### 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

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 – over 200,000 copies are in print. 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 18). 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. Over 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.

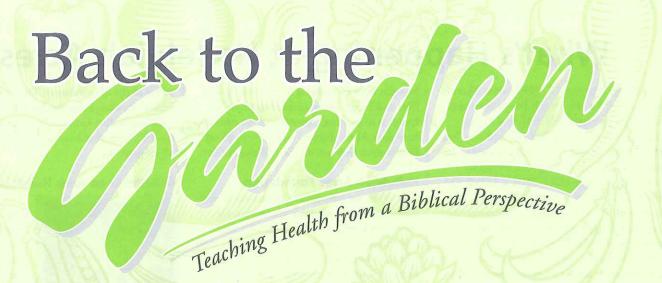
The results Rhonda and Rev. Malkmus are seeing in people's lives have been extremely gratifying as they receive daily testimonies from those who have been helped.

The Hallelujah Acres' ministry dreams of reaching the whole world with the knowledge and message, "YOU DON'T HAVE TO BE

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Published by Dr. George H. Malkmus and Hallelujah Acres • P.O. Box 2388 • Shelby, NC 28151 • (704)481-1700 • Summer/Fall 1998 • Issue No. 17 • \$3

### **New Book Now**

Available

In mid-June, we started to ship the first printing of Twenty-One Days to Health the Hallelujah Diet Way. This book contains a "contract for success" as well as detailed "how to" information that will help you and your loved ones go from the Standard American Diet (SAD) to

the life-enhancing Hallelujah Diet in three short weeks. The program in this 104-page book has already impacted thousands of lives on the Internet. You must add this inexpensive title to your health library because with it you can motivate friends and family to improve their health! Additional details about our newest book can be found on page 8-9 as well as in our catalog on page 27.

### Rhonda's Bestseller Continues to Please

As we went to press, we had an order from a lady in Hawaii for 150 copies of Rhonda Malkmus' bestselling book! People around the world love this book because it shows them precisely how to make meals that are not only healthy but also mouthwateringly tasty!

Recipes for Life...from God's Garden continues to set records here at Hallelujah Acres. At press time, we'd ordered the third printing of 10,000 more copies. Homemakers and chefs across the country are telling us this book has provided them with the help they've been needing for years.

"My family loves the Hallelujah Diet now that I have so many recipes to choose from," one lady wrote. Read Dr. Francisco Contreras' foreword on page 15 as well as a great testimony about the book from a fan.

### You Don't Have to Be Sick!

By Dr. George H. Malkmus

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." (3 John 2).

Are you aware that today, in modern America, as we stand at the threshold of the 21st Century, over nine out of every ten people reading this article will die from a disease? (Half will die from a heart attack or stroke. Three or more will die from cancer. Most of the rest will die from complications associated with diabetes, asthma, arthritis, Alzheimer's, aids or a host of other diseases.)

The drugs the doctors use offer little help and unfortunately, in most cases, make people even sicker! Ironically, the doctors are as sick as their patients—experiencing the same physical problems and suffering from the same diseases!

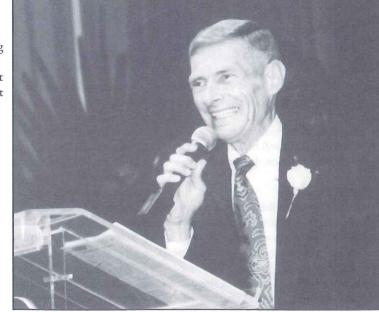
The medical community is obsessed with curing disease and constantly promising that if

we give them enough money and enough time, they will find a cure for everything that ails us. But they have had a lot of money and a lot of time, yet still have no cure for cancer, heart disease, diabetes, arthritis, aids, or even the common cold.

The cost of so-called health care continues to rise alarmingly with each passing year. Current

annual health care costs, in America alone, stands at over \$1,000,000,000,000.00 (one trillion dollars) and rising. While at the same time, the health of the American people continues to detériorate alarmingly with each passing year.

The diseases we used to consider old age disease, are now the children's diseases! We now have childhood diabetes and childhood arthritis, while cancer has become the number one killer of our youth. Today, the average four-year-old already has plaque build up in his/her arteries, while over 90% of the youth of America cannot pass the president's minimum physical fitness requirements. Today, some schools even have Ritalin breaks so the children can be administered this drug right in the schoolhouse, and most schools now have nurses on staff. —Continued on Page 4



### What's Happening at Hallelujah Acres

It was February 12, 1992, when Rhonda and I opened a tiny Health Foods Store and restaurant in Rogersville, TN, and started sharing the Hallelujah Diet. We had very little money, but we had a great big vision of some day, in some way, sharing with the whole world the message YOU DON'T HAVE TO BE SICK. There were very few converts in those early days but gradually increasing numbers started applying what we were teaching, getting well and sharing their healing with others. Well, here we are six years later, and we estimate there are over a million people who have adopted the HALLELUJAH DIET. But the most exciting thing is that literally tens of thousands of people from around the world have written to tell us they have regained their health by simply applying the Biblical diet and lifestyle principles we teach. We praise God for the way He has led and guided our every step

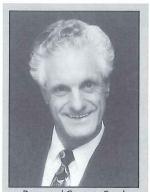
brought tears of rejoicing to my eyes. To see lives and homes being restored to physical health is so exciting. Several mothers even told how their ADD children were able to go off Ritalin once they got on the Hallelujah Diet.

#### Hallelujah Acres Foundation

While we have tens of thousands of testimonies, which is adequate verification for most people that the Hallelujah Diet does indeed produce positive results, there are those who say these testimonies mean nothing - that these healings must be documented to be believable. So, we have established The Hallelujah Acres Foundation. This foundation is a Donor Advised Fund under the administrative and tax umbrella of The National Heritage Foundation, Inc. (NHF) in Falls Church, Virginia. NHF is a 501 (c) (3) tax exempt organization so that all gifts to the Hallelujah

career in the drug industry. Through some family physical problems that were resolved by a change in diet, God changed the direction of his life. Read what Michael has to say about it all on page 16.

#### **Graeme Coad Joins Hallelujah Acres**



Coad, who served as Chaplain for the 700 Club for 12 vears, has joined the staff here at Hallelujah Acres as Chaplain. Brother Graeme will be helping me in the area of conducting HOW TO

Graeme

ELIMINATE SICKNESS Seminars around the world. Graeme is eminently qualified, having pastored many years. He's also been a seminar speaker and was healed of his prostate cancer on the Hallelujah Diet. Contact us at 704-481-1700 if you'd like to have Graeme speak in your church or community.

### World Wide Web Site a Success

During our first year on the World Wide Web, our site has been accessed by over 50,000 people and is growing rapidly. At hacres.com you will find over 60 hours of reading about Biblical nutrition. Chet Day has done an excellent job setting up and maintaining this site, and many days he answers over 200 e-mails. Be sure to access this site and take advantage of the wealth of information contained therein.

#### Back to the Garden

This issue of Back to the Garden will have a first printing of 200,000 copies. This brings total copies to over a million since we started this publication in 1993. With this issue, we also are increasing the number of pages to 32 because of the abundance of information to be shared. Back to the Garden is sent out free of charge to those who request it and is supported by those who purchase products from us.

### **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!" Well over 1,000 have gone through our training program while hundreds await training. Ever greater numbers of Christian health professionals are joining us



Dr. George and Rhonda Malkmus celebrate the Grand Opening of Hallelujah Acres in Shelby, North Carolina! (Peter and Carrie Malkmus on left and Paul and Barb Malkmus on right)

and for those who have stood with us, encouraging us and sharing this Biblical message with

So many wonderful and exciting things are happening that I will be hard pressed to even be able to mention them on this page.

