

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 14th 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 12). 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

Spring/Summer 1997 *Teaching Health from a Biblical Perspective* \$3.00
Issue No. 15

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



Dr. Malkmus invited on 700 Club in March

Dr. George Malkmus has been invited to appear on a live broadcast of the 700 Club scheduled for March 12. The 700 Club, a syndicated Christian broadcast hosted by Rev. Pat Robertson, is received throughout the world on the Family Channel.

The appearance was initiated after Graeme Coad, Chaplain for the 700 Club, started on the Hallelujah Diet to battle prostate cancer. After the prostate cancer diagnosis, Chaplain Coad began with medical treatments, but quit taking them in August 1996 due to bad side-effects. He switched to the Hallelujah Diet, "with lots of carrot juice and Barley Green," and is now on a diet of 100-percent raw fruits and vegetables. "Lately my health has improved a lot," Chaplain Coad said.

An exam in December 1996 revealed his P.S.A. to be 3.5, within the "normal" range of 0 to 4. The chaplain said his doctor told him he "could not feel any return of the cancer" in the December examination and rescheduled another check-up for May 1997. Coad said waiting five months before another check-up is a sign "the doctor must not be worried."

Chaplain Coad loves his new Biblically-based diet and said, "I'm spreading the Word around." The chaplain came to Hallelujah Acres in July 1996 to complete the three-day training to become a Back to the Garden Health Minister. Coad said he always receives a "rush of responses" after doing a health seminar. A recent one-hour seminar at a church led to another full hour of questions from an excited congregation, he said.

Coad said a fellow employee at the 700 Club got her father on the diet after he was diagnosed with prostate cancer. After six weeks on the diet, his P.S.A. has reduced from 12 to 0.4.

God's Wisdom vs. Man's Wisdom

By Dr. George H. Malkmus

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are. Let no man deceive himself. If any man among you seemeth to be wise in this world, let him become a fool, that he may be wise. For the wisdom of this world is foolishness with God... Therefore let no man glory in men..." – (I Corinthians 3:16-21)

It was May 29, 1957, in Madison Square Garden, New York City, at a Billy Graham Crusade, that I first learned there was a God in heaven who had created this physical world in which we live, and who had loved me enough to take on a body of flesh, come down to this sin-sick

world and pay my sin debt on an old rugged cross. It was that very night I received Jesus Christ as my personal Saviour. Up until that point in my life (I was 23 years old at the time), I had heard of God and Jesus and the Bible, but I did not understand the significance of it all.

Almost immediately, the Bible became the most important book in my life and

my desire to know more about spiritual matters became the dominant driving force in my life. So great was this desire for spiritual knowledge, I left my job and community and headed off to school in 1961 to begin four years of intensive Bible study in preparation to becoming a Pastor and Minister of the Gospel. During those four years of schooling, I was taught what the Bible had to say about spiritual matters and how to minister to the spiritual part of man – but not in one single class was I ever taught how to minister to the physical part of man!

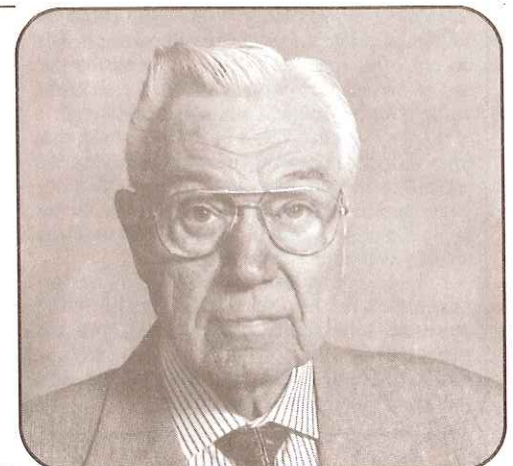
In 1965 I graduated and found myself pastor of a small church in a rural community in western New York State, and I started ministering

God placed man in a garden immediately after creation and told us in Genesis 1:29 that our source of nourishment was to be the raw fruits and vegetables provided by nature, which God had created for just such a purpose. ... Christians have turned their back on God's diet and wisdom and adopted the world's diet and wisdom.

to the spiritual needs of the people in the church and community. I was soon faced, however, with problems in which I had no knowledge or training. What happened was that people in my church and in this community started turning to me for help with their physical problems.

Continued – Please see page 4

Dr. Charles Pack, right, a Baptist evangelist and prophecy preacher from Tulsa, Oklahoma, had suffered from internal bleeding for seven years before starting on the Hallelujah Diet. He had been hospitalized 12 times and received 49 pints of blood transfusions. After changing his diet to mainly raw fruits and vegetables, carrot juice and Barley Green, Dr. Pack has gone 15 months without internal bleeding. "This (Hallelujah Diet) has saved my life and extended my ministry," Dr. Pack said. See his exciting testimonial on page 8.



From the Mailbag

"I was given your book, *God's Way to Ultimate Health* by a friend. After reading it and applying these Biblical principles, I have seen miraculous improvement from the endometriosis I have suffered with for the last four years...Thank you for helping so many people (including me) to live life to its fullest."

Brenda Birt, Florida

"Your book, *God's Way to Ultimate Health* changed my life and saved it. In just 13 weeks on the Hallelujah Diet and Barley Green I have lost 50 pounds; dropped 2 dress sizes; dizziness has stopped; shortness of breath stopped; gums stopped hurting and bleeding. I can work more and longer. My 18 year old daughter Kathy, has also lost 50 pounds; cholesterol count has normalized; thyroid has normalized; severe female problems have normalized and she has lost three dress sizes in 13 weeks."

Mrs. John Kirby, Texas

"Dear Rev. Malkmus, My husband is a Family Physician...and for sometime he and I have been concerned with nutrition and the real causes for so many illnesses that plague our society today. I can't believe your book *God's Way to Ultimate Health* has found its way into our lives at this time. We have been planning to start holding free nutritional seminars in our area, so the timing of reading your book is perfect - isn't it wonderful how God works things out! We agree 100% with you. We would like very much to become a part of your Health Ministry..."

Dr. Jim, M.D., & Trisha Smith, Missouri

Back to the Garden is published by Hallelujah Acres

P.O. Box 10, Eidson, TN 37731 (423) 272-1800

Publisher: Dr. George H. Malkmus Editor: Michael Dye

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

The nutritional and health information in this newsletter is based on the teachings of God's Holy Word - the Bible, as well as personal experiences and research. We do not offer medical advice or prescribe the use of diet as a form of treatment for sickness without the approval of a health professional. Because there is always some risk involved when changing diet and lifestyles, we are not responsible for any adverse effects or consequences that might result. Please do not apply the information in this publication if you are not willing to assume the risk. If you do use the information contained in this newsletter without the approval of a health professional, you are prescribing for yourself, which is your constitutional right, but the editor and publisher assume no responsibility.

"Dear Dr. George...Just a few lines to let you know that as of June 1995, we began to follow the vegetarian way of life after watching your video, 'How to Eliminate Sickness.' My husband was a diabetic unable to maintain good control over his sugar levels despite taking daily doses of medication for his diabetes, blood pressure & fluid retention. After 3 weeks of no meat, dairy products, coffee, junk foods and the likes, his sugar level & blood pressure dropped to normal. He discontinued all medication & has not taken any since. He has lost 45 lbs since starting the vegetarian lifestyle, walks 3-4 miles daily & has energy to spare. As for myself, I was overweight, had headaches all the time & took Tylenol...I am happy to report that the headaches left me after one week. I no longer need Tylenol or any other medication. I now weigh what I weighed when I was 20. I lost 35 lbs in 4 months. I could go on & on..."

Dianne & Marven Buckley, New Brunswick, Canada

"A church member gave me a copy of *Why Christians Get Sick* in August of 1996. I had had rectal bleeding, constipation problems, hemorrhoids and colon cramps for the past 23 years along with prostrate trouble for the past four years. All these things were gone within two weeks (after starting on the Hallelujah Diet) and I lost 19 pounds in just five weeks. My wife does not have any more stiffness and has lost 12 pounds. HALLELUJAH!! I want to become a Back to the Garden Health Minister because I went on the Hallelujah Diet and it works. (Because it helped me), I want to help others find what I have found."

Pastor Gary Morris, Tennessee

"Dear Rev. Malkmus: I received a copy of your newsletter and your books from a patient. I found them most interesting and accurate...I would like to make a notebook with all your newsletters to be placed in my reception room...If people adhered to your diet from before conception, there would be little need for dentists..."

Dr. Frank Jerome, D.D.S., Indiana

"The ideas and practices presented in your writings are, I believe, the best theory and practice of good nutrition I have ever seen in my 52 years! And as a Christian botanist, ecologist, and believer in a young (6,000+/- year old) earth and a global (Noah's) flood, I very much appreciate how well the Hallelujah Acres way of thinking and living harmonizes with and helps complement my own beliefs and practices..."

Wesley Dirksen, Illinois

"Dear Dr. Malkmus, Your books and magazines have created a health revolution in our lives! We have already gone through one shipment of the materials and are pressed to re-order...We have mailed or given out personally nearly 25 copies of *Back to the Garden* magazine plus loaned the 3 hour video and *Why Christians Get Sick* to several families. It has had a snow-balling effect with people eagerly laying hold of the health truth and desiring to get on the complete program by ordering juicers, Barley Green, Herbal Fiberblend, etc...Having a Pentecostal background and being raised to trust the Lord for Divine Healing, I regard your Natural Healing Health System as the missing link which connects the two forms of healing

together. This likewise is the answer to the problem of why so many Christians trusting God for healing fail to receive. God did not promise healing from a supernatural source as provision for the body in the atonement, but rather promised to heal His people and it is evident that today His emphasis is on the natural forms rather than the super-natural as it was during the ministry of Christ. Your Health Ministry is the most exciting thing that has come along in this era. It satisfies such a great need both in the body of Christ and also to the world..."

David Bell, Arkansas

"Dear Rev. Malkmus, I have been a Biblical Nutrition Teacher for 30 years...I had lung cancer with 8 malignant tumors in left lung when I was 31 years of age. I never smoked, but my husband smoked 4 packs of cigarettes plus a pipe daily. I got side stream smoke. The doctors wanted to remove my left lung - said if I didn't let them operate I would be dead in 6 months. I refused, changed my way of eating and am healthier than ever at 73 years. I am grateful for your well explained books to help people. Heaven knows they need it... Unfortunately my church is oriented to the SAD American diet. Thus I would like to buy a copy of your video to show them. I have bought your precious books to share with friends in the U.S..."

Mardel Shamback, Jalisco, Mexico

"Dear Hallelujah Acres, We love your ministry to the world and especially to the church. For so many years I have prayed for a way to share the health message with Christians and I feel Hallelujah Acres is it. I was involved in the 'New Age' message of health before my salvation in 1971, owned a Natural Foods Store and was a vegetarian. After turning to Jesus Christ, I started eating meat and a modern American junk-food diet. Why is this the message the church promotes to God's precious people? They are so afraid of healthy eating, that it is somehow linked to the cults, and so they are killing themselves with revitalized junk food! I hope I can finally, with your help, books and newsletters, tell Christians the truth, that Satan stole God's plan of wholesome eating and perverted it, calling it 'New Age' and thus tricking God's people. Now it is up to we Christians to take it back from Satan and proclaim that God intended for us to be healthy, and your Hallelujah diet is helping us accomplish that. May all the dear sick and dying Christians know God blesses wholesome raw food the way He created it, and may they try it and become healthy and live for Him..."

Shellee Kiser, Texas

"Dear Brother George & Sister Rhonda, This is to thank you both for sending me all the (Back to the Garden) newsletters...I would be grateful if you could process the following orders to my Singapore Address...I would appreciate if you could send the orders via air-mail as my Pastor friends in Malaysia and India are awaiting for these precious videos to be shared with their congregations and parishioners. With grateful thanks to you both for your loving Ministry."

Josephine Su-Li Baikoff, Singapore

Mailbag Continued - Please see page 10

Our Featured Products ...

New Audio & Video Offerings:

#266 - HOW TO ELIMINATE SICKNESS VIDEO '97 - Unlike all previously videotaped seminars by Dr. Malkmus, this professionally-produced video was shot on-site at Hallelujah Acres. The 2 1/2-hour seminar contains much updated information not available in our earlier videotapes, including Bible Scripture and educational text super-imposed over breathtaking views of the rural East Tennessee country-side as Dr. Malkmus delivers his health message. The result is an intimate encounter with Dr. Malkmus in his home setting. 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 nourish our bodies 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 '97 - This is a two-cassette audio, 2 1/2 hours in length, taken from the soundtrack of the video mentioned above. This is a dynamic presentation of the health message from a Biblical perspective. This recording has much new information not available in previous recordings. (Two tapes in a jacket, \$12.95)

#790 - HALLELUJAH ACRES APRON A 22x30-inch dark green apron - 50% cotton, 50% polyester - with a colorful Hallelujah Acres logo on the front. The logo (as pictured below) is embroidered in five colors, stating: "Hallelujah Acres brings you back to the Garden." The apron includes long, one-inch-wide ties, a one-inch neck strap and a sewn-on buckle for adjustable fit. (\$19.95)



364 - THE CHINA PROJECT is a scientific study of the most comprehensive survey ever conducted on the relationship between diet and disease. The study was conducted in rural China during the 1980s. The location of the study is of major importance, because entire villages in rural China eat the same locally-grown food for their entire lives, unlike in the West where food from all around the world is available. Availability of specific types of food varies considerably throughout rural China, so researchers were able to detect obvious links between diet and specific diseases as

over 1,000 pieces of information were taken from each of over 10,000 people. "One of the most dramatic findings ... was the strong association between foods of animal origin and cancer," the book states. High cholesterol from animal products and high urea nitrogen from excessive protein in animal products were related to increased rates of heart disease, leukemia and cancer. "...only small intakes of animal products were associated with significant increases in chronic degenerative diseases. And even more exciting, that the greater the percentage of plant food in our diet, the less the chance of getting these diseases." Heart disease is 17 times higher in the U.S. than in China and breast cancer is 5 times higher due to the high-fat, high-cholesterol American diet. Another factor directly associated with breast cancer is young age of puberty. "Chinese girls reach menstruation usually when they are 15 to 19 years old, quite a bit later than the 10 to 14 that is average in the U.S." due to meat and dairy. There was also a link between certain cancers and the intake of fiber and antioxidant vitamins C, E and beta carotene, among others, but the benefit shown in this study was "whole foods" containing these nutrients, not synthetic supplements. With acceptance of a vegetarian diet and elimination of recreational drugs, and improved sanitation, the book concludes "scientists estimate that premature deaths from all diseases could be reduced by 80 to 90%!" (31 pages, \$3.50) Exciting documentation for the Hallelujah Diet!

Note: The prices in this newsletter are effective through Aug. 31, 1997.

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

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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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Spring/Summer 1997

#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. *Please specify hard or soft bounce.* The hard bounce, which contains more tension in the springs and membrane, is recommended for people over 150 pounds, while the soft bounce is recommended for people less than 150 pounds. (\$209.00)

#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)

#750 – **DESERT ESSENCE 100% PURE TEA TREE OIL** - high grade of Australian Melaleuca alternifolia. This oil is soothing and brings relief to minor burns, scalds, sunburn, insect bites, etc. 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.

#801 – **HIGH ENERGY DIET 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.

Help For PMS & Menopause Problems:

#363 **WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT MENOPAUSE** - This is the latest and most comprehensive book by Dr. John R. Lee on menopause and other female problems. Subtitled "The Breakthrough Book on Natural Progesterone," this 372-page book, written for a non-medical audience, contains a wealth of information on PMS, menopause, premenopause, endometriosis, fibrocystic breasts & other problems that can be helped by natural progesterone. Dr. Lee is considered the world's leading authority on estrogen-progesterone balance. (\$12.95)

#423 **RENEWED BALANCE** - 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 have recently recognized the benefit of a progesterone cream made from Wild Yam extract for women troubled by PMS, menopause and osteoporosis. This all-natural cream moisturizes the body with vitamin E, avocado oil, carrot oil and aloe vera oil. Each jar of Renewed Balance comes with a booklet with a wealth of information explaining its use. For free information on this product, send a self-addressed stamped envelope to Hallelujah Acres. 2-oz. jar, \$29.00.

#362 **NATURAL PROGESTERONE** - Subtitled "The Multiple Roles of a Remarkable Hormone," this book by Dr. John R. Lee is an earlier and more technical explanation of how natural progesterone can be used to help several female problems, including PMS, menopause, osteoporosis, etc. (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)

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. (\$6.95)

#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** (\$6.95)

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

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

Books on Juicing (in addition to Dr. Walker's book listed above):

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

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

#320 – **JUCEMAN'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).

