

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 18th 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, and publishing *Back to the Garden*, the enterprise that was taking up the majority of his time was running the restaurant.

After closing the restaurant, Rev. Malkmus and Rhonda relocated Hallelujah Acres back to their 50-acre farm in Eidson, about 12 miles northwest of Rogersville. From there they refocused 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 came to Tennessee 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. Almost 100,000 copies are in print!

Because of the tremendous growth of his ministry, in November of 1997, Dr. Malkmus and Rhonda relocated Hallelujah Acres to a former Bible college on 17 beautiful acres in Shelby, North Carolina.

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.

The Hallelujah Acres' ministry dreams 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

Winter/Spring '98
Issue No. 16

Teaching Health from a Biblical Perspective

\$3.00

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

Winter Update on Rhonda's Recipe Book

We hope to have Rhonda's book ready for you in the near future!

With more than 300 pages of health information and delicious recipes, *Recipes for Life... from God's Garden* will serve as the perfect companion to *God's Way to Ultimate Health*.

When the book comes out, you'll have not only the reasoning behind the Hallelujah Diet but also hundreds of mouth-watering recipes that'll let you feed your family gourmet-tasting, healthy meals.

Rhonda's left no stones unturned with this book. With *Recipes for Life... from God's Garden* in your kitchen, you'll finally have the information you've asked for regarding how to feed your children as well as how to feed adults!

On page 14 of this issue, we have major excerpts from the book for you.

Hallelujah Acres Relocates to North Carolina!

We've moved! Although we hated to leave the farm in Eidson, TN, the ministry has just grown too much for us to continue to operate it from our isolated mountain property.

Thanks to Bud Mims, a Christian businessman, we've purchased a wonderful building in Shelby, North Carolina, and we now have Hallelujah Acres relocated and smoothly running in our new facility.

Once a Christian school and later a Bible college, our new building is huge. We've gone from 5,000 square feet to 23,000 square feet.

We have twelve large classrooms in this building as well as an auditorium that will seat 1,500. Hallelujah!

Outside our ministry's new home, we have 17 acres of beautiful property that will support my dream of having Hallelujah Acres on landscaped gardens and orchards. The location is ideal.

In Cleveland Country, we're nestled in the rolling foothills of the beautiful Blue Ridge Mountains. Shelby's considered the gateway between Asheville and Charlotte, and we're less than an hour's drive from a major airport.

If you're interested in purchasing our buildings and property in Eidson, please give me a call as soon as possible. These facilities could be perfect for someone's ministry or mail order business!

Life – the Missing Link!

By Dr. George H. Malkmus

"I have set before thee the way of LIFE and the way of death; choose LIFE that both thou and thy seed may live!" (Jeremiah 21:8)

LIFE – What an interesting subject! LIFE is something we can't live without! LIFE is something everyone reading this article possesses! But how much do we know about it? For most people, LIFE is just something they possess and take for granted. A subject of such tremendous importance certainly deserves a more in-depth look, so let's spend a few minutes examining the subject of LIFE.

As I read the Bible, I find it has a lot to say about the subject of LIFE. However, a careful reading of the Bible clearly reveals that there are two distinctly different types of

... a careful reading of the Bible clearly reveals that there are two distinctly different types of LIFE that man can experience – Physical LIFE and Spiritual LIFE!

LIFE that man can experience – Physical LIFE, and Spiritual LIFE! Now before we go any further, I want to make it abundantly clear that I personally believe the Bible to be God's Word! Yea, I believe the Bible to be absolute truth and the final authority for answering questions pertaining to any subject, including the subject of

LIFE. Someone may ask, "Where did the Bible come from?" Well, the Bible answers that question very clearly in II Timothy 3:16, "*All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness...*" Some may retort with the question, "How did God write a book?" And again I quote from the Bible in I Peter 1:21, "*For the prophecy [Bible] came not in old time by the will of man: but holy men of God spake [wrote] as they were moved by the Holy Ghost.*"

Physical Life

As we start to examine the subject of LIFE, the first thing we find is that there are two very different ways man seeks to explain the origin of

physical LIFE. The first way to explore the origin of life comes from people like myself who believe the Bible when it states, "*In the beginning, God created the heavens and the earth... And the Lord God formed man of the dust of the ground and breathed into his nostrils the*

Continued – Please see page 4

Dr. Stan Harris, right, a well-known Baptist evangelist and sixth degree black belt in karate, collapsed in July of 1997. Doctors said the Harrisburg, PA, resident had the worse case of burnout they had ever seen. Feeling suicidal at the low point of his illness, Stan credits the Hallelujah Diet with saving his life and his ministry. Read his exciting testimonial on page 8.



“... I came across a copy of *God’s Way to Ultimate Health* and your video *How to Eliminate Sickness* about one week ago. I devoured both of them in just a little more than 24 hours. Your teachings are incredible. I am so happy to see the combination of a healthy “vegan” lifestyle taught through God’s word in Christian love. I just began the Hallelujah Diet seven days ago, and I’m bouncing off the walls with energy! I can’t stop smiling and I want to share this feeling with as many people as possible!”

“Dear Dr. Malkmus: Let me begin by telling you that I’m on the Hallelujah Diet. I started just two weeks ago and the results are amazing. I’m also sharing your literature with anyone who will listen. My doctor is now reading your book *Why Christians Get Sick*. And a member of our government told me this morning that he just ordered the Green Power juicer and he wanted some of my Barleygreen because he is so excited about the whole thing he cannot wait until his order arrives. My sister-in-law, Dr. Portia Jordan of Nassau, wants to become a Health Minister.”

"Last May (1996) my doctor started looking for cancer. From there it was downhill. Finally, in December, I was diagnosed with Fibromyalgia, Rheumatoid Arthritis, Epstein Barr Virus, and was sent to a specialist in Immunolo-

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Editor: Michael Dye
(This edition edited by Chet Day)

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.

gy. The immune system was in trouble, and I was told I probably had Lupus. Later I developed the facial 'butterfly' rash that is common with Lupus. I couldn't sleep, I was tired all the time and just plain 'mean.' I did not feel well and the drugs were doing no good. I had cortisone shots in my arm to help with the pain. Nothing was working. Then I started swelling in both legs and arms and was told I had congestive heart failure. The diuretics caused more problems. I was supposed to take medicine for sleeping, water retention, muscle pain, depression, bowel problems, nerves, and therapy for the disease. I was EXASPERATED because nothing was working, and I did not want to take drugs. Then in February a friend gave me a magnetic bed to sleep on. It helped overnight. Once I could get some sleep, I could cope with the disease a little better and be able to 'think.' I remembered hearing about a nutritional program from a friend and called her for a number of a local *Back to the Garden* health minister, Jerry Jacobson. He shared your health seminar video and Dr. Day's *Cancer Doesn't Scare Me Anymore* video with me and a family member who we thought had lung cancer. I sat and listened and thought 'If this program can help rebuild the body to fight cancer, it had to help with what I had.' I was excited because I also learned that my children could learn to build themselves so that they did not have to 'inherit' my disease which is 50% heredity. I bought your *God's Way* book, *Why Christians Get Sick*, Dr. Walker's book on juicing, the colon book, Barleygreen, Fiberblend, and a Green Power juicer. Then I thought – now what have I done and what do I do? Well, I started in late March of 1996. It is now one year and I am still in the process of mending, but it is wonderful to experience God's miraculous healing and mending. This time last year I could not run my sweeper in one room without sleeping for three hours, couldn't cook a meal without sleeping afterwards, or even open my jars (my children did this for me as my muscles were in such bad shape). I was told I had to exercise and every time I did I would swell up in the legs so much I could hardly bend them. Fibromyalgia creates a deep sleep disorder so I was not sleeping and in a lot of pain and fatigue that kept me down, depressed, and hopeless. Now, I clean my whole house (not often enough but I can do it) and am very active teaching the Hallelujah Acres program to those who want to listen. I have strength in my arms and am very active again... I took my book on Fibromyalgia and the Barleygreen literature to four of my doctors and only one was interested. I thought they could learn how to help some of their other patients so they wouldn't have to go through what I did, but they were not receptive."

Mrs. Betty Lou Kuhnell, Cincinnati, OH
Back to the Garden Health Minister

“Dear Dr. Malkmus: My husband (George) has cancer of the bladder. After 12 treatments of chemo he had to go to the Emergency Room. He

does not take any more chemo, but we are juicing and taking the Barleygreen with kelp from AIM. He is drinking from 7 to 8 glasses of carrot juice a day... My husband is feeling so great and working around the yard again. We do not see anyone healed of cancer of the bladder. In fact, at one time the doctor suggested removing the bladder."

Mrs. George Rezotto, FL

“Just an update on Rod’s vision. His vision was 20/600 and 20/400 correctable. Currently it is 20/100 and 20/80 correctable. He has gotten a driver’s license for the first time in seven years. He drove himself to work today in his truck that I’ve driven him in for all these years. We just praise God [for the Hallelujah Diet] and look forward to complete healing.”

Trish Hoover

“Even my doctor is curious as to how I could recover from Polymyalgia Rheumatica without taking steroids, which I refused to do, declaring I was a Christian and would believe God for my healing [with the Hallelujah Diet].”

Janie Brammer

After following the Hallelujah Diet now for almost a year I felt it was time to write you a letter. I am a college professor and health professional, married with two young daughters and I was constantly in a state of exhaustion. I had begun to exclude myself from all outside activities other than going to work. I could not stay up in the evenings much past 8:00 p.m. and some nights the kids would go to bed without a shower because I could not physically or emotionally stay awake. I thought I just needed more rest, but the more rest I got the more exhausted I seemed to become. In addition, I was plagued by PMS and menstrual pain. Once I heard your tapes, I wanted to come home and throw out every piece of meat and processed food in my house, but my husband was resistant, 'Eat up what we have; then we will start this new diet.' I started following the diet for myself right away. Within weeks I could tell the difference. Daily bowel movements (something I have never had), able to start exercising again, able to stay up until 9:00 or 10:00 and get up at 4:45 a.m. and able to return to the one thing I so desperately wanted, a regular prayer time. I have been energized. I have not felt this good in 6 years. The PMS diminished over months. Each monthly cycle was improved, decrease in flow, decrease in the severity of pain, decrease in emotional upset, no pimples or blotting. To date I have no pain, most months if I didn't look at the calendar I would not know when it was coming. Thanks, Rhonda, for your suggestions: I also take wild yam... As a health professional, I found your accounts of various illnesses (diabetes, arthritis, cancer, heart disease) to be painfully accurate. Thanks Dr. Malkmus for getting this message out. I hope to attend Health Ministers training."

Mailbag Continued – Please see page 10

Back to the Garden

#280 – TESTIMONIAL VIDEO – Filmed in 1997 by Dr. Charles Pack, this moving video features the personal five-minute testimonies of 13 men and women who healed themselves of a remarkable variety of illnesses simply by going on the Hallelujah Diet. This video contains testimonies by a medical doctor, nurses, preachers, and folks from many walks of life. If you have a friend or loved one who remains resistant to the “You don’t have to be sick” message, this amazing tape of testimonials should open their hearts and minds to the truth of the power of the Hallelujah Diet. (\$14.95)

#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

brehtaking views of the rural East Tennessee countryside as Dr. Malkmus delivers his health message. 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 jacket, \$12.95)

#5900DS – THE WATERWISE 9000 DISTILLER – Produces high-quality water by steam distillation. Kills bacteria, germs and removes

foreign particles. Easy to use and easy to clean. Contemporary Euro-style design. Manual fill - no water hookups. New, non-leaching, food grade, removable plastic boiling tank for easy filling and cleaning. Recessed heating base reduces scale buildup. External heating element for long life. One year warranty. Totally automatic. Retail for \$489. (We sell it for \$349.00, including shipping)

#580 – EXCALIBUR 2900 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. This family-size economy model features an adjustable thermostat with a temperature range of 85 to 145 degrees. With dimensions of 12.5" high, 17" wide, and 19" deep, it won't take up your entire kitchen. The model 2900 comes with nine trays and a total of 15 square feet of drying area. Your Excalibur 2900 will arrive at your home with a one year warranty, including parts and labor. (\$215.00 including shipping)

Return Policy (Juicers, Distillers, etc)

If you return an item in new condition with the original warranty intact, we charge a 10% restocking fee. If you return an item in new condition but without the warranty, we charge a 15% restocking fee. If you return an item in used condition with the original warranty intact, we charge a 15% restocking fee. If you return an item in used condition without the warranty, our restocking fee is 20%. Call for prior approval before returning any item. Customer pays for all return shipping. Credit will be given after the product is returned and checked. No refunds after thirty (30) days.

Note: The prices in this newsletter are effective through April 30, 1998.

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

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

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24-Hour Fax – (704) 481-0345

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

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<p>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.</p> <p>Thank you and may God Bless.</p>										Quantity	Item #	Item Name							Price Each	Total Price														
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Winter/Spring '98

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 who weigh over 300 lbs. but is not guaranteed by the manufacturer, while the soft bounce is recommended for people less than 300 lbs. and is guaranteed for three years. Used every day by Rhonda and Dr. Malkmus. (\$209.00)

#330 – THE NEW MIRACLES OF REBOUND EXERCISE by Albert Earl Carter details 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. (\$12.99)

#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 flyer with additional information explaining its use. For free information on this product, send a self-addressed stamped envelope to Hallelujah Acres. 2-oz. jar, \$29.00.

#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 (\$6.95)
#335 – THE NATURAL WAY TO VIBRANT HEALTH (\$6.95)
#336 – VEGETARIAN GUIDE TO DIET & SALAD (\$6.95)
#337 – COLON HEALTH: KEY TO A VIBRANT LIFE (\$6.95)
#338 – NATURAL WEIGHT CONTROL (\$6.95)
#340 – WATER CAN UNDERMINE YOUR HEALTH (\$6.95)

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

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

#320 – JUICEMAN’S POWER OF JUICING by Jay Kordich (\$5.99).

#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 video by Lorraine Day, M.D., emphasizes the importance of defeating cancer by strengthening the body’s immune system. This 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. *Excellent!* (60 min., \$19.95)

#308 – DON’T DRINK YOUR MILK! by Frank A. Oski, M.D. presents frightening medical facts about this over-rated dairy product. Dr. Oski concludes that only calves should drink cow’s milk. Dr. Oski is Director, Departments of Pediatrics, Johns Hopkins University School of Medicine. (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 \$9.95)

#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. *Highly recommended!* (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

Five years ago, when Rhonda and I started Hallelujah Acres, we had a dream of some day reaching the whole world with the message, “*You don’t have to be sick!*” But never in our wildest imaginations did we think it would happen so rapidly. Our hearts are full of praise to our wonderful God and Saviour, the Lord Jesus Christ for his guidance, wisdom and strength and to Christians around the world who have caught our vision, encouraging us and helping us reach multitudes of others. Hallelujah Acres is helping incredible numbers of people to reach the obvious conclusion that the world’s way of feeding and maintaining the body is wrong and is creating horrible physical breakdowns and untimely deaths. Feeding and maintaining the body God’s way restores health and provides a strong, healthy body with which to serve our God and fellow man.