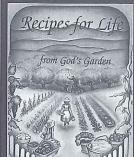
#### Testimonies

For this issue of Back to the Garden we had to go through thousands of new testimonies that have come in over the past six months to find the ones that might encourage our readers the most. I personally spent a whole week reading and selecting those to be included. As I read, many of the testimonies

Acres Foundation are tax deductible. As a tax deductible foundation, we can give financially so these testimonies can be scientifically validated. Rhonda and I have already given many thousands of dollars to this research project and have willed our entire estate to its perpetuation. You can also give a tax-exempt donation to this project if you'd like to help. For further Foundation details, see page 17.

### Scientist Joins Hallelujah Acres Staff

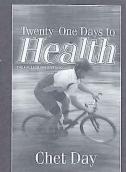
To initiate this verification process, The Hallelujah Acres Foundation has hired Michael Donaldson, Ph.D. Michael is a wonderful Christian man who was preparing for a



Name:

# **Quantity Discounts on Our Two New Books!**

Recipes for Life	Price Each	Twenty–One Days	Price Each	
1–3 books	\$24.95	1–3 books	\$4.95	
4–14 books	\$19.96	4–10 books	\$3.96	
15-45 books	\$17.47	11–49 books	\$3.47	
46-over	\$14.97	50-over	\$2.97	



### **Customer Order Form**

### 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 Peter Malkmus 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 December 31, 1998

Address:											
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If you have a P.O. Box, please also provide a physical address for UPS delivery.											
Please check if you are not on our mailing list, but would like a free subscription to Back to the Garden.											
We appreciate your order. The	Qty.	Item #	Item Name				Price Each	Total			
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#### Shipping Charges

\$5 for all orders under \$50. For orders over \$50, add 10% for shipping and handling. Call for foreign rates outside the Continental U.S. North Carolina residents, please add 6% sales tax to entire order.

#### Credit Card Orders

Call: (704) 481-1700, or Fax: (704) 481-0345 Visit us online at... http://www.hacres.com

### Mail Order Form to...

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

2 Back to the Garden

### Rebound to Health!

#601—REBOUNDER—This high-quality minitrampoline can offer one of the best indoor low-impact aerobic workouts ever devised. It's a great foul-weather alternative to walking or jogging. Includes a 40-inch diameter heavy-duty metal frame, six spring-loaded legs (removable for easy storage) and it folds in half to fit into its own carrying bag. Please specify hard bounce if you weigh over 300 lbs. The mat for the soft bounce is guaranteed for five years and the springs for ten years. Used every day by Rhonda and Dr. Malkmus. (\$209.00)

#### #343—REBOUNDING: OLYMPIC TRAINER—

This book by Harry and Sarah Snyder details many exercises involving a rebounder and soft weights. Helps you personalize your own conditioning workout. (129 over-sized pages, \$14.95)

### #603—REBOUNDING GOODIES PACKET—

This package contains the above "how to" book, along with an Air-O-Bics Video, one set of 2 lb. hand weights; one set of 4 lb. hand weights; one daily dozen exercise poster; one perfect ten exercise poster; one Townsend newsletter. (\$69.95, including shipping)

### Tea Tree Oil Products

#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 OINT- MENT**—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 sore gums. (3 oz. tube, \$3.95) #753 – Same as above in 752 but in a 7-oz. tube. (\$6.95)

**#316—TEA TREE OIL GUIDE** lists 101 uses, conditions and suggested treatments using Tea Tree Oil. (68-page paperback, \$7.95)

### Other Interesting Items

#801—HIGH ENERGY DIET VIDEO—Dr. Doug 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)

#803—CANCER DOESN'T SCARE ME ANYMORE—This video by Lorraine Day, MD, emphasizes the importance of defeating cancer by strengthening the 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)

#### #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 love 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. (Paperback, \$10.00)

**#721—CRYSTAL DEODORANT STONES** are safe and effective for everyone. Stones made from the earth's own potassium sulfate and other mineral salts. Completely natural! One stone guaranteed to last at least a year. Stone comes in a push-up container. (\$9.95)

#### #802—DIET FOR A NEW AMERICA VIDEO—

John Robbins (former heir of Baskin/Robbins) presents the hard facts on the insanity of a meat-based diet. He provides a caring look at our planet and proves 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)

#310—THE CHOICE IS CLEAR—Dr. Allen Banik explains how water functions in the body, effects of pollutants in drinking water, their contribution to disease, how to obtain real pure water. (\$2.50)

### Especially for Women #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. For free information on this product, send us a self-addressed stamped envelope . 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 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)

### More Books on Juicing

**#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—J. Kordich (\$5.99).

**#321—THE JUICING BOOK** by Stephen Blaur (\$8.95).

### Dr. Malkmus' Favorite Gardening Books

#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 - Dr. Malkmus has used this system successfully for years and would never go back to the old row method for most of his garden(\$16.95)

and using our program in their practices. These trained health ministers are now sharing the Hallelujah Diet in 50 states in the United States as well as six foreign countries. See page 18 for more information on this exciting ministry.

### Health Minister Reunion Resounding Success

In mid-April, we held our first health ministers reunion here at our new facilities in Shelby, NC. Over 300 health ministers, coming from almost every state in the US and from as far away as Puerto Rico, Canada, and New Zealand, were here. Keynote speakers were Drs. Francisco Contreras and Joel Robbins. They were excellent! Probably the highlight of the reunion was Dr. Joel Robbins' message on raising healthy children on the Hallelujah Diet. The message electrified the gathered Health Ministers, and you can enjoy Dr. Robbins' words and the health ministers' reactions on audio tape. For details, turn to page 10.

### Seminars, Radio, Television

The demand for information about Biblical Nutrition and the Hallelujah Program continues to increase. Remote radio broadcasts occur weekly with television interest increasing as well. Ever since those two appearances on the 700 Club in 1997, we have had trouble

keeping up with the requests for seminars and for more information. This year we will launch a new program that provides regional seminars across America and eventually the world. Considerably more nutritional and lifestyle information will be provided in these day and a half programs than are provided in our three-hour "How to Eliminate Sickness" seminars. See page 20 for current scheduled meetings. Note that new meetings are constantly being scheduled. By accessing our web site, you can keep up-to-date on seminar, radio, and television scheduling.

#### **Books and Videos**

Rhonda's new book, Recipes for Life... from God's Garden was released in mid-April and was an immediate success. In fact, in the first two weeks we shipped over 10,000 copies of the original 20,000 order. As we go to press, we currently have over 30,000 in print. In addition to Rhonda's new book, Chet Day has produced a fantastic 104-page book entitled Twenty-One Days to Health the Hallelujah Diet Way. For years people have told us they needed help in adopting the Hallelujah Diet. Well, in this new book, Chet takes a person by the hand and walks them right into the Hallelujah Program. We also have new 1998 audio and video versions of my "How to Eliminate Sickness" seminar. See page 15 for more on

Rhonda's book and page 8-9 for more on Chet's book, and page 28 for more on the tapes.

#### Mail Order

Mail order is how we support this ministry. Though Rhonda and I take no salary from the ministry, we currently have 24 employees who need to be paid, hundreds of thousands of free pieces of literature that must be printed, and a 23,000 square foot building that needs to be paid for and maintained. All of this takes money, and that money is provided from the profit we make in products we sell. Every time someone makes a purchase from Hallelujah Acres, they are helping to support this ministry.

We don't know how to adequately say THANK YOU for your support, but please continue to remember us in your prayers! With the ministry growing so rapidly, we need great wisdom in our decision making. It is so 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! May God abundantly bless each of you as together we proclaim to the world, *You Don't Have to be Sick!* 

### **Back to the Garden**

Published by Hallelujah Acres P.O. Box 2388 • Shelby, NC 28151 (704) 481-1700 • www.hacres.com

Publisher: Dr. George H. Malkmus Editor: Chet Day Layout and Design: Shannon Brown

Subscriptions are free!
Just send us your name and 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.



