thursday Thru Saturday, June 13th thru 15th, Health Expo, Lodi, California. Dr. Malkmus will be speaking daily. Call sponsor Danny Vierra for details. Phone (209) 334-3868.
***Saturday, June 22nd - 10 a.m. "How to Eliminate Sickness Seminar" at the Farm.** See listing for May 25th for details.
Monday, June 24th - 6:30 p.m. Pigeon Forge Church of God, Pigeon Forge, Tennessee Sponsor is Kathy Humes (423) 429-4267.

July 1996

Wednesday, July 10 - Green Bay Seventh-day Adventist Church, Green Bay, Wisconsin Sponsor is Pastor Marvin Clark (414) 494-5245.
Thursday, July 11th - 6:30 p.m. Milwaukee Seventh-day Adventist Church, Milwaukee, Wisconsin. Sponsor is Dr. Scott Simkowski (414) 425-1245.
Friday, July 12th - 7 p.m. Radisson Hotel, Merrillville, Indiana. Sponsor is May Rynberk. Phone (219) 322-2298.
Saturday, July 13th - 7 p.m. Pioneer Memorial Church, Andrews University, Berrien Springs, Michigan. Sponsor is Dr. Bernard Lall (616) 471-6702.
Thursday thru Saturday, July 18th thru 20th - Training for Health ministers. See May 16th thru 18th listing for details.
Monday thru Friday, July 22nd thru 26th, Gospel Light Baptist Church, Sword of the Lord Conference, Walkertown, North Carolina.
***Saturday, July 27th - 10 a.m. "How to Eliminate Sickness" seminar at the Farm.** See listing for May 25th for details.

AUGUST 1996

Sunday, August 4th, Chatanooga, Tennessee. Details pending. Sponsor is Martha Branum. Phone (423) 843-0772.
Friday, August 9th - 7 p.m., A.I.M. LATS, Saint Olaf College Campus, North Field, Minnesota. Sponsors are Angela Olson (612) 437-5668 and Carol Cover (507) 645-7202.
Sunday, August 11th - 2 p.m., Bible Baptist Church, Farmington, Minnesota. Sponsor is Margaret Chamberlain. Phone (642) 437-4626.
Monday, August 12th - 7 p.m., Woodburn Seventh-day Adventist Church, Woodburn, Oregon Sponsor is Elena Moraviov (503) 981-5047.
Tuesday, August 13th - 7 p.m., Church of the Nazarene, Grandview, Washington. Sponsor is Wes Stillwell (509) 882-2363.
***Saturday, August 17th 10 a.m. "How to Eliminate Sickness" seminar at the Farm.** See listing for May 25th for details.
Sunday, August 25th, Zanesville, Ohio Details pending. For information, contact Rob Kaminski (614) 453-5377.

SEPTEMBER 1996

***Saturday, September 7th - 10 a.m. "How to Eliminate Sickness" seminar at the Farm.** See listing for May 25th for details.
Sunday, September 8th - 6 p.m., Christ the King Church, Shelby, North Carolina Sponsor is Pastor Vernon Moore (704) 482-0171.
Thursday thru Saturday, September 12th thru 14th Training for Health ministers. See May 16th thru 18th listing for details.
Monday, September 23rd, West Baltimore, Maryland. Details pending. Contact sponsor Dr. John Vandenberg (410) 465-5811.
Tuesday September 24th - 7 p.m. Cathedral of Praise, Baltimore, Maryland. Sponsor is Robert Cyr. Phone (410) 529-2634.
Wednesday September 25th - 7 p.m., Yoder's Restaurant, New Holland, Penn. Sponsors Bob King (610) 286-6752 and Mary Glick (717) 656-7244.
Thursday, September 26th - 7:30 p.m. Zandri's Stillwood Inn, 1074 S. Colony Rd., Wallingford, Connecticut. Sponsor is Brian Cutts (203) 284-3337.
Friday, September 27th, 7 p.m. Unitarian Universalist Church, Canton, New York. Sponsor is Oriana Frost. Phone (315) 386-5229.
Saturday, September 28th, Burlington, Vermont. Details pending. Sponsor is John Diegel. Phone (802) 475-2646.
Sunday, September 29th, 10 a.m. Calvary Baptist Church, Willmington, New York. Sponsor is Dave Strong. Phone (518) 946-2482.

OCTOBER – DECEMBER 1996

Saturday, October 5th - Renaissance Center, Kingsport, Tennessee. Sponsor is Rob Vaughan. Phone (423) 247-2892.
***Saturday, October 12th - 10 a.m. "How to Eliminate Sickness" seminar at the Farm.** See listing for May 25 for details.
Monday, Oct. 21st thru Tuesday Oct. 29, Houston, Texas & other cities Details pending. Sponsors Paul Peterson (713) 568-6039 and Bev Cook (713) 484-8113.
Tuesday, November 5th - 7 p.m. First Baptist Church, Somerville, Tennessee. Sponsor is Philip Lovelace. Phone (901) 465-8658.
***Saturday, November 9th - 10 a.m. "How to Eliminate Sickness" seminar at the Farm.** See listing for May 25 for details.
***Thursday thru Saturday, November 14th thru 16th Training for Health ministers.** See May 16th thru 18th listing for details.
***Saturday, December 14th - 10 a.m. "How to Eliminate Sickness" seminar at the Farm.** See listing for May 25 for details.
***Thursday thru Saturday, December 26th thru 28th Training for Health ministers.** See May 16th thru 18th listing for details.

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

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 (War Creek Road) to the right. Travel a half-mile on this road and Hallelujah Acres will be on your right. Look for the sign.

Summer/Fall 1996

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and vegetables and whole grains, which provide the fiber to keep our colon clean and improve the waste elimination of every cell in our body. That is also why we are highly skeptical of anyone, including Dr. Wallach, who tells people they can solve their physical problems by taking a nutritional supplement, without a need to change their diet.

The reason people achieve such dramatic results on the Hallelujah Diet is that this program offers everything the body needs – proper nutrition, high fiber and regular exercise. And although raw fruits and vegetables are an excellent source of fiber, we have found that another AIM product, Herbal Fiberblend, can make a noticeable improvement in waste elimination even for people with a good diet. And for people with constipation or other elimination problems, Herbal Fiberblend can make a tremendous difference.

In addition to the fiber, Herbal Fiberblend provides a combination of 17 herbs that help to reduce mucous and eliminate harmful parasites in our body, among other benefits. And, like Barley Green, Herbal Fiberblend is a raw, uncooked, unprocessed product, meaning the nutrients it offers are in a form our body can use. Rhonda and I use Herbal Fiberblend every day, and we have seen many

people with serious colon problems helped by this product. Both Herbal Fiberblend and Barley Green are all-natural, raw products. We don't like to be product-oriented, but when we find a natural product that is this beneficial to people's health, we feel an obligation to recommend it.

For this reason, Barley Green and Herbal Fiberblend were the only dietary supplements we consumed or recommended for several years. We have sampled and tested many other products during this time to determine if they were beneficial, because we try to keep an open mind on this subject. We continue checking into other products, simply because if we were to find a product that offered a significant healthful benefit above and beyond that offered by the Hallelujah Diet, we would feel an obligation to let people know about it.

That is what we did last summer when we heard numerous reports about the amazing benefits of a powerful anti-oxidant known as proanthocyanidins. We heard reports of people who took this product receiving relief from heart and circulatory problems (such as varicose veins), arthritis, asthma and numerous other conditions. We also found it can provide an extra energy boost, it can improve vision and it appears to speed the healing of injuries.

Proanthocyanidins are not a vitamin, but they are an anti-oxidant that increases the efficiency of other anti-oxidant vitamins, such as vitamins C and E. The proanthocyanidins in the AIM product Proancynol are derived from green tea, grape seed and pine bark. These are all natural sources, but we must acknowledge that

because this product has been processed with heat and put into capsule form, it is not as natural as Barley Green or Herbal Fiberblend. Thus, here was our dilemma: Do we promote Proancynol because it can be beneficial to many people's health, or do we ignore this product because it is not as natural as the other elements of the Hallelujah Diet? We want to help people, but we also want to remain consistent. After much consideration, our decision was to continue to make it available to people who want it, but not to actively promote it.

I view Wild Yam Cream products in a similar manner when it comes to problems with PMS and menopause. The Genesis 1:29 Diet will usually correct PMS and menopause-related problems and normalize hormone levels. However, there are some women who want to see more rapid results, while others have had hysterectomies or other surgical procedures that interfere with normal hormone production. In those cases, a good Wild Yam Product can be extremely helpful. Again, this is somewhat of a

If we can focus on the goal of encouraging people to return to the diet and lifestyle God originally intended for mankind, we will see healthful results in people that will far exceed anything that can ever be obtained by pill poppers, product promoters and medical doctors.

compromise to the Genesis 1:29 Diet (because it is a processed product and a symptomatic approach), but external application of this product (containing progesterone) is so much better than the dangerous Estrogen Replacement Therapy used by many doctors that we recommend our Wild Yam Cream to anyone with problems in this area.

Now, let's look at some of the other nutritional products that are quite popular today:

- **Super Blue-Green Algae** is a product I have known about for many years and dozens of people have tried to get me involved in marketing it. I have researched the product quite extensively and Rhonda and I have personally tried the product on several occasions. I cannot endorse Super Blue Green Algae for several reasons.

Blue Green Algae is taken from Upper Klamath Lake in Oregon which is touted as being so pristine in the company literature, yet the August 1995 issue of *Vegetarian Times* spent almost a full page telling how polluted the lake was and that local residents wouldn't even swim in the lake because of this pollution. After being told that this just wasn't so, I personally inquired of locals while in southern Oregon this past fall and received confirmation of the lake's pollution.

Another shortcoming of Blue Green Algae is that it is processed by freeze-drying. This is an inferior process that causes a loss of up to 25% of the nutrients, including the loss of some enzymes.

- **Juice Plus** has become very popular and I have been inundated with distributors wanting me to endorse, promote and sell this

product. I have personally tried the product and researched the product quite extensively and found several reasons why I cannot endorse it.

Juice Plus contains fiber which defeats the very purpose of juicing. Because the fiber has been added back after juicing, this product must go through the digestive process rather than being able to directly enter the blood stream. This drastically reduces the percentage of nutrients reaching cellular level. And Juice Plus is not organically grown.

As you are confronted by new products – and you will be – never evaluate a new product by the list of nutrients on the label or the claims made by the person promoting the product! If the product is in powder form, first check into the processing of the product to see if it has a stabilizer (maltodextrin) to prevent oxidation. If it does not, it will have a very short shelf life. Second, make sure no heat is used in its processing. Remember that enzymes, the life force, start to die at 107 degrees and are completely gone by 122 degrees fahrenheit. If

the product has been freeze-dried you know the process is an inferior one, and once again look for a stabilizer. Try also to determine if the product has fiber, or whether it has been juiced to remove this fiber. Remember, if a product has fiber, it

must be digested, which means you must expend energy before it is assimilated and many nutrients will be lost.

And especially beware of any product being promoted with the promise that all you have to do to solve your health problems is to take this pill (or powder or whatever) without changing your diet or lifestyle. If anyone suggests you can solve your health problems without giving up the harmful substances that caused those health problems, they are wrong. That's a lie many people would like to believe, but it's still a lie. It's similar to the same lie being told every day by doctors who earn a living by telling people that drugs, surgery, chemotherapy, radiation, etc. can solve health problems with no need for a change in diet.