Testimonies

As you read 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 people in five years.*

I want to announce our new **Testimonial Video**. It is a professionally produced video containing 13 approximately five minute personal testimonies by people who were healed of all kinds of physical problems on the Hallelujah Diet. From arthritis to cancer to diabetes to fibromyalgia to you name it. Those giving testimonies include a medical doctor, nurses, preachers as well as others from all walks of life. This video will convince the most resistant skeptic of the value of diet change for physical problems. See page 23 for details.

We Join the Worldwide Web

Hallelujah Acres now has a major presence on the Internet. If you have a computer, log on as soon as you finish reading this newsletter. Set your browser to <http://hacres.com> to visit our massive web site. *Hallelujah Acres Online* is a dynamic place, and we update it on a regular basis. See page 7 for additional details!

Hallelujah Acres Moves to North Carolina

From our humble beginning in 1992 in a 16-seat restaurant in Rogersville, TN, we moved in 1993 to a 56-seat restaurant due to the rapid growth of the ministry. By the spring of 1994, we closed our restaurant and moved to our 50-acre farm in Eidson, TN, where we built a 5,000 square foot building with a 100-seat auditorium and grew from a staff of three people to a staff of twenty. Now, just three years later, we have completely outgrown this facility and on November 1, 1997, we moved to our new facilities in Shelby, NC, where we have an auditorium that will seat 1,500. We are also increasing the size of our ministry building from 5,000 square feet to 23,000 square feet along with 17 beautiful acres for gardens and expansion. Another tremendous improvement will be the ease with which people can reach us by air through

the Charlotte airport (40 minutes away) or by major highways. This new facility will be the International Headquarters of Hallelujah Acres as we continue to take this health message across America and around the world.

Alliance with Oasis Hospital

I am thrilled to announce that we have joined forces with the Oasis of Hope Hospital in Tijuana, Mexico. For years I have longed for a hospital that would provide people with alternative therapies along with the Hallelujah Diet in a Christian setting. A place where very sick people could go, especially with terminal cancer, and receive medical and surgical care if needed in the short term while they rebuild their bodies with good nutrition. Now we have such a place. I spent three days in August training the doctors and staff at the Oasis Hospital in the details of the Hallelujah diet and our accompanying program for health, and I am happy to announce that the Oasis Hospital has adopted the Hallelujah Diet as its main diet! Over 40,000 Ameri-



Dr. Malkmus joins just a few of the more than 120 who attended July health ministry training!

cans have sought care at the Oasis since 1964. Known for its unique blend of competence, commitment, and compassion, the Contreras doctors offer patients a modern 80 bed medical and surgical facility. The Contreras Total Care Approach is based on two fundamental principles: 1) Do no harm to your patients (Hippocrates); 2) Love your patient as yourself (Jesus). For more information about the Oasis, you can contact Dr. Francisco Contreras at 1-888-500-HOPE or visit <http://contrerashospital.com> or you can fax them at 011(526)680-1855.

Back to the Garden

Thus far in 1997, over 40,000 new people have contacted Hallelujah Acres requesting that they be added to our mailing list to receive a free subscription to *Back to the Garden* newsletter. Our initial printing of our last issue (#15) was 100,000, and an additional 50,000 copies have had to be printed. This makes over 600,000 copies that we have 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* out for free becomes ever greater as requests for subscriptions grow. 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 ever larger numbers of people who want to share the good news, “You don’t have to be sick!” Thus far, over 1,000 people have gone through our Health Ministries training pro-

gram. Hundreds more are waiting for training. We continue to be amazed at the large number of health professionals that attend these sessions. 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.

Seminars

We cannot begin to fill all the requests we are receiving to hold seminars both in the United States and foreign countries and thus we are turning more and more to our Health Ministers for help. In 1998, I will be devoting more of my time to the larger meetings as well as mass communication through the media of radio and television. Just in my two appearances on the 700 Club during 1997, we had over 100,000 responses. Clearly, the American people and the Christian community in particular are becoming more and more disenchanted with the current means of dealing with physical problems and are seeking a better way. How thrilling to be able to offer a way that beats anything the world has to offer – God’s way to superior health.

Books and Videos

Demand for our books and videos continues to grow with each passing week. Currently, we are shipping approximately 1,000 copies of both *Why Christians Get Sick* and *God’s Way to Ultimate Health* each week. Total number of copies of *Why Christians Get Sick* is now approaching 200,000 with *God’s Way to Ultimate Health* rapidly approaching 100,000 copies. We expect to soon be able to announce a Korean translation of *Why Christians Get Sick* while a Spanish translation is in the works. Our full-length seminar *How to Eliminate Sickness* on both audio and video are changing and saving lives around the world. Rhonda’s new book, *Recipes for Life... from God's Garden*, is going to be fantastic. We apologize for the delay, but it is going to be huge (well over 300 pages) and will be worth the delay. We will send you a special mailing announcing its availability around the first of the year. Also coming in early 1998 will be a *Christian Health Primer*, an inexpensive booklet with the entire Hallelujah program in condensed form for mass distribution.

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 on earth. Thank you for your love and prayers and words of encouragement and may God abundantly bless each of you as you stand with us as we proclaim to the world “You don’t have to be sick.”

Missing Link

Continued from page 1

breath of LIFE and man became a LIVING soul” (Genesis 1:1; Genesis 2:7).

Now, I acknowledge that to believe in God and the Bible’s explanation of the origin of LIFE takes faith. The Bible defines ‘faith’ in Hebrews 11:1 as, *“Now faith is the substance of things hoped for, the evidence of things not seen.”*

Evolutionists seek to explain the origin of LIFE through a hypothesis (‘unproved theory’) called evolution. Let me say that this explanation of LIFE also takes ‘faith’ to believe. This attempt to explain the origin of LIFE through natural selection, from my perspective, requires even greater ‘faith’ than believing in creation because evolutionists try to explain the origin of LIFE and man through natural phenomena, without God.

Evolutionists claim LIFE came into being through a natural process that usually goes something like this: Billions of years ago there was a ‘BIG BANG.’ After many millions of years, as a result of that ‘BIG BANG,’ a single cell animal containing LIFE came into being and ultimately washed up on the shore. Two warts developed on its under side, became irritated as it slithered along the sand, and that is where the legs came from. Then two more warts appeared on the upper side, were irritated by the sun, and two eyes popped out. Finally, after millions of more years, this single cell animal had evolved into a monkey, which supposedly lost its tail and became a man. How any intelligent being could accept this theory is beyond my comprehension, yet if one does not want to accept there is a God who created it all, evolution offers the only other possible explanation for the source of LIFE.

For years we have heard talk of the ‘Missing Link.’ Science has been trying to find scientific verification that man descended from a monkey – verification they have never found! But in reality, science has not been just looking for “A” missing link, the link between the monkey and man – because science has never found the missing link between any of several million species of animals. In other words, they are not looking for “A” missing link because they have never been able to scientifically prove that any species of animal ever evolved from one species into another species. Thus they are literally looking for millions of missing links (between four and ten million depending on whom you listen to).

And beyond that, how do they explain the

‘female’ of each species? Where did the ‘female come from’? For there to be both male and female of each species, there had to be simultaneous evolutionary development of both a male and female at the identical time in history. Otherwise, the species could not have continued. How much easier to believe God and the Bible when it says in Genesis 1:27 *“So God created man in his own image, in the image of God created he him; male and female created he them.”*

However, the evolutionists have an even more difficult task than just finding the missing link between monkey and man or proving various species becoming different species or even answering the question as to where the female of each species came from – why evolutionists

way did God create man unique? Only to man does God offer spiritual LIFE! This spiritual LIFE God offers man allows man, the creation, to communicate with God, his Creator. Interestingly, this spiritual LIFE comes only through a birth experience – just as does physical LIFE! But to experience this spiritual LIFE, man must be BORN AGAIN! Jesus told Nicodemus in John 3:3, *“Except a man be BORN AGAIN, he cannot see the kingdom of God.”*

How do we experience this new birth and obtain this spiritual LIFE? The Bible answers that question quite clearly, *“But as many as received him [Jesus], to them gave he power to become the sons of God... Verily, verily, I say unto you, He that heareth my word, and believeth on him that sent me, hath everlasting*

LIFE, and shall not come into condemnation, but is passed from death unto LIFE... He that believeth on the Son hath everlasting LIFE: and he that be-

lieveth not on the Son shall not see LIFE; but the wrath of God abideth on him” (John 1:12; 5:24 and 3:36).

Today, many people think they are smarter than God. First, they deny God His rightful place as the Creator of their physical LIFE by explaining their origin through an evolutionary hypothesis. Then, after they have explained away creation to their satisfaction, they think they can go through their physical LIFE which came from God, whether they believe it or not, by denying God (their Creator) His rightful place in their spiritual LIFE. (For more information on how you can experience this spiritual LIFE, contact us here at Hallelujah Acres.)

Life in the Christian Community

But even in the Christian Community, there is tremendous misunderstanding of the subject of LIFE! I find that Christians have very little understanding of, or appreciation for, their physical LIFE. After they realize they are a sinner and accept Jesus Christ as their personal Saviour, and have been born-again spiritually into the family of God and experienced spiritual LIFE, most Christians fail to realize that their physical body, at the moment of the new birth literally becomes God’s dwelling place in the person of the Holy Spirit. *“What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s”* (1 Corinthians 6:19-20).

Yes, the physical body literally becomes the dwelling place or temple of God when a per-

Continued – Please see next page

Back to the Garden

And beyond that, how do they explain the ‘female’ of each species? Where did the ‘female come from’? For there to be both male and female of each species, there had to be simultaneous evolutionary development of both a male and female at the identical time in history.

have never even found the missing link between inert matter and LIFE! Scientists can only try and explain the universe and the origin of LIFE by ‘big bang’ theories and millions and billions of years of so-called “evolution.”

Yet all the while the evolutionists have been trying to explain the origin of LIFE through a ‘BIG BANG,’ the Bible has been quietly telling us of a BIG BANG that occurred when God CREATED IT ALL – INCLUDING LIFE! Listen as the Bible speaks: *“In the beginning God created... All things were made by him; and without him was not anything made that was made. In him was LIFE... For by him were all things created, that are in heaven, and that are in earth, visible and invisible... all things were created by him, and for him: And he is before all things, and by him all things consist”* (Genesis 1:1; John 1:3 and Colossians 1:16-17).

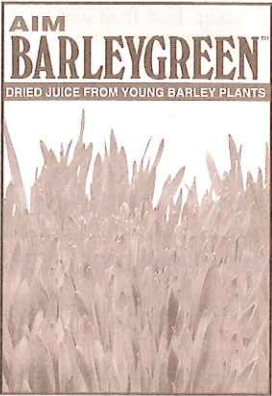
Interestingly, the scientists of today, even with all their most up-to-date knowledge and technology, cannot produce LIFE! Oh yes, man can clone an animal, but he must start with something that already possesses LIFE! Man has never, nor will he ever be able to produce LIFE! Only God can do that! As Joyce Kilmer wrote many years ago – “Poems are made by fools like me, but ONLY GOD can MAKE a tree.” Everything pertaining to man’s physical body revolves around “LIFE” and God is its source. In the beginning God CREATED LIFE – both plant LIFE and animal LIFE – including His crowning creation... man!

Spiritual Life

But God made man unique, different from all other forms of plant and animal LIFE. In what

Barleygreen, Herbal Fiberblend, etc. and Books on these Products

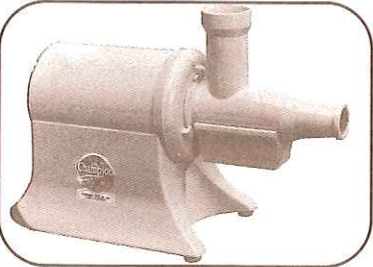
#400 – **BARLEYGREEN** is an organically grown, live food from the juice of young barley leaves. The juice is spray-dried in a vacuum at room temperature in two seconds, resulting in a bright green powder very rich in vitamins, minerals, live enzymes, chlorophyll and protein. Barleygreen is the most 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. **Barleygreen is the only nutritional supplement Rhonda and I take. We cannot recommend it highly enough!!!** (\$33.95 for 7-oz. jar)



#410 – **BARLEYGREEN in New Family-Size Jar** AIM is now offering a 10.5-ounce plastic jar of Barleygreen. (A best buy at \$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 Barleygreen, 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, \$11.95)

#403 – **AIM HAND MIXER** is a small, battery-powered mixer perfect for mixing Barleygreen, 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 a stainless steel shaft and heavy duty winding in motor. Also, adaptable to the electric current of some foreign countries. (\$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.

#500ECO – **THE ECOWATER SYSTEMS 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. Stainless steel boiling pot. Uses #501 replacement filters. Our low-price distiller. See page 23 for our best model, the *Waterwise 9000*. (Regularly \$179.00, our price for the *Ecowater Systems Distiller* is \$149.00, including shipping. Write for information on larger distillers.)

#790 – **HALLELUJAH ACRES APRON** A 22” x 30” dark green apron with a colorful Hallelujah Acres logo on the front. Apron includes long, one-inch-wide ties, a neck strap, and adjustable fit buckle. (\$19.95)

Winter/Spring ’98

#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 Fiberblend. (Paperback \$4.95)

#401 – **HERBAL FIBERBLEND** is the result of over 20 years of study and personal experiences of many users. This careful study and consideration has combined selected herbs and fiber for maximum contribution to the daily diet. Contains 17 different herbs in a psyllium base. Each herb is placed in the blend for a specific purpose (e.g. Shavegrass and Black Walnut hulls kill eggs of parasites and expels parasites; Pumpkin Seed is good for prostate problems; Licorice Root is a tonic for the intestinal tract, stimulating enzymes and peristaltic action; Slippery Elm coats the digestive tract and aids in healing inflammation, etc.) Comes in a 16-oz. container. **Rhonda and I use this product every day and highly recommend it!** (\$32.95)

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

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



#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. Rhonda and Dr. Malkmus use this juicer. (Reg. \$650.00 – Our price: \$595.00, including shipping)

#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)

#522 – **HAND-HELD JUICE STRAINER** – The less fiber in a glass of juice, the easier it is to digest. This strainer removes pulp. \$5.50

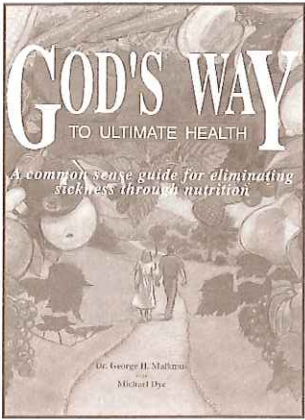
#5901 – **WATERWISE 9000 FILTERS** (\$6.00 each)

#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

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. With the exception of our Health Minister Training, all of our seminars are free of charge. 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 products we sell.