#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)

#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)

#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)

#308 – **DON'T DRINK YOUR MILK!** by Frank A. Oski, M.D. presents frightening medical facts about this over-rated nutrient. Dr. Oski concludes that only calves should drink cow's milk. 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)

#310 – **THE CHOICE IS CLEAR** by Dr. Allen Banik explains how water functions in the body, the effects of pollutants in drinking water, their contribution to disease, what really pure water is and how to obtain it. (\$2.50)

#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. (paperback, \$16.95)

#306 – **SQUARE FOOT GARDENING** by Mel Bartholomew shows his revolutionary system of planting in square foot sections to boost vegetable yields. Excellent - I have used this system successfully for years and would never go back to the old row method for most of my garden! (\$16.95)

What's Happening at Hallelujah Acres

Hallelujah! ... and Praise God from Whom all blessings flow! The message, "You don't have to be sick!" is literally going around the world. Testimonials in the form of letters, phone calls and faxes come in daily from all over the world, telling of physical problems disappearing, weight normalizing, emotional problems going away, all while spiritual awareness increases. Yes, God knew what He was doing when He created man, put him in a garden setting and gave us the instructions in Genesis 1:29 as to how to nourish this beautiful body/temple. Our ministry is helping incredible numbers of people to reach the obvious conclusion that processed and manufactured foods, synthetic vitamins and drugs created by man cannot offer the same benefits as the living fruits and vegetables created by God.

Testimonies

As you read through the pages of this issue of *Back to the Garden*, you will find dozens and dozens of testimonials from people who have been helped by simply changing their diet and lifestyle. *These testimonials are the reason this ministry has grown from nothing in 1992 to a world-wide ministry affecting tens of thousands of lives in less than five years.* Friends, if something doesn't work, all the hoopla in the world will not give it a very long shelf life - but if it works, there is no stopping it once people are made aware of its existence. And the people of America and the world are becoming increasingly aware of its existence. And the people of America and the world are becoming increasingly aware that what they eat and the way they live does indeed affect their physical bodies. The Bible puts it this way: "*Be not deceived; God is not mocked; Whatsoever a man soweth, that shall he also reap.*" (Galatians 6:7)

But the letters that come in to us are not just coming from people who have gotten well by making the dietary and lifestyle changes that we teach. Letters of support also come from medical doctors, chiropractors, registered nurses, nutritionists and even research scientists. One exciting letter received recently from Dr. John H. Norris, Ph.D., Biochemist/Microbiologist, who wrote: "Dear Dr. Malkmus: I have reviewed your teaching series on *Back to the Garden* and the success that you have had with your modified raw diet. The tape lectures that I have reviewed were inspiring to me. I am a research scientist retired from the FDA/NIH (Food & Drug Administration and National Institute of Health) ... Our research has shown that when we eat natural nutrients (at least 65% raw fruits and vegetables) there is an energy explosion within our body. This gives the body the necessary tools it needs to rebuild strong cells that it takes to gain control of the body ..."

Back to the Garden

In 1996, nearly 20,000 new people contacted Hallelujah Acres requesting that they be added to our mailing list to receive a free

Spring/Summer 1997

subscription to *Back to the Garden*. Our initial printing of our last issue (#14) was 70,000, and an additional 10,000 copies have had to be printed thus far. The initial printing of this new issue (#15) is 100,000. This makes over a half-million copies that have been printed and given away *free* since we started this publication in 1993. Please remember us in your prayers as the cost of sending *Back to the Garden* at no cost becomes ever 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.

Health Ministry

Back to the Garden Health Ministries continues to attract larger and larger numbers of people who want to share with others the good news, "*You don't have to be sick!*" Thus far, approximately 600 people have received training here at the Farm. These trained Health Ministers are from 46 states in the United States, as well as three provinces in Canada, Hawaii, Puerto Rico,



A full house of 82 people came to Hallelujah Acres for the Nov. 14-16 Health Minister training.

Mexico, New Zealand and the Philippines, while there are hundreds more waiting for training. We continue to be amazed at the large number of health professionals that attend these training sessions. Thus far, we have had nine medical doctors, 53 registered nurses, 15 chiropractors, along with over 100 pastors, evangelists and missionaries, as well as just ordinary Christians come through training. These trained Health Ministers are sharing this ministry and helping thousands of people around the world. See page 12 for more information on this exciting ministry.

Our Books

We have recently edited and polished the entire text of our first book, *Why Christians Get Sick*. This will greatly improve the quality of the book, and along with the beautiful upgrades already made in the cover, will make this book all the more attractive and appealing. There have now been 14 printings of this book, making a total of 130,000 copies in print. *God's Way to Ultimate Health*, which was published in June of 1995, has had four printings to date, with a total of 42,000 copies in print. This book has become the Christian's Nutritional Bible and daily we receive testimonies from around the world as to how this book - as well as *Why Christians Get Sick* - have changed and even saved their lives.

Now we are close to being able to introduce our newest book, *Eating for Life* -

from *God's Garden*. My wife, Rhonda, has been working on this book for over a year and the text has finally been completed. Now we have several months of editing, proofing and printing ahead of us. Hopefully it will be available in the Spring of 1997. This will be a manual of over 250 pages and will contain not only hundreds of recipes, but also many pages on how to select, prepare, and serve natural foods. There is even a chapter on how to feed babies and children God's Way. For an update on the availability of this new book, call us after May 1997.

Seminars

During the Summer and Fall of 1996, Dr. Malkmus (sometimes accompanied by Rhonda), held seminars in Nashville, Knoxville, Pigeon Forge, Jackson, Chattanooga, Kingsport, Morristown & Somerville, TN; Spartanburg, S.C.; Shelby, N.C.; Encinitas, Sonoro, Platina & Lodi, CA; Milwaukee, WI; Merilville, IN; Northfield & Farmington, MN; Woodburn, OR; Spokane & Grandview, WA; Cincinnati & Zanesville, OH; Baltimore, MD; Canton & Wilmington, NY; Wallingford, CT; New Holland, PA; Tulsa, OK; Austin, San Antonio, Houston, Joshua & Corpus Christi, TX; Lexington, Paducah & Mayfield, KY. Then there were almost weekly remote radio interviews and numerous television appearances, not to mention all the requests we had that we just were not able to fill. As we look to 1997, we see the interest in what we are teaching continuing to explode as this ministry expands around the world. Recent requests for seminars have come in from Singapore, Hawaii, Malaysia, New Zealand, Australia, South Africa and the Bahamas. How exciting it is to see this interest as people become increasingly aware that what they eat and how they live does indeed affect their health. As this awareness increases, more and more people will turn away from the world's way to God's Way!

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."

God's Wisdom

Continued from page 1

Not having had any training or preparation for dealing with such matters, I found myself doing the only thing I had seen and heard others do when Christians were faced with physical problems – I prayed with and for the sick individual and asked the rest of the church to pray for them also. But time and time again, in spite of abundant and fervent prayer, I would see that dear brother or sister continue to get sicker. So my next effort to help this sick individual was to encourage them to go to the medical doctor. My mother was a registered nurse and throughout my childhood had taught me that when you get sick you go to a medical doctor, who is a person that has gone to school and been trained how to fix our physical problems.

My next dilemma was that even after encouraging these sick people to go to medical doctors and

after praying for the doctor to have wisdom to know what drug to give that person, they often continued to get sicker and many died. Then at the funeral, I as their pastor would have the incredibly difficult task of trying to comfort the bereaved by telling them that this was "God's will" for the deceased, that we did not understand why God had taken them, but someday when we got to heaven it would all be revealed and we would understand.

My Christian friend and especially my preacher Brethren reading this, I know you can relate to what I have shared thus far because this is the way it has been happening in our churches ever since we can remember. Because of this ignorance in the Christian Community as to how to deal with the physical body God has given us, over 90 percent of the prayer requests in our churches are for sickness week after week, year after year, while the percentage of Christians dying of cancer, heart attacks, strokes, diabetes, etc. is identical to that of non-Christians. And this is usually happening after abundant and fervent prayer.

So what is the cause of all these physical ills being experienced by the Christian Community? And why are we experiencing such horrible results when we seek to deal with these physical problems? Well, my contention is that we have turned to the wrong sources for the answers to problems relating to our beautiful, physical, body/temples that God has provided us. Yes, we have turned to the world and its wisdom – rather than to God and His wisdom – even though the Bible warns us that *"the wisdom of this world is foolishness with God."*

And if that wasn't enough, God warns us in Romans 12:2, *"... be not conformed to this world..."* And if you read Romans 12:1, you will see that the preceding verse clearly tells us that this particular warning is pertaining to the physical

body. *"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..."* So how have we departed so far from God and His wisdom and totally embraced the world's wisdom when it comes to this physical body that we each possess?

DIET - God placed man in a garden immediately after creation and told us in Genesis 1:29 that our diet and source of nourishment was to be the raw fruits and vegetables provided by nature, which God had created for just such a purpose. But is this the type of nourishment Christians put into their bodies today? No, in fact, it is just the opposite! Christians have turned their back on God's diet and wisdom and adopted the world's diet and wisdom. Christians

found in Mark 5:25-26, *"And a certain woman, which had an issue of blood twelve years, and had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse..."*

DRUGS - What are medical doctors? Medical doctors are people who have gone to a college or university for six to eight years or more and have been trained in allopathic medicine. Webster's primary definition of allopathic is: "a system of medical practice that combats disease by treatments that produce effects different from those produced by the disease treated ..." Thus, a medical doctor is basically a person who has gone to school and been taught that for almost every physical symptom of sickness a body manifests, there is a corresponding drug that will bring about a chemical change in the body that

will hide or cover up the symptom. For example, the drug aspirin will usually take away a headache or pain in another part of the body but it does so by short-circuiting the body's alarm

system - not by healing the cause of the headache! In other words, the drug created a chemical reaction within the body to bring about the desired response. Does the Bible have anything to say about drugs? In the Book of Revelation, Chapter 18 and verse 23, we read, *"...for by sorceries (drugs) were all nations deceived."*

So, with that as a little background, let's further explore this subject of "wisdom" as it pertains to the physical body. Let's first see where the world's wisdom originates, and then later we will see where the wisdom found in the Bible originates. I believe it will be interesting to compare the two, and for the sake of this treatise I am going to confine our subject to that which pertains to the physical body of man.

WORLD'S SYSTEM - We have two very powerful unions or organizations in America that have been given almost exclusive legal control and rights to teach the American people (including Christians) how to eat properly and be treated for their physical ills. These two groups are the American Dietetic Association (ADA) and the American Medical Association (AMA).

The rampant rate of heart disease, cancer, diabetes and other degenerative diseases is strong evidence of the inadequacies of the world's system of nutrition and health care. And it might be interesting to note that the two most profitable industries in America are the manufactured food industry, number one, and the medical/drug industry, number two.

AMERICAN DIETETIC ASSOCIATION (ADA) - There is not a lunch that can be served in a public school in America that does not require the approval of a trained nutritionist from the ADA. Every meal served in our hospitals, jails, mental institutions,

Continued – Please see next page

Back to the Garden

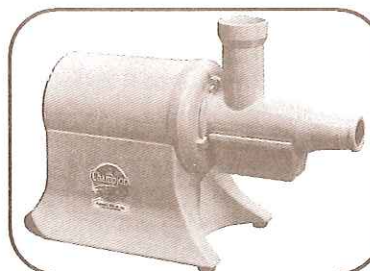
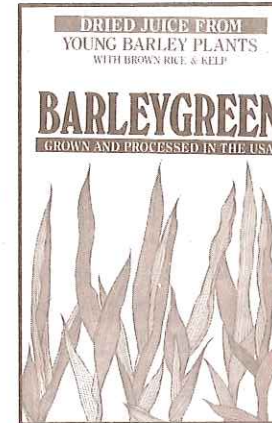
Barley Green, Herbal Fiberblend, etc. and books on these products

#400 – **BARLEY GREEN** is an organically grown, live food 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 for 7-oz. jar)

#410 – **BARLEY GREEN in New Family-Size Jar** AIM is now offering a 10.5-ounce plastic jar of Barley Green. (\$49.95 for 10.5 oz)

#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 perfect for mixing Barley Green, Herbal Fiberblend, etc. With carrying case. (\$5.95)



Juicers, Distillers, Dehydrators, etc.

#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.

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

#581 – **PressAIREizer ADDITIONAL TRAYS** are sold for \$12.50

#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)

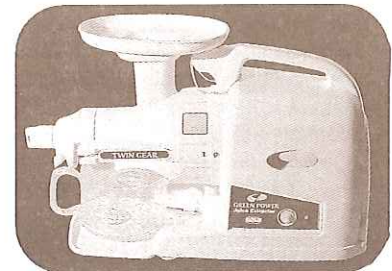
#307 – **CLEANSING THE BODY AND THE COLON FOR A HAPPIER AND HEALTHIER YOU** by Teresa Schumacher.

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 affects every part of the body. This book explains why it is so important to keep the colon clean, and how to do that by using Herbal Fiber Blend. (Paperback \$3.95)

#401 – **HERBAL FIBER BLEND** is the result of over 20 years of study and personal experiences of many users. This careful study and consideration has combined selected herbs and fiber for maximum contribution to the daily diet. Contains 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)

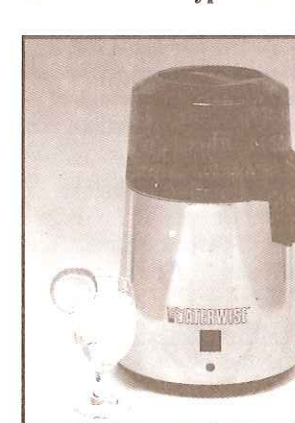
#411 – **PROANCYNOL** is a proanthocyanidin (OPC) manufactured by AIM, offering 60 40-mg. capsules that contain a combination of the extract from green tea, grape seeds and pine bark. (\$24.95)

#347 – **THE NEW SUPERANTIOXIDANT-PLUS** By Dr. Richard Passwater is a booklet that offers information on the benefits of adding proanthocyanidins to our diet. (\$3.95)



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

#503 – **WATER FILTER** and deluxe showerhead from Waterwise effectively removes chlorine from your shower to enhance your health and skin, and conserves water also. (\$49.95)

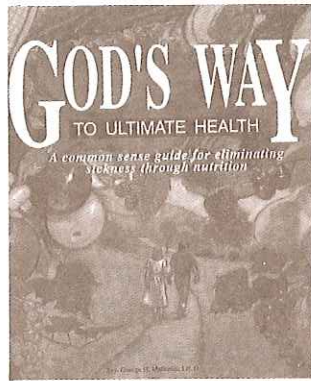
#530 – **REPLACEMENT FILTER** for above-listed shower filter, needs replacement about once a year. (\$29.00)

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 100,000 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.

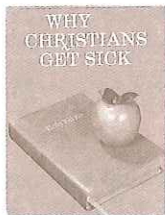
Note: The prices in this newsletter are effective through Aug. 31, 1997

Books & 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 hundreds of real-life testimonials. Also an entire section of recipes and tips by Rhonda Malkmus on how to set up your own natural foods kitchen. *God's Way to Ultimate Health* contains 282 8 1/2 x 11-inch pages of vital information that has changed the way thousands of people think about what they put into their bodies. Many people say this book has saved their lives. 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 14th printing. *Why Christians Get Sick* is written on a solid Biblical foundation with over 150 Bible verses. (Paperback, \$7.95)



For video & audio tape selections, see page 23.

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.

- #107 – Issue No. 7, March / April, 1994** "Where's God" and more.
- #108 – Issue No. 8, May / June 1994** "God's Marvelous Self-Healing Body," Russ & Edie Dalson testimonial, Rev. Hal Kirk testimonial, "Eliminate Toxins & Disease With a Healthy Colon" and more.
- #109 – Issue No. 9, Fall 1994** "Raw Food," Rev. C.R. Williams testimonial, "Protein and Propaganda," and more.
- #110 – Issue No. 10, Winter 94/95** "God's Way to Ultimate Health," book review of *God's Way to Ultimate Health*, "Lestor Roloff: A Preacher Ahead of His Time," Dr. Nathan Meyer testimonial, Antioxidants vs. Free Radicals and more.
- #111 – Issue No. 11, Spring 95** "Oxygen & Exercise," Jim Allen testimonial, Rev. Gale Galloway testimonial, "PMS, Menopause & Diet," and more.
- #112 – Issue No. 12, Summer/Fall 95** "Raising Healthy Children – God's Way," "Creating a Baby on the Hallelujah Diet," Dangers of Cow's Milk, Foreword by Dr. David Darbro, M.D., to *God's Way to Ultimate Health*.
- #113 – Issue No. 13, Winter/Spring 96** "Drugs: A Killer of Mankind," Sugar, Sandy Kureshi testimonial, J.C. House foreword, survey, Green Power & more.
- #114 – Issue No. 14, Summer/Fall 96** "Choose Life," testimonial by Pastor Don Irby, foreword by Dr. Rowen Pfeifer, "Products, Products, Products" & more.