"For the past fifteen years I suffered from acute colitis, with

constant pain and much bleeding. It drained me physically—I was always tired. A year ago I got desperate before the Lord, praying, 'Lord, I can't minister to this huge congregation and keep all these ministries to the needy going unless You heal my bowels. I am at my wits end; I'm too weary to go on.' The Holy Spirit directed me to nutrition for healing. I always made fun of health nuts and all the claims being made for alternative health plans. The Holy Spirit taught me what to do: I got off sugar. I drink the juice of carrots and apples daily. I drink Barleygreen...I have been completely healed! I have more energy than I had at thirty years of age and I have never felt better in my life..."

—David Wilkerson, President, World Challenge

"Dear Dr. Malkmus, I would like to formally thank you for all that you have done for my family, myself, and all of God's people...I am a graduate student in the department of Cell and Molecular Pharmacology and Experimental Therapeutics at a medical university. I have been doing what you refer to as the Hallelujah Diet, for over a year now—to the extreme—totally raw...I have realized the power and full potential of this truth. This is the cure to cancer, heart disease, diabetes and almost every disease..."

—Tobiah Pettus, California

"...When I heard Dr. George H. Malkmus on the 700 Club I sent for a copy of the BACK TO THE GARDEN magazine. After reading it I ordered all the back issues, plus Why Christians Get Sick and God's Way to Ultimate Health...We bought a juicer, Barleygreen, and Herbal Fiber Blend. I went cold turkey on the Hallelujah Diet. It has been 6 months and I have lost 31 lbs. which I needed to lose...As a child of God I cannot sit down to food that I know to be poison to my body and ask God's blessing on it...I am 76 years old."

-Dorothy Johnson, Minnesota

"...I am a great fan of George Malkmus, and about a year ago I went on his diet and changed my life...a year ago I was crippled to the point of pulling myself out of bed each morning on a wire after hurting my back 2 years prior...Then I learned of George's diet. After

Continued on Page 12

30 Back to the Garden Summer/Fall 1998 3

During the past hundred years, there has been an explosion of information in this world! We can now fly around the world at speeds faster than that of sound. Watch pictures of things happening any place in the world as they occur. We can fly to the moon and send explorer satellites into space. Yet in the area of disease and health-care, we are literally sicker today, and die of more different diseases than they did a hundred years ago. Why?

Why, with all the university scientists receiving billions in grant dollars to find cures? Why, with all the Societies (Cancer, Heart, Diabetes, Arthritis, etc.) in existence today raising money to find cures? Why, with more medical doctors per capita in America than any other country on earth? Why are Americans among the sickest people on earth?

Believe it or not, there is a very simple explanation to 'why' we get sick as well as a simple and practical way to eliminate almost lowered from a high of 240/110 to daily readings of around 92/62. Pulse that used to be 110 to 113 at rest now is in the 70's. My ulcerative colitis is a thing of the past. No more congestive heart failure. I can drive, do housework, shop, take a walk, play with my grandchildren and just live life as I used to after three years of almost being a total bed patient. I am off all medications... I was on eighteen different medications. My mind is alert and I am so peaceful. Life is such a positive experience. Puscular psoriasis, which was a life threatening disease for me is 98% cleared from my skin. I am so thankful for the Hallelujah Diet and what it has accomplished in my life. I have my life back after being told by doctors I had (only) a short time left. When I refused to accept that, they told me I was in denial. I knew in God's word he promised me health, I just didn't know how to claim it. The Hallelujah Diet showed me how. Thank you Rev. Malkmus, Chet, and all the wonderful Health

SOWETH, THAT SHALL HE ALSO REAP" (Galatians 6:7).

For example, compare our automobiles, designed by men, with our physical bodies, which were designed by God. The creator of the automobile designed his creation (the automobile) to be fueled with a specific type of fuel, and we wouldn't think of putting into the fuel tank of our automobile the wrong fuel or contaminated fuel. Yet we pay practically no attention to the grade of fuel, or contaminates contained therein when it comes to what we put into our beautiful, God made bodies.

The fuel God designed our physical bodies to be nourished with was given to us by God at the time He created man. What does the Bible tell us that fuel should be? "And God said, Behold, I have given you every HERB [vegetable] bearing seed, which is upon the face of all the earth, and every tree in the which is the

# Sickness and disease are simply our beautiful, God-made bodies, reacting to the things we are exposing them to!

all diseases from the world! And we here at Hallelujah Acres have found it! Not that we are exceptionally intelligent, or have vast numbers of university degrees. It is just that we could not accept the deteriorating health we were experiencing in our own physical bodies, were not happy with the results we were getting from the medical community and went searching for answers.

What we found has not only taken away almost all our own physical problems, but when others apply what we have learned, almost every physical problem they were experiencing also went away. What we have found is the CAUSE of almost all diseases, along with a way to eliminate these diseases!

Currently, we estimate that there are over a million people worldwide who have adopted the Hallelujah Diet. And we literally have tens of thousands of testimonies from those who have applied our teachings and seen their physical problems simply go away just like ours went away! In fact, most people report that over 90% of all physical problems are gone from their bodies in six months or less from the time they adopt this Hallelujah Diet.

Following is an example of the type of letters and e-mails that come into Hallelujah Acres on a daily basis: My name is Marilyn Morgan, (in two months on the Hallelujah Diet, I have lost 43 pounds. My blood pressure has

Ministers who hold forth this life-giving message from God's Word. (Read also, the dozens of other testimonies contained on the pages of this publication.)

Have you ever asked yourself, WHY do people get sick? Or, WHY are Christians just as sick as non-Christians? My friend, the answer to both of these questions can be very readily found. You see, there are two systems at work in this world - the world's system and God's system, and when it comes to feeding and taking care of the physical body almost 100% of the people in this world are following the world's system! Yes, that includes most of the Christian Community!

The Bible says: "Know ye not that ye are [your physical body is] the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God [puts something into it that will harm it], him shall God destroy; for the temple of God is holy, which temple ye are. Let no man deceive himself. If any man among you seemeth to be wise in this world, let him become a fool, that he may be wise. FOR THE WISDOM OF THIS WORLD IS FOOL-ISHNESS WITH GOD" (I Corinthians 3:16-

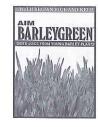
Sickness and disease are simply our beautiful, God-made bodies reacting to the things we are exposing them to! "Be not deceived; God is not mocked, FOR WHATSOEVER A MAN

FRUIT of a tree yielding seed; TO YOU IT SHALL BE FOR MEAT" (Genesis 1:29). And we know that these vegetables and fruits were consumed in a natural, raw, organic, uncooked form, because there were no pollutants in the atmosphere and fire had not yet been discov-

Now compare the diet God originally gave to mankind in Genesis 1:29 with the diet of the average American and the average Christian at the close of this 20th Century. Why, when we enter our supermarkets today, almost everything on the shelves is coming from the food merchants of this world-not from God's garden! In fact, once you leave the fresh fruit and vegetable department in your supermarket and start down all those isles loaded with cans, jars, boxes and packages you are literally in the manufactured or dead food section of the store. Someone may ask, "What do you mean by dead food?"