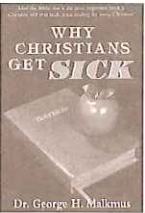
Note: The prices in this newsletter are effective through April 30, 1998



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 18th 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 with people who need it. Extra issues cost: 1 - 11 copies – \$1.00 ea.; 12 - 99 copies – \$.85 ea.; or 100 + copies – \$.65 ea., plus postage. All back issues include testimonials, letters from the mailbag and recipes from Rhonda.

- #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 Dalsen testimonial, Rev. Hal Kirk testimonial, “Eliminate Toxins & Disease With a Healthy Colon” and more.
- #109 – **Issue No. 9, Fall 1994** “Raw Food,” Rev. C.R. Williams testimonial, “Protein and Propaganda,” and more.
 - #110 – **Issue No. 10, Winter 94/95** “God’s Way to Ultimate Health,” book review of *God’s Way to Ultimate Health*, “Lestor Roloff: A Preacher Ahead of His Time,” Dr. Nathan Meyer testimonial, Antioxidants vs. Free Radicals and more.
 - #111 – **Issue No. 11, Spring 95** “Oxygen & Exercise,” Jim Allen testimonial, Rev. Gale Galloway testimonial, “PMS, Menopause & Diet,” and more.
 - #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.
 - #115 – **Issue No. 15, Spring/Summer 97** “God’s Wisdom vs. Man’s Wisdom,” testimonial by Dr. Charles Pack, “Water: The Precious Fluid,” & more.

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)

#364 – **THE CHINA PROJECT** – A scientific study of the most comprehensive survey ever conducted on the relationship between diet and disease. *Highly recommended.* (31 pages, \$3.50)

#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 regain 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)

son invites Jesus Christ into their heart. Yea, God, in the person of the Holy Spirit, actually dwells in this physical body we each possess if we are a Christian. Listen to the Bible again as it expands on this theme in I Corinthians 3:16-17: *“Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile [puts into their physical body anything that harms it] the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are.”*

Because God, in the person of the Holy Spirit, literally lives in the body of each believer, God makes this impassioned plea in Romans 12:1&2: *“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: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.”*

Christians, however, immediately have a problem. Most Christians do not understand physical LIFE! They do not know how to present their physical bodies to God as a “LIVING sacrifice!” Why? Because they have never received any instruction or training in the church concerning proper feeding or care of the physical body! As a result, the average Christian has accepted every teaching the world offers concerning their physical body. And most pastors are just as ignorant when it comes to the physical body as are the people they are trying to lead. Christians have failed to realize that God

gave them a physical body comprised of LIVING cells that require LIVING (raw) food to be properly nourished so that they can have abundant health with which to enjoy physical LIFE and to serve Jesus.

Take a living, raw carrot as an example. Cut the top off a raw carrot, place it in water and watch it grow into a nice bushy plant. Now take another carrot and boil it, steam it, bake it or cook it by any means you want and then cut off the top of that cooked carrot, place it in water and watch it grow. Friend, it will not grow because it is dead! Why will it not grow? Because the LIFE force has been destroyed by the heat of cooking.

When Life Starts to Die

Physical LIFE on earth starts to die at 107 degrees Fahrenheit! If a person has a fever of 106 degrees, we get extremely concerned because at 107 degrees, brain cells start to break down and die. By 108 degrees, the person will be dead! Well, the same thing holds true for our foods. At 107 degrees, the enzymes (the LIFE force in raw fruits and vegetables) start to die,

and they are completely dead by 122 degrees. The protein molecules start to break down at 150 degrees, and by 160 degrees the molecular structure of the protein has been deranged. Watch what happens to a raw egg when you drop it onto a hot fry pan for a vivid example of how heat alters the molecular structure of protein.

Jesus said in John 10:10, *“...I am come that they might have LIFE, and that they might have it more abundantly.”* This abundant LIFE Jesus came to give us is available in both our spiritual and physical realms! We were not designed by God to be sick! Sickness comes when we violate God’s natural laws pertaining to LIFE. Just as you cannot violate the law of gravity without suffering the consequences for that violation, neither can you put dead food and poison into your body without suffering the consequences. Almost all physical problems experienced by Christians (as well as non-Christians) today are nothing but the body reacting to our putting into it something God never intended to enter it.

God Formed Man of Dust

“And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of LIFE; and man became a LIVING soul” (Genesis 2:7). If we want to experience this abundant LIFE that Jesus told us

Most Christians do not understand physical LIFE! They do not know how to present their physical bodies to God as a LIVING sacrifice! Why? Because they have never received any instruction or training in the church concerning proper feeding or care of the physical body!

He came to give us, we must realize that we each possess a LIVING body comprised of LIVING cells. And for LIVING cells to be properly nourished, they must be provided with LIVING (raw) food. All cooked food is dead food and you cannot support LIFE with death. This is a fundamental law that neither the food industry nor the university-trained dietitians, nutritionists or medical doctors even begin to understand. When it comes to this physical body we each possess, it is like the blind leading the blind and they both fall in the ditch. Doctors experience the same physical problems as do their patients. Dietitians and nutritionists experience the same physical problems as do the people they are telling what constitutes a healthy diet. Look at the health of the American people (including the Christian Community) after following the teaching of the world’s experts.

I personally went to school for four years to prepare for the Gospel ministry. In my four years of preparation to become a pastor, I did not have one single class on how to minister to the body/temple. As a pastor for some twenty years I was constantly frustrated because I saw

the people in my churches were just as sick as the people in the world community. As a pastor, I didn’t understand physical LIFE or what was necessary to experience this abundant LIFE that Jesus told us we could have, because I had never received any training in this area. Bible schools and Bible colleges don’t understand either, and thus they don’t offer any courses on proper care of the physical body.

Blind Leading the Blind

Today, even in our churches, most pastors have no knowledge in the area of body/temple care and thus not only cannot guide their people in how to properly nourish and properly care for the body/temple, but they are just as sick as the people to whom they minister. So, even in our churches, it is like the blind leading the blind when it comes to this physical body God has given us.

When you look at all the rest of God’s animal creation, other than man, you will find that ever since creation to this present day, animals have eaten their food in a natural, raw, LIVING state and except where their food supply has been tampered with by man, animals in the wild rarely get sick. Then along comes man, and he takes the food God intended as nourishment – raw fruits and vegetables as clearly brought out in Genesis 1:29 – and before placing these LIVING foods into his LIVING body, man kills the LIFE force by fire. Why, the animals in the wild display greater knowledge of God’s plan for the proper nourishment and care of the physical body than does man!

Here at Hallelujah Acres we ‘Teach Health From a Biblical Perspective.’ We teach that almost every physical problem we experience is the result of putting something into our body God never intended. Just like our automobile will not run properly on a low-grade or contaminated fuel, neither will our body run right on dead, manufactured food, loaded with fat, sugar, salt, white flour and chemical additives. Our diets are the cause of over 90% of the prayer requests and funerals in our churches. It all has a simple explanation – we are reaping what we are sowing – even if we are doing it in ignorance. The Bible puts it this way in Hosea 4:6, *“My people are destroyed for lack of knowledge...”*

Turning to the World’s Answers

Then after we have put the dead, devitalized, manufactured foods containing chemical poisons of this world into our beautiful, God made bodies, and get sick, we turn to the world’s medical doctors, hospitals and drugs in an effort to restore our health. And what are the consequences? USA TODAY, in a big, bold,

Continued – Please see next page

Missing Link

Continued from page 5

front-page headline on May 29, 1997, states: “\$30 billion ‘War on Cancer’ a bust?” The article goes on to state: “Despite 26 years of work and \$30 billion spent, the U.S. government’s ‘War on Cancer’ has failed to reduce death rates... between 1970 and 1994 the nations cancer death rate grew by 6%...” And they are now telling us that cancer will be the number one cause of death by the turn of the century.

Heart attacks and strokes continue to kill half of both the Christian and non-Christian communities. While diabetes, arthritis, yeast infections and a multitude of other physical problems continue to increase in spite of spending over \$1,000,000,000,000.00 (one trillion dollars) on so-called ‘health care’ each year.

If we want to turn around these horrible consequences and statistics, we must learn to take responsibility for our own health. You and you alone are responsible for how you nourish your body, and the key to proper nourishment is the LIFE force in the foods you eat. Listen as the Bible gives us more admonition concerning the subject of LIFE: “...*For wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat; Because straight is the gate, and narrow is the way, which leadeth unto LIFE, and few there be that find it*” (Matthew 7:13-14).

Why do Christians get sick? Because they are violating God’s natural laws pertaining to LIFE by eating a predominately dead food diet of the world’s system. The Christian Community must turn its back on the dietary teachings of the world’s system and turn to the Bible and the Bible’s teachings concerning LIFE and proper nourishment for the beautiful body/temple God has provided each of us.

Here at Hallelujah Acres, we find that within six months or less (often in as little as a few days) from the time a person stops putting the world’s foods into their body and gets onto God’s diet, well over 90% of all physical problems are gone and they stay gone. In the over 20 years since I personally stopped putting into my body the world’s diet and adopted God’s diet, 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.

In the five short years since Hallelujah Acres started ‘Teaching Health from a Biblical Perspective,’ tens of thousands of Christians from around the world have made this switch from the world’s way of nourishing and dealing with their physical bodies to God’s Way. Here at Hallelujah Acres we have thousands and thousands of letters telling how all physical problems simply disappeared when they made the switch. Won’t you join us? And if you already have, please share this knowledge with a friend or relation so that they too can experience the abundant LIFE Jesus came to give us.

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 BARLEYGREEN 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 if swallowed. The caplets can be dissolved in the mouth like a lozenge, however. I enjoy them in this form, especially while traveling.)

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, frozen, or in powdered form. 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. I enjoy adding half an avocado in most of my vegetable salads. This is usually followed by some cooked food (baked potato, baked sweet potato, brown rice, steamed vegetables, whole grain pasta, whole grain bread, and so on.) Even a quick look at the recipes in Rhonda’s *Recipes for Life... from God’s Garden* will reveal there is nothing restrictive about supper on the Hallelujah Diet. Later in the evening I often have a glass 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 my program. I do at least one hour of vigorous exercise daily. Additionally, I try to get some sunshine on as much of my body as possible every day.

To be sure I get the essential fatty acids needed by my body, I also have one tablespoon of *Barlean’s High Lignan Organic Flax Oil*. I either have this on my evening salad or straight out of the bottle.

*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 I 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 immune system and essential body organs.

butter, legumes and whole grain pastas. Food may still need to be cut into small pieces to make the child’s transition to whole foods easier. If snacks are given, they should be natural foods (eg. apples, pears, grapes, celery and carrot sticks, etc.) and should contain no added sugar. If the child is not given “junk food,” there will be no need to worry about “spoiling a child’s appetite.”

After the age of weaning, a child’s diet should include the following:

Barleygreen: As the child continues to grow, the vital nutrients found in Barelygreen are essential.

Freshly extracted carrot juice: At least two or three servings per day. As the child grows, slowly increase the amount to four to six ounces per serving.

Vegetables: Three or more servings a day. At least one of the servings should be raw, dark green, leafy vegetables.

Note: Spinach, New Zealand Spinach, Swiss chard, collard greens, beet greens,

mustard greens and kale should always be served raw. When cooked, the oxalic acid contained in them is converted to a harmful form that causes the body to lose calcium and can also cause inorganic oxalic acid crystals to form in the kidneys, according to Dr. N.W. Walker.

Also, beets are cleansers and should be used sparingly during early childhood.

Fruits: Two to four pieces of raw fruit per day. Dehydrated fruits (not preserved with sulphur), preferably soaked in distilled water, may be used sparingly.

Select one of the following groups: Legumes, whole grains and starches or nuts and seeds, and provide one or two servings per day.

Legumes (anything that grows in a pod): Serving size should be no more than four ounces.

Whole Grains and Starches: This category

<http://hacres.com>

Seminar Schedule for Dr. George Malkmus

NOVEMBER 1997

- Sunday through Wednesday, November 9-12, CBN Conference, Virginia Beach, VA.** Call 1-800-677-8117 for details.
- * **Saturday, November 15, 10 a.m. “How to Eliminate Sickness Seminar” at Hallelujah Acres in Shelby, NC.** This 3-hour seminar explains how the body functions, why we get sick, and how to eliminate sickness. It also shows how to lose weight comfortably, without painful dieting. If the principles of this 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. and Canada.
- * **Thursday through Saturday, November 20-22, Training for Health Ministers.** This will be three days of intensive training for those who have qualified and pre-registered. For more information, call or write Hallelujah Acres.
- Thursday, November 27, Thanksgiving. Hallelujah Acres will be closed.**

DECEMBER 1997

- * **Saturday, December 13, 10 a.m. “How to Eliminate Sickness Seminar” at Hallelujah Acres in Shelby, NC.** See November 15 listing for details.
- Thursday, December 25, Christmas. Hallelujah Acres will be closed.**

JANUARY 1998

- * **Saturday, January 3, 10 a.m. “How to Eliminate Sickness Seminar” at Hallelujah Acres in Shelby, NC.** See November 15 listing for details.

FEBRUARY 1998

- * **Saturday, February 7, 10 a.m. “How to Eliminate Sickness Seminar” at Hallelujah Acres in Shelby, NC.** See November 15 listing for details.

MARCH 1998

- * **Saturday, March 7, 10 a.m. “How to Eliminate Sickness Seminar” at Hallelujah Acres in Shelby, NC.** See November 15 listing for details.
- * **Thursday through Saturday, March 19-21, Training for Health Ministers.** See November 20-22 listing for details.

April 1998

- Saturday, April 4, Bible Prophecy Conference, Tulsa, OK, 9-12 a.m.** Contact Dr. Charles Pack at (918) 835-6978
- * **Saturday, April 11, 10 a.m. “How to Eliminate Sickness Seminar” at Hallelujah Acres in Shelby, NC.** See November 15 listing for details.
- Thursday through Saturday, April 16-18, Health Ministers Reunion at Hallelujah Acres in Shelby, NC.** (For Health Ministers Only)
- Featured Reunion Speakers include Joel Robbins, M.D. and Francisco Contreras, M.D.*

May 1998

- * **Saturday, May 2, 10 a.m. “How to Eliminate Sickness Seminar” at Hallelujah Acres in Shelby, NC.** See November 15 listing for details.

*Seminars with an asterisk will be held at Hallelujah Acres in Shelby, North Carolina. See directions below.

ALL SEMINARS ARE FREE OF CHARGE EXCEPT 3-DAY HEALTH MINISTER TRAINING

Directions to Hallelujah Acres in Shelby, North Carolina: Take I74 West from Charlotte to Shelby. Turn left on 180S (South Post Road) and go 8/10ths of a mile to 900 South Post Road. You’ll see our signs!