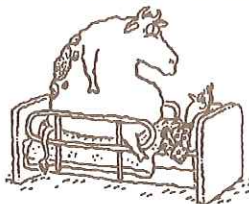
#303 – DIET FOR A NEW AMERICA is a best-selling book, for which author John Robbins was nominated for a Pulitzer Prize. This book will motivate you to live without animal products. This revolutionary compilation is powerfully written and intensely emotional, as John Robbins (former heir of the Baskin/Robbins 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 \$14.95)

#304 – REALITIES FOR THE 90'S is 16 pages of incredible, summarized facts drawn from John Robbins books, 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 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, \$13.00)

#365 – RECLAIMING OUR HEALTH, the latest book by John Robbins, is subtitled "Exploding the Medical Myth and Embracing the Source of True Healing." This book offers an extremely well-documented look at the harm being done to our health not just by the meat and dairy industry, but also by the medical profession. Robbins reveals the hazards of turning over the responsibility of your health to the medical profession, and shows how we can reclaim our health simply by changing our diet. This book is extremely well-documented, but unfortunately it does include evolutionary hypothesis and New Age tendencies. (\$24.00)



In dealing with America's health care crisis, let's not overlook the obvious.

from *Reclaiming Our Health*

Back to the Garden

military, etc. must have the approval of a trained nutritionist from this Association. And what kind of meals are these trained experts approving? Well, go to your local school and see what they are serving the children for lunch. If it is anything like the meals being served in the area where I live, you will find hot dogs, hamburgers, cheeseburgers, French fries, pizza, chicken nuggets, sugar desserts, etc. being fed to our children. These products of the processed food industry produce sickness in the children who eat such meals!

Then go to your local hospitals and see the kind of meals they are serving patients. You will find the majority of the meals being served there will do more to keep patients sick and in the hospital than it will to help them to get well and be able to go home. Meals served in mental institutions, jails and the military reveal the same horrible diet.

AMERICAN MEDICAL ASSOCIATION (AMA) - An allopathic doctor is a person who has been to a college or university that offered courses leading to a degree in medicine. Of the some 120 accredited medical schools in this nation, approximately 75 percent don't even require a single course in nutrition during a medical doctor's entire schooling. This lack of emphasis on nutrition has resulted in the average medical doctor receiving less than two hours training in nutrition during their entire preparation to become a medical doctor. And as we saw earlier, a medical doctor's primary indoctrination is in the administering of drugs

to mitigate physical symptoms. And what are these drugs doing to people? The front page of the January 9, 1995 issue of *U.S. News and World Report* in big, bold letters proclaimed "DRUG ALERT!"

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

COLLEGE & UNIVERSITY DEGREES - Though most of the older universities in America were started as Christian schools of higher learning with very conservative agendas, the average university in America today is leading those students who attend away from these fundamental, conservative, Judaic/Christian values and teachings of yesteryear and toward a Liberalism and Socialism based on a foundation of evolution supported by "so-called" scientific evidence. Liberals and social activists are in control of most of our schools of higher learning today, and this worldly crowd is producing graduates who don't begin to know what life is all about - no less where they came from, why they are here, where they are going or what was necessary to create this great nation we call America. Yes, these schools are doing an

excellent job of producing leaders who are well-indoctrinated in the world's wisdom, while being almost totally devoid of God's wisdom.

So what does it really mean when a person has earned a degree in Nutrition or Allopathy? It means that they have gone to school for a certain number of years; completed the prescribed courses necessary and passed those courses with sufficient grades to earn the degree. But, what if the courses they took were flawed, filled with error and untruth? (And remember, that in order to receive a passing grade they had to agree with what they were being taught.) Well, the result is a person with a degree in "untruth" or "ignorance." And when they set up shop - what are they perpetuating? Why, they are perpetuating the same error and untruth they were taught in their schooling. Yet, in America and in the Christian Community, we almost worship and bow down to those who have received degrees in these universities of the world. It is so bad, that whatever these degreed graduates of these worldly institutions tell us concerning how to nourish our physical body or take care of our physical problems, it is accepted almost as Gospel.

What is the solution? We must turn from the world's wisdom to God's wisdom. But this is easier said than done because the programming of most Christians is almost totally in the world's wisdom when it comes to that which pertains to the physical body. And thus, that is where education comes in. **"Be not conformed**

The rampant rate of heart disease, cancer, diabetes and other degenerative diseases is strong evidence of the inadequacies of the world's system of nutrition and health care. And it might be interesting to note that the two most profitable industries in America are the manufactured food industry, number one, and the medical/drug industry, number two.

to this world, but be ye transformed by the renewing of your mind that ye may be able to prove what is that good, and acceptable, and perfect, will of God" (Romans 12:2) and then **"...the truth shall make you free"** (John 13:17). So what is truth? And where do we find it?

THE BIBLE - The Bible is, and has been for decades, the best-selling book in America. Yet, while the majority of American families possess a copy of it. . . the average Christian knows little or nothing about what the Bible has to say pertaining to this physical body God created. Why? Because we have been programmed by our church and religious leaders to think of the Bible exclusively as a book dealing with the spiritual part of man only and not with the physical part of man.

Yet, the Bible is full of verses dealing with the physical. In my first book, *Why Christians Get Sick*, I give some 150 Bible verses dealing with the physical. Why have Christians failed to notice and heed the physical teachings of the Bible? Could it be that Christians have been so indoctrinated by the world that they

look to the Bible as the source of knowledge dealing with the spiritual while the world is our source of knowledge dealing with the physical?

If this be so, then the Bible verse at the beginning of this message has tremendous application: **"The wisdom of this world is foolishness with God."** And again, **"My people are destroyed for lack of knowledge"** (Hosea 4:6). If we want truth, we must return to the Bible, God's instruction manual to man, and accept it as the only authoritative source of truth in both the physical and spiritual realms! And we must hold as suspect any teaching of man if it is not in total accord with the teachings of the Bible, even if man claims scientific evidence for what he is teaching.

A careful review of much of what is considered scientific evidence will reveal this "so-called" scientific evidence is slanted in favor of someone's financial profit or philosophical views. Money is obviously the motivating factor behind most new developments in medical science, food processing and the synthetic vitamin industry. Much of what we hear from these respected institutions is merely the outcome of financial ventures using science to justify mass production of profitable products and services, many of which are very harmful to our bodies, but all of which are incredibly profitable to somebody. And, sadly, these are the institutions we look to for guidance on how to treat this wonderful body/temple God has given us.

This is not to say that science is totally

incapable of arriving at valid conclusions. Six decades ago, Dr. Norman W. Walker, a Doctor of Science, discovered the nutritional value of making fresh juice from living (raw) vegetables. Dr. Walker was seriously ill in his

early 50s when he made this discovery, and he lived to be 119 years old, doing all he could to tell others of the benefits of juicing raw vegetables. But since Dr. Walker's discovery in 1936, untold billions of dollars have been spent on and profited in the research of prescription drugs, chemotherapy, radiation, and other costly, hazardous medical procedures, while the healing value of fresh fruits and vegetables have been largely ignored due to an insufficient profit margin.

Another excellent example of science arriving at valid conclusions without regard to financial profit is *The China Project*, a 31-page book cited on page 23 of this newsletter. This project was a collaborative effort between universities and scientists in the U.S., Britain, France and China, and was the most comprehensive study ever conducted of the relationship between diet and disease. The conclusion was that with a switch to a vegetarian diet and elimination of recreation drugs (including alcohol and tobacco), **"scientists estimate that premature deaths from all diseases could be reduced by 80 to 90%!"**

Continued – Please see next page

God's Wisdom

Continued from page 5

But Dr. Walker and the China Project are exceptions to the rule of main stream scientific advice on diet and healthcare, which is influenced by dollars from the following industries:

MANUFACTURED FOOD - The manufactured food industry processes our food supply and places it in bottles, cans, boxes and packages, *because their profit (as opposed to our health) is maximized when food can sit in warehouses and on grocery shelves for many months or even years before use.* Anybody can tell the difference between the wonderful fruits and vegetables God has created for us, as opposed to the lifeless products of the processed food industry. In order for it to have long shelf life, they must destroy the life force (enzymes) in our food so it won't spoil. The fact that all processed foods are almost devoid of any nutritional value is not something you generally hear from a scientist with a six-figure income from the system that promotes processed foods. (And you don't read it in publications supported by advertising processed foods.) The manufactured food business is the most profitable industry in America and its influence has become painfully apparent in our way of life...and our way of death.

MEDICAL DOCTORS & THE DRUG INDUSTRY - Because manufactured foods are almost totally devoid of nutritional value and loaded with toxic chemicals in the form of preservatives, coloring agents, and more, the American people get sick and have to go to doctors. Now the medical doctors bring on the drugs of the drug industry and are literally the salesman and promoters of the second-most profitable industry in America, the medical/drug cartel.

INSURANCE INDUSTRY - Because the cost of treating physical problems by the medical/drug industry is so outrageously expensive, we have been programmed to think we need to carry health insurance. The attempt by government to provide the masses with health insurance is bankrupting our country, and the status of our nation's health is getting worse. But insurance is essential because it increases the customer base and profitability of the medical/drug industry. And of course, insurance companies have to make a profit, so they pass on their added costs to premium holders and tax payers for already over-priced drugs and procedures.

When I tell people I do not carry health insurance (I do have accident insurance) and haven't had any for over 20 years, many look at me as if I am crazy. But why should I carry health insurance? If a person eats a diet and lives a lifestyle in accordance with the Bible and God's wisdom, chances of ever getting sick is almost nil, so why should I be a part of this system? Now, if a person is going to eat and live according to the world's wisdom, they had better carry insurance because sooner or later they are going to get sick.

Over 20 years ago, I turned from the world's wisdom to God's wisdom when it came to how I was feeding and taking care of my physical body/temple. In these 20-plus years since making this diet change, I have not experienced

as much as a cold, sore throat, headache, upset stomach, been to a doctor or taken as much as an aspirin. Today, at 60-plus years of age, I can do more physically than the average teenager can and I have energy beyond anything I have ever experienced in my entire life. But it is not just me - there are now tens of thousands of people who have turned from the world's way and adopted God's way and wisdom concerning this physical body and not only have most of them gotten well from whatever ailed them, but hardly ever does someone who is applying this wisdom from God ever get sick again.

Here at Hallelujah Acres, we teach God's Way to Ultimate Health! We started as just a little voice crying in the wilderness in 1992 and were put down and rejected by the vast majority of the Christian Community because we were teaching something that was different. I find that Christians are afraid of anything different or new because we have been taught to fear anything other than what we have been programmed with. (This diet may be different

but, considering that it dates back to the first chapter of Genesis, it would be hard to call it new.)

But those who did change to this diet became an inspiration for others and today, five years later, God's Way to Ultimate Health is going worldwide. Tens of thousands have now tried God's Way and have been healed of almost every physical problem they had been experiencing. Most of those who apply God's Way to the physical care of their bodies never get sick again.

Why are people flocking to Hallelujah Acres? Because they have found the World's wisdom has failed them and many are desperately seeking truth and positive results for the sake of their own precious health. For proof of what God's wisdom can do when it is put to use, read the dozens of testimonies in this issue of *Back to the Garden* or the hundreds of testimonials in our book, *God's Way to Ultimate Health*. Many people who have applied God's wisdom have turned their life around - often healing cancer, heart disease, diabetes, arthritis, etc. - and have become an inspiration for everyone around them.

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 Green Power 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

JANUARY 1997

Monday January 6, 6 p.m., Leon High School Cafeteria, 550 E. Tennessee St., Tallahassee, Florida. Contact Bernice Berne (904) 297-2003.
Tuesday January 7, 6:30 p.m., Forest Blvd. Baptist Church, 4210 Forest Blvd., Jacksonville, Florida. Contact Mickie Dowdy (904) 642-2245.
Wednesday January 8, 7 p.m., The Rock of Gainesville Church, 9818 Southwest 24th Ave., Gainesville, Fla. Contact Debbie Harrell (352) 375-4485.
Thursday January 9, 9 a.m., Lake Panasoffkee Recreation Park, 1582 County Rd 459, Lake Panasoffkee, Florida. Contact Dr. R.J. or Diane Vaillancourt (352) 793-4571 for additional information.
Friday January 10, 7 p.m., Good Shepherd Church of the Brethren, 6323 13th St. Court E, Bradenton, Florida. Contact Andrew Overholt (941) 952-0114 or Dr. James Wood (941) 749-0049 for additional information.
Saturday January 11, 1 p.m., Grace Baptist Church, 130 Ave. G SE, Winter Haven, Florida. Contact Bruce Turner (941) 299-5072.
Sunday January 12, 3 p.m., Walker Memorial Junior Academy, 1525 Avon Blvd., Avon Park, Florida. Contact Wilma Talaa (941) 385-7757.
Monday January 13, 7:30 p.m., Peace Lutheran Church, 21500 Gibralter Dr., Port Charlotte, Florida. Contact Laura-Lee Ryan (941) 625-4969.
Saturday January 18, 1 p.m., The Gateway Community Church, 101 Indigo Dr., Daytona Beach, Florida. Contact Bob Gardner (904) 441-2939.
*** Saturday January 25, 10 a.m.** "How to Eliminate Sickness Seminar" at the Farm. This 3-hour seminar explains how the body functions, why we get sick and how to eliminate sickness. It also shows how to loose weight comfortably, without painful dieting. If the principles of this free seminar were applied universally, sickness could practically be eliminated from the world in one year! This is the same seminar Dr. Malkmus has given throughout the U.S. & Canada.
Sunday January 26, 10 a.m. Limestone Church of God, 223 Opie Arnold Rd., Limestone, Tennessee. Contact Angela Blaylock (423) 257-3696.

FEBRUARY 1997

*** Saturday February 8, 10 a.m.** "How to Eliminate Sickness" seminar at the Farm. See listing for January 25 for details.
Sunday February 16, 2 p.m., Tupelo Civic Auditorium, Varsity Drive, Tupelo, Mississippi. Contact L. D. Hancock (601) 844-4080 or 842-4168.
Monday February 17, 7 p.m., Alpine First Baptist Church, 7215 Shreveport Hwy., Pineville, Louisiana (Tioga community). Contact Gary Coaker (318) 640-3749 for additional information.
Tuesday February 18, 2 p.m. Williams Blvd. Baptist Church, 3000 Williams Blvd., Kenner, Louisiana. Contact Levi Helmuth (504) 833-8338.
Wednesday Feb. 19, 1 p.m. New Covenant Presbyterian Church, Mandeville, Louisiana. Contact Pastor Jim or Carol Davis (504) 893-9830 or (504) 626-4375.
Wednesday February 19, 7 p.m. Faith Bible Church, 1148 N. Columbia St, Covington, Louisiana. Contact Harry Lowenburg (504) 893-4229.
Thursday February 20, 7:30 p.m. Gideon Christian Fellowship, 3401 Elysian Fields Ave., New Orleans, Louisiana. Contact Olga Hartman (504) 242-8672.
Friday February 21, 7 p.m. First Baptist Church, 541 Avenue F, Bogalusa, Louisiana. Contact Louis Busby (504) 735-5330.
Saturday February 22, 2 p.m. Highland Baptist Church, 2513 North 7th Ave., Laurel, Mississippi. Contact the church office (601) 428-8493.
Saturday February 23, 2 p.m. Pascagoula, Mississippi. Location pending. Contact Linda Robinson (601) 474-6583.

MARCH 1997

*** Thursday thru Saturday, March 6 thru 8 - 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.
Thursday & Sunday, March 13 & 16, Virginia Beach, Virginia. Details pending. Contact Elizabeth Kotlowski (757) 424-7373.
Friday March 14, 7 p.m. Regent University, Moot Court, Robertson Hall, School of Law and Government, Virginia Beach, Virginia. Contact Elizabeth Kotlowski (757) 424-7373 for additional information. Seminar is open to the public.
Saturday March 15, 6 p.m. Hampton Roads vicinity in Virginia. Details pending. Contact Robert or Carol Medford (757) 868-3745.
Monday March 17, Sterling, Virginia. Details pending. Contact Dr. Gene Charles (703) 404-2466 for additional information.
Tuesday March 18, 7 p.m. Centreville Baptist Church, 15100 Lee Highway, Centreville, Virginia. Contact Dr. Gene Charles (703) 404-2466.
Monday, March 24, 7 p.m. Christ Church, 15354 Old Hickory Blvd., Nashville, Tennessee. Contact Dr. Rowen Pfeifer (615) 832-6331.
Tuesday, March 25, 7 p.m. First Baptist Church, 719 Gallatin Rd. S., Madison, Tennessee. Contact Mrs. David Entz (615) 865-8800.
*** Saturday March 29, 10 a.m.** "How to Eliminate Sickness" seminar at the Farm. See listing for January 25 for details.