God provided each one of us with an incredible, LIVING, physical body! Each of our bodies is comprised of approximately one hundred trillion LIVING cells! These LIV-ING cells were designed by God to be nourished EXCLUSIVELY with LIVING (RAW) FOOD! All cooked food (that is anything that has been cooked, or that comes in a can, jar, box, bottle or container of any kind) is DEAD FOOD! You see, for foods to have a long shelf

### Barleygreen, Herbal Fiberblend, and Other Fine 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

#410—BARLEYGREEN in New Family-Size Jar AIM is now offering a 10.5-ounce plastic jar of Barleygreen. (\$49.95 for 10.5 oz)

#407—BARLEYGREEN CAPLETS—Only recommended if allowed to dissolve in the mouth. (\$33.95 for 280 caplets)

#302—GREEN BARLEY ESSENCE by Yoshihide Hagiwara, M.D., explains how 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 balanced nutrition of any source on earth. (Paperback, \$11.95)

#403—AIM HAND MIXER is a small, batterypowered mixer perfect for mixing Barleygreen, Fiberblend, etc. With carrying case. (\$5.95)

#301—GREEN LEAVES OF BARLEY by nutritional educator Dr. Mary Ruth Swope, tells why the dried juice of barley 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

#401/413—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.) Raspberry flavor (#401) comes in a 16-oz. size & lemon flavor (#413) comes in a 12-oz. size. Indicate the flavor you want. Rhonda and I use this product every day and highly recommend it! (\$32.95)

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

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

### Juicers and Distillers

#510—THE CHAMPION JUICER—This is a masticating juicer, which breaks up the cells and



food, forcing its nutritional value into the juice. We do not recommend any juicer with 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 on motor and 5 years on juicing parts. 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 510, but with a stainless steel shaft and heavy duty winding in motor. Optional 220-volt for 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. Replace it and save time and effort! (\$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 28 for our best model, the Waterwise 9000. (Regularly \$179.00, our price for the Ecowater Systems Distiller is \$149.00, including shipping.

#550—GREEN POWER JUICE EXTRACTOR— This new juicer offers several unique features that



advantage over other juicers. The Green Power has 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—(2pack, \$2.99)

#502—KLEENWISE—cleaner/descaler for distiller (40 oz., \$13.95)

#503—SHOWERWISE 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.

#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)

#790—HALLELUJAH ACRES APRON—A 22" x 30" dark green apron with a colorful Hallelujah Acres logo on the front. Apron includes one-inchwide ties, a neck strap, and adjustable fit buckle.

### Books and Tapes by Dr. George H. Malkmus

#201-WHY CHRISTIANS GET SICK by Dr. 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 20th printing. Why Christians Get Sick is written on a solid Biblical foundation with over 150 Bible verses. This was Dr. Malkmus' first book. (Paperback, \$8.95)

### #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 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 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. (Perfect bound paperback, \$18.95)

#### #266—HOW TO ELIMINATE SICKNESS

VIDEO '98—This professionally-produced video was shot on-site in Tulsa, Oklahoma, in April of 1998 at the Tulsa Bible Prophecy Conference. The 2 1/2-hour seminar contains much updated information not available in our earlier videotapes, including Bible Scripture and current research in and hundreds of real-life testimonials. Also an entire | traditional medicine as well as alternative health.

This is an up-to-date 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. You must see this remarkable video! (\$24.95)

#### #231—HOW TO ELIMINATE SICKNESS

AUDIO '98—This two-cassette audio was taken from the soundtrack of the above 1998 How to Eliminate Sickness Video. 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)

### **Other Best Selling Books**

#303—DIET FOR A NEW AMERICA is a best-selling book, for which author John Robbins was nominated for a Pulitzer Prize. Motivating you to live without animal products, this book is powerfully written and intensely emotional, as John Robbins (former heir of the Baskin/Robbins empire) presents the cold, hard facts of a meat-based diet. He also provides a caring look at our planet and makes us aware that there are loving, healthy choices for us to make that could do much to heal the Earth. Must reading! (Paperback \$14.95)

#342—DIET FOR A NEW WORLD is by John Robbins, who has been called "the most eloquent and powerful spokesman in the country for a sane and sustainable future." Citing the problems caused by a meat-based diet, Robbins notes, "Today, a greater percentage of the human race is overweight than at any other time in history. Meanwhile, a greater percentage of the human race suffers from malnutrition than at any other time in recorded history. These two developments stem from a common source." This book includes a list of 124 substantive ideas of what you can do to improve the world, and states that reduction in meat consumption may be the most effective single action you can take. Diet for a New World helps you understand how your 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,

#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 welldocumented, but unfortunately it does include evolutionary hypothesis and New Age tendencies. (\$24.00)

### **Our Recommended Distiller and Dehydrator**



#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 hearing element for long life. One year warranty. Totally automatic. Produces 1 gallon in 4 1/2 hours. Retails 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 remain intact. This family-size economy model features an adjustable thermostat with a temperature range of 85 to 145 degrees. Standing12.5" high, 17" wide, and 19" deep, it won't take up your entire kitchen. Comes with 9 trays - a total of 15 square feet of drying area. Comes with a one year warranty, including parts and labor. (\$215.00 including shipping)

### Previously Published Issues of Back to the Garden

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 -\$0.85 ea.; or 100 + copies—\$0.65 ea., plus postage. All back issues include testimonials, mailbag letters, and recipes from Rhonda.

#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 & #114—Issue No. 14, Summer/Fall 96 "Choose Life," testimonial by Pasto Don Irby, foreword by Dr. Rowen Pfeifer, "Products, Products, Products" &

#115—Issue No. 15, Spring/Summer 97 "God's Wisdom vs. Man's Wisdom," testimonial by Dr. Charles Pack, "Water: The Precious Fluid," &

#116—Issue No. 16, Winter/Spring 98 "Life - the Missing Link," testimonial by Stan Harris, major excerpts from Recipes for Life... from God's Garden & more.

#117—Issue No. 17, Summer/Fall 98 "You Don't Have to Be Sick," "The Hallelujah Diet for Athletes," "Candida," & more.

life and not spoil, the LIFE FORCE (enzymes) must be destroyed!

God says, "I have set before you LIFE and death, blessing and cursing: therefore choose LIFE, that both thou and thy seed may LIVE" (Deuteronomy 30:19).

If you were to take a LIVING (raw) carrot, cut off its top, and place it in a saucer of water, it would grow and produce new green leaves. But if you cooked that carrot and then cut off the top and put it into a saucer of water you would find that it would no longer grow. Why? It is now dead – we destroyed the LIFE FORCE within that carrot with the heat.

Another illustration is to take a newborn baby cow and allow it to nurse at the mother cow. If we did that, the calf would grow into a strong, healthy animal. But, if immediately upon birth, that calf was removed from its mother and fed exclusively pasteurized (cooked) milk, the calf would be dead in less than 60 days. Why? Because God created cows as well as all other forms of animal life to be nourished with LIVING food! Every creature in the animal kingdom was designed by God to be nourished exclusively with living, raw food, and man is the only member of the animal kingdom to alter God's design and plan!

With this in mind, let's examine the diet of the average American and the average Christian, and what do we find? We find that well over 90% of everything consumed as food in America today has been cooked. This cooking destroys all enzymes (the life force within plants); 83% of the vitamins; converts protein to uric acid; and changes the organic (living) minerals into an inorganic or dead form.

For instance, all animal products are loaded with fat! In one year, the average American meat eater puts into his/her body over 100 pounds of fat. This fat enters the bloodstream, builds up on the artery walls, causing the heart to pump harder in an effort to pump the blood through the crud, thus elevating blood pressure and ultimately causing one-half of all deaths in America due to heart attacks and strokes. Margarines and other hydrogenated oils do the same thing.