Rhonda’s Recipes...

Hallelujah Acres’ Suggested Program for Children

By Rhonda Malkmus

Birth Through 24 Months

Mother’s breast milk is God’s plan for nourishing infants and is always preferred. It should be the primary source of nourishment for the child for at least 18 to 24 months. Human breast milk contains all the nutrients a baby needs – including vitamins, minerals, amino acids, hormones, enzymes, essential fatty acids, carbohydrates and immune system factors. Expressed milk can be refrigerated up to 24 hours.

If breastfeeding is not an option, raw goat’s milk is an acceptable substitute. Goat’s milk is similar to human breast milk in composition. However, goat’s milk should be diluted 50-50 with distilled water as the protein content is slightly higher than that in mother’s milk. Goat’s milk keeps about four days in the refrigerator.

If neither of the above are available, well-strained raw almond milk, diluted Barleygreen and/or well strained, diluted carrot juice may be used.

Birth until the Front Teeth Begin to Appear

As early as one or two months, raw, freshly-extracted carrot juice, diluted with one part carrot juice to 3 parts distilled water can be introduced in small quantities (1/4 tsp.) at first, and then slowly increased. Juices need to be well-strained through a very fine stainless steel strainer. By age 6 months, serving amount can be increased to as much as 4 ounces. Barleygreen (1/4 tsp) diluted in distilled water, can also be introduced, along with the carrot juice. As the child grows and develops, the amount of Barleygreen can gradually be increased.

If the child develops loose stools, the juices may be too strong and should be diluted with more distilled water. For best assimilation, schedule the juices at least 30 minutes before breastfeeding or two hours after.

Remember mother’s milk is still the primary food and it is important to note that if large volumes of juices are given, the child may not wish to nurse as often, which will eventually decrease mother’s milk supply and short-change the child’s nutritional intake.

Cow’s milk and soy products are not recommended. Babies cannot digest them and often develop allergic reactions.

After Front Teeth Begin To Appear

Breast feeding, carrot juice and Barleygreen should still be the main sources of food!

Children are, however, born with God-

given instincts and they will let you know when it is time to add some solid foods. If a child is not satisfied with breast milk alone, if the baby cries after feeding for no apparent reason, or if the child begins to chew on mother’s breast, it is a signal that fresh (organic when possible) ripe fruit, can now be added. It is important to remember, however, that solid foods introduced too early will *decrease* the babies desire to nurse.

When introducing babies to solid food, it is vitally important to teach them to take small bites and chew (masticate) their food well. As a child begins to chew, fresh fruit helps develop brain and neurological systems. Offer small (1/4 tsp.) portions once a day of raw apple sauce. Or you may mash *freshly prepared*, very ripe bananas. Mashed peaches, pears, papaya and avocados are also excellent choices.

It is important to remember that when introducing a baby to one of these fruits, only one kind should be introduced at a time. No other new food should then be introduced for at least a week to allow the child’s system a chance to adapt. These fruits can be grated or pureed in your Champion or Green Power juicer. Over a period of months, work up to as much as 40 percent raw fruits. Mother’s milk should continue to be the largest percentage of nutritional intake.

Note: When a child is cutting teeth, dry whole grain toast may be given for them to “chew” on. Never leave children unattended while food is within reach, as they may eat too big of a bite and choke.

When Molars Appear

Mother’s milk is still the primary source of nutrition.

As the molars start coming in, vegetables may be slowly introduced in a pureed form to the baby’s diet. A blended salad may be made in a blender, Green Power or Champion Juicer with avocado, a small amount of fresh carrot juice or distilled water, fresh greens, and a small amount of fresh, organic apple may be added for sweetness. To add variety, different greens and vegetables may be used, which will provide additional essential nutrients necessary for healthy babies.

Finger foods should continue to be soft, such as very ripe peeled fruit or soaked dehydrated fruit cut into a bite-sized piece (one piece is usually sufficient). Organic raisins, dates and figs are very high in sugar, which promotes tooth decay; therefore, use sparingly until a child is old enough to brush and floss their teeth with a little help!

Acid fruits such as tomatoes, oranges, grapefruit and other citrus and berries should not

be given to children for at least the first 12 to 14 months, and then only sparingly. Large amounts of citrus fruits can actually eat into the enamel that coats their teeth.

When All Teeth Are In

After all the teeth are in, you can slowly start weaning the child from breast milk; however, it is important to continue carrot juice and Barleygreen. Now that all their teeth are in, cooked foods can slowly be introduced into the child’s diet. However, we never want to reach a higher percentage of cooked food vs. raw food in their diet then 25 percent.

When a child is being weaned, add new semi-solid foods to the diet. Start with small portions at no more than one meal per day. Add one new food at a time with no other new food being introduced for at least one week. Pureed vegetables at first, later blended or those processed in a food processor, can be used for a more coarse consistency. Serve food at room or warm temperatures – never hot or cold. As the child is able to handle new foods, vegetables like sweet potatoes, squash and beets can be added, as well as grains like brown rice, millet, quinoa, barley and oatmeal.

Baby foods should never be seasoned with salt, spices, sugar, oil or butter. The cooked portion should never exceed 25 percent of the daily diet.

Uncooked grain cereals made in a blender or food processor can be slowly introduced into the diet. To prepare, grind grain in a blender, coffee mill or Vita Mix, place raw cereal in a bowl, add enough distilled water to cover and allow to soak overnight. The next morning, place the raw cereal in a bowl, adding nut or banana milk, distilled water or fruit juice to thin, if necessary, and serve at room temperature. Additional nut milk, banana milk or fruit juice may be added when serving.

If a child does not accept a new food, don’t force it. Simply wait a few weeks and try it again. Stomach pain after eating indicates the food was not properly chewed or the digestive system is not yet ready to handle this new food. If you notice that food is passing through the system whole, go back to pureeing the baby’s food for a few weeks and then try again. Remember, it takes time for a baby’s digestive system to develop.

Hint: To prevent accidental choking, children should also be taught never to run or play with food in their mouth.

After the Age of Weaning

A child can be given a modified Hallelujah Diet three meals per day, if required. Gradually include whole grain cereals and breads, almond

Continued – Please see next page

Back to the Garden

Hallelujah Acres Online Now Taking to the World the Message that You Don’t Have to be Sick!

By Chet Day (chet@hacres.com)

Yes, it’s true. *Hallelujah Acres* now has a major presence on the World Wide Web!

Hello! I’m the editor of *Hallelujah Acres Online*, and I’d like to take a few minutes to tell you about the web site we’ve created to help us bring our “You don’t have to be sick” message to the entire world.

I know some of you computer types eagerly want to visit us, so if you’re a computer cowboy and you want to check us out, just type <http://hacres.com> into your browser and you’ll find us in a matter of seconds.

We think you’ll like what you see when you arrive because we’ve pulled no punches and spared no expense with our web site. Although we’ve only been online since July 4, we’re currently receiving more than a thousand visitors a month, and the numbers are climbing almost daily as people discover *Hallelujah Acres Online*.

A Good Reason to Get Online

If you’ve been looking for a good reason to join the fascinating virtual community of the Internet, now you have it! At *Hallelujah Acres Online* you’ll find a vibrant, constantly-changing web site that offers you what we consider the best natural health information available.

Many of you want to see Dr. Malkmus in person as he speaks around the country but you don’t know his schedule. Well, we have a schedule online that is updated on almost a daily basis. Visit this part of our web site and you’ll always know exactly where Dr. Malkmus will be visiting and speaking. Now you don’t have to miss hearing the most dynamic health speaker of our time!

Not a static site like so many on the Internet, *Hallelujah Acres Online* instead offers features that are updated on a regular basis. Via e-mail, every other Friday we send out the *Hallelujah Health Tip*, a free electronic newsletter that we created to help people get excited and motivated with the Hallelujah Diet.

Dedicated to the idea that achieving ultimate health God’s way can be fun, our bi-monthly publication is written in a conversational style that will amuse you as well as keep your interest. Each issue focuses on a specific health topic and also provides detailed real life tips on how you can better implement the Hallelujah Diet and lifestyle program. And of course we provide an archive of all back issues so you don’t have to miss a one!

Recent issues have included discussions regarding symptoms to expect when first changing the diet and how to enjoy parties without reverting to old junk food habits.

Winter/Spring ’98

Speaking of e-mail, we have a fascinating *Hallelujah Acres Online Mailbag* feature. In this area, you’ll read the best of the testimonials and wonderful stories of healing that come to us every week via electronic mail as people get on the Hallelujah Diet and then have their health and lives improve.

A Complete Library of Articles

Perhaps you’ve missed some of the wonderful health articles written in past issues of *Back to the Garden* by Dr. Malkmus and Michael Dye. Well, that’s no longer a problem because we have all of those articles online now for your reading pleasure. If you don’t like to read from a computer screen, hey, no problem. Print the articles out in our easy-reading format and then enjoy studying them from the comfort of your couch or easy chair!

Having trouble coming up with recipes for the Hallelujah Diet? Your problems are over. Just surf to a page in our web site and you’ll then find a list of all of Rhonda Malkmus’ wonderful recipes from fifteen issues of *Back to the Garden*! Click on a recipe that looks good to you, and you’ll immediately move to that recipe where you can copy it into a word processing file and then print it at your leisure. And every other week we have a featured recipe from Rhonda’s kitchen!

Hard-hitting Editorials

If you don’t like recipes, you’re bound to like editorials, and we have a new health editorial on our web site’s commentary page every other Friday. Visit this section of *Hallelujah Acres Online* and learn how we feel about the latest news in the world of health and medicine. Hard-hitting and carefully researched, we’ll tell you in our commentary the things you won’t read or hear about in established news sources. And, yes, we also keep an archive of all editorials.

Book Reviews Galore!

What, not interested in editorials? Well, that’s okay. You’re probably the bookish sort. We have something for you too... our book review section. Here you’ll not only find the book reviews from past issues of *Back to the Garden* but you’ll also find reviews of newly-published books related to health.

The *Frequently Asked Questions* section of *Hallelujah Acres Online* is also proving to be quite popular. Here we take the questions that we get on a recurring basis and then provide detailed answers. If your palms are turning orange from all that carrot juice and you want to know why, just surf to this page and you’ll finally have a definitive answer.

We will soon have a directory of our active

Back to the Garden Health Ministers online, and if you’re having trouble getting the Hallelujah Diet to work in your life, simply call one of our health ministers, and he or she will be more than happy to answer your questions as well as to provide support and motivation.

For those of you who need professional support, we provide a means for finding that with our Oasis Hospital page. Here you’ll learn about the Contreras Cancer Care Center, the 80-bed hospital which now exclusively feeds its patients the Hallelujah Diet!

With all these things to do, you can spend a minimum of forty hours reading and exploring Hallelujah Acres Online before you will have seen everything to see and done everything to do. But don’t turn off your modem too quickly because then you’ll miss something added during the bi-weekly updates!

And Much More Coming...

In the near future, we’ll provide a Hallelujah Diet mailing list for individuals who want to be in contact with other people on the Hallelujah Diet and we have some other plans, but it’s too early to tell you about them. Rest assured, though, that exciting things are happening and will continue to happen at *Hallelujah Acres Online*.

Save Money with 24-hour Long Distance for 7.9¢ per Minute!

If you’re interested in having 24-hour a day long distance service for only 9.9¢ a minute – and this price cascades down to 7.9¢ a minute after a few months – you’ll want to switch to a well-financed and dynamic company called *I-Link*. No sign-up fee! Just fill out a simple change of service form.

With our new emphasis on taking our message to the world via the Internet, *Hallelujah Acres* has established a strategic alliance with a cutting edge company in the telecommunications field: *I-Link*.

Using fiber optic cables, digital technology, and the Internet, *I-Link* currently offers a variety of different telecommunication services. No complicated dialing codes. Just low cost, high quality long distance service.

For details on how you can dramatically cut your long distance telephone bill every month, give us a call at (704) 481-1700 and ask for our *I-Link Information Packet*.

All proceeds from *I-Link* will be used to support the Hallelujah Acres ministry.

<http://hacres.com>

After Being Diagnosed with the Worst Case of Burn-out Doctors Ever Saw, Dr. Stan Harris Regains His Health When He Switches to the Hallelujah Diet

By Chet Day
On July 13, 1997, Stan Harris collapsed.

An evangelist and sixth degree black belt in karate, Stan had been traveling 320 days a year for four and a half straight years.

During those days, sometimes he preached and performed martial arts demonstrations six times in a single 24-hour period.

“The doctors ran all kinds of different tests,” Stan said of his collapse before they diagnosed him as having the worst case of burnout they’d ever seen.

According to the doctors there are three different types of burn out – mental, physical and emotional. “I had all three at the same time,” Stan said at the September Health Minister training session in Kingsport, TN. “So, for four days I couldn’t get out of bed, couldn’t feed myself, couldn’t do anything. My brain was disoriented. It was terrible. I wasn’t even the same person. There’s a thing called a burnout inventory. They tested me out and said I was two points higher on the burnout scale than anybody they’d ever tested.”

The doctors told Stan he would need between four and six months off to recover. From running full steam ahead to coming to a dead stop was a

It was terrible. I wasn’t the same person. There’s a thing called a burnout inventory. I was two points higher on the scale than anyone they ever tested.

difficult experience for this well-known evangelist. He said, “I’ve preached to crowds of ten and fifteen thousand, but if I got around five or six people I would get very afraid. I didn’t know if I was losing my mind. I didn’t know what was going on.”

But hope lived just around the corner, and Stan received a flyer in the mail saying that Dr. George Malkmus was speaking not far from where he lived. At this point, Stan tells us, “I guess I’d been about seven and a half weeks in that condition. Just barely up, just barely able to get around. Just couldn’t do anything, which was very difficult for me. So I told my wife, ‘I have to go hear this guy. I think this is it.’”

Like many others, Stan had vowed years ago about eating right and taking proper care of himself, but, as he reveals, he didn’t do it because “The faster I went, the more I slowed up on my eating. I even tapered off on exercise to get my work done, averaging about probably four hours sleep a night.”

Stan made it to hear Dr. Malkmus, but he said, “My head was pulsating and I had to sit in the back I was in so much pain. But as he spoke something just snapped in my mind, and I said, ‘This is what I need.’”

Stan started with Barleygreen that evening and had an almost immediate sensation of intense energy. He said, “I have a very sensitive



Stan Harris breaks a board about ten feet in the air!

system. I’ve never drank or smoked or done drugs or anything like that. Never even had a cup of coffee. I couldn’t get to sleep that night. And I’d been sleeping up to ten or twelve hours a day up to that point. I had no desire to even exercise, and my wife kept trying to get me to just try to walk. I was depressed and suicidal. I told her, ‘I want the Lord to come and if He doesn’t come, if I had a gun, I’d kill myself.’ I was very disoriented.”