Here at Hallelujah Acres, our primary goal is to encourage people to return to the diet God handed down to mankind in Genesis 1:29. We agree that because our soil has lost much of its mineral content, some form of nutritional supplement is beneficial. But this nutritional supplement must come from a natural source and it must not be processed in a way that leaves a product with lifeless nutrients in a form totally different from that by which our Creator designed our bodies to be sustained in perfect health.

If we can focus on the goal of encouraging people to return to the diet and lifestyle God originally intended for mankind, we will see healthful results in people that will far exceed anything that can ever be obtained by pill poppers, product promoters and medical doctors.

The Sad State of Health – and Healthcare – in America

Americans are spending more and more money to fight disease, and the medical profession is developing more and more new drugs and treatments for these diseases. But anyone who looks at the statistics can see the diseases on which we are spending the most money are the ones that are getting worse instead of better. The following quotes and medical statistics show the “war on cancer,” the fight against heart disease, treatments for asthma and diabetes, and other medical practices, are doing more to profit the medical profession than to cure disease.

Heart Disease

Robert A. Dahlquist, writes: “The yearly death rate of 923,000 due to heart disease is a national scandal because heart disease is now preventable ... no person who had a cholesterol reading below 150 has ever suffered a heart attack ... The first action by Congress to mitigate this disaster is to establish truthful guidelines regarding safe total cholesterol levels ... Congress must surmount pressures from special interests and take the offensive against foods containing saturated or hydrogenated fat which are so dangerous to our health ...”

Here at Hallelujah Acres we have had hundreds of people who were experiencing cardiovascular problems who adopted the Genesis 1:29 diet and most report they were off medication with blood pressure normal within less than three months after making the diet change.

Cancer

In the Jan. 15, 1996 issue of *Spotlight*, Dr. C. Samuel West, D.N., N.D., P.M.D. writes: “Cancer is now the Number 1 killer of children and the death rate for adults has been doubling almost every four years so that by the year 2000, 9.8 out of 10 will have cancer before they die. In the United States alone over 4,000 men, women and children are being killed with cancer or heart disease EVERY DAY! That is 120,000 people a month... Why? Because disease is BIG BUSINESS! When people learn how to stop cancer and all other diseases, the need for most medicines, drugs and operations will become obsolete.”

In a Special Report in the Feb. 5, 1996 issue of *US News and World Reports* titled The War On Cancer, we read: “Imagine declaring war when you know little about your enemy's firepower, strategies or tactics. That's what happened on Jan. 22, 1971, when President Richard Nixon proclaimed war on cancer in his State of the Union address. Many anticipated swift victory, with the taming of the dread disease likened to a moon landing. Even as recently as 1984, the National Cancer Institute's director predicted that cancer deaths could be halved by the year 2000 in America. In the quarter century since Nixon launched the battle against cancer, the NCI has invested \$29 billion in what some critics have called ‘medical Vietnam.’ This year, 555,000 Americans are expected to die of cancer – 215,000 more than in 1971. As for the former NCI director's prediction, current trends suggest that cancer might overtake heart disease as the

nation's No. 1 killer by the year 2000...” The magazine article includes a chart showing the increase of cancer deaths for men and women, part of which shows the following:

Top 5 types of cancer deaths include:			
		Men	
		1971	1996
1. Lung	54,931	94,400	
2. Prostate	17,772	41,400	
3. Colon/Rectum	22,410	27,400	
4. Pancreas	9,967	13,600	
5. Lymphoma	7,577	13,250	
		Women	
		1971	1996
1. Lung	13,686	64,300	
2. Breast	29,686	44,300	
3. Colon/Rectum	23,924	27,500	
4. Ovary	9,978	14,800	
5. Pancreas	7,945	14,800	

Here at Hallelujah Acres we have never known anyone to develop cancer after they had adopted the Genesis 1:29 diet. Yet there are hundreds who have told us that after they stopped consuming the World's Diet and started eating God's Way their cancers and tumors went away.

Asthma

“Despite increasingly aggressive therapies, asthma sufferers are more likely to die from the disease than ever before. In the last decade alone, the number of reported asthma cases has soared by 42 percent, and the mortality rate for people under 35 has risen an alarming 40 percent. But scientists are trying to counter increases in the incidence and severity of asthma on a variety of fronts: new medications (drugs), early diagnostic strategies (doctors), the pursuit of allergy and asthma genes...” Mary Garner Ganske writes in *Longevity Magazine*.

Here at Hallelujah Acres we have many testimonies from asthma sufferers who simply adopted the Genesis 1:29 diet and got well. Some said they were using as many as six different inhalers a day and after their dietary change all problems are relieved without medication.

Diabetes

Approximately 8 percent of all deaths in America are attributed to diabetes, making it the third-leading killer, behind heart disease and cancer. An estimated 10 million Americans have diabetes, and studies indicate an additional 5 million adults have undetected type II diabetes. Another 20 million have impaired glucose tolerance that may lead to full-blown diabetes. When a person is diagnosed with diabetes, they are told that their condition will usually worsen as they grow older, and that a lifetime dependence on insulin or some other drug will be necessary. Even with frequent and costly medical treatment, many diabetics suffer loss of limbs, early deaths and eye problems that can lead to blindness.

Sadly, the medical community ignores the cause of diabetes. Here at Hallelujah Acres we

find the cause of almost all adult-onset diabetes is improper diet. High-fat animal products are the primary culprit, along with processed sugar, which interferes with the body's blood-sugar level. We have testimonies from dozens of people who tell us that after eliminating meat, dairy, sugar, salt and white flour from their diets and switching to the diet God intended for us, their diabetes usually went away within six months, and that they no longer needed insulin. We have even had testimonies of juvenile diabetics, some who have been on insulin for decades, who reduced insulin by 75 percent within six months of changing from the world's diet to God's Diet.

Medical Procedures in General

The Summer 1995 edition of *Health & Wellness Today*, published by Dr. Julian Whitaker, M.D., states:

“• Doctors get free vacations, computers, cellular phones, even free educations for prescribing certain drugs – whether or not they're good for you!
• In most states – and probably yours – doctors own the medical laboratories they use! The more unnecessary or even dangerous tests they give you, the richer they get!
• In a major study, Boston University researchers found that 36% of hospital admissions are caused by doctor's blunders!
• FDA-approved Drugs KILL 140,000 People per Year! That's seven times more than die from heroin, crack and all other illegal drugs put together! And millions of people are living with unpleasant, even dangerous side-effects.
• Balloon angioplasty – a \$4-billion-per-year business – kills 9,000 people a year...even though there's never been a study to prove it does any good! Heart bypass operations – a \$10 million-per-day industry – kill 28,000 Americans every year, even though two big studies have proven bypass surgery does NOT make patients live longer!

• A seven-year study of 90,000 women, ages 40-59, showed that those who had regular mammograms were subjected to twice the surgical procedures and more mastectomies than those who didn't – yet life expectancy is exactly the same! Mastectomies were used for over 100 years before anyone did a study to see if they were effective (they weren't).
• Even doctors admit that 900,000 unnecessary angiograms are done every year in the U.S. alone. And 4,500 people die needlessly as a result.
• Each year, two million patients pick up hospital infections that they didn't have before they were admitted. Of those, about 60,000 die from the infection.”

Under the heading “THE BEST KEPT SECRET IN MODERN MEDICINE,” Dr. Whitaker writes: “There is a better way! It just doesn't make any sense to turn your life over to doctors, druggists, hospitals, insurance companies!...Your body is a truly magnificent machine. If you feed it right, exercise, and give it half a chance, it will demonstrate miraculous abilities to heal itself.”

Doctors Offered No Hope for the Diabetic-Related Pain of Pastor Don Irby But After Switching to the Hallelujah Diet, “Every Day is a Good Day”

By Michael Dye

For 30 years, Pastor Don Irby of Abundant Life Baptist Church in Proctorville, Ohio, endured the painful agonies of diabetes. Hemorrhaging in his eyes required five laser surgeries, and he was brought to the emergency room on three occasions with leg pain so severe that he couldn't walk without passing out.

His painful situation culminated in the summer of 1995 as he was confined to a hospital bed, unable to walk, sit up or even move without pain. Doctors told him the excruciating pain could not be remedied because the protective coating of nerves in his right leg was badly deteriorated. The cause of the pain was the deteriorated protective coating, from diabetic neuropathy, and doctors said the destruction of this protective coating was irreversible. Doctors told Pastor Irby there was nothing they could do for him but send him to a pain clinic to help him learn how to cope with the pain from this nerve damage.

While in the hospital, a group of men had prayer with Pastor Irby and a member of the church suggested that he come to Hallelujah Acres. So, instead of going to the pain clinic, Pastor Irby came to Hallelujah Acres, where he found a dietary solution to the pain caused by his diabetes.

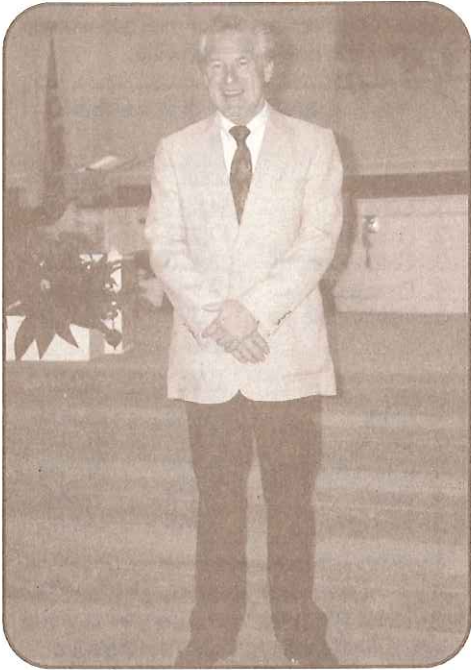
"I'm now able to walk, climb ladders and even ride a horse without any problem," he said. "We've proven them wrong already. I have no pain, or practically no pain," Pastor Irby said. "Every day is a good day," he adds.

Before his dietary change, Pastor Irby was a "brittle diabetic," the most serious form of diabetes a person can have.

It was an uncontrollable form of diabetes, he explained, in which his blood sugar would go as high as 300 and then drop as low as 40 in the same day.

He suffered from diabetic neuropathy, which caused hemorrhaging in both eyes and required laser surgery three times in one eye and twice in the other. This diabetic neuropathy also brought Pastor Irby to an emergency room three times, unable to walk, because it can affect extremities, where the longest nerves are located. In Pastor Irby's case, this meant damage to the nerve in his right leg and the vagal nerve in his stomach. When brought to the emergency room, "I wasn't even able to walk back to the X-ray table without passing out," he recalled.

On two occasions, he passed out following stress tests on a treadmill, which led doctors to incorrectly diagnose his problem as heart disease. Although he was able to excel on the treadmill, during cool-off period his heart rate dropped so low that he passed out. Seeing this, the doctors thought Pastor Irby was about to have a heart attack. Pastor Irby underwent an MRI and two heart catheterizations, before heart specialists ruled out heart disease as a problem.



Pastor Don Irby

Then he was shifted over to back specialists to determine if his leg pain was related to a vertebra problem. Doctors eventually determined his pain was caused by damage to the nerve in his leg and his vagal nerve, but were unable to offer a solution. He was hospitalized for 11 days, unable to walk or sit up in bed because the pain in his back and right leg was so severe.