If we were to eliminate animal products, margarine and other hydrogenated oils from our diets, we would be able to reduce our risk of ever having a heart attack or stroke by 96%. If we do not smoke or consume animal products, we reduce our risk of cancer to almost zero. If we eliminate these animal fats and hydrogenated oils from our diet, we reduce the risk of developing adult-onset diabetes to almost zero. If we eliminate the animal products from our diets, we reduce our risk of osteoporosis to almost zero. Eliminating animal products from our diet will eliminate almost all colon problems, and most acid stomach problems will disappear in less than a

week once we stop consuming animal prod-

Cow milk was designed by God to nourish a 50 to 90 pound baby cow (calf) at birth and nourish it until it was old enough to eat grass on its own. The protein content of cow's milk is many times higher than human mothers breast milk and has a totally different chemical composition. When cow milk is placed into a human baby, it often causes colic, all kinds of mucus membrane problems, allergies, asthma, and even diaper rashes.

And when you look at the ingredients in infant formulas and compare the ingredients with human mother's breast milk, you find the formulas severely lacking. Also, formulas are devoid of enzymes, the life force! Watch what often happens to a child when mother switches the child from her breast to formula. Usually the body reacts with runny noses, fevers, and often the child is put on medication when the runny nose and fever are nothing but the body reacting to the wrong fuel.

Sugar is an immune system suppressant! God gave us an immune system to protect the health and integrity of our beautiful bodies. When we consume concentrated amounts of sugar, it short-circuits our immune system and prevents it from doing its job. At the beginning of the 20th Century, the average American consumed 7 pounds of sugar per year. Today, each individual in America consumes some 150 pounds. This breaks down to over 50 teaspoons PER DAY! (On average, a 12-oz can of soda pop contains eleven teaspoons of sugar; ice cream is about 37% sugar; while most breakfast cereals contain over 50% sugar.) In addition to compromising our immune system, sugar affects our emotions, causing depression and is the primary cause of Attention Deficit Disorders.

Table salt and all minerals originating in the earth or ocean or found in mineral supplements are in a dead form and thus toxic to the body. These inorganic minerals cause kidney stones and gall stones and when these minerals join with the fat in our bodies - plaque and hardening of the arteries result.

White flour is devoid of fiber and contains zero nutrition. Yes, they do add coal-tar vitamins back in after processing, but they are not the real thing. Actually, all the vitamins added to manufactured foods are in the wrong form and toxic to the body.

All five of the above listed, so-called foods, have one thing in common - they contain NO FIBER! Because the American people are consuming a diet that is almost totally devoid of fiber, some 70% of the American people suffer from constipation problems.

Caffeine, as found in coffee, tea, chocolate and most soft drinks is an addictive drug! Caffeine damages the lining of our stomachs, constricts arteries, contributes to heart attacks and strokes, damages liver and kidneys and is known to contribute to at least six different kinds of cancers.

Growth hormones (estrogen), as found in animal products and the estrogen being prescribed by medical doctors is the primary cause of most breast, uterine, and prostate cancers. The estrogen in these animal products are also jump-starting puberty in our children. Sixty years ago, most girls experienced puberty after the age of 15. Following World War II, the meat industry began putting these synthetic hormones into the animals to hasten growth. More recently, the dairy industry started using hormones so cows would produce larger quantities of milk. After 50 years of consuming these hormones, the age of puberty has reduced to ages 8, 9 and 10.

Someone reading this treatise may ask, "Do you have any valid, scientific documentation for all these claims you have been making?" The answer is an emphatic 'YES!' I will share just two:

One of the best-known studies of raw versus cooked foods was a 10-year research project conducted by Dr. Francis M. Pottenger, using 900 cats. His study was published in 1946 in the American Journal of Orthodontics and Oral Surgery. Dr. Pottenger fed all 900 cats the same food, with the only difference being that one group received it raw, while the others received it cooked. The results dramatically revealed the advantages of raw foods over a cooked diet. Cats that were fed raw, living food produced healthy kittens year after year with no ill health or premature death. But cats fed the same food, only cooked, developed heart disease, cancer, kidney and thyroid disease, pneumonia, paralysis, loss of teeth, arthritis, birthing difficulties, diminished sexual interest, diarrhea, irritability, liver problems, osteoporosis, and more (the same diseases common in our human cookedfood culture). The first generation of kittens, from cats fed cooked food, were sick and abnormal, the second generation were often born diseased or dead, and by the third generation, the mothers were sterile.

THE CHINA PROJECT is a scientific study of the most comprehensive survey ever conducted of the relationship between diet and disease. The study was conducted in rural China during the 1980's. The location of the study is of major importance because entire villages in rural China eat the same locally grown food for their entire lives, unlike in the West where food from all around the world is available. Availability of specific types of food varies considerably throughout rural China, so researchers were able to detect obvious links between diet and specific diseases as over 1,000 pieces of information were taken from

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each of over 10,000 people. "One of the most dramatic findings...was the strong association between foods of animal origin and cancer," the book states. High cholesterol from animal products and high urea nitrogen from excessive protein in animal products were related to increased rates of heart disease, leukemia and cancer. "...only small intakes of animal products were associated with significant increases in chronic degenerative diseases. And even more exciting, that the greater the percentage of plant food in our diet, the less chance of getting these diseases." Another factor directly associated with breast cancer is the young age of puberty in America. "Chinese girls reach menstruation usually when they are 15 to 19 years old." With acceptance of a vegetarian diet and elimination of recreational drugs, and improved sanitation, the book concludes "scientists estimate that premature deaths from all diseases could be reduced by 80 to 90%!"

In Romans 12:1-2, we read: "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a LIVING sacrifice, holy, acceptable unto God, which is your reasonable service. And BE NOT CONFORMED TO THIS WORLD: BUT BE YE TRANS-FORMED BY THE RENEWING OF YOUR MIND, THAT YE MAY PROVE WHAT IS THAT GOOD, AND ACCEPTABLE, AND PERFECT, WILL OF GOD."

How do we change our programming? The very first thing we must do to change programming is realize that our current programming came from the world's system and not from God. We must realize that the experts we have been looking to for answers regarding nourishing our bodies and dealing with physical breakdown came from the world's experts, who were simply imparting to us what they had been taught in the world's universities.

For example, all that is needed to become an expert is to earn a degree in one of these universities. To earn that degree, all that is required is to take the required courses in the subject you want a degree in and then agree with what you are taught sufficiently to receive passing grades and ultimately a degree or doctorate in that subject. But the question we never think to ask is: "What if what they are teaching in these universities is not TRUTH?"

Here is what I am getting at - All meals served in our school lunch programs must be approved by registered dietitians. To become a dietitian, a person must hold a degree from one of these colleges or universities. This degree supposedly qualifies them to know what good nutrition is so that they can teach others and watch over the ignorant populace (those who haven't taken these classes and received these degrees).

But what are these experts teaching us, and what are they feeding our children? Check up on the lunches being served in your local school and you will probably find them serving hot dogs, cheeseburgers, French fries and pizza, along with pasteurized milk and sugar desserts as well as a host of other toxic substances. These are not real foods! Rather, they are manufactured, non-food substances of this world's system, which cause our children's bodies to break down, and ultimately leads to sickness and disease.

Another example of the ignorance being displayed by these experts would be to take a good look at the meals being served sick people in the hospitals. If a person knows anything at all about this physical body and how it was designed to be nourished, they would realize that these meals would appear to be designed to keep people sick and in the hospital rather than helping them to get well so they could go home.

Then look at the medical doctors, trained in these same worldly universities, and you will find that they are being taught to deal with the symptoms of disease rather than the causes of disease! So they poison our bodies with drugs; burn our bodies with radiation; mutilate our bodies with their surgeries and then when this worldly system fails to provide healing - we are told to get ready to die. How

Headlines in USA TODAY, dated April 15, 1998, state: "Drug reactions kill 100,000 patients a year." The article went on to say: "...More than 2.2 million of the 30 million people hospitalized in 1994...suffered adverse drug reactions...and 106,000 of these proved

What does the Bible have to say about this world's approach and the drugs being prescribed? It says, "...for by thy sorceries (drugs) were all nations deceived" (Revelation 18:23). And a certain woman, which had an issue of blood twelve years, And had suffered many things of many physicians, and had spent all that she had, and was nothing bettered, but rather grew worse" (Mark 5:25-26).