The next morning Stan’s wife and daughter made him some carrot juice, they made him a salad that evening, and he took Barleygreen again that night. He said, “I felt a lot better that day. The next day I felt even better. I hadn’t preached in almost two months by this time. That Sunday in church would have been the third day after I heard Dr. Malkmus speak. I was sitting there, and I told my wife, ‘I’m back to myself again! I’m me!’”

The pastor, who’s Stan’s brother-in-law, asked him, “Do you feel like preaching?” Stan said, “Sure.” And he

then proceeded to preach again for the first time in months. But Stan knew he needed more information about the Hallelujah Diet so he decided to attend Health Ministry classes.

At the training session, he said, “I’m back to myself, back working out again, and I feel like this time I can get back on the road in a month and a half. The doctor said I could probably do one service here and one service there, but since being on the Hallelujah Diet I’m just really feeling rejuvenated.”

Stan said his problem had given him a new perspective on many things. He revealed, “I’d always been a super upbeat type of person and quite frankly I thought people with depression problems were kind of like unspiritual. I didn’t verbalize that feeling out loud, but that’s what I thought. It becomes a different story when it happens to you.”

Stan shared how his illness affected him: “Everything was thrown off. I wasn’t my own self. Several people tried to call, but the few people I would talk to – they didn’t even recognize my voice. My spirit, everything was messed up. Some people who called four days after I started on the

My spirit, everything was messed up. After I started on Barleygreen some people said, “Hey, you’re you again!”

Barleygreen said, ‘Hey, you’re you again. What are you doing? What’s going on?’ I said, ‘Well, I’m about to go down to this place to learn a whole lot more about it and when I come back I’ll tell you.’”

When asked for more details on his past, Stan said, “Years ago I’d heard Preacher Lestor Roloff. I heard him several times in person. He talked about eating properly and so forth and that’s when I bought my juicer and started drinking carrot juice and getting colonics and so on. Then, slowly but surely, being ridiculed and considered weird almost, you know... people associate you with the New Age movement and different things, especially being an independent Baptist like I am, I didn’t want to

Continued – Please see next page

Back to the Garden

found in most manufactured products. They are very destructive to a child’s body.

Sugar provides quick energy; however, each calorie that children ingest from sugar is one less they can spend consuming nutrient-dense foods that are required for proper growth and development.

In a recent report from the Sugar Task Force, the U.S. Food and Drug Administration found that children between the ages of 1 and 18 are consuming about one quarter of their calories from sugar. The annual sugar consumption in America has risen from an average of seven pounds per person per year in 1900 to 150 pounds per person today – that’s over 50 teaspoons per day!

Refined sugar contributes nothing but empty calories. Soft drinks are one of the biggest culprits in adding sugar to children’s diets. For example, in a 12-ounce can of Coke you will find over **9 teaspoons of sugar**, flavorings, water and **caffeine** along with its 144 empty calories. Children who consume a lot of sugar often have trouble getting enough nutrients.

A nutritionist at the U.S. Department of Agriculture, Patricia Guenther, reports that, **“Soft drinks have the greatest impact on the adequacy of calcium intake.”** Her findings, note

Rhonda Has Some Tips for Moms and Dads

By Rhonda Malkmus

Perhaps one of the most difficult challenges for parents of children who have been accustomed to the Standard American Diet is to make a change in lifestyle. It is important for children to understand, so be sure to teach them **why** you are making the changes. Share with them your concerns about their health as well as your own.

1. Set a positive example. Children learn by what they see and hear! It is impossible to teach good eating habits to children if the parents eat poorly. Start teaching healthy eating habits as early as possible. The task becomes increasingly difficult once poor eating habits become established.

2. Maintain authority over the food in your home. Parents should decide and make children aware of what foods are acceptable and available in the home. If you take the time to plan ahead, you can save many hours and lots of frustration. For instance, have fresh vegetables and fruits easily accessible for the children to snack on.

3. Plan your meals ahead, too. There are some tasks that can be done ahead of time to make meal preparation much easier. As you plan your meals make note of things like soaking beans, preparing fruits or vegetables for a salad, or other tasks that need to be done ahead of time.

4. Involve the children in grocery shopping. Have them assist with making a grocery list, and allow them to choose which fresh veg-

that children who consume one or more soft drinks per day have about one fifth less calcium absorption than those who drink no soft drinks. Sodium chloride or table salt increases the risk of high blood pressure in children just as it does in adults. Children, like adults, need sodium, but the amount is minimal compared to what is being ingested through the Sad American Diet. A one-year-old child requires 225 milligrams of sodium per day, while an 18-year-old requires 500 milligrams a day. The results of a study in Louisiana by the Bogalusa Heart Study found that after two years of age, the average child consumed 2,670 milligrams of sodium chloride daily. The sodium intake increased with age with the average 17-year-old consuming 3,670 milligrams of sodium per day. **What are we feeding our children?**

Like adults, children need sunlight, which allows their bodies to produce vitamin D and provides other nutrients necessary for proper growth.

Research testing was done to test the IQ of children on vegan diets versus the typical American diet. It was found that the average IQ of the vegan child was 116, compared to the average of 100. This should ease the minds of parents who are concerned that the vegetarian diet may

establishes they would like to try. Take them on an outing to a farmer’s market or to a local orchard that does not use chemicals. Take the time to teach the children about the choices you are making and why. Be sure to feed the children prior to going shopping so they will not become demanding at the supermarket.

5. Include the children when making some of the meal selections. Make up menus ahead of time and post them so the children know what to expect. Children can be involved in preparing for the meal; setting the table, helping with the salad, helping with the juicing, and even clean-up chores. For instance, each child could be responsible to rinse his or her plate after the meal.

6. Make mealtimes an enjoyable occasion for the whole family – a place to share the positive things that happened during the day, tell stories and laugh together. Teach children to slowly chew their food and savor the flavor, to not rush through the meal and hurry off to the TV or some other activity. It may take some extra effort, but it will be worth it in the long run. Parents should also establish a firm rule that the dining room table will never become a battleground.

7. For school lunches, include a vegetarian sandwich on whole grain bread, some veggie sticks, grain crisps and fruit for dessert. Children don’t like to be different. Their sandwiches could include lettuce, tomato and avocado, or almond butter with bananas or an all-fruit jam or a pita pocket stuffed with salad or left over veggie pizza or spaghetti. There are lots of wonderful

not provide enough nutrition for proper brain development.

A 1995 article shows that omega-3 fatty acid nutrition is helpful in establishing and maintaining brain function. Eating more omega-3 fatty acids (like those in raw flax oil) improves brain function, especially in children.

Many children brought up on the vegan diet are a little smaller than those brought up on the Standard American Diet, but adult heights and weights are similar to those eating a meat-based diet. It is interesting to note that breast-fed babies grow slower than bottle-fed babies, perhaps just as God intended! Studies also have found that young girls raised without the consumption of animal products reach puberty at approximately age 16, compared to about age 12 or less for girls who consume meat, dairy and eggs. Do you think God had it all figured out when He planned for children to grow up gradually, reach puberty later and to live a longer more productive life?

Perhaps the most important aspect of raising children that we need to remember is that habits learned as a child will follow them into adulthood. Children who acquire a taste for meat and junk food today will be the patients found in the hospitals and clinics tomorrow.

ideas and with each new day look for something unique to make the lunches an event the children look forward to.

8. Perhaps **occasionally** take children to restaurants for an opportunity to guide them in learning how to choose healthy foods. Later allow the children an opportunity to eat a school lunch to give them the opportunity to exercise what they have learned about healthy choices.

9. Plant a small garden that is easy to manage and allow the children to take part in the care of the vegetables. It gives them a sense of belonging. As children watch the plants grow and mature, they become excited about eating what they have helped produce. If you live in an area where you can’t plant a garden, window box gardens are a wonderful option. For instance tomatoes, carrots and lettuce can all be planted in one-gallon containers with holes for proper drainage. You could even plant squash if you use a large enough container, like a half barrel. Push six or eight seeds into the soil, water them on a regular basis. After the plants come up, thin them to two, otherwise you will have a jungle!

Children are very smart and learn quickly. Remember you are their teacher and the way you react to a changed diet and lifestyle will be seen by your children. When a child begins to ask “why,” it is important to take the time to explain the health benefits of Genesis 1:29 diet. **Education is the key!** It may take some time, but be patient, loving and understanding. The rewards will be worth it!

duplicated in formulas. Actually, formulas are probably the single most dangerous substance that you can feed an infant. For proof of this statement, watch the frequent mucous membrane problems that formula-fed infants experience. If an infant with mucous membrane problems is switched from cow’s milk or formula to raw goat’s milk, the problems almost always disappear.

A very authoritative book on the subject is *Don’t Drink Your Milk!* by Dr. Frank A. Oski, M.D., who is Director of the Department of Pediatrics at the Johns Hopkins University School of Medicine. Dr. Oski writes, “... allergy to cow milk is far more common than is generally appreciated. Dr. Joyce Gryboski, who directs the Pediatric Gastrointestinal Clinic at Yale University School of Medicine, states that they see at least one child a week who is referred for evaluation of chronic diarrhea and proves to have nothing more than an allergy to cow milk.”

Dr. Oski adds, “A less dramatic form of gastrointestinal sensitivity to cow milk is also being recognized with increasing frequency. This form of sensitivity rarely produces dramatic symptoms but results in slow and steady bleeding. Infants with this form of milk sensitivity may lose 1 to 5 milliliters of blood per day in their stool. Eventually they become anemic from the steady hemorrhage. The volumes of blood lost each day are too small for detection by simple visual examination. The stools appear to be of normal color and the blood can only be detected by chemical tests.”

Normally a newborn has a rather high iron level, which it maintains during the first three months of life. However, as a baby grows the body does need iron, which can be found in a variety of fruits. The vitamin C found in fresh fruit enhances iron absorption. Cow’s milk is very low in iron and can cause a chronic blood loss through the digestive system.

A child can develop allergic reactions if whole foods are introduced too early in life; therefore add new foods slowly. As teeth start to appear, some ripe, raw fruit like a little mashed banana or avocado can be added to the diet, but acid fruits should be avoided. Noted author, Elizabeth Baker writes, “The baby, when breast fed by an optimally nourished mother, will develop more quickly than average. He/she will be active, curious, happy, good natured and strong. It is well not to introduce solid foods for five or six months (until front teeth appear), and then only mashed or strained raw fruits such as banana, avocado, scraped apple, peach, apricot, sweet plum, etc. Cooked cereals introduced at a few weeks, or meat purees, puddings and sugar sweetened cooked fruits will almost assuredly cause baby to be allergy-prone because a baby cannot digest cooked carbohydrate and animal proteins before approximately one year of age. Infants lack the digestive enzymes for assimilation. These undigested foods become toxins, the beginning of problems for the tiny body.”

Raw foods can be pureed in a Champion

or Green Power Juicer or Vita Mix very easily. Over a period of months, add more fruit until the child’s diet consists of up to 40 percent fruit. Never use jarred baby foods as they have been cooked, thus destroying the nutrients, and often they have had salt and/or sugar or other harmful ingredients added to them.

Until a child’s molars start to appear about the age of 18 to 24 months, the child’s jaws are not fully formed, nor is the digestive system developed enough to handle solids. Therefore, a child should not be weaned until his system is ready for a more diverse diet. After molars appear, raw vegetables can be pureed and added to the diet and as the child begins to chew, these raw vegetables can be ground less and less finely in a food processor or blender. As the child begins to chew food, some cooked food – such as baked potatoes, baked sweet potatoes, steamed vegetables and perhaps some brown rice can also be added to the diet.

When children start to eat solids, it is imperative to teach them to take small bites and to chew (masticate) their food well. All foods should reach a creamy consistency before being swallowed. Otherwise they reach the stomach in a form which takes much longer to break down.

When introducing new foods in your child’s diet, it is important to remember that children are often reluctant to try new things. New foods should be served along with foods the child is familiar with to lessen the shock. Just because a child rejects a particular food one time, don’t get discouraged and never try it again. Often, with repeated exposure, children will accept foods they initially rejected. A good rule of thumb is to require the child to try one bite of a new food and not force them to eat more, since it takes time to adjust taste buds. Don’t limit a child’s food intake to only the foods you like. There are many taste treats out there. Remember, meals should be a positive, enjoyable time and your attitude about new foods will go a long way in developing a positive attitude in your child.

Because it is very difficult to change a behavior that has become a “part of you,” any foods that are addictive or harmful should always be avoided. This would include anything that comes from an animal source (meat, dairy, eggs, etc.), refined sugars, salt, white flour products, coffee, colas, heated oils, peanuts, cashews or any manufactured product containing the above.

When children reach school age, they should be on the same nutritional program as their parents, with some slight modification, if required.

Children Have Special Needs

Some people may be concerned about raising children without the “benefits” of meat and dairy products. Studies have shown that vegetarian children are more slender, healthier and live longer than do their meat-eating companions. Remember a child should not be pudgy! Over-

feeding leads to obesity, lethargy and an unhealthy lifestyle that produces many physical problems.

Dr. Ralph Cinque, D.C., states in a recent article, *“Feed your children fresh fruits and vegetables, but also make sure that they consume a sufficient amount and variety of concentrated foods. By concentrated foods, I am referring primarily to whole grains, legumes, and nuts. These are the foods that have the most calories per unit volume in a vegetarian diet. Caloric undernutrition is a distinct possibility if too many watery foods are eaten, especially with children. The results may include: being underweight, have low energy, having low resistance to infection, and being hungry all the time. Being hungry all the time is a tell tale sign. Children usually have hearty appetites, but it is not normal for them to be constantly preoccupied with food. A child who always wants to eat rather than play may not be getting a balanced diet.”*

Calcium is supplied by fruits, vegetables, beans and grains. Animal products rob the body of calcium and should not be a part of the diet.

Just as children require raw juices and raw food for enzymes and live nutrients, children also require protein for growth and maintenance, but not high-protein foods. A varied vegan diet provides plenty of protein when protein-rich foods like almonds, sunflower seeds, lentils, quinoa, brown rice, split peas, etc. are included in the diet. Barleygreen is an excellent source of protein. The “protein deficiencies” that caused concern for our parents were because of reports from poor countries where starvation or severely restricted diets of a few food items were the norm. A protein deficiency is highly unlikely on a diet comprised of a variety of plant foods. (For more information on protein, see Chapter 15, “Protein and Propaganda,” in *God’s Way to Ultimate Health.*)

The fat intake required by very young children is greater than that of an adult. Modest amounts of nuts, seeds and avocados should be included in the diets of children. However, it is important not to allow children to over-indulge. Many children in the United States, as early as age 3, are well on their way to heart disease before they ever enter school. Fat from animal products and hydrogenated oil sources begin to layer on artery walls, and this continues through the teen years and on into mid-life. Between 1963 and 1980, obesity among 6 to 11-year-olds increased 54 percent in a study conducted by Dr. Dietz and his associates. In this same age group extreme obesity rose 98 percent! Other studies have shown that Japanese children who were brought up on diets which contain only about 10 percent fat are healthier than their American counterparts whose diets are much higher in fat.