"The doctors said that for therapy, I

to be a boring session, but it was the most exciting and enthusiastic group of people I've ever seen, and I've been a pastor for 30 years. It was a revival. That seminar gave us hope for people being well again," Pastor Irby said.

Irby is pastor at Abundant Life Baptist Church, a church he started 21 years ago with 25 to 30 people. The church now has an average congregation of 500. "At times I found it hard to stand in the pulpit," he said. "I couldn't go up steps or climb a ladder. I thought this is curtains. But the Lord is great. Every day is a good day."

"I started a new eating style and taking Barley Green and drinking carrot juice. I am able to perform better now than I have for many years. I can walk, run, climb ladders and ride my horse again. My eyes are doing well and I did not need laser treatment this past year. I'm 57 years old and people are saying, 'Preacher, you're looking great.'"

"Just being able to put my feet down and walk is a tremendous motivating factor to stay on this diet, especially when doctors told me there was no hope," he said. In addition to his diabetic symptoms, Pastor Irby also had high blood pressure and was taking blood pressure medication. After switching to the Hallelujah Diet, his blood pressure is now normal, without medication.

At one time, Pastor Irby was taking blood pressure medication, insulin, a pain prescription, and nerve medication that was supposed to rebuild his damaged nerves. He took the nerve medication before bedtime, and one of the side-effects he suffered was "strong hallucinations that about drove me crazy."

Pastor Irby said he has never taken illegal drugs,

"None of the doctors were able to do anything to help me. The most enlightening thing that ever happened to me was coming to Hallelujah Acres. I learned how to solve my problems with diet. I've been going to doctors for 30 years and nobody every told me any of that." – Pastor Don Irby

needed to walk, but I couldn't walk. My only relief from pain was lying flat on the bed. If I moved at all, I was in pain," Pastor Irby said.

The doctors told him there was no cure for his problem, and he was scheduled for an appointment with the pain clinic to learn how to tolerate pain. It was then that a church member suggested that he come to Hallelujah Acres. Pastor Irby came for the three-day Back to the Garden Health Ministry Training Seminar at Hallelujah Acres in July 1995, and he says it changed his life forever.

"None of the doctors were able to do anything to help me," he said. "The most enlightening thing that ever happened to me was coming to Hallelujah Acres. I learned how to solve my problems with diet. I've been going to doctors for 30 years and nobody every told me any of that. I learned more in three days about myself and my disease than all the 30 years of being a diabetic. I thought it was going

but he speculated that the bad hallucinations he experienced were similar to what people must experience on some illegal drugs. When he complained of these terrible hallucinations, he said, "The doctor cut the prescription in half."

Pastor Irby has quit taking all these medications, with the exception of insulin. He has cut his insulin in half – from 80 units to 40. Pastor Irby said Dr. Malkmus told him that he had been insulin-dependent for so long that his pancreas may have lost its ability to manufacture insulin.

"I haven't had a cold since I started on the program. The same is true for my son, and he always had a cold before he started on the diet." (His son works near a river as a dispatcher of tug boats, and this dampness had left him with a constant cold before he changed his diet.) And Pastor Irby said one of his twin 9-year-old grandsons had bad warts. "Once he quit eating

offers more of these nutrients than we would otherwise be able to consume by eating the vegetable. And this is without cooking, freeze-drying or any other process that changes the basic structure of these nutrients.

Anyone who has ever given fresh vegetable juice (from a good quality juicer) a serious try knows that it produces healthful results. The man who developed the process of juicing, Dr. Norman W. Walker, lived to be 119 years old, and wrote his last book at the age of 115. This is even more impressive when you consider that Dr. Walker was seriously ill and dying in his early 50s when he was persuaded to try natural healing rather than the medical route.

Fresh vegetable juice could be categorized as a nutritional supplement, because it is a means of supplementing the nutrition we receive from the food we eat. We would be equally justified in categorizing fresh vegetable juice as a natural food because its essential nutrients (vitamins, minerals, protein and enzymes) are in the same form as they were in the raw vegetable created by God for our sustenance. Just as a raw carrot, carrot juice is actually alive as it enters your body, bringing living nutrition to your living cells.

Contrast this with other forms of vitamins, minerals, protein powders, enzymes, etc., which either start with a substance never intended as food for humans (such as vitamins from coal tar or minerals derived from rock), or else they start with a natural food and process it by cooking or freeze-drying, so that its nutrients are no longer in their original, natural, raw form that we can utilize.

So, fresh carrot juice is clearly superior to run-of-the-mill vitamin pills, mineral supplements, protein powders, enzymes, etc. In this comparison, the number of milligrams of a vitamin or mineral is irrelevant because one milligram of a nutrient in its natural form is better than ten pounds of that nutrient in an unnatural form that must be eliminated by the body as a foreign substance.

There is, however, one nutritional supplement on the market today that I would put in the same category as fresh carrot juice. Barley Green is a powder derived primarily from the juice of young barley plants. This juice is spray-dried into a powder in a patented process in which no heat above body temperature is used. Because of this juicing process, Barley Green has the same advantage as fresh vegetable juice in that its nutrients can go directly into the bloodstream and to the cells without digesting fiber. And because no heat or freeze-drying is involved in the processing, the nutrients in Barley Green are still in their live, raw, natural form.

The reason young leaves of barley are the main ingredient in Barley Green is that barley has been determined to have the widest spectrum of all the necessary vitamins, minerals, enzymes, proteins and chlorophyll of any source on Earth. The grain of barley has been used as a staple of human nutrition for thousands of years, but the peak of nutritional value of the barley plant is reached when the young plant leaf is about 10 to 12 inches tall, the stage at which it is harvested to produce Barley Green.

And even more nutritional value is gained with the addition of kelp to Barley Green. When Dr. Hagiwara brought his green barley powder to the United States some 14 years ago, he brought a product that had been developed for the Japanese people. But he quickly realized that the American people were extremely deficient in trace minerals and so he added kelp to his green barley powder. Kelp contains every known (and some still to be discovered) mineral that exists on the Earth – possibly as many as 100. Why does kelp contain so many minerals? Because the ocean is the repository of all minerals on Earth as minerals have washed down the streams and rivers into the oceans for thousands of years. Ocean plants, living in this sea of minerals, are able to take these inorganic minerals from the sea water and change them to an organic form.

You can still buy the original green powder product Dr. Hagiwara developed for the Japanese people in health food stores under the label "Green Magma," but it does not contain kelp and thus will not give the same results as his Barley Green product, which is marketed exclusively by American Image Marketing (AIM). There is no product on Earth, of which I am aware, that will provide the body the vast array of nutrients in such high and dense form as Barley Green offers.

There are many reason why Barley Green stands head and shoulders above all other green powder products on the market today:

- Other than Green Magma, which we just discussed, Barley Green is the only green powder product on the market that contains maltodextrin, a complex carbohydrate made from pine nuts and corn. Competitors call it a filler, but maltodextrin serves a vital purpose as a water-soluble fiber to stabilize the nutrients and prevent oxidation! Without this stabilizer, the product would oxidize (just like any other form of vegetable juice) and have an extremely limited shelf life. Beware of any green powder on the market today if it does not contain maltodextrin, as it will oxidize and not give the same results!

- Barley Green is organically grown and harvested at the peak of its nutritional value. The juice is separated from the fiber in a juicing machine, and the juice is spray-dried to a powder in a vacuum in two to three seconds at less than body temperature. This is a patented process no other company is allowed to use. Because of the stabilizing (bonding the juice to maltodextrin) and the no-heat processing, Barley Green remains a raw product with enzymes still alive for three to five years in dry powder form. Yes, Barley Green is a live, raw food. Even after sitting on a shelf for three to five years, the chlorophyll in Barley Green is still capable of conducting photosynthesis in sun light, meaning that it is still alive.

- When it comes to nutrients, no product on the market can begin to compare. Barley Green is the most nutritionally dense food that has ever been found...providing the widest spectrum of naturally occurring nutrients available in a single source on the Earth today! It contains all the known minerals on Earth, almost every vitamin ever discovered, plus enzymes, chlorophyll, anti-oxidants and all of the essential amino acids. And Barley Green is alkaline in

pH, which helps neutralize the acidity of a meat and grain based diet. Because of the incredible density of nutrients and its unique processing that maintains these nutrients in their natural form, Barley Green is a product without equal.

We have been conditioned to judge a product by the amount of specific vitamins and minerals, such as vitamin C or calcium, rather than considering its nutritional content as a whole, and how all these nutrients work together. Nutrients do not work alone, so it is useless to buy a pill containing nothing but vitamin C or nothing but calcium. As Dr. Hagiwara explains: ***"Barley Green makes such a difference because it is a whole food. A food such as Barley Green should not be recognized by discussing only the amount of its vitamins and minerals. The era of focusing on a single vitamin or mineral is gone in the field of the most vanguard research, and much more attention is being focused on biological phenomena."***

But when all is said and done, I am a bottom liner! I do not care what the claims are for a product or how long the list of nutrients on the label. What I want to know is DOES IT WORK? As I listen to and read the thousands of testimonies that pour into Hallelujah Acres from all over the world as people describe all the physical problems they have been able to heal, and the excellent health they are experiencing, I am convinced that Barley Green and the Hallelujah Diet are the solution to the misery and sickness so many people are suffering in the world today.

But as important as Barley Green is, we must remember this supplement is just one part of the diet we recommend. Unlike the promoters of some other supplements, we do not claim this one substance will solve all physical problems without any other dietary and lifestyle changes. We encourage people to adapt the entire Hallelujah Diet, which means 75 to 85 percent raw fruits and vegetables, and the elimination of harmful substances such as meat, dairy, drugs, processed foods, white flour and sugar. Sunshine and daily exercise such as vigorous walking also is essential. People willing to make these changes usually see amazing improvement in their health.

Another reason this entire program is important is that there are actually two elements to proper diet. The first element is taking in the nutrients our body needs. The second element, which most people neglect, is eating food that helps us get the toxic waste out of our body. All disease is the result of not getting the proper nutrients into the body and/or not getting the waste out.

Every cell and organ produces waste that must be eliminated from the body, but people who eat a low-fiber diet of meat, dairy, white flour and processed foods, and get little exercise, are unable to completely eliminate this toxic waste. Fiber is important because it acts as an "intestinal broom" to clean out the toxic waste from our colon. Animal products, white flour and most processed foods have zero fiber, which is even worse when you consider all the toxins these foods add to the body that also need to be eliminated.

That is why people need to replace their meat, dairy and white flour with raw fruits

Products, Products, Products ...

By Dr. George H. Malkmus

Almost daily, I receive a letter or package in the mail asking me to look at a new *product* that someone thinks I should know about and promote through *Back to the Garden*. I have huge files containing hundreds of these letters and enclosed literature, along with many boxes of audio and video tapes.

Checking out all these new products can be a time-consuming effort. Rarely do we run across an item that we feel can genuinely improve our health, but when we do, we will use it personally and likewise, we feel an obligation to make it available to our readers.

With most of these new products, however, following our initial investigation and sampling, we find the best course of action is to ignore them because they are of little or no benefit. This is understandable, because there are so many people out there trying to make a profit in the field of health, while there are so few people who understand the very simple principles of natural health and healing. And then, occasionally, we run across a “health” product or advice that is so unhealthy that we feel an obligation to warn our readers against it.