Sadly, the Christian Community is being just as deceived as the non-Christian Commu-

So even though the Bible condemns this world's system and this world's way of nourishing and taking care of these marvelous physical bodies, the average Christian is following the world's experts instead of God's ways as set forth in the Bible. Sadly, many of these universities that are today teaching the world's way were once bastions for Biblical truth.

But they have been taken over by the world's intellectuals and now teach the world's system rather than God's. When Christians

attend these worldly universities, they are often intimidated and ridiculed by these intellectuals and often alter their views on creation and other Biblical teachings. Christians often forget the Bible's warnings concerning wisdom!

"Let no man deceive himself. If any man among you seemeth to be wise in this world, let him become a fool, that he may be wise. For the wisdom of this world is foolishness with God." "If any of you lack wisdom, let him ask of God ... " (1 Corinthians 3:18-19 & James 1:5).

Preachers occasionally accuse me of putting too much emphases on the physical body. Yet the Bible is full of verses pertaining to the physical body and telling of our need to properly care for it.

"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 6:20).

"...and I pray God your whole spirit and soul and BODY be preserved blameless unto the coming of our Lord Jesus Christ" (1 Thes-

In an open letter to Hillary Clinton in January 1994, I wrote: "...Our present health-care system is geared to provide what is most profitable for physicians, drug companies and hospitals, not to what is best for the people of our great land. This, Mrs. Clinton, is what must be changed if you and your husband wish to implement true healthcare reform. If the health of the American people is to be improved and if the staggering cost of health care is to be curbed, we must look outside the current and established systems. And I am not advocating the use of synthetic vitamins, herbs, or homeopathic remedies as the solution. These substances, along with all drugs, only deal with symptoms caused by improper diet and lifestyle. What I am saying is that almost all physical problems are caused by putting into our bodies substances that they were never biologically designed to handle...substances that

# "You Don't Have to be

Share the message with the world with our new bumper sticker. See page 27.

### Improve Your Health with Our Books and Products

Hallelujah Acres is a Ministry that we support through the sale of products we feel can help people live healthier lives. We will print more than 200,000 copies of this issue of Back to the Garden. They will be sent out free of charge to all on our mailing list. With the exception of our Health Minister Training and regional training sessions, all of our seminars are free of charge. Our goal is to let people of the whole world know that they don't have to be sick and then to show them how they can be well. We appreciate your support of this ministry by the purchase of products we sell.

#203—RECIPES FOR LIFE...FROM GOD'S GARDEN by Rhonda Malkmus is the perfect companion piece to God's Way to Ultimate Health because it begins where the theory and rationale for the diet leaves off. With more than 400 nutritious and delicious recipes, this huge 8 1/2 by 11-inch spiral bound book is already treasured in tens of thousands of kitchens. Healthy food tastes wonderful, and this book proves it! Has important chapters on how to feed children and young adults, along with menus and even a section on feeding babies. Detailed index lists recipes not only by

chapter but also alphabetically. (Spiral bound,

#204—TWENTY-ONE DAYS TO HEALTH THE HALLELUJAH DIET WAY—Hallelujah Health Tit and Back to the Garden editor Chet Day takes you by the hand in this 104-page book and shows you exactly what you need to do on a daily basis for twenty-one days to move from the Standard American Diet to the energy-filled, healthy Hallelujah Diet and lifestyle. Just about everyone who goes on this program for three weeks makes a commitment to stay on it because they feel so good. A fabulous buy. Priced to buy copies for friends and family! (\$4.95)

#775—PLANET SOLUTIONS—Rhonda and Dr. Malkmus don't recommend new products very often, but when they do the products will always be a welcome addition to your home. Such is the case with Planet Solutions, a non-toxic, biodegradable, plant-based cleaning solution that you can use on everything from your fruits and vegetables to your dentures! Everyone here at Hallelujah Acres has been experimenting with this fantastic stuff, and we can't get over its versatility. Buy an 8-ounce bottle (makes a quart of solution) of concentrate and see for yourself. (\$5.39)

#552 - LIVING WITH GREEN POWER - If you own a Green Power Juicer, you must have this beautiful hardback book! As Dr. E.L. Waselus puts it, "Living with Green Power is an international culinary excursion with amazing raw food recipes, humor, helpful hints, and useful resources all along

the way." More than 150 recipes ranging from Berry

#232—CHILDREN AND THE HALLELUJAH

Red Juice to Picky Pecan Pie! (\$24.95)

**DIET**—In April of 1998, Dr. Joel Robbins shared with health ministers what he'd learned about health and children. In this tape of his address on the subject, you'll learn why you're letting your family down if you don't get your kids on a healthy diet. Dr. Robbins also provides helpful suggestions on how to get your children on a living diet as well as how to keep them there. (\$9.95)

#280—TESTIMONIAL VIDEO—Filmed in 1997 at the Tulsa Bible Prophecy Conference, this moving video features 5-minute testimonies of 13 men and women who healed themselves of a remarkable variety of illnesses 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 know someone who resists the "You don't have to be sick" message, this tape of testimonials will open their hearts to the truth of the power of the Hallelujah Diet. (\$14.95)

#425—BARLEANS HIGH LIGNAN FLAX OIL—

Many folks now use Barleans flax oil as a daily part of the Hallelujah Diet. This 100% organic oil comes to you unfiltered and unrefined. It is expeller pressed below 96°F. We fill our essential fatty acid needs with one tablespoon a day of the world's richest vegetable source of Omega-3 and Omega-6 fatty acids. We consider Barleans one of the best brands currently available. (12-oz. plastic bottle, \$11.95)

#426—ROBERTSON'S SEA VEGETATION

BLEND-A rich source of trace minerals in an organic form the body can assimilate. 100 capsules, 600 mg each, of marine algae harvested from the North Atlantic. This is Dr. Malkmus' answer to colloidal minerals and for those who do not feel the kelp in Barleygreen is adequate. (\$12.95)

#427—UDO'S CHOICE PERFECTED OIL

BLEND-We recently discovered yet another outstanding oil that we're happy to recommend. Udo's Choice is a cold-pressed, organic blend of flax seed, sunflower seed, and sesame seed oils as well as oils from wheat germ, oat germ, and rye germ. We recommend this oil over flax seed oil alone for longterm usage. Using one tablespoon a day of Udo's Choice Perfected Oil Blend will provide you with your essential Omega-3 and Omega-6 fatty acids. (17-oz. bottle, \$18.95)

#570DS-VITA-MIX TOTAL NUTRITION

CENTER—We've found the Vita-Mix Total Nutrition Center to be an excellent blender and food processing machine. While it is useful in a variety of tasks from grinding grains to the preparation of delicious raw soups, it is not a juicer. We are selling it at Hallelujah Acres as an excellent tool for food preparation, but we do NOT endorse any of the manufacturer's juicing literature. We do, however consider the Vita-Mix Total Nutrition Center as the best available in America for a super powerful blender. (\$469.00, including shipping)

#290 - YOU DON'T HAVE TO BE SICK BUMPER STICKER - You've asked for a "You don't have to be sick" bumper sticker" for years. Well, we finally designed one we liked. (\$1.00)

### **Handcrafted and Natural Creation Soaps and Other Products**

ABC Liniment Oil • 4 oz bottle—\$6.75

#711 - Arnica, Benzoin, Solomon's Seal & Olive Bug-Me-Not-Herbal Repellent • 4 oz bottle-\$6.75

#715 - A blend of six essential herbal oils that have a long history of repellent activity when it comes to mosquitoes, fleas, biting flies, ticks, gnats, and other nuisance bugs. Safe and effective.