God created fruits and vegetables that contain natural sugar, which is accompanied by vitamins, minerals, fiber and phytochemicals. Children do not need the added sugar and salt

Continued – Please see next page

be associated with anything like that. So that kind of sent me off the other way. Then of course my own personal desires, my own flesh, wanted that old food. All those things combined – because we had taken all the white flour and sugar out of our house years ago – then slowly but surely, I was traveling so fast it was inconvenient for me to live right, and besides I was offending people so I kind of gave up on healthful living.”

Stan said he knew his illness had a higher purpose. He revealed, “So this is something God was using to call me back to healthful living. When people heard I was down physically, they couldn’t believe it. And my spirit was so dragged down. When your physical body’s dragged down, your spirit goes down. They all go together.

“I was so weak I couldn’t even read my Bible. I mean, I couldn’t even pick it up. I couldn’t even feed myself. But now I’m understanding about my body and feeding it proper things because once I started getting off that junk food and eating good wholesome fruits and vegetables and juicing, then I really started feeling a great difference.”

Stan also gave credit to his wife and children for his recovery, and he added, “Obviously, one of the things that helped me was I had the Bible cassette playing day and night, just letting it soak into my mind. That helped rejuvenate my health as well... to get me

... one of the things that helped me was I had the Bible cassette playing day and night, just letting it sink into my mind. That helped rejuvenate my health as well...

to the spiritual place where I could get down and hear George. When Dr. Malkmus spoke, the spirit of God just connected and said, ‘Hey, there it is!’”

When asked if he planned to share what he’s learning about God’s way to health, Stan answered, “I’ve had several pastor friends already who’ve said, ‘Hey, as soon as you get back give us this information and help us out with this.’ So I’m just real excited about the potential because when this thing happened to me, preachers said, ‘When you make it through this thing, you’ll be better.’”

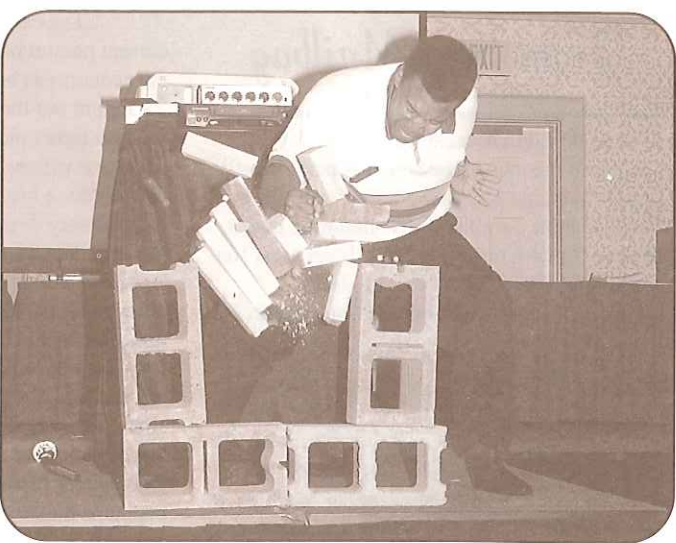
He continued, “Obviously prayer is a very important key, depending upon the Lord, but also He gives us some natural laws that you just can’t break. Somehow I think some preachers think ‘I’m doing God’s work God’s way so He’ll take care of me physically.’ So there are some things that perhaps we can reinforce to help people see that, yes, the Lord’s a divine healer and He’ll take care of you, but there are also some laws for your physical body that you need to adhere to.

“When you know these things, you need to put them into practice. The Bible says if you know these things, you’re happier if you do them. So let’s relay some things that can help us

and when we incorporate these things they’ll help us be a lot better. Before, I couldn’t even see a tunnel. Now I see a big giant floodlight at the end of the tunnel.”

Brimming with optimism about the future, Stan said, “I’m really looking forward to what the Lord’s going to do and how I’ll be able to help other people. Every church I go to there’s always somebody sick, somebody dying of cancer, somebody that’s hurting, and sometimes I think people are enduring pain that they don’t have to endure. We think ‘This must be the will of God for my life’ but sometimes those things aren’t the will of God. Obviously people come into contact with diseases and some things, but a lot of us just aren’t eating properly or exercising properly. And it’s easy for us to say ‘Well, it’s the will of God.’ The Lord has a purpose with illness and I think His purpose is to call us back to taking care of our bodies.”

Stan said he especially appreciated Dr.



Black Belt Stan Harris smashes through concrete blocks! This demonstration at the September Health Ministry training was Stan’s first since his collapse. Can the Hallelujah Diet do this for you?

lot of question and answer type services. I think I’ll eventually do seminars on health. I think that will open people’s eyes.”

Stan’s abundant enthusiasm burned even brighter when he shared that “I started getting calls from preachers who said they’d been through something like what I had but that it wasn’t so severe. I said ‘I’ve heard you preach, and how come you haven’t mentioned it?’ Burn-out is like something embarrassing that you have to keep tucked away or else people will label you and call you different things, so they kind of kept it secret, you know. But I told them ‘Hey, if I

make it through this thing, even if I’d be like Samson and going down for my last time I want to take a bunch of Philistines with me and tell people before it’s too late.’”

Looking to the future, Stan said, “I see paths. I think the Lord’s giving me more opportunities now that I can go out and say these things to people without going down. I’m still up and anticipating getting better. But,

I think the Lord’s giving me more opportunities now so I can go say these things to people without going down.

again, I think the Hallelujah Diet will be a great vehicle for a lot of

people. “Every church I go to somebody’s sick. I have several friends who are very sick and in most cases it doesn’t have to be.”

Reflecting on the world’s way versus God’s way, Stan concluded, “We have this health inside of us. We just have to eat properly so our God-given immune systems can fight off diseases and bad health. You can’t negate the fact that day-to-day maintaining of this body temple which is beautifully, fearfully and wonderfully made is our responsibility!”

From the Mailbag

Continued from Page 2

“At 55 I purchased a walker and the thought hit me that a wheelchair is next. Briefly want to state that I’m now 56 and 50 lbs. lighter. I walk without a walker thirty minutes a day at almost 3.7 to 4.0 miles per hour. I feel great [on the Hallelujah diet]! I eat live foods.”

Julanie Namyniuk, ND

“Larry was diagnosed with colon cancer in July of 1996. He has lost 60 pounds, walking 5 miles a day, does weightlifting, has an extra amount of energy, mind clear, arthritis gone. He had a cyst on the back of his neck for several years, and it busted open and started to reduce in size. He feels like he is in his thirties. The toxins are still coming out of his body. Feeling so good [on the Hallelujah Diet] is wonderful. He had several blood tests since he was diagnosed and the lab is just amazed because the last blood report came out perfect. (They had his previous blood reports to compare with.) I am feeling wonderful, full of energy, mind clear, walking several miles per week, cystic breast is gone, irritable bowel syndrome gone, arthritis in fingers gone, aching in the body is gone, my legs do not hurt, ears stopped hurting, sleeping better at night, more relaxed, and so forth.”

Larry & Toni Lerew, NC
Back to the Garden Health Ministers

“I am 78 years old and my husband is 86. We are both in good health. No arthritis and only durability hinders our accomplishments. I became a vegetarian at age 13 but only two years ago gave up dairy and eggs. My husband has always been a vegetarian and gave up using milk in 1957 (forty years ago). Today his accomplishments exceed many men much younger than he. We use much raw food. Neither of us has ever had any surgery and we are doing well for our age. It thrills me to see someone take up and advocate the Eden diet.”

Mary Knoefler, CA

“Dear Dr. Malkmus: Before converting to your diet, I was already exercising four or five times a week which included a running program of at least 20 miles per week. After converting to the Hallelujah Diet, I have not changed my exercise schedule, but I have increased my stamina. I also lost an additional ten pounds but it has not affected my well-being or energy. I don’t think I’ll ever go back to eating the Standard American Diet and I have you to thank for my further enlightenment. Keep up the good work.”

Stan Reynolds

“The healing for Parkinson’s that we already received as we follow the Hallelujah Diet excited many at our meeting. Many are affected throughout the world, as was evident in this group. The medical profession has absolutely no success in their attempt to treat this with drugs. But God has other plans to heal His people.”

Eugene S. Beegle, TN

“... The extent to which diet, health and the current pursuit of eternal/extended youth impact the economy is beyond most folks’ realization. You point out the financial incentive and inter-relation rather plainly... Chiropractic in general, and some offices more than others, emphasize or consider a broader range of inputs when taking a history or diagnosing a case than do most medical doctors. Here, I emphasize the importance of steering away from anything in a box or other paper container, just because that usually indicates its having been processed. Shop mostly around the outside of the supermarket, selecting produce and dairy products and meat if desired, but steer clear of the bottles, cans and boxes with their long lists of nasty ingredients. One patient fussed about the Barleygreen’s taste and appearance, but had to admit that even after only one jar, his pain and irritation were considerably eased. He reluctantly admitted the coincidence! My dad and mother are 91 and 86, married 56 years and a hard-working farm couple. While now weakening, Dad asked me the other day why I thought they’d been so healthy. Neither are on any medication, take no drugs OTC either, aren’t allergic to anything and have their own teeth and do not wear hearing aids. Well, I said, I think first of all it’s just a gift from God, but certainly your long time habit of work and cultivating an optimistic attitude has something to do with it. And the fact we’ve pretty much been self-sufficient from the garden and barn largely eliminates the processed food which has been shown to be so detrimental to most folks with common maladies. Hmmpfh, he said...

Thanks for the information, your efforts at constructive input to present society, and for proclaiming the Truth at every turn. God IS Truth!”

C.F. Sheldon, D.C., ND

“Dear Dr. Malkmus: I am excited to get started on Barleygreen and Herbal Fiberblend. I think the better I feel, the more glory to the Father. Also, He can use a well vessel with energy better than a droopy, depressed one (which I was not too long ago). God bless you and please continue telling God’s children how to be good stewards of our bodies, His temple.”

Loretta Phillips, VA

“I have been juicing and taking Barleygreen since August 1996. Praise God I’m a recovered sugarholc who knew I was killing myself but still kept shoveling. I have also eliminated meat, dairy, eggs, flour, salt and wheat. I’ve not got to the percentage raw I should be yet, but I’m working on it. My eyes, which used to be blue, were clouded gray from toxicity. They are now bright blue again and my body has thrown off five kidney stones.”

Judy Watson, IN

“I am reading your book *God’s Way to Ultimate Health* for the third time! It has become my health “Bible” since I was diagnosed with breast cancer in July of 1996. I elected not to have surgery, radiation, or chemo. We have purchased a Champion juicer and have been taking

Barleygreen and carrot juice on a pretty regular basis. The Lord has been blessing, and I am doing great.”

Joy DeVos, OR

“Dear Rev. Malkmus: We realized we were having too much cooked food, so my husband and I decided we were going to clean God’s temples out and Hallelujah! We can’t put into words how we feel. We were both overweight. Herbert was 13 1/2 stone and now he’s 10 1/2 stone. I was 10 1/4 stone and am now 8 1/4 stone, and these are the weights we were eight years ago. We went to a health farm and did a 7-day juice fast and after only two days all the pain left my body. No arthritis anymore. I feel and work like a teenager and my husband now walks every morning five miles in an hour and before he couldn’t even mow the lawn. Also, the juices are wonderful. I can drive ten hours in one stretch, without even getting tired or sleepy by just drinking watermelon juice and Barleygreen and Fiberblend. It is very hot here in the northern tropics of Queensland, Australia, but since we have celery juice every day we don’t feel the heat anymore. I just had my bi-yearly eye examination today, and the optometrist said my eyes are better than they were two years ago. Wonderful, he said, thanks to the daily liter of carrot juice. We have gone from the world’s diet to God’s way of eating: no snacks anymore, just 80% raw fruit and vegs and 20% cooked. This is the answer to all our problems. Not a pill in nine months. We have been showing the *How to Eliminate Sickness* video to lots of people and they have changed their worldly diet to God’s way and are so happy and shedding their excess weight... Another wonderful thing has happened since eating God’s way: our minds are so much clearer and our memories unreal. I can now put beautiful scriptures to memory and when we witness to people we remember the scriptures to quote. Praise God for the beautiful bodies He gave us, and you don’t realize just how great our bodies are until you eat the right food and read and study how it works.”

Herb and Joy Fock, Australia

“One of my cousins sent your books to me because she felt that my husband and I were ‘too sick for our age.’ I am 50 and have had asthma, chronic sinusitis, chronic bronchitis, and a possible minor heart attack. My husband is 51 and had double by-pass surgery last summer, but also suffers from reflex sympathetic dystrophy from a work injury which damages the immune system and may have contributed to his heart attack. I started on the raw fruit and vegetable diet almost immediately without the Barleygreen or the juicer. Even without those items I have lost nearly 20 pounds and feel better and better every day. I had ordered several books before I finished reading *God’s Way* and didn’t intend to tell people about what I was doing until I received my copies, but before they arrived, people could see a difference and began to com-

Continued – please see next page

Back to the Garden

hundred delivered by cesarean section. And in twenty years, there was only one case of preeclampsia, a syndrome of hypertension, fluid retention, urinary protein loss, and excessive weight gain, that occurs in at least 2% of pregnancies in the United States overall. Other studies have found similar results.”

Pregnant and nursing mothers should avoid junk foods, foods high in sugar and fat, and they should never consume alcohol, caffeine or smoke cigarettes. Women who drink during pregnancy are shown to have babies with decreased birth rates, smaller heads, mental retardation, and can even have abnormal face, heart and appendages. Caffeine and cigarettes can cause birth defects and many other complications.

Fish that swim in polluted waters carry in their flesh PCBs, mercury contamination and many other toxins that appear in a much higher concentration in their flesh than in the waters. According to John Robbins in *Diet for a New America*, the E.P.A. estimates that fish can accumulate up to 9 million times the level of PCBs in the waters in which they live. Extremely high levels of PCBs accumulate in the bodies of fish (and animals that eat the fish) because this toxic material is very difficult to eliminate once it is inside the body. When ingested into the human body, PCBs can remain for decades. A study done at Wayne State University showed that women who ate fish regularly – even years prior to conception – had higher incidence of babies who were slow to respond at birth, smaller head circumference and other problems as well.

Another serious problem with fish is bacteria. In his book, *Food for Life*, Neal Barnard, M.D., writes, “Unlike cows and chickens, fish are cold-blooded. So the bacteria that live in them are quite comfortable – and even grow – at the temperature in your refrigerator. *Consumer Reports* found that bacterial contamination is so common in fish that at least 40 percent have begun to spoil before they leave the grocery case. And a slightly higher percentage contain fecal bacteria from human or animal waste. Fish pick up these bacteria in polluted waters and (from human hands) in the ironically named process of ‘cleaning’ and handling.”