Such is the case with the recent craze of a mineral supplement being promoted with an audio tape by a Dr. Joel Wallach titled “Dead Doctors Don’t Lie.” I have received dozens of these tapes from various people and many have called to ask my opinion. So let me share my thoughts:

I have listened to the “Dead Doctors Don’t Lie” audio tape several times and I believe it is one of the most destructive, counter-productive, and contradictory tapes on nutrition I have ever listened to. It is inconsistent with almost everything we teach here at Hallelujah Acres. Through the first part of the tape you would think you were listening to a vitamin commercial as Dr. Wallach promotes vitamin supplementation, rather than food, as the means we should use to nourish our bodies.

We disagree. I do not believe God ever intended us to receive our nutrients in mega-doses or in pill form – but rather I feel that “vitamins” in this form are actually harmful drugs and are received as foreign substances by our bodies.

Dr. Wallach mocks those who advocate a good diet and teach against the use of such products as salt and butter. Then he claims those who use butter and rock salt live long lives while those who avoid them die young. Later in the tape he goes into a long discourse stating that almost all of our physical problems are caused by a mineral deficiency – from diabetes to arthritis to you name it. Never once does he state that improper diet or lifestyle has anything whatsoever to do

with our physical problems. Dr. Wallach states it is impossible to get the nutrients our bodies need from food, therefore he concludes proper diet is irrelevant to maintaining proper health.

At the end of his discourse, he contradicts most of what he has said throughout the tape by saying we must receive our minerals in *colloidal* form and that only the living plant is capable of creating what he calls a *colloidal* mineral. He then tells about this recently found mineral deposit that contains some 60 trace minerals he claims are in *colloidal* form. The conclusion to be drawn is that *only* by purchasing and using this product can we be nourished properly and experience health.

Here at Hallelujah Acres, ever since our beginning, our emphasis has been on nourishing our body with the nutrients God originally intended to sustain us in perfect health, which, of course, is the Genesis 1:29 diet of raw fruits and vegetables. We teach that minerals from living plants are the only form of minerals that can be used by our living cells for building material. Minerals found in the Earth are

Here at Hallelujah Acres, ever since our beginning, our emphasis has been on nourishing our body with the nutrients God originally intended to sustain us in perfect health, which, of course, is the Genesis 1:29 diet of raw fruits and vegetables.

inorganic, and cannot be used by our bodies. In fact, inorganic minerals are harmful in our bodies.

For example, calcium (limestone) in drinking water, which is absorbed from the Earth, is not the same as the calcium in a fresh stalk of broccoli or a carrot. Plants absorb inorganic minerals from the Earth, and through the process of photosynthesis, transform them into living, organic minerals that can be used as fuel and building material by the 100 trillion living cells in our body. Since our living cells cannot use dead inorganic minerals, these minerals from the powdered rock in drinking water must be dealt with and eliminated by the body as a foreign substance. Most of the calcium in non-distilled drinking water is eliminated as waste, but that which is not eliminated is left behind in the body’s connective tissues, causing arthritis in the joints, kidney stones, gallstones and hardening of the arteries with calcium deposits in our veins.

We also teach that because of soil erosion and non-organic growing methods, most of our soil has been depleted to the point that our food is deficient in many minerals. So, even though raw fruits and vegetables provide our only usable source of nutrition, eating raw fruits and vegetables will still not necessarily provide the optimum level of nutrition originally intended for our bodies simply because the mineral content of the soil in which they were grown has been depleted.

That is why we recommend drinking freshly-extracted vegetable juice (especially carrot juice made from California juicing carrots). The advantage of drinking fresh carrot juice is that you can consume the nutrients from a whole pound of carrots in one eight-ounce glass of carrot juice. That is more carrots (and nutrients) than you could ever consume in one meal by eating carrots. The other big advantage to fresh juice is that because the pulp (fiber) has been removed, all these nutrients can be in the blood stream and on their way to feeding the cells in just a few minutes, without the time-consuming and energy-depleting process of digestion. This is the reason we teach that fresh vegetable juice is the fastest way of nourishing the body’s cells and immune system, which boosts the body’s self-healing capabilities to enable the body to heal diseases and disorders. With this understanding, it should come as no surprise when we see people healing all types of cancer, heart disease, diabetes, arthritis and many other diseases after switching to a vegetarian diet with an emphasis on raw foods and fresh vegetable juices.

Some will tell you the solution to the problem of not being able to obtain optimum levels of nutrition from the food we eat is to take synthetic vitamins, mineral supplements, protein powders, etc. This message is very prominent in the world, mainly because of the tremendous amount of money to be made from synthetic vitamins and processed foods. Messages like that of Dr. Wallach can often gain quick popularity because people love to be told that they don’t have to change their diet, eliminate harmful foods or habits, or even exercise to maintain proper health ... all they have to do is take a magic pill or potent that will give them all the nutrients they need.

At Hallelujah Acres, we reject this message because these are not the substances by which our Creator intended our bodies to be nourished. And they do not produce healthful results. On the average, people who consume megadoses of synthetic vitamins, mineral supplements and protein powders along with their processed foods, meat, dairy, white flour and sugar are just as sick and die just as early as the rest of our unhealthy population.

We teach that the only way to eliminate sickness and reach our ultimate level of health is to quit consuming the above-mentioned harmful substances, which caused or contributed to the sickness, and begin nourishing our body’s living cells with the nutrients by which our Creator intended us to be sustained.

The reason fresh vegetable juice makes such a difference in our body’s health and self-healing ability is that this process begins with nutrients in the form we were intended to consume (raw vegetables), and produces a liquid that

Continued – please see next page

Back to the Garden

Pastor Irby – Continued from page 5

junk food and started taking Barley Green, his warts are gone. This stuff is good for everything.”

When offering a quick summary of the reason for his switch from the medical route to the Hallelujah Diet, Pastor Irby tells his people, “I believe God raised me up and gave me enough sense to learn how to heal my body.”

“Barley Green has done miracles for me. I’m on Barley Green and two or three glasses of carrot juice a day. We’ve got a juicer at the church, which my secretary uses also,” he said.

From the Mailbag

Continued from Page 2

“Dear Brother Malkmus, Let me introduce myself first, and then I wish to place an order for some of your videos. I was born to missionary parents in the Bahamas, spent my boyhood days in Haiti, and later served as missionary for 20 years in Papua, New Guinea. For the last ten years I have been serving as General Director of the Evangelical Bible Mission, a missionary organization with 140 missionaries and nearly 700 national workers in 16 different countries. Recently I was preaching in a missionary Convention for Rev. Carl Eisenhower, in Goshen, Ohio and he gave me a copy of your two books. I became an instant convert, and have changed my way of eating and begun an exercise program...I am up to over 3 miles of running per day. I would like to order some videos for some of our missionaries to watch, in hopes I can convince them of the need to develop a more healthy lifestyle...”

Rev. Gerald Bustin,
Florida

“Dear Dr. Malkmus: Thank you for continuing to send me *Back to the Garden* as a free publication. The Winter/Spring 1996 issue is very helpful to me both as philosophy and as a lifestyle formula. Your article on drugs was the best I have ever read. Michael Dye’s article on sugar was superb, and it convinced me to make changes in my diet. I started Barley Green a year and a half ago, and I haven’t had a cold or the flu since—a real change for the better...I now eat fairly sensibly, exercise vigorously 5 times a week, and am in good physical health at age 80. I started Herbal Fiberblend at about the same time, and that ended 75 years of constipation, hemorrhoids, and fissures, with 5 painful operations ...Being a Jew I can enthusiastically endorse your work, based as it is on the Bible. I hope that other Jews are also following your program.”

Benjamin E. Deroy,
Pennsylvania

“...I want to tell you what Barley Green and Carrot Juice has done for me. My sugar has leveled off; my hair is coming back in dark brown; my teeth and gums are now in great shape; and I am believing the Lord for two disks to be made whole again. I feel great and walk 4 miles every day and am still working at age 63.”

Loraine Watkins,
Florida

“...In previous years I had cold sores all winter long but no more. They went away in two weeks after I changed my diet. I used to have to rely on

Pastor Irby said that since people have seen the impact this diet has had on his health, many in his congregation have given the Hallelujah Diet a try. He said some are partially on the diet, some start and phase out, while others stick with it and have experienced great results.

Pastor Irby said one woman in her 70s who first met Dr. George Malkmus at a Sword of the Lord Conference said recently, “Pastor, I have not been sick since I started on this diet.” He said two members of the church with leukemia are using the Hallelujah Diet, along with other herbs, and both now have leukemia in remission.

Benadryl to stop the drainage from my sinuses. Since I have changed my diet, take Barley Green and drink carrot juice, my sinuses have cleared up. I now have energy to spare, work three days a week and most of the younger ladies on the job marvel at my energy. Tomorrow I will be 68 and still going strong.”

Joyce L. Shull,
Alabama

“Dear George & Rhonda - My heart is overflowing with joy and excitement as I send you my sincere wish for a blessed and joyful year of 1996. Your ministry has changed my life so drastically - I’ve often compared the physical transformation through diet, Barley Green and juicing to the spiritual transformation that took place 15 years ago when I accepted Jesus Christ as my Lord & Saviour. I am truly a new creation today in every aspect of my life. I want to thank you for persevering through the tough times, George, when no one would listen. I want to thank you, Rhonda, for your courage in standing strong alongside George when the schedule seems impossibly hectic and you’d really like just a quiet evening at home. I have to say that I do understand the urgency, tho, of not resting til the message gets out. I believe that people are dying every day for lack of the message God has given you and you have shared with us...Sometimes I’m challenged beyond my time and strength to minister to all those seeking help, but I know the rewards are not just financial. I know God is pleased with us as Health Ministers! Thank you also to all your staff for their graciousness when I call, for their willing assistance for their faithfulness. Thank you Michael Dye - your articles make things so clear and concise. For over 50 years I have wished people a Happy New Year, but it has never held so much meaning as this year when I say to you all - Happy, Blessed, Prosperous, Joyous, Fulfilled 1996.”

Nancy Rigsby,
Michigan

“Dear Dr. Malkmus: We have purchased your book, *God’s Way to Ultimate Health* and heartily agree that when you change the fuel (diet and life-style) you change your life. My own case history bears this out. Last Spring I had surgery to remove a tumor from my bladder and have since suffered with lingering asthma. Now just six weeks after having the benefit of the Hallelujah Diet plan, I have experienced a full 7 hour’s sleep without waking up for breathing treatment and am relieved of my prostate condition. I am so elated at this point in my life...May God reward your efforts with mountains of success.”

Charles Johnson,
California

Pastor Irby said another member of his congregation told him the biggest impact she has experienced from the Barley Green is that, “I’ve got a peace I’ve never had before. A mental well-being.”

Pastor Irby said he too can verify the claim that proper diet can affect emotional well-being as well as physical well-being, which is perhaps one of the most radical claims made by Hallelujah Acres. “This has calmed my whole being. There is a shake in the nerves that goes along with diabetes that has been settled. I have a calmness that I did not have before,” he said.