April 1997

Saturday, April 12, 9 a.m. Tulsa Bible Prophecy Conference, Sheraton Tulsa Hotel, Tulsa Oklahoma. Contact Pastor Charles Pack (918) 254-1944.
Sunday, April 13, 10 a.m. Family Worship Center, 15303 E. 21st St., Tulsa, Oklahoma. Contact Pastor Ron Deeble (918) 438-7811.
*** Saturday, April 19, 10 a.m.** "How to Eliminate Sickness Seminar" at the Farm. See listing for January 25 for details.

May 1997

Saturday May 3, 11 a.m. Harvest Time Bible Camp, Duncan Creek Rd. Polkville, North Carolina. Contact Bud Mims (704) 482-3456.
*** Thursday thru Saturday, May 8 thru 10 Training for Health Ministers.** See March 6 - 8 listing for details.
*** Saturday May 17, 10 a.m.** "How to Eliminate Sickness Seminar" at the Farm. See listing for January 25 for details.

JUNE 1997

Wednesday, June 18, Freemont, California. Details pending. Contact Walter Lobato (510) 797-2462.
Thursday thru Sunday, June 19 thru 22 - Health Expo West, Lodi, California. Details pending. Contact Danny Viera (209) 368-3168.
*** Saturday June 28, 10 a.m.** "How to Eliminate Sickness" Seminar at the Farm. See listing for January 25 for details.

July 1997

*** Thursday thru Saturday, July 10 thru 12 Training for Health Ministers.** See March 6 - 8 listing for details.
*** Saturday July 19, 10 a.m.** "How to Eliminate Sickness" Seminar at the Farm. See listing for January 25 for details.

AUGUST 1997

*** Saturday August 16, 10 a.m.** "How to Eliminate Sickness" Seminar at the Farm. See listing for January 25 for details.

*** Seminars with an asterisk will be held at the Hallelujah Acres Farm in Eidson, Tennessee. See directions below.**
ALL SEMINARS ARE FREE OF CHARGE EXCEPT 3-DAY HEALTH MINISTER TRAINING.

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

Spring/Summer 1997

Recipes from Rhonda

I had hoped to be able to tell you that my new book, *Eating For Life ... from God's Garden* would be ready to order by the time this issue of *Back to the Garden* went to press. Unfortunately, that is not the case. The text has been written and we are currently in the process of editing and page layout, and then comes the printing. Our target goal for having the book available is May 1997. You may call and inquire in

Carrot Blush

- 4 carrots
- 1 beet with greens
- 5 - 6 leaves of Romaine or other leaf lettuce
- 3 - 4 leaves of spinach

Scrub organic carrots or peel the carrots if they are not organic. Clean and cut beet into slender wedges, and wash & dry lettuce and spinach leaves. Juice half of the carrots, and the beet, then you may use the remaining carrots to help push the lettuce and spinach through the juicer.

Shades of Green Salad

- 1 bunch Romaine or other leaf lettuce
- 1/2 bunch of spinach
- 1 diced avocado (optional)
- 1/2 cup diced celery
- 1/2 cup diced cucumber
- 1/2 cup of thawed frozen peas
- 1/4 cup sunflower seeds (optional)

Wash and dry greens, remove stems from spinach and tear greens into bite-size pieces. Add other ingredients, mix well and serve with No Oil Lemon/Parsley Dressing (below).

Note: Use sunflower seeds or avocado, but not both. Using both provides too much protein. If serving with Poppy Seed Dressing, omit seeds and avocado.

No-oil Lemon/Parsley Dressing

- 3/4 cup distilled water
- 2 Tbsp. arrow root powder
- juice of 1 lemon
- 1 cup parsley
- 1 tsp. Bragg Liquid Aminos
- 1/4 tsp marjoram
- 2 tsp. bell pepper
- dash of cayenne pepper

Combine distilled water and arrow root powder in a blender and process to combine. Pour into a sauce pan and heat until thickened, remove from heat and cool slightly. Pour into blender with other ingredients and process until parsley is chopped fine. Pour into a jar and refrigerate. The dressing will thicken more as it cools.

May for an update. No orders will be taken in advance of publication.

I would like to thank all of you who sent in recipes and ideas, which have greatly assisted me. *Eating For Life ... from God's Garden* has taken a lot of effort and hard work and I trust it will become a valuable tool in maintaining a healthy, natural diet for you and your family. Following are a few recipes from the book that I trust you will find tasty and nutritious.

Mixed Greens With Apples

- 1 cup of spinach
- 1 large Granny Smith apple
- 1 cup of kale
- 1 cup of leaf lettuce
- 1 cup of swiss chard or other greens of choice

Tear greens into bite-sized pieces. Peel and dice apple into small pieces. Mix well. Top with Poppy Seed Dressing (see below).

Poppy Seed Dressing

- 4 Tbsp. fresh lemon juice
- 4 Tbsp. fresh orange juice
- 1/2 cup soaked almonds
- 2 Tbsp. green onion
- 1/2 tsp. paprika
- 2 Tbsp. poppy seeds

Place almonds in a bowl, cover with distilled water, and soak overnight. Drain and place all ingredients in blender except poppy seeds. Blend until desired consistency is reached, adding distilled water if needed. Stir poppy seeds in by hand before serving.

Lentil Almond Loaf

The Loaf

- 2 cups soaked lentils
- 1/2 cup parsley
- 1/2 cup celery
- 1/2 cup red onion
- 1/2 cup carrots
- 1/2 avocado (optional)
- 1 1/2 Tbsp. Bragg Liquid Aminos
- 1/2 cup tomato (optional)
- 1 tsp. garlic
- 1/2 tsp. herb seasoning
- 1/2 Tbsp. lemon juice
- 1/4 cup oat bran

The Binder

- 2 Tbsp. agar agar
- 1/3 cup distilled water

The Garnish

- 1/2 cup slivered almonds
- cherry tomatoes
- sliced cucumbers

Place lentils in enough distilled water to cover and soak overnight. Drain. Mince garlic, shred carrots, dice tomato, chop parsley, celery and onion. Place lentils and other ingredients in a food processor and blend until thoroughly mixed, leave in processor.

Place the agar agar flakes in a small pan with distilled water, mix well and bring to a boil for 1 minute, remove from heat. Allow to cool slightly. Turn on food processor and pour agar agar over the lentil mixture, mix well.

Spoon the lentil mixture onto a lightly oiled sheet of wax paper and roll into a log. Tuck in the ends and place in a bread pan. Refrigerate at least one hour. Unwrap loaf and roll in slivered almonds until covered. Place loaf on a bed of greens with cherry tomatoes and/or sliced cucumbers as garnish.

Tamale Pie

- 3 cups dried pinto, black or kidney beans
- 3 garlic cloves
- 2 medium onions
- 2 cups corn kernels
- 1 Tbsp. Bragg Liquid Aminos

Sort and wash beans thoroughly, soak overnight. Drain and discard water. Place beans in a kettle with distilled water, crushed garlic and cumin. Cook until tender, about 2 1/2 hours.

Dice onions and bell peppers. When beans are tender, steam sauté onion and bell pepper until the onion is translucent. Add cooked beans, chopped tomatoes, corn, Braggs, and cayenne. Simmer 30 to 45 minutes. Pour into 9" x 12" baking dish, and set aside.

Top with the cornbread recipe below.

In first bowl combine the following:

- 3/4 cup corn meal
- 1/4 cup rye flour
- 1 tsp. Italian seasoning

In a second bowl combine:

- 1 cup distilled water
- 1 Tbsp. apple cider vinegar

- 8 - 10 cups distilled water
- 1 1/2 tsp. ground cumin
- 2 bell peppers
- 1/8 tsp. cayenne pepper (optional)
- 3 1/2 cups chopped tomato

- 3/4 cup unbleached white flour
- 2 tsp. Rumford Aluminum-Free Baking Powder
- 1 Tbsp. onion flakes

- 1 1/2 Tbsp. honey
- 1 Tbsp. Bragg Liquid Aminos

Combine ingredients, mix well and pour over the bean mixture. Bake at 400 degrees for about 30 minutes or until corn bread is golden and set.

Beware of deception in 'Dead Doctors Don't Lie' tape

By Dr. George H. Malkmus

Never in all the years I have been traveling this country teaching nutrition have I ever seen a promotion or product in the so-called Health Field that has created such a stir as the "Dead Doctors Don't Lie" tape by Dr. Joel Wallach on colloidal minerals. People have sent me dozens of these tapes, wanting me to promote this product.

When asked about this tape, my first response is: "Dead Doctors Don't Lie, but LIVING DOCTORS DO!" The number of untruths in this tape that I have seen documented total more than two dozen! Dr. Wallach goes so far as to claim veterinarians were diagnosing and curing Alzheimer's in animals with minerals over 50 years ago. The truth is that they hadn't even diagnosed Alzheimer's in humans 50 years ago! And how do you diagnose Alzheimer's in an animal anyway?

In issue #14 of *Back to the Garden*, I said the following about Dr. Wallach and colloidal minerals: "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 megadoses or in pill form - but rather 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 rocksalt 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 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.

Spring/Summer 1997

Minerals found in the earth are inorganic, and cannot be used by our bodies. In fact, inorganic minerals are harmful..." You can read the rest of that article in issue #14 of *Back to the Garden*.

Since that was written, I have found that many other knowledgeable, respected and well-meaning people in the field of nutrition and natural health have felt the need to speak out against Dr. Wallach, some comparing his "colloidal mineral chicanery" to travelling "snake oil" peddlers of the previous century. These experts contradict Dr. Wallach's wild claims about numerous ailments being cured by specific minerals; they dispute his claims about the absorbability of colloidal minerals; and many question the safety of his product.

For example, Dr. Max Motyka, M.S., writes Dr. Wallach "states that colloidal minerals are so small that they require no effort to be absorbed. The hype behind the colloidal minerals tells us that the particles are so small that they have direct permeability into your body's tissues. Yet, in the definition of colloids from Random House, under section C, we are told that the colloidal substances 'will not diffuse easily through vegetable or animal membrane.' " Dr. Motyka adds, "Colloidal minerals are much larger in size than other mineral forms. ... By definition, a colloidal mineral is that mineral finely divided and suspended in a liquid. Why suspended? Why not dissolved? Because the mineral forms in the colloidal minerals are not soluble, that's why."

Also, Dr. Royal Lee states, "A colloidal mineral is one that has been so altered that it will no longer pass through cell walls or other organic membranes."

So, we are learning that colloidal minerals are not capable of dissolving into the bloodstream or being absorbed through the cell wall. Unless minerals can dissolve in the blood and be absorbed into our microscopic cells, they are of no benefit to our body. The cells in our body use minerals (and other nutrients) to function and to build new living cells. Our body cannot create healthy new living cells from dead matter, which is why God created living plants.

Hallelujah Acres has long taught that we must receive our minerals from living plants. (That is why, immediately after Creation, God placed man in a garden instead of on a bed of shale, which is the source of minerals promoted by Dr. Wallach). All minerals derived from the earth or sea are dead, inorganic minerals and are in a form that is toxic to man. Sailors are warned not to drink sea water because it is full of these dead minerals that are so toxic to the body they can cause death. Sodium chloride found in table salt and sea salt cause the body to retain fluid and raise blood pressure, an example of the body reacting to minerals in their dead, inorganic form. On the other hand, sodium found in celery and other vegetables is an essential form of nutrition.

The only minerals God designed the human body to be nourished with are living minerals. How do the dead, inorganic minerals in the ground or sea become organic or living? They must first pass through the roots of living plants, which attach an enzyme to the mineral

during the process of photosynthesis. Thus, only from living plants do we receive minerals in the form God intended.

So, the two reasons colloidal minerals are not easily assimilated by our bodies are that they are too large to dissolve and pass through our cell walls, and these minerals do not have an enzyme attached to them as do minerals in living plants. Some people may receive some short-term benefit by using colloidal minerals, but there is a heavy price to pay for this benefit. The body can create the amino acid bond and attach an enzyme from the body's enzyme reserve that will allow the mineral bond to take place and thus allow the mineral to be absorbed - **but at great expense to the body!** And those colloidal minerals that are not converted to a usable form accumulate in the body and ultimately create problems. Certainly it makes much greater sense to receive our minerals (which the body desperately needs) in living form from living plants.

The minerals Dr. Wallach promotes probably were once living minerals in living plants of some sort, **but they died thousands of years ago and are now dead minerals.** They are mined from shale in Utah. This humic shale is claimed to be prehistoric plant life compressed into shale over the millennia, but there is no reason to believe that these minerals are in a combination well-suited for human nutrition. Not only are the minerals now dead, but these minerals contain a high concentration of both aluminum and strontium, both of which are very hazardous.

An analysis of Dr. Wallach's potentially dangerous, dead, non-assimilable form of minerals compared with the nutrition available in living plants makes it difficult to justify a preference for dead shale over fresh fruits and vegetables. Because not only do these living plants provide a superior form of minerals, but they also provide the vitamins, enzymes, amino acids (protein) and other nutrients by which our bodies were created to be nourished and sustained. The outlandish claims by Dr. Wallach about all the ailments that can be cured by minerals neglects the fact that to maintain our health we also need vitamins, enzymes and amino acids found in living plants.

Why are the people of today so quick to jump on a new product with such outlandish claims before researching it and proving its safety? I believe the answer is that people have lost faith in the medical/drug approach to physical problems and realize there has got to be a better way. And in a nation with so many entrepreneurs, there are always those ready to fill the void with a quick and easy solution. Dr. Wallach's solution is appealing to many people because he doesn't ask them to make any dietary changes. A person eating a high-fat, high-cholesterol, low-fiber diet of junk foods may like the suggestion that they can solve all their physical problems by taking some supplement without changing their diet.

But that is a lie. The solution to our physical problems is in returning to our Creator God and living and eating the way He designed. That is what Hallelujah Acres is all about, and those who have returned to the Genesis 1:29 diet are living testimonies that God's Way does indeed work.

After 7 Years of Internal Bleeding, 2 Emergency Surgeries & 49 Pints of Blood Dr. Charles Pack Stops Bleeding After Switching to the Hallelujah Diet

By Michael Dye

Before starting on the Hallelujah Diet, Dr. Charles Pack, a Baptist evangelist and prophecy preacher from Tulsa, Oklahoma, had suffered from internal bleeding for seven years. He had been hospitalized for blood 12 times and was given a total of 49 pints of blood.

Dr. Pack was on several prescription drugs, hormones and two emergency surgeries had been conducted in which portions of his small intestines were removed. One of his doctors, a specialist in San Antonio, acknowledged that he had never seen anyone with Dr. Pack's problem to be cured.

His initial diagnosis was "panniculatis" and doctors later said his problem was "Arterial Venous Malformation." In March 1995, Dr. Pack had his second emergency surgery, involving 25 days in the hospital and over \$100,000 in doctor and hospital bills. Still, this had not solved the problem. One month after this surgery, his internal bleeding started again.

At this time, May 10, 1995, Dr. Pack went on the Hallelujah Diet following the encouragement of fellow evangelist and prophecy preacher, Dr. Nathan Meyer. Dr. Pack said when he read *God's Way to Ultimate Health*, he was amazed at the incredible number of different

***"I made two trips to a specialist in San Antonio. ... I asked him: 'Have you ever had a patient with what I have to be cured?' He said, 'No.' "* – Dr. Charles Pack**

physical problems that had been healed after people started on a diet of mainly raw fruits and vegetables, fresh vegetable juice and Barley Green. "But I saw there were no testimonials related to panniculatis or Arterial Venous Malformation," which he said caused him to question whether this diet would help his specific condition.

After starting the Hallelujah Diet, Dr. Pack's internal bleeding continued up to four months. He was beginning to be skeptical about the diet, but four different health ministers – including Dr. Nathan Meyer and Dr. J.C. House's wife – encouraged him to stick with it. Finally, after four months on the diet, his bleeding subsided. For the past 16 months now, Dr. Pack has had very little internal bleeding, and none at all in the past three months. He has not had to be hospitalized for blood transfusions during these 16 months.

People have noticed the difference in his health. "This has saved my life and extended my ministry," he said. Dr. Pack has started holding monthly support group meetings and has sold well over 100 copies of *God's Way to Ultimate Health*. "It's going to be a part of my ministry from now on," Dr. Pack added. He has held four monthly support meetings thus far, and the results from those meetings are attracting more people.

Here is Dr. Pack's health testimonial, in his own words, dated Jan. 13, 1997:

"I am 78 years old and have been in the ministry 50 years. Seven years ago, on Dec. 3, 1989, my wife and I were in a prophecy conference in a Baptist church in Columbia, South Carolina. For about seven months



Dr. Charles Pack leaves the hospital in a wheel chair with his wife Dian following his second emergency surgery in March 1995. One month after the surgery, his internal bleeding resumed. His bleeding has stopped on the Hallelujah Diet. Pastor Pack is a Baptist preacher well-known for his 18 years of television ministry, from 1968 to 1986, including "Thy Kingdom Come" with Pastor Pack.

so weak I could barely walk from the car to the hospital door. When you lose over half of your blood you get weak. During this latter period I have been hospitalized for blood 12 times. I have been given 49 units (pints) of blood. I made two trips to a specialist in San Antonio. When he did the second endoscopy I began bleeding harder. I asked him: 'Have you ever had a patient with what I have to be cured?' He said, 'No.'