It is unfortunate that some people who have quit eating meat still believe that fish is a healthy alternative. The reasons for not consuming meat (high cholesterol, zero fiber, excessive chemical toxins, high fat and undigestable protein) are equally true for fish.

The human body is made up of 70% water and the baby is suspended in a sac of specially formulated water. In order to ensure a healthy environment for the baby, six to eight glasses of distilled drinking water daily is vital, along with the naturally distilled water found in plants.

One of the common discomforts of the beginning stages of pregnancy is a form of early-morning nausea known as morning sickness. Morning sickness usually subsides after the first couple months of pregnancy, but can be experi-

enced in some cases for as long as three to five months. There is more than one medical theory on the cause of morning sickness, but this is usually not a problem for women with an ideal diet.

Joel Robbins, M.D., D.C., N.D., explains that morning sickness is an “extraordinary cleaning” to rid the mother’s body of any toxins for the sake of the unborn baby living inside her body. He writes “when a mother conceives, her body wants to prepare the best environment possible for the unborn child. So the mother’s body will do some extraordinary cleaning to rid itself of toxins. While the mother sleeps, her body is dumping all kinds of poisons into the bloodstream to be removed through the kidneys and the liver. A mother who has not been eating well has backed up kidneys and liver, her body is congested and toxic. Through the night the toxins are dumped into the bloodstream which carries them to the kidneys and liver, causing them to be overloaded and extremely toxic first thing in the morning. The sensation of morning sickness is the body’s way of saying don’t put anything else in here, I’m just barely keeping my nose above water right now trying to deal with the toxins which are being eliminated.”

For nursing mothers, a plant-based diet reduces levels of environmental contaminants found in their breast milk, compared to mothers who consume flesh. As stated earlier, the flesh tissue concentrates the chemical contaminants eaten by the animal during its lifetime. It is also important to avoid dairy products because the high protein in the cow’s milk can travel through the placenta and even combine with breast milk. If a nursing mother consumes the flesh or milk from a cow, the hormones, antibodies and other drugs administered to that cow can be passed on to the infant in the mother’s breast milk. These antibodies can cause colic as well as other problems in the child.

Breast-feeding is the method God designed for the baby’s complete nourishment and meets all of their nutritional needs for the first 18 to 24 months of life. Many parents incorrectly think that starting an infant on solid foods earlier than recommended will make their child healthier and stronger. This is a false assumption that will have the opposite effect because breastfeeding provides a natural immunity to many diseases and provides nurturing that cannot be obtained elsewhere. If a mother is eating a proper diet, breast milk contains 100 percent of the nutrients needed for proper growth of the infant. As the baby requires different nutrients, these nutrients are formulated in the mother’s body, meeting all of the child’s needs, which often varies from day to day. Baby cereals were never meant by God to be a source of nourishment for infants and can produce many problems within the child’s body.

If breastfeeding is not an option, the next-best thing is expressed mother’s milk which has been stored in the refrigerator. If expressed human breast milk is not available, then try to find

a source for raw, unpasteurized goat’s milk. Goat’s milk is similar to human milk in composition and many children have been successfully raised on it. Goat’s milk will keep approximately four days in the refrigerator. Formulas that contain rice or soy products are not recommended as they can produce allergies and are difficult for the child to digest. Goat’s milk is a little richer than human milk and should be diluted 50-50 with distilled water. One recommended mixture is one-third goat’s milk, one-third fresh carrot juice and one-third distilled water.

If nursing is not an option and goat’s milk is not available, raw almond milk combined with a green drink (raw, freshly-juiced vegetable greens or Barleygreen) and/or diluted carrot juice might be used. Be sure these are *well strained*.

Commercially-available infant formulas are never recommended! These formulas cause mucous membrane problems such as chronic colds, ear infections, bronchitis and allergies.

If colic is a problem (which shouldn’t occur if mother is eating properly), diluted, freshly-extracted, carrot/apple juice can be given as early as three weeks of age. Start with one ounce carrot/apple juice in three ounces of distilled water in a four-ounce glass bottle. (Never use plastic bottles or nipples containing nitrates.) At four months, this mix can be strengthened to 50 percent carrot/apple and 50 percent distilled water and after eight months the pure juice can be given. Always strain juice through a very fine strainer. Organic produce is always preferred.

One of the causes of colic can be dairy consumption by the mother. According to the August 1991 issue of *Lady’s Home Journal*, “If your breast-fed newborn has colic, you may want to eliminate dairy products from your own diet. Colic may be caused by a protein in cow’s milk that can be passed from mothers to babies, say researchers at the Washington University School of Medicine in St. Louis. Associate Professor of Medicine Anthony Kulczycki, M.D. and Patrick Kline, M.D. recently studied milk samples from 59 mothers and found that protein (bovine) ran about 30-percent higher in mothers with colicky babies than whose infants didn’t have colic.”

If cow’s milk consumed by a breastfeeding mother can have this type of effect on a baby, consider the potential problems that can be caused by a young child directly consuming this product. Infants should never be reared on cow’s milk! In addition to the colic cow’s milk can cause, it can also produce all kinds of mucous membrane problems, diaper rash, allergies, ear infections, etc. It is thought that the proteins in cow’s milk (which are very different from the proteins in human breast milk) can ignite the production of antibodies that can produce insulin-dependent diabetes in mothers as well as unborn children. Approximately 100 vital nutrients are missing in cow’s milk and cannot be

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What Are We Feeding Our Children?

A Major Excerpt from Rhonda's *Recipes for Life... from God's Garden*

By Rhonda Malkmus

Children are a gift from God that we are to treasure and nurture even before conception! Prior to a husband and wife becoming one to produce a child they must realize with that innocent gift comes awesome responsibility ... a responsibility that lasts a lifetime! Think about the impact a new child will have on your home, your work schedule and your freedom. A baby needs love, security, warmth and understanding and these things can only be provided by parents who know the meaning of love and are willing and able to share that love unselfishly. Children born for the wrong reasons suffer problems and complications and often do not receive the nurturing God intended, which is so necessary to develop into healthy adults.

Several months or even years prior to becoming pregnant, the parents should share with one another what their desires and expectations are. Their thoughts and actions should be aimed toward a goal of serving the Lord, and their diets should be composed

of foods that contain and produce life – the living foods that God has given us. Live plants have abundant oxygen and chlorophyll so essential for the healthy environment of a growing infant. Improper diet and bad lifestyle choices (drug use, lack of exercise, etc.) can cause a wide range of problems, including miscarriage, excessive weight gain and retention of fluids by the mother, low birth weights, or insufficient nutrients for proper cell growth and brain development of the child.

At Hallelujah Acres we recommend, whenever possible, that a young couple get on the Hallelujah Diet at least six months prior to conception. The reason? We have found that this diet of living foods can actually repair damaged DNA. By giving both parents living food, they develop the strongest sperm and egg possible so the child produced by this union will have the very best start in life.

During pregnancy the body requires high-quality nutrients, which can best be found in organically-grown fresh vegetables and fruits. A few nuts and seeds can be eaten as well, but they are very high in fat and difficult to digest, and thus should be eaten sparingly. Some “experts” teach that expectant mothers require approximately 300 extra calories per day. These 300 extra calories could be obtained by consuming about one and one half cups of a starchy food like brown rice or millet, or half an avocado, or three to four apples in addition to their regular food intake. However, during pregnancy, be sure that fruit is no more than 15 percent of the

total food intake, because fruit is very high in natural sugar and can cause cleansing problems.

Positive mental attitudes and exercise are vitally important in maintaining a healthy, vibrant body and are especially important during pregnancy. Walking and swimming are two exercises that can easily be done, and both provide a release for tension while building a healthy environment for the child. An expectant mother also needs to get adequate rest and should not push herself to exhaustion.

There are seven components required for a healthy diet, and this is especially true for expectant mothers: carbohydrates, fats, proteins, vitamins, minerals, enzymes and water, all provided by God in the living plants.

Women who are expecting a little one also can use some extra iron, especially during the latter half of pregnancy. Recent reports have indicated that iron supplements can be toxic to the body and can cause an increase in the length of the pregnancy and potential complications. Barleygreen, carrot juice, raw spinach, raisins and other dried fruits are tremendous natural sources of iron in a form the body can easily assimilate

“Lo, children are an heritage of the Lord: and the fruit of the womb is His reward.” – Psalm 127:3

and utilize.

An expecting or nursing mother also needs to have an abundant supply of calcium which can be found in the green leafy vegetables such as raw broccoli, kale and Barleygreen. These sources of calcium are easily absorbed by the body, with no harm to the mother or developing child. Calcium supplementation as found in pill form or dairy products can be harmful to both mother and baby.

The B-complex group of vitamins help the baby's nerve development and can also help prevent the mother's sugar cravings. B-complex vitamins are found in green vegetables, grains and whole grain breads.

Fats are also necessary for proper brain development for the child and the hormones of the mother. But it must be the right type of fat. Most of you probably already know that the Standard American Diet is much too high in fat, and that there is a direct relationship between diets rich in fat and cancer, heart disease and other killers. But even though Americans eat too much fat, most Americans are deficient in the two essential fatty acids, linoleic and alpha-linolenic acids. Part of the reason for this deficiency is that Americans eat too much saturated fats from animal products and partially-hydrogenated fats from foods such as margarine, both of which block the body's utilization of essential fatty acids. All fruits and vegetables have some of these essential fatty acids, while nuts, seeds and

avocados provide even more. Flax seed oil is an especially good source of fat because it is extremely rich in omega-3 fatty acids and lignans. A diet low in saturated fat and high in omega-3 fatty acids has been shown to prevent many of the same diseases caused by a diet high in saturated fats, and lignans are best known for their anti-cancer effect.

Protein should not be a problem during pregnancy for anyone with a good diet. Complete protein is constructed in the human body from amino acids obtained from the food we eat. All vegetables and most fruit provide sufficient amounts of amino acids to meet our protein needs, while higher amounts are found in nuts, seeds and avocados. Mothers who eat too much protein are increasing their chances of complications, according to Dr. M.T. Mortor, Jr. He states: “Some are going to advise you to eat more protein, but if you do, you are increasing the chances of a complicated pregnancy and delivery.”

A mother's diet should be mostly vegetables with some fruit, nuts, seeds and whole grains. If hunger in the morning is a problem, some fruit or fresh juice is a good solution. For lunch, eat fruit or a raw green salad that can include

either nuts and seeds or an avocado. For supper, eat a large green salad and steamed vegetables, along with something starchy such as a baked potato, whole grain bread, brown rice or pasta.

For dealing with hunger between meals, ideal snacks include fruit or vegetable sticks, especially celery and broccoli, since they are high in iron and calcium. Fresh vegetable juices are also an ideal in-between-meal “snack.” All vegetable juices should include a base of at least 60-percent carrot juice, giving you the option of adding an apple, celery, broccoli, cucumber, beet, bell pepper, parsley, spinach or most any other vegetable. Fruit juices may be consumed occasionally, but should be limited to one serving per day.

These dietary recommendations for expectant mothers are similar to those being recommended by some nutritionally-educated medical doctors, such as Joel Robbins, M.D.

Also, Neal Barnard, M.D. states, ***“Plant-based diets provide a good balance of nutrients to support a healthy pregnancy and are superior to diets containing milk or other animal products. Whole grains, vegetables, beans and fruits give both mother and baby the nutrients they need. Support for a vegan diet during pregnancy comes from a study of 1,700 pregnancies at The Farm, a large community in Tennessee. The study showed a record of safety that would delight obstetricians. Only one in a***

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Back to the Garden

ment. I am now sending in a second order because some of these people want copies for themselves.”

Judy Cassidy, CO

“Thank you so much! I've lost 50 pounds [on the Hallelujah Diet] and no longer take thyroid medication. Hallelujah! Thank God.”

Pat Frost, NM

“... I have been drinking about 16 oz. of carrot juice daily for three weeks. I started adding one teaspoon of Barleygreen per day two weeks ago and walking three miles in 45 minutes most every day. I had already been walking two miles a few times a week. The last three days have been quite exciting. Saturday I noticed my skin felt silky. I have had terribly dry, scaling skin covered with moles. I had at least one mole every place possible on my body. Sunday I noticed some are fading, disappearing! I had my husband take a picture of my shoulders this morning. I wish I had thought to do that before I started eating right. He even noticed my new silky skin Saturday night without me saying a word. (He had thought I had taken leave of my senses by going on this diet! Now he's talking about growing a garden!) I agree with George... the carrot juice with Barleygreen is delicious! Thank you for sharing the good news about God's plan for our bodies. I'm already sharing too. You just can't help but share. I'm sitting here thinking. I wonder what marvelous changes are being made inside my body and what new thing will I discover tomorrow. God is so Good!”

Darlene Lieurance, MO

“Dear Dr. Malkmus: Barleygreen has been wonderful for me. Since taking it, I've noticed that I have more energy and I don't get tired as easily; I have much more stamina, a steady, consistent stamina; my sleep has been better; I have more color in my face... I quit eating meat, chicken, and fish. I am so thankful I made this decision. After just a couple of days without meat, I noticed my overall, general sluggishness was gone. You know, that vague, I'm tired, I'm just-getting-older feeling, the way everybody feels in their 40's. It's gone! The 2 o'clock slump's gone too... Also, a wonderful praise is that my hot flashes seem to have disappeared. I'm no longer overly-warm. I'm normal again... I now feel better, have energy, and the most wonderful thing of all, I am now looking forward to my future. I can't wait to see what God is going to do. Thank you so much for this wonderful message of HOPE that you have shared. It has certainly changed my life!”

G.D., PA

“We are still with the Hallelujah Diet. My total weight loss on the diet since Easter of 1996 is fifty pounds. My wife has lost twenty-two pounds. Eating healthy makes one lose excess weight. Thank you for opening our eyes.”

Herold Hamner, IA

“I have been taking Barleygreen and eating Winter/Spring '98

raw vegetables and fruits for almost two weeks now. I have experienced more energy and stamina, no more back pain, stiff neck and my too-greasy face is moderate now. Praise God! I'm awaiting for my healing or disappearance of an abnormal growth under my right armpit. I'm excited about my renewed eating habits lifestyle.”

Maria Ana Trans, CA

“Most of my life I've felt there has to be a ‘better way’ to eat. As an LPN, I know enough about nutrition. However, it always confused me to see the chemicals, additives, and such in so many foods we were all brought up on and it's getting worse! Each year brings more new ‘unhealthy’ foods and drinks. I've not felt good for a long time and yet I just couldn't seem to lose weight. Now, since I started my new life choice of eating (and I feel I'm a novice at it), I've lost 12 lbs. and feel wonderful and energized [on the Hallelujah Diet].”