“I was absolutely thrilled to read your book, *God’s Way to Ultimate Health*. For some time I have been researching better nutrition for better health ...First I must tell you that I have gone the complete route of all the misinformed most of my life. When I was a young teenager in England I got started into body building and read all I could on training for a better, stronger body. Just about everything I read told that you needed lots of red meat for protein. I ate steaks all the time and *cooked* all the ‘so called’ good nutritious foods I could afford. On top of that I spent all my money on supplements. Well as the years rolled by I did build a big strong body. I went into the Royal Navy as an engineer officer and we ate what was considered great food in the officers’ mess. Being young I survived well, came out of the navy and ended up in this country. I went back to weight lifting and thought I was doing alright. Even up to the age of 53, I was still working out...with the trainer telling me what supplements to buy and what to eat for a healthy and strong body. Problem was that I started to get sick. I first got an attack of kidney stones which was probably the worst pain I have ever gone through in my life. Naturally the doctor gave me drugs and said apart from surgery there was not much he could do! I again started to read every book I could on gall and kidney stones but nowhere did I find the basic cause of this problem. I took more supplements in the hope it would help but the problem persisted. I had stopped working out in the gym and slowly my weight increased to 240 pounds...I felt worse and worse, my energy had all gone...At the beginning of 1994, I got my first pain with prostate trouble. My doctor took blood samples and gave me drugs. About six months later it was worse and the doctor told me he thought I could have cancer of the prostate. Now as you can imagine, this shook me up with a jolt. I went to the health food store and got every book I could on fighting cancer without taking drugs or having surgery...About this time was when I got Dr. Walker’s book (on raw vegetable juices) and suddenly started to get some hope that there was a better way - to eat right and let my body heal itself!!! I tell you, overnight I became a vegetarian. Soon after I bought *your* book and it reinforced all my decisions. In just five weeks (after starting the Hallelujah Diet) my weight has gone down to 188 pounds and I am full of energy. My blood pressure is down to normal and I feel great...I let my doctor monitor my PSA and the count was way down...I think I am well on the way to recovery and I owe it all to you...”

Ajit Singh,
Louisiana

Mailbag Continued – Please see page 10

From the Mailbag

Continued from Page 9

“Although my husband and I have been in the field of holistic healing for about 20 years we have only recently realized the value of the raw foods diet as a lifestyle. We used raw foods and juices with great results for years with cancer, diabetes, heart disease, etc. with our clientele but never considered it a daily option in our own lives. Even though I had been on many raw food or raw juice fasts and felt the incredible effects it had on not only my physical health but my spiritual health, I was blinded to its daily use. You could have hit me on the head with my rice pot when I received your literature and I realized that this truly is God’s Original Diet. We (my husband and our 5 children) have been on a total vegan/no refined foods diet for 18 years, but we are moving toward the raw foods plan...We also publish a small newsletter encouraging God’s design for body and mind. I hope one day to be able to attend one of your Health Minister Training seminars...God bless you in your efforts to bring His people Back to the Garden.”
Laurel Honey-McCullum,
Pennsylvania

“...I was diagnosed with fibromyalgia one and a half years ago and had reached the point of fatigue and pain so bad that I considered quitting work. I started taking Barley Green and Herbal Fiber Blend and following the Hallelujah Diet a year ago and feel great. It proves we should trust God in all things...Bless you for your work.”
Maryanne McCulloch,
Canada

“I received your book *God’s Way to Ultimate Health* in June 1995. I have not touched meat since I closed that book! Within one week I lost a roll of fat on my hips! I had gained weight in 1990 and could not lose it. I exercised till I dropped from exhaustion and nearly starved myself. But the week after I started your diet, I put my exercise tape on, put my hands on my hips and my hands fell down - the fat was gone! I had been so busy that weekend I hadn’t noticed any loss. After all, I had been trying to get the fat off for 5 years! I cried. Within a few more weeks I noticed more. I had arthritis in several places in my body, but my back was the worst. I could not move without pain. But I endured the pain and never let it stop me. I would weed my garden - but no more than 20 to 30 minutes, because I could not move after that. I would hobble over in a bent over position to a wall and pull myself up, then hobble into the house. The pain was so horrible I would just sit and cry. It would take several hours to get back to moving. Needless to say, I did not weed often. However, once on your diet things changed. Probably 2-3 weeks after reading your book and changing my diet, I went into a room and started sorting papers in boxes on the floor. I stood and bent over. Two and a half hours later I stood up. Then it dawned on me - I stood up!!! No spasms!!! I looked at my watch and couldn’t believe it. Oh yes, I cried!! Tears of joy - not pain. Praise God!! Over Labor Day Weekend, our church has a retreat in Southern Oregon on TOP of a VERY HIGH mountain. The older ladies go down the hill to an orchard to pick fruit. Last year I could not make it up the hill because of my asthma and my son had to drive

down and pick me up. This year, I left the older ladies and joined the younger ones as we climbed higher and higher up the mountain. I am 45 years old and when we got to the top of the mountain, I ran up 3 flights of steep stairs while the younger ladies were complaining of pain. I felt great - NO PAIN! No breathing problems! I was bouncing with joy! God is so good! Also, I have more energy, less stress, no menstrual cramping - I am healthier than I have ever been. For Christmas, we have given our family your book. I make copies of the order form and give them to anyone who will listen. My doctor asked for a form. I pass my book around to all our church people. If they are not healthy, it is their own fault. I have people at work on your diet. Thank you for sharing your knowledge with us. I will continue to share it with anyone who will listen. I even have my husband, a Nazarene Pastor, on your diet...I took him to hear you when you gave a seminar in Portland this past September. That is when he finally gave up meat. He is doing better and knows it is right. ... Thank you!”

Dorothy Russell,
Oregon

“Dear George & Rhonda, Thank you so very much for the good work you are doing. I pray for you...May the whole world awaken to the truth you are giving us.”

Jim Harmsen,
Michigan

“Dear Reverend Malkmus... You are the one man, that I know of, that has the answer and the way to eventually destroy the monopoly of the AMA and FDA. The most beautiful part of your message is THE TRUTH in your message!! The TRUTH will one day stop the legalized murder those two groups have used on the ignorant masses for years. You truly are one in a million!!!! May God Bless you forever and always!”

Judy Hagbery,
Oregon

“Thank-you for the treasure you have sent! *Why Christians Get Sick* is truly amazing and inspired by God!!! Please send the newsletter *Back to the Garden* as soon as possible! Thanks...This is so interesting.”

Frank Smaghe,
Michigan

“Thank you so much for *Back to the Garden*. It has been the answer to many prayers of mine for many years. I have been dealing with Fibromyalgia for 17 years and have finally found the answer to my health problems. Thank you so much for being the instrument through which God has blessed me with better health. I praise Him continually!”
JoAnn Mayer,
Colorado

“Dear Dr. Malkmus, Thank you for the first order of Barley Green and the other items, they have been a blessing. My husband was completely cured of psoriasis within 2 weeks after starting the Barley Green...May God Bless you in your ministry.”
Gloria Snyder,
Washington, D.C.

“I have been on the Hallelujah Diet since August 1, 1995. I have lost 20 pounds and feel better than I have ever felt in my life. I have far more energy. I exercise every day. I am also on Barley Green and do not know how I ever lived without it.”
Maureen Earlenbaugh,
Mississippi

“...In January 1995 my husband had to undergo a physical for his work. It showed his cholesterol was very high and he had an erratic heart beat. So at this point we cut out all red meat and watched our fat intake. We also started walking again ... Thank God, doing this lowered his cholesterol and he lost some weight. As for me I have always been fighting my weight, depression, mood swings, hot flashes, headaches almost every day...At the last two doctor visits they kept finding something wrong with my liver. No one could tell us what was wrong. Then the end of March I got very sick, 104 fever for five days. Once again, no one could tell us what was wrong. So we just continued with eating what we thought was right. Then in September my husband heard you on our Christian radio station...My husband said you have got to get this book, *Why Christians Get Sick*. That very day I went to our local Christian book store... What a blessing this book is. I started on the Hallelujah Diet on Oct. 13, 1995 by giving up all animal products. The first week I felt a little strange. Almost like I was on drugs or something. After that I started to feel great! I have more energy, am happier, it is just very hard to describe how much better I feel. One of the best things is no more headaches. The bonus is that I have lost 13 pounds and 10 inches without worrying about dieting. I sent one of your books to my son who is a Nutritional Consultant and he felt your way of life was a little drastic. So on one of our visits to him he insisted that he do a fat check and see if I was losing the right kind of weight - well I wasn’t a bit surprised that my fat count had gone down 4 points. He was very surprised. Just couldn’t believe I could give up all animal products and be as healthy as I am... We have since ordered ten copies of *Why Christians Get Sick*...and are giving them to family members...We try to tell everyone about your findings...Some people listen while others say it is not the way of life for them. It is the only way as far as I can see. God gave us a wonderful body and we have been doing everything we can to destroy it. It is time to listen to God’s Word and do what He says... We pray for you daily and may God lead you and give you many more years in His service.”
Raymond & Carol Dovel,
California

“My husband is a pastor and we have two boys, ages 7 and 11. We are home schoolers also. I have read your book *Why Christians Get Sick* and it has changed our lives...We are interested in coming to Hallelujah Acres to learn more... Please send information...Thank you for all your help.”
Deborah Boyd,
Georgia

“I, like you, was led to Brother Roloff 32 years ago. At that time I quit all the junk and it turned my health around. Brother Roloff and I became good friends...I really enjoy your *Back to the Garden* magazine. It contains the type of information we have been teaching for all these years. We share your magazine with others and do not know how many people have been helped by them. We gave a copy to a customer for her friend who had only a month to live and she came back and said they drove to Hallelujah Acres and that she was now well...Bless your work and thanks for being there.”
Peggy Mills,
Texas

Continued – please see next page

Note: We felt the following letter from Rev. Nicasio Ortiz of Puerto Rico was particularly touching. His enthusiasm and sincerity more than make up for his less-than-perfect spelling and English grammar. (We made a few corrections, but very few Americans could write a letter this good in Spanish!) Along with this letter, he sent a copy of his medical insurance report, which, he notes, shows “Not even one penny expended on doctors or drugs.” He apologizes by saying, “sorry, is in Spanish.” But we noticed “0.00” in Spanish is the same as “0.00” in English.

“Dear Jorge & Rhonda:
My best desire is that at this very moment may God bless you and your ministry in such a way that in every part of the world your good news that ‘you don’t have to be sick’ may touch somebody and the light of hope be put upward and shining, guiding this sick generation for their own good.

Congratulations for your doctorate. You work for it and God gave it to you. He knows how to pay and good.

It is time for me to let you know what is happening in Puerto Rico. When I say the time I mean just that, time ... for permanent results. You know that many times the emotions or the adrenaline flow make you feel in such a way that changes may occur, but they are temporary or of a short term. Here you will read of permanent results which I was waiting for.

It has been very hard for me to go through with the message that you don’t have to be sick; maybe it is because it is a truth. A lie goes through very easy, even in the evangelical sector. The bad nutrition habit is too deep inside the people. But little by little it has been accepted and the results we already have are extraordinary.

Starting with me, I had a backache due to a herniated disc for 20 years. Due to that condition and the study that the doctors did to me (an electromyogram – EMG) I was suffering of frequent headaches, numbness in my feet, lack of facilities for bending, lifting and standing or sitting for a long period of time. Beside that I was overweight (190 pounds for my 5’5” height) and a waist size of 40. All those 20 years I was under medication and medical care and nothing change my condition. On the contrary, I was getting worse.

Now I know that I was a good customer, because I have a good medical plan. They didn’t want to kill the golden egg hen, or they did not know what to do, either one.