Jewelweed Topical • 4 oz bottle—\$6.75 #716 - A perfect combination for oily skin, large

pores, and complicated acne. Contains white oak bark, comfrey, aloe, Jewelweed, and mountain witch

Shampoo / Conditioner / Body Bars-All in One-\$3.65 each

#701 - Rosemary - For Normal to Oily Skin

#702 - Chamomile - For Normal to Dry Skin #703 - Coal Tar Soap - For All Skin Types - A

refreshing skin treatment to help soothe and restore conditions of dandruff, psoriasis, poison oak & ivy itch, insect bites & other skin irritations.

Facial & Body Bars—\$3.65 each #704 - Rose - For Normal to Oily Skin

#705 - Sweet Orange with Vitamin E, Lecithin & Sage - Moisturizing facial & body bar for dry skin #706 - Lavender Scent Rich in Vitamin E - for

#707 - Ylang-Ylang - For Normal Skin #708 - Carolina Pine (wonderful pine smell) - For Normal Skin

Value Pack—\$10.00

#714 - Sample pack of three bars of soap. Moisturizing Skin Oil • 4 oz. bottle—\$8.40 each #709 - Wheat Germ Oil, Sage & Sweet Orange

Massage Oil • 4 oz. bottle—\$8.40

#710 - Olive, Wheat Germ, Castor Oil, Lavender, Rosemary & Sage

Loofa Sponge—\$4.95

#712 - Use as a body sponge to massage and remove old skin and stimulate circulation.

Lavender Garden Mist-\$5.85

#717 - Use as a body splash or room freshener. Made with essential oils and mountain spring water; attractive glass spritzer bottle.

Pet Shampoo • 4 oz bar—\$3.65

#718 - Rover will smell like the Queen of France after you shampoo him with this great soap and its flea repellent herbs!

Gardener's Bar Rosemary/Lavender • 4 oz

#719 - Smells good and works great with stone ground corn grits.

## **Not What God Originally Intended**

by Pastor Gary Morris

In Matthew 19:3, the Pharisees approached Jesus with a question about divorce. Of course they only wanted to entangle him in their religious red tape. They asked if it was lawful to put away your wife for any cause. Jesus referred them to God's original plan and design for man and woman. They said, why then did Moses tell us that we could give a writing of divorcement and put her away? Jesus said it was a concession to the hardness of your hearts, but from the beginning it was not so.

This is exactly what I want to point out to you. The Living Bible says, It was not what God had originally intended. What was God's original design for the human race concerning diet? People are quick to point to Noah. As he departed the ark, God told him that he could eat meat. Was this another concession? Let me quote the words of Jesus here, from the beginning it was not so.

The Bible says that Noah alone was considered righteous of all the people of the earth. No mention was made of his three sons or their wives. It also says that the people of the earth had corrupted His ways on the earth. Could it be that one of the ways was eating meat? It is possible that Noah's sons had already eaten meat and God made a distinction as to what was clean and unclean so they would at least stay away from the scavengers.

It is obvious, even to the casual Bible student, that God's original design is found in Genesis 1:29. God tells Adam and Eve what he intended for them to use as food, which was raw fruit and vegetables.

I would like to remind you that God looked upon what He had made and said that it was all very good. This of course includes *His choice* of food for mankind. Why then would he later change his mind and add meat? Here again, I am asking you to think with me. Could it be that He knew man was going to die anyway so why not let him go ahead and eat meat if he wanted to? As Bro. George Malkmus says, "Maybe it was that man was living too long and getting into too much mischief." Maybe God said eat meat and die young.

Do you remember what God said to Israel when they demanded a king to rule over them? This was strictly not His perfect will for them, and it was not in their best interests, but He told Samuel to do it anyway.

Another time in Israel's history when God was leading them in the wilderness they grew tired of God's provision of Manna. They demanded meat. They longed for the flesh pots of Egypt. This was not God's best for them or He would have been feeding them meat to start with. God went ahead and brought them quail, but it was not in their best interest. What am I trying to say? Just this, God has allowed many things in the lives of His people that were not His perfect will.

I don't know about you, but I want God's perfect will for my life. I believe if the Son of God can refer back to the beginning to ascertain God's will concerning marriage, surely I can do the same concerning diet, because I don't believe God changes His mind.

### Good, Acceptable, Perfect

In Romans, Chapter 12, it says that He wants us to learn what is the *good, acceptable*, and *perfect will of God*. Some people teach that this shows a progression of revelation in finding God's will. There is the *good*, then the *acceptable*, and finally the *perfect*. I believe Genesis 1:29 is the perfect, for the physical body.

Let me make this point clear. I am not touching the spiritual aspect of this subject. Food, if given thanks for, is clearly acceptable with God and will not defile you spiritually. I am discussing here what will or will not bring good health to the physical body. I have a greater concern than how a food affects me spiritually. My spirit has to have my physical body to stay upon this earth. In turn, I have to stay upon this earth to fulfill God's purpose for my life. I believe I have found the answer in the Hallelujah Diet.

Two years ago I was chronically sick and now I am well. I have shared this diet with thousands of other people, and they have experienced the same results. We have even had cancer disappear. There is no way to estimate the good that has been done through this wonderful diet or, I should say, lifestyle

Now here are some facts about meat eating, taken from a major study dietary called the China Project. The facts are clear: Animal protein turns cancer on, while vegetable protein turns it off. If you get more than 10% protein in your daily diet from an animal source, the remainder will feed precancerous lesions and tumors.

The average Chinese gets only about 10% of his/her daily caloric intake from an animal source while Americans get a whop-

ping 70%. Women who eat meat are four times more likely to develop breast cancer than those who eliminate meat from their diet. In China, one out of one hundred thousand men will develop prostate cancer while in the U.S. 19 men out of every 100,000 will develop the same disease.

The China Project found that a high blood level of cholesterol was consistently associated with many cancers, heart disease and diabetes. The highest levels of blood serum cholesterol in China were lower than the lowest levels in the U.S.

Please note this, the project found that only small intakes of animal products were associated with significant increases in chronic degenerative diseases.

I would like to close with the conclusion of the China Project. Neal Barnard, M.D., Director of the Physicians Committee for Responsible Medicine, tells us that *Two-thirds of Americans alive today will die of cancer or heart disease, most of it diet related.* The authors also conclude that if people the world over would adapt a mostly plant-based diet and stop using recreational drugs such as tobacco and alcohol, *scientists estimate that premature death from all diseases could be reduced by 80 to 90%.* I don't know about you, but that convinces me I am on the right track.

### Hallelujah Acres to Offer Health Insurance Plan

Hallelujah Acres' Special Association Health Plan will soon be available. In the not too distant future, we will announce the availability of a fully insured \$1,000,000 major medical insurance plan designed exclusively for our readership who are vegetarians and who meet company underwriting guidelines. Rates will be very attractive.

Besides providing all of the traditional coverage found in a major medical policy, the Hallelujah Acres' plan will also provide alternative coverage at the Oasis of Hope Cancer Care Center and the Gerson Institute.

We will send everyone on our mailing list an announcement about this exciting new plan as soon as we've finalized the arrangements.

Subscribe to our free e-mail Hallelujah Health Tip—send an e-mail to subscribe@hacres.com are actually toxic to the body. Almost all physical problems can be eliminated and perfect health can be maintained by proper diet and lifestyle!"

God placed us on a magnificently beautiful earth in a gorgeous garden over which we were to be caretakers. But we have left that garden and are raping the land God gave us as an inheritance.

We humans have been gradually destroying our planet, using up its resources! Destroying our forests! Polluting our air and water! Building ever more hospitals and prisons. While all the American people seem to be interested in is how much money they can make and how many material possessions and physical comforts they can obtain.