Sheila Anderson, IL

“It wasn't easy at first, and so many people think that this is just a phase I'm going through. This is not a ‘diet’ but a better way of living. March 20th was the last time I ate meat, milk, cheese, eggs, sweets, and white bread. Since that time, I've lost 17 lbs. and have gone off my hormone replacement medication. My mother and sister had breast cancer and the Prempro was a risk for me. I also experienced a gain of around 2 lbs. a month being on the medication. Two weeks into the diet, I went to both doctors and informed them that I had taken myself off the hormone replacement medication and told them of my new way of eating. The results of my cholesterol was 208, down from 251 the last reading a year ago. Up to four weeks ago, I had not changed my way of eating or lifestyle.”

Kathy LeBreton, IL

“About a year ago I started taking a small amount (2 teaspoons) of Barleygreen daily and I have lost 30 lbs. right where I needed to lose it, and about midway through the year I stopped eating meat, both of these without effort. I have always been an avid meat eater but I just lost interest in it and quit because I didn't want it anymore.

“A few weeks ago a Christian friend loaned me your book *God's Way to Ultimate Health*, and after reading it I have decided to go on the full diet program as I am 72 years old and have been troubled with fatigue and arthritis. More importantly, I want to share this with others as it offers help and hope that the health care system cannot offer. I have already shared it with several people, one of whom has cancer and is currently in chemotherapy. How can we, as Christians, remain silent when we have such knowledge in our hands?”

Bob Van Ness, ONT

“Dear Dr. Malkmus: A lady named Janet Pauley shared how several years ago she had lymphoma cancer that was incurable. But with a

diet of mostly raw foods and Barleygreen she has regained her health... I felt as though God was saying, ‘This is My direction, this is My truth.’ Several weeks later our youngest son provided us with a book that was given to him by a co-worker. The name of the book was *God's Way to Ultimate Health*. I persuaded my daughter [who had been diagnosed with large cell immunoblastic lymphoma – a most aggressive and fast-growing lymphoma] to change to a mostly raw food diet and we changed our diet along with her. While we were taking Barleygreen every day she could not handle drinking that green stuff. Her first two chemotherapy treatments were devastating. Her white blood cell count bottomed out and once she had to be hospitalized. She had unspeakable side effects and pain everywhere. Within two weeks I noticed that my chronic fatigue was gone. Even though I was taking care of my daughter's home and family and then my own household every day, I wasn't the least bit exhausted. Also my carpal tunnel pain was gone, arthritis pain was gone, psoriasis on my face went away, severe ragweed allergies gone, and I had lost weight. My husband lost weight, all signs of his arthritis disappeared, his blood pressure dropped by over twenty points, and all sinus allergies were completely gone. We were amazed to say the least! Just before her third chemo my daughter and son-in-law changed doctors. The new doctor increased the dosage of chemo by 38%! The dose was so strong they felt she might have to be hospitalized each time. The prognosis was very grim, less than 40% survival. With this in mind, I began to beg and plead with Kathy to take the Barleygreen. I even prayed for God to change her taste buds. Finally she agreed to try it. She started the increased dosage, and this time her white count stayed up almost until the end of her treatments. Every time she walked into the clinic under her own power they were amazed! Kathy finished her last treatment in October 1996. She was actually supposed to take one more treatment, but she felt like her body had had enough. Her doctor agreed! In November they did a bone marrow biopsy along with other tests and found no sign of cancer! We praise God and give Him all the glory for being faithful to guide us in the way of healing! We now have all our children and grandchildren on Barleygreen and it has become a way of life with allergies a thing of the past.

Pat Blasingame, TX

“I am now pastoring again and teaching my church members to practice Genesis 1:29.”

Pastor Thomas Nutsugah, Ghana

We would love to hear from you. Tell us about your experiences from a change in diet by writing: Dr. George Malkmus, Hallelujah Acres, P.O. Box 2388, Shelby, NC 28151. We prefer to publish your name and state of residence in letters. If you do not want your name printed, or if your letter is not intended for print or online publication, please tell us in your 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 over 1,000 Health Ministers who have been through training here at Hallelujah Acres. These people are spread out across America in 48 states and even into Canada, Hawaii, Puerto Rico, Mexico, the Philippines, South Africa, and New Zealand. It is interesting to see how many are coming to our training from professional health fields – 10 medical doctors; three dentists; one optometrist; 33 chiropractors; and 75 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 200 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:

“My wife died in 1995 with cancer. She died because the doctors and medical establishment killed her with the chemotherapy treatments. I don’t want this to happen to me or any other person I have an influence on.”

Hal Clark, Birmingham, AL

“The next MRI (the tenth) showed that I had multiple sclerosis. The doctors offered no treatment other than steroids (with all their side effects). I felt there must be a better way. I began to research at the library for alternative treatment for MS, and I found a connection with diet, environmental factors, etc. It was at this time that my friend and manager of our church bookstore said to me, ‘Here, you need this,’ as she lent me her copy of *God’s Way to Ultimate Health*. I read it, thinking, ‘This makes a lot of sense.’ I immediately began changing my diet to the Hallelujah Diet, and it has made a world of difference. I feel great most of the time. I have much more energy. I have lost 20 pounds. I haven’t had so much as an aspirin or Tylenol in

a year. My neurologist thought I was doing so great that he asked if he could give my phone number to other MS patients so that I could explain to them what I am doing. I thank God for your ministry and what it has done for my family.

“My husband has lost 35 lbs and has had improved health. My son with mental retardation and mild diabetes has had normal blood sugar readings since he has been eating your diet. I wish we had known these things when we were raising our children. We would have done things differently.”

Phyllis Heacock, Alexandria, VA

“I believe the diet outlined is not only God’s diet for my life, but God’s diet for nearly everyone. It is ideal. I am particularly burdened for the children in our society and the foods that



Over 160 men and women attended the September Health Ministry Training.

caregivers are feeding them. By being a part of this ministry, I believe I can make the difference for children and their parents. Children need this kind of a start in life.”

Kathy Kile, Marietta, GA

“I served 21 years in the U.S. Army all over the world, including three combat tours in Vietnam. During that time, I went from private to major. I was ill and your program brought me back to excellent health. I lost 15 pounds. I can eat as much as I want or need to, and I have the power and stamina that I need to perform my labor intensive work. The pain I had in my joints is gone. In my opinion, your program is the solution to our health problems in the United States. I enjoy helping people help themselves with the knowledge found in your program. It is a winner.”

Charles S. Miller, Avon Park, FL

“We have been searching for years to find some reliable alternative to allopathic medicine. While showing some success, most dealt with symptoms. We are convinced that the Hallelujah Diet and change of lifestyle is the answer. The word must be spread, and we want to help.”

Fred and Carolyn Johnson, Edgewood, NM

“My mother and husband both died of cancer. I have been exploring alternative medicine answers and had become certain that

nutrition and lifestyle had to be 90% of the answer. I am so excited to discover a Christian ministry with the Biblical answers.”

Melba Esip, Worcester, MA

“God has given me a great desire to help people to become and stay well using natural foods and herbs. God has made me very uncomfortable in my present position and career in nursing. I’ve chosen Back to the Garden Health Ministries because God has directed me to it.”

Paul Allen, Lima, OH

“Since we have been on the Hallelujah Diet, we have noticed some side effects. From my husband’s top weight, he has lost over 40 lbs. and I have lost 30 lbs. Our sinus problems have improved. And my ‘incurable’ psoriasis is clearing up. It was covering at least 50% of my body. From the top of my head down to my feet. This will be the first summer in a very long time that I will be able to wear shorts. I wouldn’t even wear a dress because my legs looked so terrible. I can’t tell you how happy I am. We just love the side effects of the Hallelujah Diet. Thank you!”

Janis Damask, Petersburg, MI

“I have always been interested in natural health care vs. orthodox sickness care. I concur with your views on the subject and am elated to learn I do not stand alone.”

Warren P. Brown, D.C., Charlottesville, VA

“I am so excited to finally attach myself to someone who preaches, teaches, and believes in hope for our health. I have been slowly changing many things for the last several years with the family. Many things I knew were not healthy, but I didn’t know why or have enough knowledge to educate others. Now, with the Hallelujah Acres information and training, I can get the great news out to people and have the concrete facts to back up the information.”

Sherry Berry, Fort Wayne, IN

“I watched my mother die, and I relive it daily as I see the people around me who ‘go into exile for their lack of knowledge; and their honorable men are famished, and their multitude is parched with thirst.’ Your ministry brings wholeness to the body, soul, and spirit and that is what God desires for us. We wholeheartedly believe this message you proclaim. I particularly feel the Lord has called me into this ministry.”

Patti Webber, Cumming, GA

“I worked as a pharmacist for six years and then opened my own pharmacy in 1979. The Lord blessed me and it grew into a \$2 million a year business. I got disgusted seeing people destroyed with the drugs, so I sold the business and went into nutritional counseling.”

Larry C. Rawdon, D.Ph., Summertown, TN

*Continued – Please see next page
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And that is only a sampling of people’s reasons for coming for our Health Ministry training... and of their results once they have taken this knowledge back to their community. We envision thousands of Christians creating their own Health Ministries all around the world. Not only will many individuals want to

become involved, but every church should become a part, for their own membership as well as to use this information in an outreach ministry in their community.

Many churches already carry our literature, audios, videos, and Barleygreen in their bookstores and some even offer juicers and

distillers. Many pastors and evangelists are starting to incorporate the health message in their ministries. If you are interested in learning more about how you can receive training and set up your very own Health Ministry in your community or church, write or call for our “Health Ministry Packet.”

Completely Healed of Asthma, Janet Huhn Now Helps Others

In 1993, Janet Huhn could hardly breathe. Her chronic asthma of over twenty years was getting worse, and the cortisone and other medications weren’t helping. Janet turned to an inhaler every thirty minutes for relief. “I just knew these things couldn’t be good for my body,” she said.

Then she was introduced to Barleygreen.

After using the AIM product for three weeks, Janet woke up one morning without using her inhaler at night for the first time in longer than she could remember. “That was my first indication that something wonderful was happening,” she said.

She became a Barleygreen distributor in November of 1993, and the next month at Christmas, while visiting her sister-in-law, Janet noticed that she was no longer allergic to the family cat. “Everyone was so impressed that I sold five or six jars of Barleygreen to my family,” she said.

In June of 1994, Janet and her husband, Fred, heard Dr. George Malkmus speak at a Barleygreen convention in Toronto. “We went to the Barleygreen Convention and came back with the Hallelujah Diet,” she said. “And like a lot of other people, it blew our minds. It made me realize that Barleygreen is just the first step. It’s just part of the bigger picture.”

Within a year of going on the Hallelujah Diet, Janet was “completely healed of 25 years of chronic asthma.”

Today Janet says she feels more energetic than when she was in her 20’s. In 1996, a degenerative disk in her back was causing her excruciating pain. After experiencing an unusual sensation down her leg, she went to see a chiropractor. X-rays revealed that her body had naturally fused the disintegrated disk to the next one. Most people would require surgery for this to happen.

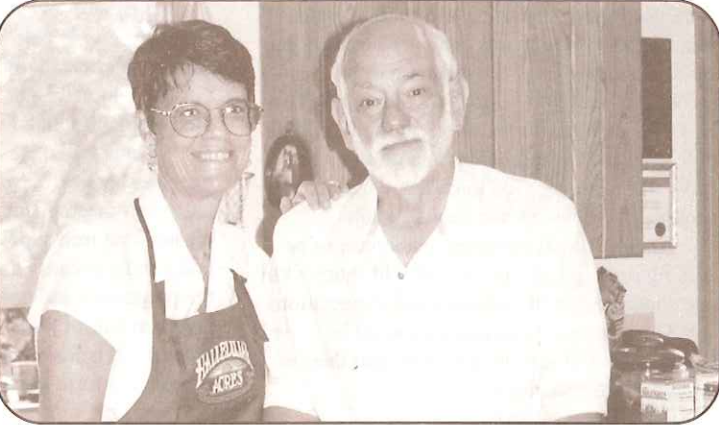
“It’s mostly through ignorance and laziness that we create most of our physical problems.” – Janet Huhn

Janet’s explanation for this wonderful healing? “I believe it’s because I put God’s food, which has healing power, into my body,” she explained.

Although she didn’t get on the diet to lose weight, like so many others, Janet lost 55 pounds and explains, “This is not a diet to lose weight and to look good, it is about our body/temples, about healing, about being

healthy. And when you do it that way, the weight is secondary. It will just come off.”

Janet’s husband, Fred, won’t argue about that. You see, he’d already suffered two heart attacks when Janet started the Hallelujah Diet. Because of his own health problems and even though he liked meat and junk food,



Health Minister Janet Huhn and her husband Fred.

Fred decided to give the Hallelujah Diet a ninety day trial. He hasn’t returned to his old way of eating in the four years since. Like Janet, Fred’s also dropped 55 pounds and no longer takes heart medication “with his doctor’s blessing.”

As Janet says, “It’s mostly through ignorance and laziness that we create most of our physical problems.”

Janet shared her testimony of healing at a recent chapter meeting of Women’s Aglow. Her

message was “God Wants Healthy Soldiers.” In her message, Janet teaches that we must be healthy in spirit, mind, and body.

One of our most active health ministers, Janet says she finds great enjoyment, fulfillment, and personal satisfaction in helping people with their health problems.

Famous Blind Walker Cures Self of Arthritis with Hallelujah Diet

Dear George: I felt led to write to you for some time about my husband. A couple at our church was concerned about my husband Bill’s health. They watched your video and decided to take a chance and see if Bill would watch the video and hopefully make a change in his life. For over seven years Bill has had arthritis throughout his entire body. He would take 16 Ibuprofen tablets a day and still be in pain. We literally carried a medicine bag with us all over the country. Bill had problems with his hip during long trips on the road and would have to get up and stretch in order to make it to our destination.

Unknown to me, Bill had been concerned about his health and the possibility of kidney

failure one day due to all the medications he was putting into his system every day. He had been praying about an answer when the couple gave us your video. We watched the video and the next day Bill went on your diet 100%. Within less than two months he was totally free of pain from arthritis. He also lost about 25 pounds and looks great.

I don’t know if you have ever heard of my husband. He is Bill Irwin, the only blind man to have ever walked the entire Appalachian Trail from Georgia to Maine, 2,168 miles, through 14 states with his guide dog, Orient, in 1990. During his trip on the AT is when he developed his arthritis.

I want to personally thank you for your diet

and the excellent book, *God’s Way to Ultimate Health*. Knowing what we know today about the diet is like wanting to spread the good news! We want everyone to know about the Hallelujah Diet and the benefits one will receive from following the diet.

By the way, I am also on the diet and have lost about 15 or more pounds and have no more symptoms of sinus problems and lost the arthritis that was in my right thumb. It was so bad that I could not use my thumb for anything. Thanks again George for your efforts in helping others.

May God bless you each and every day as He has me and my husband.

Debra Irwin, ME