Before, I was a regular customer. Now during the year 1995 I only visited my doctor’s

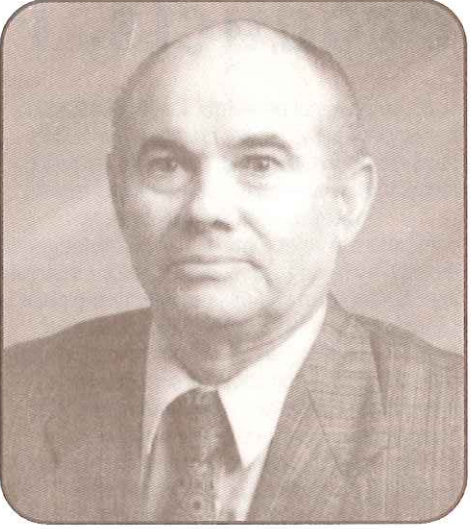
Sharing – Continued from page 14

“More energy, less arthritic pain, blood pressure improvement, better sense of well-being.”
– J. Robert McTammany, M.D.
Asheville, NC

“I have experienced a healing. I had asthma for 78 years and through this diet and program I am healed. Praise God.”

– Fred & Joyce Skaggs
Paris, TX

“Hallelujah! What a mighty God we serve! What wonderful things he is doing for us. We are seeing the lives of people being changed each and every day! We have introduced the Hallelujah Diet to



Rev. Nicasio Ortiz of Puerto Rico

office once, in July to have a regular check-up to verify my good condition, completely healed. It only took 1 1/2 months to happen.

Enclosed you will find a copy of the report of my medical insurance office for the period from January 1, 1995 to June 30 (sorry, is in Spanish). Not even one penny expended on doctors or drugs. Why? Because I followed your advice. Thanks once more. The money that before

“Enclosed you will find a copy of the report of my medical insurance office for the period from January 1, 1995 to June 30 (sorry, is in Spanish). Not even one penny expended on doctors or drugs. Why? Because I followed your advice.” – Rev. Nicasio Ortiz

I was giving to the doctors and to the drugstore I expended in Barley Green, Herbal Fiberblend, fruits and vegetables and here I am in a short period of time like a new man. You will see that my wife Esther is included in that report too, without any expenses too. Her testimony is greater than mine. In the near future you will have it.

I said before that I was waiting for permanent results not because I didn’t believe, but because I wanted a vivid proof to show those attending my lectures on this unique and easy plan of the Hallelujah Acres to get well and stop suffering.

people with every type of disease and are getting calls every day reporting the wonderful results that people are experiencing. I can’t even begin to tell you the many many testimonies from people with cancer, diabetes, heart disease, ALS, MS, lupus, obesity, headaches, etc., etc. ... The word is spreading with a powerful force!”
– Rev. Brian W. Cutts,
Wallingford, CT

That is only a small sampling of the responses we have received from people citing the reasons they desire to come for our Health Ministry training, and then the *results* they have seen in their communities once they have began spreading the word. We envision thousands of

I took the training to become a health minister on October 20-22 (1994). By that time I had your book *Why Christians Get Sick* read and re-read several times and I was taking Barley Green. So when I came back from the seminar I started the whole program and in 1 1/2 months I lost 30 pounds and all the ailments were gone and are still gone. Now I weigh 160 and have a size 34 waist. Praise the Lord and I feel great, thanks to God and to you.

Regarding other people that are accepting the program I have a lady that for 15 years had diabetes and for the last 3 1/2 years was taking insulin every day by veins and never had a (blood sugar) count below 284. After only three weeks taking Barley Green she was down to 132 (blood sugar). The mother of her son-in-law who is a medical doctor had diabetes too and was under her son’s attendance. He heard me once talking about the Barley Green and decided to try it on his mother. After one month he came to me and said, you know, that works. My mother is normal, no more diabetes. Now he wants to join our group to make a support group which I think is going to be the bullet to knock down the wall of ignorance and doubts. Just one more testimony before I close: a man that had six different diseases, all of them bad. Within two months after taking Barley Green and Herbal Fiberblend and a cleansing crisis he is free and very happy and became an A.I.M. products distributor. We have more

testimonies and later I let you know of them.

Every last Wednesday of the month we have meetings and the people are very enthusiastic. The case of books *Why Christians Get Sick* I bought is dispersed over the island. I am waiting for results.

Well, brother Jorge, this is part of the good news from Puerto Rico and from now on I will be writing more often. We are praying for you and your ministry. Please pray for us here in Puerto Rico.

Thank you very much.
Truly yours,
Nicasio & Esther Ortiz

Christians creating their own Health Ministries all around the world. Not only will many individuals want to become involved, but every church should become a part, for their own membership as well as to use this information in an outreach ministry in their community. Many churches already carry our literature, audios, videos and Barley Green in their book stores and some even offer juicers and distillers. Many pastors, missionaries and evangelists are starting to incorporate the health message into their ministries. If you would like to learn more about how you can receive training and set up your own Health Ministry in your community or church, write or call for our “Health Ministry Packet.”

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 in the form of books, audios, videos, juicers, distillers, etc. The products will be bought from us at wholesale so those who start their own Health Ministries can retail their products to help offset the cost of their respective ministries. We will do what we can to help you and even support you with regional Seminars throughout the country.

We now have nearly 400 people who have been through training here at Hallelujah Acres. These people are spread out across the United States in approximately 40 states and even into Canada, Hawaii and Puerto Rico. It is interesting to see how many are coming from the professional health field – eight medical doctors; one optometrist; two dentists; nine chiropractors; and 42 registered nurses have joined us thus far. We receive daily inquiries from those who want to start their own Health Ministry. Listen as some of our *new* Health Ministers share their reason for coming for training:

Jack Allen, Smyrna, Tennessee: “I am convinced that we are poisoning our bodies and not allowing them to heal the way God planned. I want very much to bring more good news to any and all who will listen - especially Christians. God’s wish is for all to prosper and be in good health.”

Sandy Bergerson, Norcross, Georgia. Sandy, a corporate travel agent, writes: “I have recovered from multiple sclerosis, migraine headaches and sinus problems – all overcome by diet, juicing and cleansing out my colon! Because of my success with multiple sclerosis, many people call me. I feel it (your training), would better equip me to help them...”

Scott Simkowski, Muskego, Wisconsin: Scott is a Chiropractic Physician, and states: “For years I have taken and distributed vitamins to patients and did not see any great changes. After reading *God’s Way to Ultimate Health*, it all made so much sense to me. So, I started juicing and taking Barley Green and felt immediate changes. I am excited about the teachings of Rev. Malkmus because it is common sense and it is the whole truth! I would like to be able to help the sick – naturally!”

Mae Chilcote, Hustontown, Pennsylvania, a retired nurse, states that she wants to become a Health Minister: “Because I am sick and tired of being sick and tired. There are so many others in the same condition that I would like to be able to help - and I am fed up with the medical profession and their drugs that have so many side effects...”

Joseph Cohen, Woodbridge, Virginia. Joe is deaf and journeyed recently to attend our training with an interpreter. “First of all, I need to take care of myself as I don’t want to be an invalid. I find that many deaf adults have many different kinds of illnesses and are not aware that God gave them an immune system. That is why I need to learn more so that I can help other deaf people. That is what I have been doing lately.”

Karen Durnean, Kitchener, Ontario: “It has been on my heart to have a ministry to

help people understand their need to eat properly for health and healing...”

Ben Huffine, Cincinnati, Ohio: Ben is a missionary in the inner city of Cincinnati and writes: “After going through the number of products and companies that I have and then you are shown the ‘truth’ and see and feel the difference in your own life – there can’t be any other way but ‘Back to the Garden.’ In four weeks I have lost 25 pounds, dropped my heart beat from 81 to 69 at rest and dropped my blood pressure from 150/100 to 139/90...I have been on a journey for better health for the last three years. Reading books, listening to companies promote their products, etc. I was always concerned about the New Age mind set or the money first mentality. When I was introduced to your book *Why Christians Get Sick* and saw the other materials you printed, it became obvious I had found the ‘truth’ with proper motives. I thank God for you and the burden you carry for the Body of Christ to be healthy and vibrant. Your perseverance has been a testimony to me as you have stood firm on the truths of God’s Word all these years...I would consider it a high honor and privilege to be a part of Back to the Garden Ministries.”

Robert King, Morgantown, Pennsylvania: Robert is a teacher in a Christian School with a Masters degree in Education. He writes: “The science part makes sense to me. I believe you have discovered a simple method that is easily transferable. I believe this diet works. I want to help my friends attain good health. There is a tremendous need for this ministry...”

Peter Malkmus, Knoxville, Tennessee: Peter, Dr. Malkmus’ son who has recently gone through Health Ministry training, writes: “I have a burning desire to help others achieve proper health through nutrition and exercise. I also believe God has called me to spread this message to the youth of this world so we don’t wait until we are sick to do something about their health.”

Ed & Sybilla Alexander, Encinitas, California: We are both teachers with California elementary and secondary teaching credentials and have Masters degrees in Education...In 1973 I (Sybilla) developed Endometriosis and was recommended by a physician to have a hysterectomy. My husband and I found a doctor in alternative medicine and he put me on an all raw food diet with fresh juices. As a result of the diet change, I was healed and had 3 more children (5 total). We both ate all raw for one year and made juice 3 times a day. After that we added some cooked food but have maintained this type of diet all of these years. The health benefits have been too numerous to begin listing...All of this time we have felt called by God to one day be able to teach others about Health but we have never known how to get started...We first heard about Back to the Garden Health Ministries from a friend and we knew this was what we had been waiting for all these years. Our current diet is the Hallelujah Diet. We decided to follow it exactly to see if we could recommend it to others. We have been thrilled with how simple it is and we have been able to start people on this diet who have no experience with eating healthy. We have been very excited with the results our

friends are getting on this Hallelujah Diet.”

Here are some of the results our Health Ministers are seeing in their communities:

“A heart attack patient now walks three to five miles per day after beginning the Hallelujah Diet and is the picture of health at the age of 74. Most people are more energetic and happy about the change in their attitude as well as physical health.”

– Dr. Wojciech Wojcik
Metarie, LA

“MS patient doing very well (signed up in AIM). Lymphatic cancer patient completely back to normal, young mother with two small children on program to remain healthy. Many have lowered blood pressure and blood sugar, etc.”

– Osa Anderson,
Greeneville, TN

“Our pastor was extremely sick and he’s recovered from serum poisoning several weeks before the doctors predicted, by juicing, etc. ... Our pastor’s wife has M.S. and seems to be stabilizing. A woman with cancer who can’t eat solid foods is maintaining her energy juicing and taking Barley Green.”

– Mary & Tony Westerfield
Cincinnati, OH

“Weight loss, prostate cancer & arthritis healed, children who get off dairy...have no more ear infections, sinus infections, no more antibiotics, no more colds, flu, no more seasonal allergies.”

– Carol Cover
Northfield, MN

“We have experienced testimonies reporting insulin dependent diabetes relieved, wheel chair bound individual is up walking and even grocery shopping, remarkable improvement in vision of many. Much loss of excess weight with increase of energy.”

– Rev. Larry J. Durant
Clinton, MS

“1) AIDS patient began juicing and eating more raw food. Feeling better. Went off it for about 10 days and felt terrible. Returned to diet.

2) A patient with colon cancer was real sick from chemo treatments. Has been juicing, taking Barley Green and raw food for two months. Came into office today. Has gained weight.”