"I had taken Zantac; I took 'Amicar,' a drug that hemophiliacs take to keep from bleeding; I gave myself shots of 'Sandostatin.' The doctors tried 'Estrogen-progesterone' tablets. Someone suggested drinking 'aloe vera' juice; I bought 30 gallons and thought it was healing. It did not stop the bleeding.

"I had the pastor and deacons anoint me with oil and pray. I also spent time in fasting and prayer. I was still bleeding.

"Finally on March 13, 1995 I had the second emergency surgery. Another section of my small intestine was removed. This time the doctors called my problem 'Arterial Venous Malformation,' or a malformation of the arteries and veins. For 25 days I laid in the hospital. My dear wife, Dian, slept 24 nights on a cot in my room. Altogether over \$100,000 in doctor and hospital bills were made.

***"This (Hallelujah Diet) has saved my life and extended my ministry. ... It's going to be a part of my ministry from now on."* – Dr. Charles Pack, evangelist**

"During Tulsa's First Annual Prophecy Conference, Dr. Nathan Meyer, one of the speakers, came to visit me (at home) and prayed for me. He told what had happened to him (see *God's Way to Ultimate Health*, page 220) on a diet called 'The Hallelujah Diet.' I had just had surgery, and I did nothing. I believed the surgery had cared for my problem. ONE MONTH LATER I STARTED BLEEDING AGAIN. Finally I went on the Hallelujah Diet on May 10, 1995. At this writing I have been on the diet for about 20 months. Praise God, for the past 16 months I have not been hospitalized for more blood. The bleeding has gradually ceased. My hemoglobin was 13.6 recently. I am not bleeding now."

I had been bleeding internally. A Tulsa gastroenterologist was giving me Zantac and other medications. He said I had an 'acid stomach.'

"I spoke on Sunday morning twice and nearly passed out. My wife, Dian, drove the motor home pulling a car for almost 1,000 miles to Tulsa. When we saw the doctor, I was hospitalized. My hemoglobin was down to 6.5. (Men should be 13.3 to 17.7.)

"In January 1990 I had my first emergency surgery in which they took out a section of my small intestine. The diagnosis was 'panniculatis.' A disease so rare that the pathologist found it only in the footnote of his books.

"My wife and I went on the road again in prophecy conferences for three years. Suddenly in a Kansas meeting the bleeding started again. Our internist recommended a different gastroenterologist. This persisted for about three years. During this time my hemoglobin went down to 6.3, 6.4, 6.5, etc. I was

directly into the bloodstream and to the brain. This has noticeable immediate and long-term ill effects to the brain, eyes and equilibrium. "Of all the beverages best left alone, alcoholic beverages are Number ONE," he writes.

So, we have determined that our body must have water to function. But when we analyze the ingredients and effects from three of America's most common beverages – tap water, soft drinks and alcohol – it's enough to kill our thirst. The remaining questions, then, are: From what sources should we obtain water? And how much water do we need?

Bragg writes that the human body "loses about three-and-a-half quarts (of water) daily in perspiration, respiration, urine and defecation." Dr. Walker writes that a person *should* expel a gallon of liquid a day in these functions. Obviously, if we are expelling 3 1/2 to 4 quarts of water a day, we must be replacing this water to avoid dehydration and to keep our bodily fluids in balance. To consume this much pure water, Dr. Walker recommends drinking at least one to two pints of steam distilled water a day, "plus as much fresh raw vegetable juices as possible," and eat a diet composed largely of raw fruits and vegetables.

"In their natural raw state, vegetables and fruits, nuts and seeds for man, grains and hay for animals, are composed of from 60 to 95 percent water. This is pure DISTILLED WATER," Dr. Walker explains. As a contrast, he notes, "Processed cereals contain only from 7 to 13 percent water. The average water content of bread is only between 35 and 40 percent ... The most dehydrated people on earth are those who live on massive quantities of processed cereals, bread and meat, drinking very little water except perhaps in their coffee or tea and in soft drinks." Food in its natural state (raw) contains a high percentage of pure, naturally distilled water because it takes 15 gallons of water to grow an ounce of vegetation. When a good supply of distilled water is not available, you can replenish your body's water supply by eating fresh, raw fruits and vegetables.

And unlike the harmful, inorganic minerals in water, the organic minerals in raw fruits and vegetables can be utilized by the body for nutrition. Dr. Walker emphasizes the fastest way of providing our cells with the nourishment they need is through the freshly-extracted

juices of raw fruits and vegetables.

What Types of Water are Available?

The Choice is Clear by Dr. Allen E. Banik offers a good explanation of the many different types of water available. For example:

- Raw water "is water that has not been treated in any way." It may contain inorganic minerals, cancer-causing chemicals dumped into rivers and can be densely inhabited by millions of viruses and bacteria.
- Chlorinated water "kills most germs and viruses, but it can also kill the cells in our bodies," he notes.

- Boiled water kills the bacteria in raw water (if it is boiled for at least 20 minutes). But, Dr. Banik warns "the dead bodies of these germs" are carried into our body when we drink boiled water. These dead germs "furnish a fertilized soil for rapid and lusty propagation of germs already in the body." Boiling water does not remove any inorganic minerals or chemicals.

- Mineral water from certain mineral springs are reputed to have medicinal qualities. The reason for "this so-called medicinal effect is because the body tries to throw off the excess minerals which invade it as intruding foreign deposits ... To subsist on this type of water could be detrimental," he writes.

- Filtered water can remove chlorine, some suspended solids and many synthetic chemicals, but "there is no filter made which can prevent bacteria or viruses from passing through its fine meshes. Each pore of the finest filter is large enough for millions of germs to pass through ... Moreover, decaying matter collects on the bottom of every filter. This forms an excellent breeding ground for bacteria. After a filter has been used for a few days, the filtered water often contains more disease germs than the water which is put into the filter."

- De-ionized water effectively removes minerals, but its resin beds become "a breeding ground for bacteria, pyrogenic matter and viruses ... Furthermore, di-ionization does not remove synthetic chemicals such as herbicides, pesticides, insecticides or industrial solvents," Dr. Banik writes.

- Reverse Osmosis "removes a high percentage of the dissolved solids as well as other contaminants, and when new the result

often approaches the purity of distilled water." But the purity varies with the "conditions of the equipment used, much as with filter equipment, and the effectiveness lessens with use. Sometimes drastically!"

- Rain water has been naturally distilled by the heat of the sun. But it becomes contaminated as it "falls through air filled with bacteria, dust, smoke, chemicals, mud and minerals. By the time it reaches the earth as rain water, it is so saturated with decaying matter, dirt and chemicals that its color becomes a yellowish-white." Snow is even dirtier.

What is Distilled Water?

Distillation is nature's way of purifying water. When the sun heats water, this causes evaporation ... an example of distillation on the grand scale. Vapor rises from the surface of water, leaving behind all its impurities. These water vapors rise and cool as air temperature in the upper atmosphere drops, and the vapors change from gas to liquid, becoming water, ice or snow. If our atmosphere were not polluted, each drop of rain or snow would be pure H₂O.

The production of distilled drinking water is man's attempt to copy nature's form of water purification. *As with evaporation in nature, distillation actually removes water (in the form of steam vapor) from the heavier materials that are its impurities. Other types of water treatment attempt to remove contaminants from water, rather than removing water from the contaminants.*

This is how distillation with a WATERWISE distiller works: In the boiling chamber of the distiller, tap water is heated to 212 degrees, killing bacteria and viruses. The heat produces steam, which rises, leaving behind inorganic minerals, chemicals and other contaminants in the boiling tank. As the water temperature rises, the light gases boil off and are discharged through the gaseous vent.

A stainless steel condenser cools the steam, turning it into high quality distilled water. This water passes from the condenser through an optional post carbon filter, and the purified distilled water is collected in a reservoir.

To order the WATERWISE distiller, see page 21. The books are found on page 22.

These Experts Recommend Distilled Water in their Books

Water Can Undermine Your Health by Dr. Norman W. Walker

Dr. Walker offers an extremely thorough account of how water works in our body, and why we should drink distilled water. He explains how inorganic minerals and other impurities in water destroy our body. The book includes information about how our organs, glands and digestive system function, (with detailed drawings), and how they are affected by the water we drink. Dr. Walker shows why many people suffer "untold misery and a premature demise by the clogging up of veins and arteries" from the water they drink. Paperback, 105 pages, \$4.95.

The Shocking Truth About Water by Paul and Patricia Bragg

This book notes one of the wonders of nature is that, without water, "Man can scarcely exist for 72 hours before going into a state of comatose state, but it is water itself that in most forms, is the very substance which is destroying about the ultimate aging of man. The Braggs tell how water works in the body and show how minerals and other impurities in water turn our body to stone with hardened arteries, stiff joints, kidney stones, gallstones, etc. Paul Bragg, who lived to be 95, writes: "Remember, we are as young as our arteries." Paperback, 121 pages, \$5.95.

The Choice is Clear by Dr. Allen E. Banik

Dr. Banik describes nine types of water, and tells why we should drink only distilled. Impurities in water cause arthritis, hardening of arteries, kidney stones, cataracts, glaucoma, diabetes, hearing loss, obesity and emphysema. He cites two people who solved serious health problems on distilled water. At age 17, Dr. Brown Landone was given three months to live with heart disease. He switched to distilled water, and lived to be 98. Landone's patient, Captain Diamond, was bed-ridden with arthritis and hardened arteries at 70, but lived to 120 on distilled water. Paperback, 40 pages, \$2.50.

entire nervous system and glandular system is dependent on the quality of water we consume.

Indeed, Dr. Walker writes, “there is no telling how many millions of people have suffered untold misery and a premature demise by the clogging up of veins and arteries, without their death having been diagnosed as resulting from the accumulation over a lifetime of the inorganic calcium” from their drinking water.

Chlorine and Fluoride – Poisons Labeled as “Safe” Chemicals

Two chemicals commonly added to municipal water supplies are chlorine and sodium fluoride. Dr. Walker notes the poisonous gas chlorine was first used as a weapon in World War I, before it was used to poison the bacteria in our water supplies. Bragg warns that if the chlorine in drinking water is “sufficient to produce an offensive smell, enough chlorine may enter the intestinal tract to destroy helpful bacteria and thereby deprive us of the important vitamins which they make for us.”

An update at the conclusion of Bragg’s book, *The Shocking Truth About Water*, states chlorine in water has been linked to heart disease, senility and cancers of the bladder, liver, pancreas, colon and urinary tract. The book quotes Dr. Herbert Schwartz as asserting, “Chlorine is so dangerous it should be banned.”

Bragg’s book calls fluorine “one of the most potent poisons known to man.” The same sodium fluoride used in our water supplies up to 1.2 parts per million is used in a higher concentration as a roach and rat killer and pesticide. Citing a documentary by Peter Gray, *The Grim Truth About Fluoridation*, Bragg says the origin of adding sodium fluoride to water supplies occurred in 1939 when an industry commissioned a biochemist to find a use for the large amount of sodium fluoride wastes produced by aluminum pot lines. Big industry pressured state and local governments to fluoridate their water supplies, and the public was given the sales pitch that fluoride would prevent tooth decay. Bragg notes any intelligent person knows tooth decay is caused by “poor nutrition, especially the use of refined white sugar,” rather than the lack of fluoride in their water supply.

And Now for the “UnSafe” Chemicals

Thus far, we have only discussed inorganic calcium, chlorine and sodium fluoride. These are three of the most common impurities in our drinking water, which an average American may consume every day unless he or she takes the effort to drink distilled water. It should offer no consolation to know that most public health officials consider these three contaminants “safe.” But there are many other pollutants that, although less common in our water supply, are much more hazardous.

The update to Bragg’s book cites an ABC News study revealing that more than 700 chemicals have been found in our drinking water, and 129 of these chemicals have been cited by the EPA as posing serious health risks.

Yet the EPA requires that our water supplies be tested for only 14 of these chemicals.

In its June 2 issue, *The New York Times* reported, “More than 1 in 5 Americans unknowingly drink tap water polluted with feces, radiation or other contaminants ... Nearly 1,000 deaths each year and at least 400,000 cases of waterborne illness may be attributed to contaminated water ...”

Consider these statistics from the July 29, 1991 issue of *U.S. News & World Report*:

- Despite passage of the Safe Water Drinking Water Act in 1974, one in six Americans (40 million people) continue to drink water containing excessive levels of lead, a heavy metal that can impair the IQ and attention span of children. One in six children under the age of 6 have elevated levels of lead in their blood.
- In early summer, half of the water ways in American’s Corn Belt are laced with unhealthy amounts of pesticides.

- A quarter of all private wells in Iowa, Kansas, Minnesota, Nebraska and South Dakota have been found to be contaminated by excessive levels of nitrate, which has been determined to be carcinogenic in animals. The magazine termed current research on the effects of nitrates in humans as “disturbingly incomplete,” but said, “Scientists are certain, however, that nitrate in large doses can pose a threat to babies ... In 1986, an infant in South Dakota died after being fed formula made with water from a private well with exceedingly high levels of nitrate.”

- The EPA estimates that as many as 17 million Americans may be threatened by excessive levels of radon, a radioactive gas that permeates ground water at the highest levels in New Jersey, New England and the Western Mountain states. Preliminary studies have found that drinking water with radon can double the risk of soft-tissue cancers.

- Waterborne illnesses are on the rise. Municipal water plants use filters and disinfectants such as chlorine to control the spread of microbes, but evidence suggests many microbes are resistant to chlorine and some are small enough to get through filters. Water is both chlorinated and filtered in Carrollton, Ga., but in 1987, water contaminated by a chlorine-resistant parasite led to the illness of 13,000 residents. And Montreal researchers have found one-third of all gastrointestinal illnesses are caused by drinking water.

- Although 70 percent of Americans drink chlorinated water, “its safety over the long term is uncertain,” the magazine states. A study by the National Cancer Institute found that drinking chlorinated water may double the risk of bladder cancer, which strikes about 40,000 people annually. Scientists also have discovered that chlorine reacts with organic material in water, such as decaying leaves, to produce hundreds of chemical byproducts, including chloroform.

- A 1987 study of 1,000 top-priority “Super-fund” hazardous waste sites revealed four out of every five sites were leaking toxins into ground water. Our ground water supplies are being threatened not only by these major Super-fund sites and large chemical plants, but by small businesses such as dry cleaners and service stations. A Congressional study found

about 10 percent of the nation’s 1.4 million underground gasoline tanks are leaking.

- The *U.S. News & World Report* issue warns, “While assessing the health risks of a single chemical is difficult, evaluating the effects when two or more chemicals are combined is even trickier. In regulating drinking water, officials have looked at the risks from each contaminant individually. But in fact, studies show that some chemicals are much more lethal when mixed together ...”

So, What About Other Beverages?

If all this makes you lose your taste for drinking tap water, don’t think that soft drinks are any safer. In *Water Can Undermine Your Health*, Dr. Walker includes a 12-page chapter detailing a hazardous list of sweeteners, dyes, artificial flavors, chemicals used for “fiz,” etc., that compose colas and other artificial beverages popular among both adults and children. He warns these chemicals are much more dangerous than the inorganic minerals in tap water. For example:

- Several aniline dyes, usually listed on the ingredients only as “artificial coloring,” include Amaranth (red), Bordeaux (brown), Orange I (yellow) and Ponceau (scarlet). Dr. Walker writes that these dyes are derived from compounding nitrogen and benzene, and that benzene is obtained from the distillation of coal. Benzene “is used as a motor fuel, as a solvent for resins, rubber, etc. and ... it is an ingredient in coloring beverages. As chemical compounds, these dyes are harmful because they afflict the nerve system and the cerebrospinal fluid.”

- Caramel, a common ingredient in soft drinks, is obtained by combining sugar, molasses or glucose with ammonia, and heating to more than 350 degrees. Dr. Walker states, “The use of caramel tends to throw the blood out of balance, causing heart trouble which is intensified by the presence of ammonia. When used in excessive amounts it can cause mental and other disorders, particularly in children.”

- “Sugar,” Dr. Walker writes, “is one of the most harmful ingredients used in the manufacture of soft drinks ... Sugar causes irritation and weakening of the mucous membranes of the body and robs teeth, bones and blood of a great percentage of their minerals. Inflammatory diseases of the breathing and digestive organs result from the use of white and brown sugar.” Other diseases caused or worsened by the use of sugar include appendicitis, diabetes, cancer and poliomyelitis, a painful, crippling disease caused by inflammation of the gray matter in the spinal chord.