– Dr. & Mrs. Augusto N. Pareja, M.D.
Flossmoor, IL

“Hear testimonials daily in the store of people being healed of arthritis, depression, PSA’s lowering, constipation ending, etc., etc., weight loss, energy increasing.”

– Sandy Kureshi,
Lancaster, PA

“My mom’s voice came back after one year due to damage during surgery with breathing tube.”

– Iva J. Smith
Max Meadows, VA

“Help for diabetes, high blood pressure, diverticulosis, weight, pain, energy, gum disease.”

– Rev. Brice & Nancy Casey
Taylors, SC

“Cure from cancer. Just a note from my sister-in-law today. Doctor said (cancer) is all gone. Praise God.”

– Eli Slabaugh,
McGaheysville, VA

Continued – please see next page

Back to the Garden

“Thank you, Thank you, Thank you! My friend just let us watch a video containing the teachings God has given you. This is what I have been looking and praying for since 1987. The lord teaches that we are to be balanced spiritually, physically and emotionally. Would you please send information about Hallelujah Acres...I have no real health problems at this point, but I would like to get healthy before my body falls apart. In 1993 I did have to have my gallbladder taken out but I desire to not lose any more body parts...”

Linda Hardman,
Arizona

“I just purchased a copy of your *Why Christians Get Sick*, and also obtained a copy of your *Back to the Garden* Newsletter. Congratulations and very best wishes on your wonderful ministry. As you well know, this information needs to be spread to more people...God bless you and Hallelujah Acres for all of your great work.”

Dr. Steven R. Schechter, N.D.
(Dr. Schechter is an internationally noted author, speaker & health consultant.)

“Dear Doctor Malkmus...I just wanted to take this opportunity to tell you how thankful I am that God brought you and your ministry into my life. So many of my family and friends are already reaping wonderful benefits from your message. It is so exciting to me to be a part of it and I thank God every day for this revelation. Not everyone I meet is willing to accept what is for many a radical change in life-style but I am so grateful that most of my family members have embraced it enthusiastically and in some cases are already losing weight, dropping medications, feeling great, etc. Around the end of August I attended your seminar at Hallelujah Acres with my sister and her son-in-law who introduced us to your tapes and books. I just cannot tell you how it has influenced my life. When I heard your tapes and read some of your literature it was like I was hearing a truth for the first time. It is so logical. Thank you again and again. May God continue to bless you and your wife in your attempt to reach the world.”

Peggy Hale,
Georgia

“Dear Rev. Malkmus, I am so thrilled to get your *Back to the Garden* newsletter and that I can still get it free. I read it and am trying to apply the things I am learning to my life. It would be so wonderful to be free of the pain from arthritis...I thank God He has given you the wisdom to help so many people. I am a Christian, a 7th Day Adventist. They do love their sweets and have a wonderful health message, but it isn’t being taught as it should be. You do make it easy to understand ... Thank you and all the others who are spreading the good news “You Don’t Have to be Sick!” God Bless and keep up the good work.”

Kaye Massey,
California

“Amen! Hallelujah! And Glory to God! My wife and I are zealously reading through *God’s Way to Ultimate Health*. The ‘Forewords’ themselves convinced us of the truth. We went cold turkey onto the Hallelujah Diet. The fear of never eating at McDonalds ever again was short-lived (about 3 minutes). We hope to get the word out. We plan to order a larger quantity of books soon...God’s richest blessing to you all.”

Ron & Kim Seim,
California

Summer/Fall 1996

“Dear Brother Malkmus: I just finished reading your book, *Why Christians Get Sick*. Thank you so much! I see a growing army uniting in this great battle. Please put me on your mailing list and may God richly bless you!”

Pastor Don Bressette,
First Christian Assembly of God,
Ohio

“...Oh Rev. Malkmus and Rhonda, I admire you for your commitment. God Bless! I have never read such a small book (*Why Christians Get Sick*) with such gigantic content...How could I become a part of your ministry?”

Amalia Smith,
Puerto Rico

“Bro. Malkmus...I had a complete hysterectomy on Sept. 21, 1995. I had ovarian cancer and also cancer in the uterus. The doctor was eager for me to take chemo, but I chose to try natural routes, one of them being a radical change in my diet. I have, for over 3 months, been on an all raw diet...the last meat I ate was around the end of September...My cancer was set at Stage 1-C, with CA 125 blood test level of 500 (Normal is 35) When I had the blood test again at the end of October, just four weeks after changing my diet, the count was down to 22! HALLELUJAH! and I have lost 50 pounds, an added blessing...”

Grace Stutzman,
Ohio

“I have read your book - *God’s Way to Ultimate Health* and watched your video. It all sounded extremely interesting and exciting. I started the diet 1 1/2 weeks ago - cold turkey - and feel great...Thank you so very much and may God richly bless you and your ministry.”

Sandra Imbens,
Canada

“Dear George and Rhonda, It was the fingernail that prompted me to write you this time...I just had to write! I have been ‘eating right’ and using Barley Green for over a year now. I feel better, much better, even though I am 72 years old. I take nothing else - not even a vitamin! I have lost over 40 pounds and I could go on and on, but it is the fingernail I must tell you about. I have been going to doctors (dermatologists). For years now, they have been treating my nail for fungus (so they said). The nail would turn black, fall off, very slowly and very painfully. Then a new nail would grow out and do the same thing over and over. The pain was very great and my hand was very ugly. Recently, after about a year on the Hallelujah Diet, I noticed my nail did not turn black but just kept growing. I now have a perfectly normal nail! I was so surprised! And this struck me, all at once, that my nail was healed and it had to be the Barley Green and what I had learned from you!! It was as if I couldn’t rest until I shared this with you! May God bless you and yours.”

Thelma Cutshall, Tennessee
(Mrs. Cutshall’s daughter-in-law is Michele Warner who developed the beautiful cover design for our new book *God’s Way to Ultimate Health*.)

“I am writing this letter partially in response to your *Back to the Garden* Readership Survey and to thank you for sharing with others God’s way for us to eat. I first heard about your ministry through my employer’s wife who had read your books, attended your seminars and continues to

share your work with other people. My husband and I have attended two of your seminars. We enjoyed your presentations of the correct way to eat healthy. You may or may not remember that I introduced myself to you at the seminar in Cleveland, Tenn. I have CML (a type of leukemia). I was diagnosed in May of 1993, with a white blood count of 269,000 (normal WBC is 4,800 to 10,000). I took the standard chemotherapy from May 1993 until December 1993. At that time I was tested for bone marrow transplant but they did not have a match. (I praise the Lord each day that they did not have a match.) I have always tried to have a positive attitude toward my sickness, so when we heard you speak in November 1993, we decided to give the Hallelujah Diet a try. We started juicing, eating raw fruits and vegetables, and cutting out meat and other harmful foods. We did not go fully vegetarian until April 1994. Slowly over the past two years with God’s help and the change of diet, I have improved. My doctor is amazed at how well I am doing. A bone marrow test done in October 1995, still shows the leukemia present in the bone marrow, *but it does not show in my blood*. I regularly have blood work done (every 4 to 6 weeks) and *for the last year, I have been in the normal range. I have taken no medicine since going on the Hallelujah Diet*. My husband and I really believe in the diet of juicing, raw fruits and vegetables, distilled water, and no coffee or cola...The only real problem we have is trying to convince family and friends of the need to eat better and leave off the bad stuff. They see my improvement and are thankful for it, but refuse to try the program to improve their own health...Thank you again for sharing your good news with everyone.”

Terry and Jan Dalton,
Georgia

We have been gradually changing our diet since the summer of 1995. We have a child with Downs Syndrome who has suffered from chronic ear infections. His Doctor says he has the world’s smallest ear canal. Along with the ear infections comes a perpetually runny nose. We were almost at the point of putting him on Ritalin, but were also praying for the Lord’s wisdom. We talked to a Chiropractor who said point blank, ‘take him off all dairy, sugar and added dyes.’ We said, ‘how in the world will we do that?’ Well, through prayer and God’s grace we did it. At about this same time, a friend gave us a tape by Dr. George Malkmus. Well, to make a long story short, our whole family is 80% off of meat products, dairy products, sugar, processed foods, caffeine, white flour products, etc. **We are so grateful!** Our health is springing forth. We have energy like we did when we were teenagers and also, since we have changed our diet, Justin has had **no ear infections!** We are so happy to be converting our diet when our children are small – we have three – ages 7, 5, and 1 1/2 years. We want to thank you for everything. We appreciate you very much!

Christopher & Sue Stewart,
Minnesota

We would love to hear from you. Tell us about your experiences from a change in diet by writing: Dr. George Malkmus, Hallelujah Acres, P.O. Box 10 Eidson, TN 37731. 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.

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Foreword to *God's Way to Ultimate Health* by Dr. Rowen Pfeifer

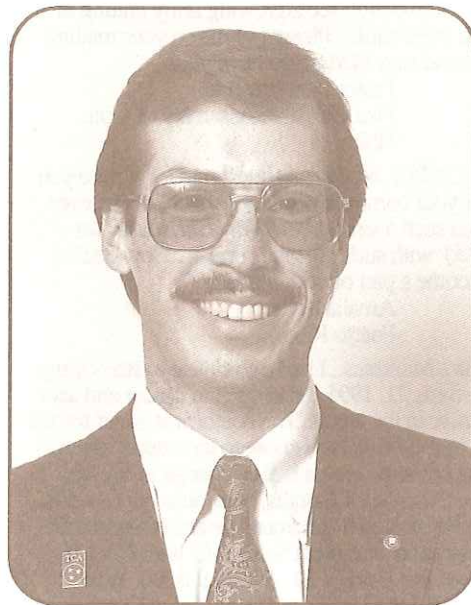
The following article is one of four forewords included in *God's Way to Ultimate Health*:

I have known Rev. Malkmus for only little more than one year, yet I feel a real kinship with him – a kindred spirit. We began our search into health, nutrition, diet and exercise approximately the same time (I began in 1974). Although my search and Rev. Malkmus' search were totally independent from one another, we arrived at virtually the same conclusions. This is rather amazing considering all the misinformation, conflicting studies, biased reporting and confusion there is in these areas. But it's not so amazing when we realize the Master's hand was on both of us, guiding us, as willing seekers, to the truth. The Lord spoke to each of us through adversity and proclaimed victory over what seemed like utter defeat.

In my case, even though I had been studying nutrition for about 10 years by the time I went to Palmer Chiropractic College in Davenport, Iowa, I was not practicing all I knew to do. With the added stresses of working full-time, an extremely heavy class and study load, not enough time or money to eat right and predisposing chronic constipation, I developed a severe case of colitis. This was complete with heavy blood and mucus discharge, bloating and gas, etc. This could be very embarrassing and I didn't dare stray far from a bathroom. I saw a couple of medical doctors who didn't seem too concerned and they offered no treatment. Shortly after I graduated from Palmer and moved back to Nashville, Tennessee, the problem got much worse. This time I went to a so-called preventative M.D. who misdiagnosed me with Candida Albicans Yeast Infection, and gave me a prescription for Nystatin. I then developed a severe case of diarrhea and I was so out of it I didn't realize just how close to death I was getting. I couldn't go to the office; I just laid at home waiting and hoping, and getting weaker every day.

Fortunately, my wife recognized how bad off I was and forced me to go to the emergency room. I spent seven days in the hospital on IV's to replace fluids and electrolytes lost to the bleeding and diarrhea. Later, as I sat in the office of my internist, a very sharp, young doctor, I asked him, "What can I do nutritionally that will help you help me to get well?" His response floored me! He said (and remember, this is a well-educated, relatively new medical doctor with all the latest scientific knowledge), "What you eat will have no effect on your colitis." I thought to myself, "WHAT??? How could anyone say that? Didn't he know that all the food we eat ends up passing through the colon, and the quality (or toxicity) of that food could definitely affect the health of the colon (along with every other cell in our body)?"

Well, I kept quiet. I was still in real rough shape and my confidence level wasn't at its peak. I followed his instructions and took the high-powered and very dangerous Prednisone off and on for a year or so. Every time we tapered off the Prednisone and onto the "maintenance drugs" (Azulfadine, Dipentum, etc.), the problem



Dr. Rowen S. Pfeifer, D.C.

returned. I was getting frustrated. I wanted answers! I knew enough about drugs, especially these drugs, to know *there was no way I was going to take them for the rest of my life!* I sought the Lord earnestly. Personal and private prayer, intercessory prayer with some prayer warriors, and alter calls – a lot of each of these. I was looking for the "instant healing" (without any responsibility or action on my part). It didn't come.

Then one day while singing with the choir, as had happened so many times before, the pastor had an alter call. Only this time I didn't feel led to go down for prayer. Instead, I got a word from the Lord standing right there. He said, "Do what you already know to do." Could it be that easy? But *was* it that easy? What that meant to me was stopping all medications, going on a short fast (five to seven days on nothing but distilled water), then on a raw food diet! But what did conventional wisdom say? If you have a colon problem, you are not supposed to eat any roughage (raw fruits and vegetables) since it would further irritate the colon. But I knew in my heart that what I needed was the nutrients that could *only* be derived from raw foods. So I started immediately on a six-day distilled water fast with plenty of rest and relaxation to allow for healing. Then I went on raw fruits and vegetables with lots of carrot juice – very similar to what Rev. Malkmus teaches. (This was several years before I met him or knew anything about Barley Green.)

Within two months, all symptoms were gone. That was almost five years ago, and since that time, none of these symptoms have re-occurred. Interestingly, I recently came across some statistics which helped me to explain the reason for my rapid success. What I learned was that *it takes only five days for the cells on the inner walls of the colon to be replaced with brand new cells*. So, after the six-day fast, the ulcerations and inflammation in my colon were virtually healed. I was then able to easily tolerate the "roughage" and therefore was able to extract the

nutrients I needed for continued healing and repair. This was the impetus I needed to redouble my efforts to learn the truth about healing, nutrition, diet, lifestyle, exercise, weight management, etc.

With an open mind, lots of prayer for guidance, a desire for the Lord to use me in whatever way He chose, a willingness to be available for any direction He would lead, and a deep desire to find a *purpose* and a *mission* I could gladly follow because it was something I just genuinely loved to do, He has led me to the discovery of some very simple, basic truths. Truths which Brother Malkmus and I share, for I believe the Lord led him through a similar journey, just a different set of circumstances. Now we want to share what we have been shown with all who are prepared to listen. To understand this information and to then apply it to your life will require a major paradigm shift. We've been looking at health from a *Disease Model* for many, many years now. The time has come for a paradigm shift to a *Wellness Model*.

Please keep in mind that our Standard American Diet (S.A.D.) has badly perverted our taste buds for most, if not all, of our lives (ever since we were force-fed store-bought formula and cooked, dead baby foods as infants). So in the switch to fresh, raw fruits and vegetables, give yourself a little time for your system to cleanse itself and become accustomed to the wonderful new taste delights of this way of eating. You will be pleasantly surprised. I was the fussiest of all eaters; I ate almost no fruits or vegetables as a child. In fact, I'm 44 years old now, and it has only been in the past five to six years that I have really begun to appreciate natural foods. Once you've experienced this, the old fatty, cooked, sugary foods lose most, if not all, of their appeal.

Rev. Malkmus has put together a wonderful program and ministry. When I came across his newsletter (by Divine Providence, I am convinced), and then read *Why Christians Get Sick*, it was sweet music to my ears. He had put together very concisely all the principles I had learned in my research, complete with Scriptural references. I was ecstatic! I thought I was quite alone in my quest for biblically sound health teachings, which I felt were so sorely needed in America and its churches. Now, with *God's Way to Ultimate Health*, Brother Malkmus takes another giant step forward in presenting the Christian health message in an understandable, scientifically-backed and scripturally sound manner. This is a "must read" for every Christian! We don't need to be sick!!! We, as Christians, need to avoid "the world's" dietary habits in favor of *God's design* for our dietary needs. Carefully consider what Dr. Malkmus has to say in this book. Then put it into practice and experience the vibrant new life that comes from eating the foods God created to nourish our bodies, which are indeed the temple of God.

Yours in Christ For Vibrant Health!
Dr. Rowen S. Pfeifer, D.C.
Nashville, Tennessee

To order *God's Way to Ultimate Health*, 282 pages, published by Hallelujah Acres, see page 20.

Back to the Garden

Recipes from Rhonda

Daily requests are received to write a recipe book that would give ideas and recipes for implementing the Hallelujah Diet. I have been working for several months on just such a book. It has been a major undertaking requiring research and time. I hope to have it available sometime in the late fall. This new manual will explain the importance of and how to implement the Hallelujah Diet, along

Garden Delight Juice

- 4 or 5 medium carrots
- 1 handful of leaf lettuce (not iceberg)
- 1 stalk of celery
- 1 handful of spinach
- 3 or 4 sprigs of parsley

Wash & cut celery into 2-inch pieces, wash carrots, spinach, leaf lettuce and parsley. Run the celery, spinach, leaf lettuce and parsley through the juicing machine and add enough carrots to equal 8 ounces.

Vegetarian Taco Salad

Rinse and soak the following overnight in distilled water:

- 1 1/2 cups black turtle beans; organic, if possible
- 1 1/2 cups red kidney beans, organic, if possible

The following morning, drain the soaking water, rinse and cover beans with fresh water. Cook until tender, drain and set aside.

To prepare Taco Sauce:

- Chop 1 cup carrots
- 1/2 tsp. Garlic Powder
- Chop 1 cup Green Pepper
- 1/2 tsp. Cumin
- Chop 1 cup Onions
- 1 cup TVP (Texturized Vegetable Protein)
- 2 or 3 large tomatoes
- Bragg Liquid Aminos to taste

Sauté vegetables in small amount of distilled water, stir in prepared beans, add seasoning and TVP. If additional liquid is required add unsalted tomato juice.

Prepare the following toppings:

- Black olives (optional)
- Chop 3 - 4 bunches of scallions
- Chop 3 - 4 large tomatoes
- Shred non-dairy cheddar cheese
- Shred Romaine lettuce
- Barbara's Blue Corn Chips, crumbled (or other corn chips with no or low salt)

To build the salad:

On a large dinner plate crumble a layer of blue corn chips, top with shredded lettuce. Add 1 ladle of taco mix, top with scallions, tomatoes, shredded cheese, black olives if using.

Serve with Salsa (recipe at right) if desired.

with many wonderful raw recipes as well as transitional recipes for those just adopting a vegetarian diet and lifestyle. It will include charts, a chapter on children, how to set up a Hallelujah Kitchen, and much more. If you have a favorite recipe that meets our criteria of no white sugar, white flour, no meat, dairy or eggs that you would like to share, I will be glad to consider including it, and of course give you the credit.

Avocado Dressing

- 1 ripe avocado
- 1 lemon, juiced

Mash the avocado until smooth, add the lemon juice until a creamy consistency is obtained.

To Serve: Place leaf lettuce on a plate, spread with avocado mixture, top with raw sweet corn salad (see recipe above right).

Hint: For those fighting cancer avocados and all fat should be avoided. Fat feeds cancer.

Veggie Sandwiches

- 2 Slices Whole Grain Bread or Pita Pocket
- Leaf lettuce or spinach
- Slice Tomatoes
- Thinly sliced Onions
- Sliced Avocado or Sliced Soy Cheese
- Grated Carrots
- Sliced Cucumbers
- Chopped Red Peppers
- Any other fresh veggies of your choice may be added.

Add a healthy dressing from the health food store and enjoy. Or mash the avocado and omit the dressing.

Raw Salsa

- Chop 6 Medium Tomatoes
- 1/2 Cup Chopped Onion
- Chop 1 Small Banana Pepper (not Jalapeno)
- 4 Celery Stalks, minced

Mixed chopped vegetables together and allow to stand one hour.

Add the following Seasonings:

- 1/2 Cup Canola Oil (cold-pressed)
- Chopped nuts or seeds to taste, if desired.
- 1-2 Minced Garlic Gloves
- 1/2 Cup of Sweet Basil Leaves

Allow mixture to sit until flavors have blended, approximately one hour. For added zest add the juice of one lemon and one lime.

Note: Hot Jalapeno peppers damage the mucous membranes and the lining of the stomach.

Traveling Tips: When traveling, a cooler filled with fresh produce for a road-side picnic or munching in the car is delightful. Bring along distilled water also. If you have a Green Power juicer, fresh vegetable juices can be made just prior to leaving. Fill 8-oz. jelly jars to over-flowing, tighten the lid and put in the cooler. Juice made with a Green Power will last at least one day if kept cold. Dried fruits and perhaps a few almonds are another option if fresh fruit is not available. If desiring to eat at a restaurant, look for the best steak house in the area. They usually have a large salad bar that can be accompanied by a baked potato. Take a small bottle of herbs and Bragg Liquid Aminos into the restaurant to add zest to your meal.

Raw Sweet Corn Salad

- 1 large ear of raw sweet corn
- 1/2 red bell pepper, chopped
- 1 large ripe tomato, diced
- 3 Tblsp. parsley, minced
- 1 celery stalk, diced
- 1/4 cup sweet red onion, chopped

Wash all vegetables, remove kernels of corn from cob, dice tomato, dice celery, chop red pepper and onion, and mince the parsley. Combine in a bowl, cover and set in refrigerator while preparing avocado dressing.

Hint: Raw corn on or off the cob is delicious. Simply clean, wash and enjoy!

Frozen Raw Birthday Cake

Submitted by Gracie Gordon

- 1 Bunt Cake Pan
- 16 oz. of dried organic figs, soaked overnight in distilled water*
- 16 oz. of dried pitted organic dates, soaked overnight in distilled water*
- 12 oz. bag of organic almonds
- 2 big bunches *fully ripe* bananas (organic if possible)

* Soak fruit in separate bowls. The water level for soaking is about half full. Do not cover the dried fruits completely.

Remove stems from soaked figs, puree figs and set aside. Puree dates put in separate bowl, chop almonds in food processor or blender and set aside in its own container. Peel and puree the bananas in a blender or food processor.

To Build the Cake

Place almonds in the bottom of the mold; 2nd layer, pureed figs; 3rd layer almonds; 4th layer pureed bananas, almonds, dates, almond, figs or whatever order you desire. Almonds should be the first layer and end with dates or figs the last layer. Cover and freeze overnight.

To Serve

Remove from the freezer, place upside down on a plate and allow to sit a few minutes until thawed enough to release from the pan. Can be carefully set in warm water just long enough to release the cake, being very careful not to get water in the cake.

This cake has so many possibilities. Use strawberries and blueberries for a beautiful, healthy 4th of July cake. Any of your favorite fruits can be used to make a new family tradition!