Dr. Walker summarizes his argument against these artificial, chemical-laden concoctions by asking, “If the labels were marked POISON, would you buy them?” He then provides the definition of poison as: “Any agent which, introduced into the organism may chemically produce an injurious or deadly effect. That which taints or destroys purity; to exert a baneful influence, to corrupt.”

And in a brief chapter on alcohol, Dr. Walker notes this is the only substance which can pass through the walls of the stomach

Father & son find new life from *God’s Way to Ultimate Health* Agent Orange symptoms, skin cancer, hair loss, arthritis, joint degeneration, high blood pressure & cholesterol, prostate & stomach problems & more healed

By Michael Dye

A Father’s Day gift last year in North Carolina drastically changed the life and health of the father who received the gift and the son who gave it.

On Father’s Day 1996, Mike Turner of Walkertown, N.C. gave his dad a copy of *God’s Way to Ultimate Health*. His father, Bill Turner, read the entire 282-page book on Father’s Day. “I couldn’t put it down,” Bill said. But when he did, he gave the book back to his son, saying that he needed to read it also.

The son, Mike, is a Viet Nam veteran who was suffering from exposure to Agent Orange and had been diagnosed with skin cancer. He had almost 100-percent hair loss over his entire body and degeneration of his joints to the extent that he said he could hardly walk or stand up at times. He said hair loss and joint degeneration are common symptoms of Agent Orange exposure. Mike also had high blood pressure, arthritis in his back resulting from the calcification of vertebra, acid indigestion, a hiatal hernia and reflux, a condition that required him to sleep at a 40-to-45-degree angle to prevent the contents of his stomach from rising to his throat and mouth.

The father, Bill, 70, for the past three to four years, had been debilitated to the point that he was unable to move his neck because of its

“It blows my mind to see what has occurred just from changing my diet ... I couldn’t hardly walk then; now I can run.” – Bill Turner

deterioration from where it was broken in two places in a 1948 car wreck. He was also hardly able to walk due to an operation from about 15 years ago in which a pie-shaped section of his leg was removed. This had led to a bad case of arthritis in that knee, and doctors wanted to do a knee replacement. He also had extremely high cholesterol, prostate problems, an inability to taste food, diverticulitis and other stomach problems.

In less than five months after Mike and Bill Turner started on a diet of raw fruits and vegetables, fresh carrot juice and Barley Green, all of the physical problems cited above have been healed. “Tremendous results ... It blows my mind to see what has occurred just from changing my diet.” As for his formerly arthritic knee, Bill said, “I couldn’t hardly walk then; now I can run.”

Where Bill’s neck was broken, it had become very stiff over the past four years and he said, “I hadn’t been able to move it at all for several months. I had to turn my whole body to turn my head. And I was on the strongest pain medication that could be prescribed.” After \$1,200.00 in X-rays two years ago, Bill said doctors decided his neck was “too bad to operate. They said eventually I would be paralyzed.”

After starting the new diet and Barley Green, Bill said “within three weeks the pain was gone out of my neck, but there was still some stiffness. After four weeks, the stiffness was gone.”

“I woke up a lot of people by showing

them what it’s done for me,” Bill said. He said many people at church and work have noticed the improvement in his health and have asked how it happened. “It’s amazed me the people who have noticed,” he said.

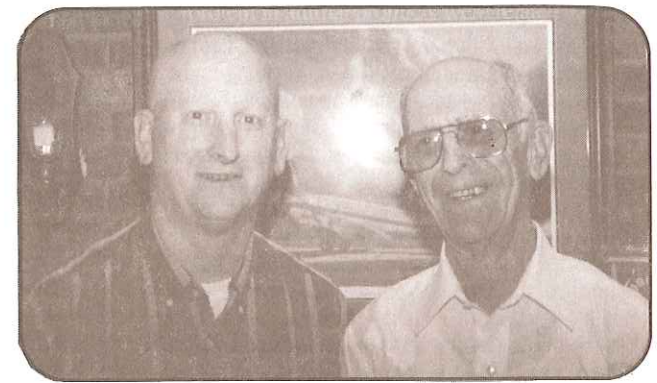
Mike’s “conservative estimate” was that 100 to 150 people from Gospel Light Baptist Church, where he and his father attend, have gotten on the diet after seeing these results. The church has a weekly attendance of about 3,300. Mike said, “Every week, more and more people show an interest in the diet.”

As with his father, Mike said it took about three weeks after starting the Barley Green for him to notice major improvement in his joints. “I had constant pain in my joints, and my ankles would give way sometimes. I was having trouble in walking and even standing up,” he said. Mike started on a diet of 100-percent raw fruits and vegetables before starting on Barley Green, and said he saw improvement almost immediately. But Mike said he noticed the biggest improvement in his joints after starting the Barley Green. “The Barley Green seemed to rejuvenate the joints. My joints are a lot tighter than they were.”

In February 1996, Mike first became aware of the Biblical wisdom of a diet of raw fruits and vegetables. Mike was reading Genesis 1:29, and, “For the first time in my life I saw it, I read it and the Holy Spirit spoke to me on it, and told me I could use this information to turn my life around or I could keep going the way I was going.” After that he went to a Christian book store in Walkertown, N.C., and saw *God’s Way to Ultimate Health*. Mike said he read the first 87 pages of the book, up to the chapter titled “Raw Food: God’s Original Diet for Mankind,” while in the book store. “When I read that, I knew what I needed to do,” he said.

Mike gave it to his father, who read the entire book on Father’s Day and signed up as a Barley Green distributor two days later. “Then he gave the book back to me and told me that I needed to read it,” Mike said.

Along with hair loss, the most apparent symptom of Mike’s Agent Orange exposure has been tumors all over his body that were diagnosed two years ago as skin cancer. Mike said following the initial results, which indicated the tumors were malignant, he asked children at the church school to pray for him, and later tests have found the tumors to be benign. Before changing to a diet of raw fruits and vegetables, Mike said the largest of the tumors was three inches in diameter and that it stuck out one-and-a-half inches. “It is now one inch in diameter and only sticks out a quarter-



Mike and Bill Turner of Walkertown, N.C.

inch. That really freaked out the doctor,” he added.

His doctor has taken interest in his improvements and wants to find out about what he is doing. “My doctor told me she sees hundreds of patients and very seldom does she see any progress in their health. My doctor said, ‘When I see this kind of progress, it makes my day.’”

An estimated half-million to one million U.S. troops in Viet Nam were affected by Agent Orange, a defoliation chemical used by the U.S. government. Mike, who spent three years in Viet Nam, said liver and kidney problems are common symptoms of Agent Orange exposure, “and most victims usually die in their late forties or early fifties. ... I’m 44,” he added. “In February, I figured I had about a year left to work. Now I’m shooting for living to be 100 or 120 years old.”

In five months, Mike has lost from 225 to 180 pounds, “with my energy level up.” The energy increase and relief from joint degeneration has allowed him to do a lot of walking. Prior to his dietary change, Mike had “very active bowels ... loose to semi-solid with blood in my feces all the time.” He said an immediate result of the diet change was “regular, soft bowel movements, without blood.” Also, X-rays by a chiropractor (who was treating Mike’s wife, but not him) showed major calcification in the C-6 vertebra in his neck. “You could see it on the X-rays. It was starting to solidify. The X-rays now show it’s gone,” Mike said. The chiropractor was amazed by the X-rays, “and then went nuts over the two books (*God’s Way to Ultimate Health* and *Why Christians Get Sick*),” he added. Mike’s two sons, ages 16 and 18, have started on the diet. “I didn’t pressure them. I let them see what has happened to me.” Mike said he and his father hope to come to Hallelujah Acres for the three-day training of Back to the Garden Health Ministers in March 1997.

Bill was able to quit taking his prostate medication, which his doctor had told him he would have to take for the rest of his life, and the doctor was amazed that he no longer had pain in his neck and leg. “I did a little jogging this afternoon. People who see me are amazed. They know what kind of shape I was in before.”

From the Mailbag

Continued from Page 2

“Dear Dr. Malkmus: I have reviewed your teaching series on Back to the Garden and the success that you have had with your modified raw diet. The tape lectures that I have reviewed were inspiring to me. I am a research scientist retired from the FDA/NIH. I am currently working on the nutrition and oxygen therapy. Our research has shown that when we eat natural nutrients (At least 65% raw fruits and vegetables) there is an energy explosion within our body. This gives the body the necessary tools it needs to rebuild strong cells that it takes to gain control of the body ...We have had great success with our program ...This we believe is or will be the beginning road map to return to the Garden of Eden...I would like very much to meet with you...”

**John H. Norris, Ph.D., Biochemist/
Microbiologist,** Maryland

“Dear Rev. Malkmus; I’m writing in regards to receiving the ‘Health Ministry Packet.’ After nearly dying, I’m convinced so thoroughly that God’s PLAN is the only way! My pulse rate stayed at 130 & above with a blood pressure of 248/160 that sent me to the hospital near death. God sent some kind Medical Missionaries here to help me with God’s Plan & gave me a copy of your book *Why Christians Get Sick*. I have since purchased *God’s Way to Ultimate Health* & it’s our best investment. I was on 360 mg Isoptin for blood pressure & now have been off it completely for 1 1/2 years with a blood pressure reading of 90/60 & pulse rate of 60 to 70. Now I feel it’s my turn to become the Health Educator God intends for me to be & help others as I have been helped...”

Marvin & Margaret Svaboda, Texas

“What a blessing it was to see you folks again and have your seminar in our church...those attending have taken hold of your teachings and are changing their eating habits. I have been busy answering questions on diet, etc. ever since - both in person and by phone!...May God continue to give you health & wisdom & strength to continue your ministry. Thanks to you, many Christians are awakening to their need to take charge of their own health according to the Scriptures...”

Pastor Dave Strong, Calvary Baptist Church, Wilmington, New York

“...Last Spring I asked that you send *Back to the Garden* to me and my daughter in Virginia. She was in very poor health - most body systems seemed to be deteriorating. She started using Barley Green and carrot juice. We have just visited her again - Wow! She looks like our daughter again. We thank y’all and praise God...”

Ruth Reist, Oklahoma

Dear Rev. Malkmus, Our friends introduced us to one of your tapes...We were amazed at what we heard. We started on the diet and purchased *Why Christians Get Sick* and *God’s Way to Ultimate Health*. I have been taking thyroid medicine, high blood pressure medicine and heart medication for several years and after just one week on the juice and vegetable diet I feel better than I have in years. Oh yes, I am taking Barley Green, too. Thank you for sharing this information with so many people...”

Mrs. G. C. Cary, Mississippi

“Dear Rev. George Malkmus, Our chiropractor introduced you to us when our youngest son was sick with pneumonia. The medical doctor had him on one antibiotic after another. After several weeks my son was still sick and I decided to take him to see our chiropractor. He gave us your tapes and a jar of Barley Green. We took him off all medications despite an outrageous attack from everyone we knew, and changed his diet. We gave him large doses of Barley Green. Within a couple of days he was a different baby. My husband Daniel, our children Teri who is two, Stone who is one and our new baby Tara who is 3 months thank you for your ministry. You were an answer to prayer and our life has changed in great ways! We are so excited and thankful we found out all this information while our children are so young. They are going to have such a great start in life...I read your book daily and I gather new things every time. *God’s Way to Ultimate Health* is the best book I have ever had! ...I want my children to have a long, healthy, fulfilling life in Christ. Thank you so much!”

Melisa Moss, Missouri

“My husband has been ‘legally blind’ for the past 11 years due to macular degeneration. (After going on the Hallelujah Diet) the pain in Rod’s eyes were gone after one week and his eye disorder is healing. (His) arthritis pain and swelling is gone (and) he lost 25 pounds. I however am overweight and thus far have lost 40 pounds. I am 5’ 5” and weighed in at 230. But not anymore! I am looking forward to a trim, healthy future! We walked in the dark concerning health and nutrition. Now, because of your ministry, we walk in God’s light. Your program has given us hope for a healthy life and ministry for our future. Come to Modesto!”

Rod & Trish Hoover, California

“Dear Dr. Malkmus, Thank you so much for your Hallelujah diet. It literally saved my life and is restoring the years that the locusts have eaten. Ten years ago...After extensive blood work and tests I was diagnosed with chronic active hepatitis, chronic arthritis, and possible lupus...I was placed on large daily doses of prednisone...Within three weeks I gained almost fifty pounds...I felt terrible, looked terrible, and my husband lost interest in me and left. I was at my lowest ever. I had lost my health, my husband, my security, and now I had to fight to keep my three children and my home...After four years of prednisone I went to a well-known nutritionist who took me off the steroid and put me on a natural healthy diet similar to yours. I received weekly intravenous pushes full of magnesium, B6, and other vitamins. This helped for two years until I started getting head-aches and muscle cramps... This past May I was hospitalized in coronary care. My liver and CPK enzymes were very high... I tried an Herbalife diet for two months. I lost weight, but I had constant heartburn and diarrhea and the cost was prohibitive. I put a fleece before the Lord ...The very next day my next door neighbors brought me your book *God’s Way to Ultimate Health*, Barley Green and carrot juice. Within the very first day my heartburn and diarrhea stopped. I have been on your ideal diet since June 27, 1996. My weight is down to 127 pounds. I feel my energy returning daily. I can walk again without a cane, and I did 310 sit-ups this morning. I feel whole again. Physically and emotionally I have been transformed. I feel like an atomic bomb ready to

explode. I require less sleep, have great endurance, and I feel mentally tougher than I have ever felt in my life. I praise God for His tender mercies and steadfast love. I pray that you will continue to promote this natural way of healing as practiced by Daniel in the Bible. May God bless you richly. With deep gratitude...”

Betsy Lynn Carpenter, Maryland

“Please put us on your mailing list for *Back to the Garden*...I can’t tell you what a blessing the back issues have been to me. I have always felt from my studies that your nutritional philosophies were right, but yours are the only writings I have found that show you right from the Bible and cuts to the heart of the matter. I have read Lester Roloff’s writings long before I heard of you and your ministry. I had always wished that Bro. Roloff had lived long enough to give us more information. But it seems as though you have picked up the baton and I am so thankful. It makes a world of difference to base your health and nutrition on the Word of God rather than worldly wisdom.”

Vic and Cathy Andzulis, Florida

“Dear Bro. Malkmus...I praise God and thank Him for you and for your willingness to obey Him and help His people - especially me! I also praise God for my Doctor and Pastor who told me of your books, *Why Christians Get Sick* and *God’s Way to Ultimate Health*...two days ago I started your diet for life. I realize now what has been my real enemy - sugar and dead food. I have hope now after spending thousands of dollars on Doctors, drugs, etc. I am a 43-year-old and have suffered greatly with female troubles, severe depression, mood swings, arthritis in neck, back & hips, bad knees, severe headaches, fatigue, leg & feet cramps, etc., etc., etc. Three days ago I went off my anti-depressants and I believe I won’t need them anymore. I am working on my temple to restore it and I trust that it’s going to be a beautiful temple, built in the design God intended it to be...Please pray for my husband. He is starting to do a little better. He had a heart attack 7 years ago. He is 51 years old, 294 lbs and having a lot of trouble. I hope & pray that as he sees me changing for the better - feeling better and looking better, he will also want to eat God’s way...I don’t want to lose him now. We are in the empty nest now - AND IT IS OUR TIME NOW!...God bless you and Rhonda. Keep up the great work - God’s work! I believe God is restoring His temple here on earth - preparing us for the last days. His mighty Army needs to be fit and ready. I have answered the call as you have done and as others are doing. What a great future we have - We are on the winning team!...Brother Malkmus, God is using you to restore and rebuild His temple. You are the Nehemiah of today!...”

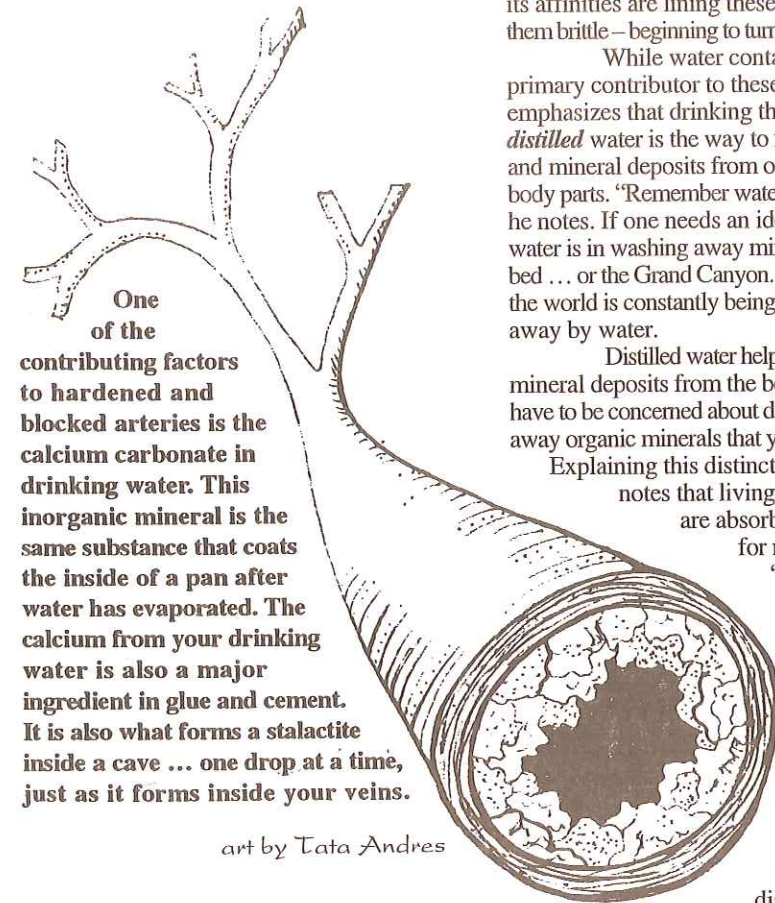
Phyllis Black, Ohio

“Thank you for the excellent job of formulating the tremendous book *God’s Way to Ultimate Health*. At age 90, I have been searching for over 60 years for the ultimate in a book of this type and *God’s Way to Ultimate Health* is the long-awaited answer!...You merit our undying gratitude!”

Keith Crockett, Missouri

Continued – please see next page

Back to the Garden



we could by eating rocks in the ground.

Because these inorganic minerals cannot be absorbed into the cell wall as nutrition, they become distributed elsewhere in the body, causing arthritis in the joints, kidney stones, gallstones, hardening and blocking arteries, etc.

The most common mineral in ground water is calcium carbonate (lime), which is also a primary ingredient in making concrete and cement. If you have ever seen a large stalagmite or stalactite in a limestone cavern, you can visualize how this hard rock forms, one drop at a time in a cave ... or on the inside of your arteries, a kidney stone, in your joints, etc. Another way of actually seeing these mineral deposits is to pour water from your kitchen sink into a pan. Put that pan of water in the sun and let it evaporate. Or if you are in a hurry, boil it. Either way, once the water has evaporated, you will find a solid coat of mineral deposits left on the side and bottom of the pan. These are the same deposits left in your arteries and the rest of your body.

Paul Bragg, an early pioneer of health foods, emphasizes that it is a fallacy of the medical profession to say that hardening of the arteries – known as “arteriosclerosis” – is a result of old age. Actually, he notes, hardening and blocking of the arteries is caused by the consumption of inorganic minerals from water, along with table salt and the waxy saturated fat (cholesterol) and acids from a meat-based diet ... **not old age.** (As evidence of this claim, it could be noted that at the age of 95, a physical at Johns Hopkins revealed that Bragg had the arteries of a 20-year-old.)

Bragg adds, “If we examined our arteries

closely, we could see that calcium carbonate and its affinities are lining these pipes and making them brittle – beginning to turn our body into stone.”

While water containing minerals is a primary contributor to these deposits, Bragg emphasizes that drinking the proper amount of *distilled* water is the way to flush out cholesterol and mineral deposits from our arteries and other body parts. “Remember water is a flushing agent,” he notes. If one needs an idea of how effective water is in washing away minerals, look at a river bed ... or the Grand Canyon. The hardest rock in the world is constantly being eroded and washed away by water.

Distilled water helps to cleanse inorganic mineral deposits from the body, but you do not have to be concerned about distilled water leaching away organic minerals that your body can utilize.

Explaining this distinction, Dr. Walker notes that living, organic minerals are absorbed into the cell wall

for nutrition. He writes,

“It is virtually impossible for distilled water to separate minerals which have become an integral part of the cells and the tissues of the body. Distilled water collects only the minerals discarded ... from the

cells, the minerals which the natural water originally collected from its contact with the earth and the rocks. Such minerals, having been rejected by the cells of the body are of no constructive value.”

When a person has arteriosclerosis, doctors often recommend by-pass surgery, balloon surgery or some other costly method to replace, clear up or get around the larger blocked arteries that are causing concern.

Both Bragg and Dr. Walker point out the short-comings of this approach. Dr. Walker notes that although the largest artery in the body, the aorta, measures about one inch in diameter, the great majority of our blood vessels are microscopically small capillaries. “The tiny capillaries in your body form a network which, if spread out on the ground, would cover an area of about 1 1/2 acres. That’s about 63,000 square feet. If all these tiny capillaries were placed end to end, they would make a microscopically tiny tube about 60 miles long,” Dr. Walker estimates. So if your arteries are clogged, you should be concerned about the entire 60 miles, not just the few inches that might be cleared with by-pass surgery.

It is the tiny capillaries of the brain that suffer the greatest damage from inorganic minerals, cholesterol and salt. Bragg notes: “Go to the large convalescent and rest homes and see with your own eyes the people who can no longer think or reason for themselves. Many of them cannot recognize their own children and relatives ... **no technique on earth can regain the life of a human brain**

that is turning into stone.”

Another very fine passage-way easily obstructed by the impurities in water are the connective tissues that bind, support and protect vital organs, blood vessels, nerves and muscles. Dr. Walker notes these connective tissues form the outer covering of the brain, the membrane of the spinal chord, the cornea of the eyes, and they are involved in the metabolism of cells. He estimates that if the fine membranes forming these connective tissues in a human body were separated and placed side-by-side, they would cover several acres.

“Every piece and parcel of connective tissue is intimately involved in the filtering of water,” Dr. Walker writes. “The impurities which circulate through the system with the water and the blood are the villains which clog up the microscopically fine mesh of the filtering membrane ... noticeable in choked varicose veins, coronary occlusions causing heart attacks, etc.” Along with inorganic minerals in water, other impurities Dr. Walker blames for obstructing passages in the connective tissues include refined foods such as white flour, sugar, salt, starchy foods and processed carbohydrates that are not water soluble.

How is Water Distributed Through the Body?

Liquids are transferred wherever they are needed in our body by the process of osmosis, through the microscopic capillary veins of the walls of blood vessels. “Osmosis,” Dr. Walker explains, “is the passage of liquids, concentrated solutions and vapors through semi-permeable membranes or skin.” He warns that when large amounts of water containing inorganic minerals is consumed, “osmotic pressure through the connective tissues is demonstrably decreased, causing the obstruction of functions and activities in the area where it occurs. This interference with the osmotic pressure may result from the mineral matter in the water or from an excessive consumption of salt and starch and sugary foods.”

This important function of transferring liquids throughout the body is handled by the endocrine glands, the glands of internal secretion. Dr. Walker refers to the hypothalamus – a small gland near the center of the brain – as “the Emperor of the Endocrine Glands system.” The hypothalamus controls our water flow, keeping bodily fluids in balance by determining when we need to replenish or eliminate water. When an organ, mucous membrane or cell in your body needs water, it is your hypothalamus that sends you the message: “I’m thirsty.” The hypothalamus also acts as the body’s thermostat, so when we get hot, nerve impulses are sent to open pores in our skin. This allows perspiration to moisten and cool our body, helping us to stay comfortable. Or in cold weather, these nerve impulses from the hypothalamus act to close some of these pores, and raise the heat factor in blood circulation, which allows the body to generate and hold in its own heat.

And speaking of nerve impulses, Dr. Walker adds that nerves contain a constant flow of cerebrospinal fluid, which is 92 percent water. So you can see the efficiency of the

Continued – Please see next page

Water: The precious fluid that keeps us alive also has Impurities that can lead us to an early death

By Michael Dye

Since our early years in grade school we have been told that about 70 percent of our body is composed of water, and that no life could exist on Earth without this precious liquid. So, you would think that by now we would all appreciate the extraordinarily vital role water plays in maintaining our health and keeping us alive. Evidently not.

Few people take the effort to ensure that they are drinking pure water, free from inorganic minerals, chemical poisons and other harmful contaminants. Most are willing to drink whatever impurities are in their local tap water ... and our water supplies are becoming increasingly polluted from industrial sources, agricultural run-off, lead pipes, along with sodium fluoride, chlorine and other chemicals added to municipal water supplies. And many people drink water only when soft drinks and other artificial concoctions are not available.

The fact is that very few people are providing their bodies with the H₂O that is so essential to our life and our health.

So for most of us, it's been a while since grade school, but perhaps it is time to again be reminded of the elementary – yet essential – fact that **about 70 percent of our body is composed of water and that drinking pure water is one of the**

easiest and most important steps we can take to improve our health. Rather than taking this element for granted, we should realize that since water constitutes more than two-thirds of our body, it must be extraordinarily important in the functioning of our body. So, let's examine:

- What does water do in our body?
- What impurities are in drinking water?
- What effects do these impurities have on our health?
- And how can we obtain pure water?

Even a brief answer to the first question should leave you astonished at the incredibly vast and diverse functions water performs in your body. If you are impressed with the wide range of benefits from water, you may be equally amazed to discover the harmful effects that impurities in water can have on your body. And you will see our bodies can obtain pure water from three sources: 1) distilled water; 2) live, raw fruits and vegetables; and 3) freshly-extracted juices of raw fruits and vegetables.

How does water work in our body?

Along with oxygen, water is one of the two most important elements on Earth in sustaining our life. *Everything your body does,*

it needs water to do it.

Take just a second to roll your tongue around in your mouth. Imagine how that would feel without water.

Water is the primary ingredient in all bodily fluids, including blood supply, lymph, saliva, glandular secretions and cerebrospinal fluid. Water constitutes 92 percent of our blood and nearly 98 percent of our intestinal, gastric, saliva and pancreatic juices. While our body contains about five quarts of blood, a 150-pound person contains some 80 quarts of water.

To give just a sampling of the diverse functions of this vital element:

Water helps us to digest food. Water is used to maintain proper body temperature. Water gives our lungs the moisture we need to breathe. Water provides for the form and functioning of our body's 100 trillion cells. When our cells are starved for water, they become parched, dry and more vulnerable to attack by viruses.

Water holds our body's nutrients in solution and acts as a transportation medium to bring them into our cells. And likewise, water holds our waste products in solution and acts as a medium of transportation to eliminate them from

Water constitutes, regulates, flows through, cleanses and helps nourish every single part of your body. But the wrong kind of water – with inorganic minerals, chemicals and other contaminants – can pollute, clog up and turn to stone in every part of your body.

our body. This waste comes from the cellular level, the bowels, blood stream, lymphatic system, and every organ, muscle, bone, connective tissue and piece of flesh in our body.

Water constitutes, regulates, flows through, cleanses and helps nourish every single part of your body. But the wrong kind of water – with inorganic minerals, chemicals and other contaminants – can pollute, clog up and turn to stone in every part of your body.

In his book, *Water Can Undermine Your Health*, Dr. Norman W. Walker offers a good account of what water – and its impurities – do in our body.

To start with, everything you eat or drink goes into your stomach and then into 20 to 25 feet of small intestine, he explains. From there, food can go one of two ways: That which can be assimilated is transferred to the liver for distribution to the rest of your system; while most of what cannot be utilized is passed on as waste into the large intestine (colon).

But Dr. Walker notes, "Liquids pass readily through the microscopic blood vessels in the wall of the small intestine," so "whatever the liquid contains in colloidal form goes along with the liquid right into the liver." He defines a colloid as "any substance in such a fine state

of particles that it would take from 50,000,000 to 125,000,000 particles to measure one inch." This includes inorganic minerals, the most common of which is calcium (lime).

Once this liquid reaches the liver, he writes, "it is completely divested and cleared of everything whatever that was a component part of the liquid, except only the hydrogen and the oxygen which, together, form the water molecule. Water containing nothing but hydrogen and oxygen is pure water, and this is the only kind of water which the blood and the lymph can use in their work ... Whatever mineral and chemical elements were present in the water when it first reaches the liver, are segregated by the anatomizing processes in the liver and either passed on into the blood stream or are filed away as reserve material."

What impact do minerals in water have on our health?

So, what is the cumulative effect of collecting these mineral deposits in the body? Dr. Walker writes that if a person drinks two pints of water a day, this will total 4,500 gallons of water passing through his body over a 70-year

lifespan. **If it is not distilled, Dr. Walker estimates these 4,500 gallons of water will include 200 to 300 pounds of rock – inorganic calcium (lime), magnesium and other mineral deposits – that the**

body cannot utilize. He notes most of these inorganic minerals will be collected by the body's water, blood and lymph systems to be eliminated through excretory channels. **But some of this 200 to 300 pounds of rock will stay in the body, causing stiffness in the joints, hardening of the arteries, kidney stones, gall stones and occlusions (blockages) of arteries, microscopic capillaries and other passages in which liquids flow through our entire body.**

It is vital at this point to understand the difference between organic and inorganic minerals. Water flowing through or on the ground collects inorganic (non-living) minerals from the soil and rock through which it passes. These are not minerals that humans or other animals can utilize. Only plants have the capability of transforming inorganic minerals from the ground into living, vital, organic minerals we can use for nourishment. For this reason, we cannot absorb any minerals from eating finely-ground rocks or soil from our garden. We must allow the plants in the garden to take in these inorganic minerals through their roots from the soil and transform them, by the process of photosynthesis, into organic minerals that we can utilize. Inorganic minerals from the earth are absorbed into ground water, so we cannot benefit from minerals in water any more than

"I have seen a copy of *Back to the Garden*. I have never read so very much truth in one issue of any other magazine anywhere at anytime. You and yours are truly blessed. May God's love, protection and blessings remain now and forever."

Jack Mohr, Mississippi

"Dear Rev. Malkmus...As a pastor I am very tired of running to the hospital and nursing home to pray for people who have eaten their way into illness. The prayers for healing don't seem to help much. The people need instruction in God's Ways rather than asking in prayer for God to bless their rotten lifestyle and its consequences. If we could spend our prayer meetings praying for lost souls and missions instead of people's illnesses we would see a mighty spiritual revival. Pastors are some of the worst offenders of abusing the body with coffee, wrong food and lack of exercise. You have helped turn this pastor's life around and I have new energy, enthusiasm and clarity of thought. Thank you!! If God provides, my wife and I and my father-in-law (a retired dairy farmer who has always wondered about dairy and has promoted juicing and vegetables with years of scorn and rejection from friends, church and family, is nearly 70 and is vibrant, strong, healthy, and works like a young man) would love to come to your farm and take your Health Ministry training."

Pastor Tom Olson, Wisconsin

"I just read an issue of your *Back to the Garden*. I have learned more in 8 pages than in 50 years. Thank you for listening to God & His faithful Word. I am recovering from Chronic Fatigue Syndrome after leaving prescriptions and over the counter medicines. With life style changes I am improving..."

Lorraine Stretawski, Deleware

"Dear Bro. Malkmus...(As a pastor) I have had concerns about people expecting a miracle each time their bodies became sick. Everyone who received prayer did not receive healing. I have studied the Greek word for healing in the New Testament for clarity of meaning but something was missing until a friend of ours told us about your book *Why Christians Get Sick*. As I read this book, I felt that the answers I had been seeking were right before my eyes. I have always contended that the Word of God contained everything we needed for all portions of our lives if we could just come to the correct knowledge of it, as you refer to in Hosea 'my people are destroyed for lack of knowledge.' I have had information given to me about lifestyle changes from a nutritional viewpoint before, but your relating it to the Scriptures got my attention!...Thank you for writing *Why Christians Get Sick* and *God's Way to Ultimate Health*..."

Pastor Louis Boyd, Texas

"Dear Dr. Malkmus, On the same day I received your *Back to the Garden* I read about John and Donna Diegels' transformation in their daughters magazine that she publishes for Christian girls. Believing the Lord was trying to tell me something, I read your whole issue at once, and grew more and more excited. I feel a peace about knowing that this is the way we should go as a family, and I have my husband's backing. I used to eat much more naturally in years past, but lacked direction and support from Christians around me (to put it mildly) I gradually gave it up...As a result, I have twenty extra pounds, skin problems, headaches,

tinitus, mitral valve prolapse, a two-year long bladder infection, asthma, candida, etc...It has been SO hard when every time I turn around it was another family function, holiday, church pot-luck, picnic, or some other event where compromise was expected. I guess I finally waved the flag and gave up. But now I'm sick of it. Sick of being sick, and thrilled beyond words to read about a CHRISTIAN ministry that cares about health!! I was familiar with *Diet for a New America*, the Natural Hygiene movement, the Diamonds, Dr. Walker, rebounding and juicing. I just could never put it all into practice because I felt isolated and grew weary of always being criticized. Besides that, so many of the materials I read were filled with New Age thought. I never put the whole program together. But now I know that I can because of your comprehensive materials. Just reading the long list of actual people who eat and live this way was unbelievable ...Now that the Lord has directed me to Hallelujah Acres, I am ready to step out."

Donna Muller, Pennsylvania

"I thank God there are people like Dr. Malkmus who are carrying the banner of truth regarding health..."

Dr. Clark Chamberlain, D.C., Ph.D.
Ontario, Canada

"Dear Dr. Malkmus: We are missionaries on deputation to the field of Australia. At a missions conference we were given a copy of your book, *Why Christians Get Sick*. We went out and got a juicer and immediately started juicing. We are both 43 years old, and we noticed the difference in the way we felt right away. However, we did not stop eating meat altogether. We are currently on deputation and attend many meetings and folks want to take you out to eat. Not wanting to offend anyone, we would eat meat while attending meetings. But today, we received your copy of *Back to the Garden* and decided we were not eating any more meat under any conditions! We want to give the Lord our best for the rest of our lives...We will carry this Hallelujah Diet to Australia and teach it there also. As we have been traveling the roads of America for meetings we have been telling all the pastors and pastors wives about your book. Everyone has been extremely interested... God bless you and your wife. We praise the Lord how He is using you to help others to live longer, healthier lives so that we can be more effective for the cause of Christ in seeing others all over the world come to know Jesus as Saviors!"

Ron & Penny Hensen, Australia

"...I am in my 4th week (on the Hallelujah Diet) and feel great. Arthritis had it's full hold on me - but not anymore. I feel so much better and alive. The diet is not hard to follow after you make up your mind to make the change..."

Pat Stockton, Louisiana

"Dear Dr. George & Rhonda, I am 84 years old and have had arthritis in my legs and arms quite severe at times. Had been getting around with great difficulty. Have been pretty much on the raw fruit and vegetables for about 3 months. Have added Barley Green this month. I am feeling so much better and am able to walk 6 to 8 blocks now which I haven't been able to do in a long while...I am ever so grateful for the change that I have experienced. I have met some criticism and opposition but as long as I continue to feel better I am sticking with it..."

Mae Fishel, Washington

"Rev. Malkmus, We are so thankful for your truth on eating...as our daughter has M.S. We were introduced to carrot juice and Barley Green and raw foods in March and in 3 weeks she (our daughter) started feeling great. She has introduced many people here and in the local hospital to this plan. We have ordered books...and use Barley Green and juice daily. We are 73 and 77 and expect a long healthy life. Our daughter is a living testimony for what this (Hallelujah Diet) can do. She was ready for the wheel chair and now she feels wonderful and has energy plus. Two of our local doctors are also on this plan. What a blessing..."

Juvenia Peters, Georgia

"Dear Rev. Malkmus...I just recently saw a video of one of your seminars and am very thankful as I know that everything you said was truth...I thank the Lord that He has opened my eyes and given me the ability to recognize the truth and your Health Message is certainly true...keep up the good work for God's people, your message is reaching far..."

Julie Gamble, Australia

"I haven't completely converted to the Hallelujah Diet yet but I am working on it and each day I am feeling better and better. I have been HIV positive for 14 years and I am sure that God is using your ministry and truth to keep me alive and well. My daughter died of aids..."

A.G., Maryland

"Dear Brother in Christ, I mentioned in my phone call to Olin a few days ago the good news re my recent blood work. I learned that my PSA count was down to 8.6 from a high of 12.6 so in reality it has dropped a total of 4.0 points altogether. I attribute this to three factors - what Nila & I choose to refer to as PEP - Prayer, Exercise and Proper Diet...we have both had significant weight losses. I went from 204 pounds to a current 161. Both of us have noticed that our hiatal hernia problems are gone. Cholesterol and triglyceride levels are approaching the normal, healthy range. Our energy levels are up. The arthritis problem in my knee is almost totally eliminated. Where I once had a walking problem I am now able to take extended walks, even do a small amount of jogging. I can work out on our trampoline without discomfort. My skin has cleared up. I am currently drinking about 40 ounces of raw carrot juice a day with three tablespoons of Barley Green...As a retired pastor/preacher I am excited at prospects of sharing the message with the church whenever I have opportunity. I am a living testimony as to the effectiveness of the Hallelujah Diet..."

Pastor Bill Schneider, Pennsylvania

"Bro. Malkmus, God Bless you...I have read your book and have been enormously influenced...I want you to know that our entire church is being educated on the contents of your book, *Why Christians Get Sick*, and I am doing everything I can to get it into the lives of other Pastors and laity. There is truly a Revolution going on in our lives regarding Health Care from God's Perspective..."

Pastor Calvin & Judy Ellison,
North Carolina

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.

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, books, audios, videos, juicers, distillers, etc. The products will be purchased from us at wholesale so those who start their own Health Ministries can retail these 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 600 Health Ministers who have been through training here at Hallelujah Acres. These people are spread out across America in 46 states and even into Canada, Hawaii, Puerto Rico, Mexico, the Philippines and New Zealand. It is interesting to see how many are coming to our training from professional health fields - nine medical doctors; three dentists; one optometrist; 13 chiropractors; and 53 registered nurses. This large number of health professionals coming to us for training is more understandable when you realize that 75 percent of the medical schools in America do not require a single course in nutrition for a medical degree.

We also have more than 100 pastors, evangelists, missionaries and Sunday School teachers who have become Health Ministers, as well as housewives, construction workers, business leaders, retired people, etc., all who want to help share the good news that "You don't have to be sick." We receive daily inquiries from those who want to start their own Health Ministry. Listen as they share their reasons for coming for training:

Diane Lozano of Walnut Creek, California, writes: "A friend of mine asked me to 'disciple' her in her new endeavor into nutrition and gave me her *God's Way to Ultimate Health* ... which was truly an answered prayer for me. For years I have been encouraging others to eat foods closer to what God made though I wasn't consistent about doing so myself until I had a cancer scare - then inconvenience was thrown right out the door. I have only been on this program (Hallelujah Diet) six weeks yet the results have been phenomenal. My grapefruit sized ovarian cyst has gone down considerably. Immediately after starting the Barley Green my bleeding stopped. The toxins from the medications I was on were 'flushed out' within a week and the swelling and bloating were gone and I lost 12 pounds. My depression is lifted. I am able to think clearer than I have in years and I actually have enough stamina to work out at a gym three times a week. My moods are much more stable and I have a better outlook and can hear God clearer. I have had menstrual problems for 20 years; one minor and one major (7 hours) surgery and the symptoms were back in 4 months. The medicines and hormone treatments left me emotionally non-functional and I assumed I would never have children ... I am now planning to start a family since I am so healthy and have clear thoughts and such joy in the Lord. I now want and am ready to share it (Hallelujah Acres Ministry) with everyone."

Betty Lou Kuhnell, Cincinnati, Ohio,

writes: "I developed an interest in nutrition about 14 years ago but never learned as much from a book or seminar as I have listening to the videos and personal seminars of Rev. Malkmus. Last May I became *very* ill with Epstein Barr and Fibromyalgia and sought information on 'alternative' medication. I refused to take the drugs I was told were necessary to 'function.' (After going on the Hallelujah Diet) I feel better now than before I got sick. Thank you! I too want to spread the news of God's way."

Patsy Burford of Silas, Alabama says: "I have been using Barley Green and juicing carrots since 2/14/96. I have lost from 138 to 110 lbs. My allergies have cleared up. I had tennis elbows in both elbows and they are much better. Headaches are gone. Oily skin is drying up and I am not tired anymore and have lots of energy. I feel great and am walking 4 miles a day. I believe 'you don't have to be sick.' Now, I want everyone to know what I know but I am finding out lots of people don't really want to know why they are sick if it means giving up meat, dairy & sugar! I want to be trained 'to help people get well' and stay well."



James Desiderati provides some lively musical entertainment at our November Health Minister training session.

"Dear Dr. George: My name is **James Desiderati**. I am a 41-year-old LPN at a local children's hospital. I just finished reading *God's Way to Ultimate Health* and feel the time has come to contact you. Only a few months ago my father was finally able to break down my stubborn resistance to your message ... I want to meet you, to shake your hand and to look into the eyes of a man who has changed the lives of people I love. Within two months I have grown to have faith in God and believe in Jesus more than in a lifetime ... I have seen a miracle. Sharing this energy and life is the next step ... Within two days after starting the new menu of God's food (Hallelujah Diet), my chronic indigestion stopped. No more tum-ta-tum-tums! I needed Tylenol and Motrin to sleep because of headaches, back aches, sore muscles and stiffness. I haven't had one pill in over two months. My chronic sinus problems are gone - GONE! After surgery and steroids twice a day up each nostril and Humabid pills when the steroids failed, not to mention the bleeding created by the side effects. And I still had trouble breathing. Two weeks ago my ENT doctor said 'You don't have to come back!' I have lost 25 pounds and my gums don't bleed anymore. I am full of energy and have started exercising like I have been saying I was going to do for years. My ears stopped ringing and my teeth don't hurt anymore and I sleep better. I

am more calm and feel more in control at work. My job carries me into the lives of many people with chronic illness, disease and tragic trauma. I am on the adolescent medical/surgery oncology floor and I see the effects of a poor diet raping the innocent on a daily basis. It's heartbreaking my friend. Eight, nine and ten year old boys and girls with cancer, diabetes, asthma, cystic fibrosis. Teen agers with obesity and eating disorders. Beautiful lives pounded by cancer therapy so that they bloat up and try to hide their bald little heads. Too many have suffered and died ... Already I have sent two families home with a copy of your book (*God's Way to Ultimate Health*) ... I love you for giving my father and others life again. I owe ya George! ... Please accept my (Health Minister) application ..."

Clare Bryan, Evans, Georgia, states: "I am very concerned that Christians are dying just as fast as others. I have felt increasingly burdened that prayer meetings in our churches consist of requests for sickness - mostly cancer and heart problems. I live in a medical community and they are not getting out the message I feel needs to be shared. This past spring, after going on the Hallelujah Diet in January, was the first time in 20-plus years that I took no antihistamines, decongestants, steroid nose sprays, etc., and I feel great! Just from changing to God's Diet and Barley Green."

Marilynn Marshall of Mountain Home, Arkansas, writes: "For years I have been very interested in nutrition and health. ... I believe the Hallelujah Diet and lifestyle plan is the truest and simplest means in regaining and/or keeping our precious health as our (Heavenly) Father intended, and it is founded on God's Word, love & the spirit of goodwill, rather than big profits. ... There is such a need in every community! I believe many degenerative illnesses and much suffering can be turned around or be altogether avoided. Back to the Garden Health Ministries is doing a tremendous service, and I would love to help spread the word in partnership with you."

Dr. Gene A. Charles, Ph.D., Sterling, Virginia writes: "I was very pleased to recently learn of your ministry through *God's Way to Ultimate Health*. As a health professional for 23 years, our Christian Health Ministry has reached thousands of Christians, and those of the secular communities also. Most if not all suffer from the dreaded diseases caused by eating 'dead' (cooked) food ... Eating a diet of 70% raw fruits and vegetables is the diet that every one of God's people should be eating ... I am very much interested in your program to become a Health Minister ... also, I would ask what is required to have you come to our region to present one of your special health and nutrition seminars ..."

And here are some of the results our Health Ministers are seeing in their communities: "Minister had hemorrhoids healed; weight loss; diabetes improvement; cancer healing in 6 weeks; Graeme personally healed of prostate cancer! Praise the Lord!" - **Graeme & Beverly Coad**, Virginia Beach, VA

"One lady was in her early 50's. She suffered from Lupus, Diabetes, Fibromyalgia, Arthritis and was very obese. She is a nurse. After 4

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mos. on the Program she had lost about 50 lbs.; was off insulin and off the 14 other medications including pain medication and was able to do about 30 minutes of aerobic exercise daily. Previously she had not even been able to tie her own shoes." - **Tom & Laurie Ousley**, Kokomo, IN

"Lupus gone; diabetes gone; colon tumors disappeared; female troubles improved; MS improved; mercury poisoning and psoriasis clearing up ... not enough hours in a day to meet the demand." - **Brian Cutts**, Wallingford, CT

"Many Senior Citizens in church are off their medications, lost weight and are more active than they've been in years. Chronic migraines completely gone in several; one lady's arthritis is gone and fingers are returning to normal." - **Nancy Rigshy**, Dearborn Heights, MI

"A medical doctor from Johns Hopkins Hospital who bought some Barley Green from me says it has cleared a rash from his face that no drug could help. He already has his patients calling me about Barley Green. I personally have lost 60 pounds and people are seeing a change in my body." - **Robert Cyr, Jr.**, Baltimore, MD

"Diabetics getting sugar under control; lots of weight loss; more energy; psoriasis clearing up; people are infused with hope which has healing in it." - **Bev Cook**, Houston, TX

"Seventy-year-old off shots after 10 years of insulin dependence; liver disease in remission ..." - **Nancy Fitzmorris**, Covington, LA

"Diabetes gone; arthritis reversed; lumps

gone; prostate cancer cured; no more migraines ..." - **Bob & Karen King**, Morgantown, PA

"Cancer patients are improving; diabetic patients are improving; HIV patients are improving; Fibromyalgia patients are improving. The improvement comes with Barley Green and more live foods in diet." - **JoAnn Hawker**, New York, NY

"Whole family plus in-laws on program. Father, overweight all his life has dropped 60 lbs. Both children and father suffered with severe sinus and allergy problems, have been helped ..." - **Dr. Rowen Pfeifer**, Nashville, TN

"Allergies relieved; diabetes lessened; high blood pressure gone; cancer patient helped; arthritis relief and general feelings of well being ..." - **Fred & Janet Huhn**, Salisbury, MD

"Physical problems helped or eliminated include arthritis; skin cancer; snoring; weight; prostate cancer; energy ..." - **Dr. Ronald & Diane Vaillancourt**, Lake Panasoffkee, FL

"Currently helping a recovered diabetic - Doctors wanted to amputate his legs - went on (Hallelujah) diet and lost 180 lbs. - still has both legs and Dr. will take him off medication next visit." - **Helmut & Ingrid Joks**, Ocala, FL

"One little 3-year-old with Leukemia is juicing, eating organic, drinking Barley Green and Fiberblend and is feeling great compared to all the other ill children they come in contact with on their check-up days ..." - **Angie Olson**, Hastings, MN

"I gave your book *Why Christians Get Sick* to my church members including my pastor ...

Missing Persons Report: The Diegel Family Has Lost 285 Pounds

The family of John and Donna Diegel, including their four children, have lost 285 pounds and more than two dozen ailments since beginning the Hallelujah Diet a year-and-a-half ago.

Even without considering all the diseases that have disappeared, the body mass alone that has been lost by the six-member family is the equivalent of two whole people. Introducing themselves (and the diet) to their new neighbors in Vermont, the Diegels say "we are so excited to tell you what we *don't* have any more."

The Diegels, who came to Hallelujah Acres in September 1995 for Health Minister training, are "off all medications" and "most of us have not had to go to a doctor, been sick, had a cold, headache, or even had to take an aspirin," they state in a one-page computer-generated introduction to the family. "Details" cited in the Diegels hand-out include:

John Diegel, 41, "Lost 89 pounds so far; Stopped snoring after 21 years! Amazing! Bad rash on hands gone; No more Nose Bleeds; Colitis and Gastritis gone!; Digestive problems gone; Softer skin."

Donna Diegel, 40, "Lost 60 pounds so far; Asthma (chronic) gone; Bursitis gone; Hot Flashes gone; Hemorrhoids gone; Lump under arm gone; Fibrocystic Disease gone; Insomnia gone; Body Odor gone; Planters Wart gone; Sinus Condition gone; I now have softer skin, and my blood pressure has normalized!"

The Diegels, who came to Hallelujah Acres in September 1995 for Health Minister training, are "off all medications" and "most of us have not had to go to a doctor, been sick, had a cold, headache, or even had to take an aspirin."

Kerri, 21, "Lost 61 pounds so far; No more allergies."
Erika, 19, "Irritable Bowel Syndrome gone - off medication; Migraine Headaches gone - no more aspirin; Constipation gone; Lost 40 pounds so far."

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The Diegels include Erika, John II, John, Bradley, Donna and Kerri in a photo taken in June 1996.

John II, 18, "Lost 15 pounds; No Pneumonia or Bronchitis this year; No Colds; No Poison Ivy this year; No Constipation; Acne disappearing."

Bradley, 12, "Lost 20 pounds so far; Constipation gone; Digestive problems gone; No more Nose Bleeds."

The Diegels recently sponsored Dr. Malkmus' How to Eliminate Sickness seminar in Burlington, Vermont, with nearly 200 in attendance.

"We praise the Lord for giving us this knowledge so that we don't have to be sick! Just think of all the wasted time in work, church, and school because so many are out sick! 90% of prayer requests are for sickness! The Church is sick Brothers and Sisters! Let's be healthy

and use our bodies as the 'temples' God has made them to be - for His service!" the Diegels write in their introduction.

The Diegels cite 3 John 2: "*Beloved, I wish above all things that thou mayest prosper, and be in health, even as thy soul prospereth.*"