With all of this technology and money and material possessions and comforts – WE HAVE FORGOTTEN GOD! We are a nation made up of people who are starving to death on full stomachs.

We are a nation of sick people, and we watch even those with abundant wealth, political position, and great worldly knowledge die of the same diseases as those we consider less fortunate.

It does not display great intelligence to make a fortune only to lose one's health and die of a heart attack or stroke or cancer! Most diseases are avoidable, and the ever increasing degree of sickness only reflects the ignorance of our supposedly well-informed leaders and medical technocrats, together with the money-making aspirations of the food manufacturers and the pharmaceutical industry.

If we are to turn this whole thing around, we must turn from the world's system back to God

We here at Hallelujah Acres have done just that and are experiencing abundant health while we serve our wonderful God and Saviour, Jesus Christ.

Won't you join us?

## The Hallelujah Diet

by Dr. George H. Malkmus

People often ask me, "What do you eat?" Here is my answer:

#### Breakfas

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 table-spoon of *Udo's Choice Perfected Oil Blend* 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.

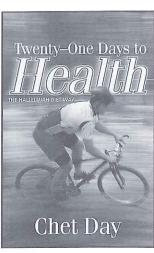
\*\*The second-most important thing I put into my body each day is freshly extracted carrot juice made from large California juicing carrots in a Green Power Juicer. I try to drink at least 16 to 24 ounces each day. When I had my colon cancer 22 years ago, I consumed 32 to 64 ounces of carrot juice each 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:

- 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.

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### New Book Makes It Easy to Get on the Hallelujah Diet



lot of people find the idea of going on the Hallelujah Diet for 90 days too great of a commitment. We recognized this and decided to do something about it. The result? The

You know, a

new series of very affordable books, Twenty-One Days to Health the Hallelujah Diet Way.

Written by Chet Day, Back to the Garden editor and Hallelujah Acres Online manager, this 104-page book challenges you to sign a contract to eat and live naturally for twenty-one days. Each day has a motivational letter full of "how to" details which show you not only what to do to get on our diet and lifestyle program but also how to stick with it.

Over 1,000 people involved themselves with our online, interactive contract challenges, and the testimonies of healings in just three short weeks that have resulted have been remarkable. We've shared many of these wonderful stories with you on our testimonial pages in

Because we consider this book an important new tool to reach our goal of teaching everyone on earth that "You don't have to be sick," we've priced it very affordably. You can purchase a single copy for \$4.95 and when you buy in bulk to share with friends and relatives, the price can go as low as \$2.97 each!

We thought you'd enjoy reading a sample from the Day Two letter, and here it is:

Welcome to Day Two, and I hope you feel great about getting past the big hump of the first day of your contract.

In my experience with various detoxing programs the past several years, the initial three to four days are the hardest because the body goes through intense changes as it switches over from the Standard American Diet (SAD) of processed "foods" to natural foods that the body can efficiently utilize for health and rejuvenation. When we're drinking carrot juice, eating predominantly uncooked fruits and vegetables, and having some Barleygreen, our trillions of cells, as Dr. Malkmus says, begin yelling: "Whoooeee! At last you've given me something to build some new healthy, vital, vibrant cells with!" As the new strong cells start building, the body has to flush out the old, weak cells, along with various pockets of toxic material that it's been storing.

The result of this process?

The various symptoms we talked about yesterday. I got a wonderful letter in the mail the second morning when I did this contract challenge on the Internet. A lady wrote, "I want to thank you for your encouragement regarding the detox process. I started the Hallelujah Diet right after I finished the books my mom-in-law gave me for Christmas, and I said to my husband the other day that I felt like I had been POISONED (and I haven't even gotten any Barleygreen yet). That's the only way to describe the horrible nausea, weakness, and general malaise. It's starting to pass now - thankfully, and my prayer continues to be that I can do all things through Christ who gives me strength."

I share this letter with you because it expresses so well what some people experience with the first few days of going on the Hallelujah Diet - what the alternative health movement calls a "healing crisis." Happily, once these initial poisons leave the body, most people start to feel better and better. The secret is to either ride out the hours or days of weakness, malaise, nausea, rashes, and so on or else to slow down the elimination process by cutting back on the Barleygreen, cutting back on the amount of juice, and/or adding more cooked food at the evening meal.

Okay, enough about that. Just wanted to reiterate the point since I know you may be having second thoughts about now because you're feeling worse than you felt when you

Please remember, you have to pass through winter to get to spring.

Now to today's topic: exercise.

I've been working like a maniac at Hallelujah Acres the past couple of weeks and yesterday I was very involved with this 21-day project as well as with another major project as well as with a huge influx of e-mail, and, during the day as the hours flew past, I kept thinking, "How am I going to have time to exercise this afternoon?"

Well, four p.m. rolled around, and I still hadn't finished the projects I wanted to finish, but I thought about my personal 21-day contract, and I thought about how I wouldn't want to confess in today's letter that I didn't do my exercise, so I dropped everything and went home and jogged for twenty minutes and then lifted weights for twenty minutes, and, you

The decision to stop working and go exercise was the best decision I'd made in over a

You see, it's also a decision I hadn't been making often enough lately because I've just been too busy to get out and exercise every day.

Well, not anymore.

I felt so good after that exercise yesterday that I rededicated myself to getting in my daily jog or weightlifting or rebounding or whatever no matter how busy I was or how many interesting projects pulled at me.

Why is it so important to exercise, you ask? Well, remember that when you change your diet, your body starts to excrete toxins and poisons that it's stored in various places throughout the system.

Exercise helps to remove this gunk.

Think about sweating for a moment. When you sweat, your body has about a zillion pores that it can use to push garbage out of your system. So doesn't it make sense to work up a sweat and give the body this excellent avenue for moving the junk out?

And that's not to mention the fact that exercising gets highly oxygenated blood moving throughout the system, bringing life-giving oxygen to areas that may have been oxygendeprived for years because of sedentary habits.

I've found with my personal program that exercise is just about as important to good health as diet.

So what do you do if you haven't exercised

Do you go out on the local track and run a fast mile? Do you challenge Michael Jordan to a game of pick-up? Do you ask Mike Tyson to spar a few rounds with you?

Of course not. Doing one of those things if you're not in shape would either put you down on exercise forever or it might even kill you.

Please approach exercise the same way you approach the Hallelujah Diet. We teach that with exercise you do the same thing as with the diet - you make a commitment to your health and to your body/temple and then you follow through.

As one graduate of the 21-Day program wrote in e-mail when she'd completed her contract: Chet, I was very skeptical at first, but decided I'd try it. I was extremely depressed, always tired, no energy, and crabby all the time. My husband, kids, and friends have been very impressed to see me becoming my old self again! I am happy all the time, I don't get angry or upset, and I have a ton of energy... for the first time in nine years I have a very positive outlook on life and the world around me! You've truly given me back my life.

To order this exciting book that will help you and your family ease into the Hallelujah Program, see page 27.

### **Bringing the Candida Problem Under Control**

In the past, Candida Albicans was considered a beneficial and harmless organism within the body. In a healthy person, it is found naturally occurring in the digestive tract, mouth, esophagus, throat and genital tract.

However, when it multiplies out of control, it puts out toxins which weaken the immune system while having the potential of doing great harm to the body. What causes this organism to get out of control and what can be done to help bring the body back into balance?

According to William Crook, MD, and many other health care professionals, the primary culprit is the overuse of the broad-spectrum antibiotic drugs. These antibiotics, which destroy the bad germs (bacteria), also destroy the friendly flora (bacteria).

Often the bad bacteria build up a resistance to the antibiotics and thus become resistant to them. Now the bad bacteria has nothing to control its growth and spread, and it often takes over the body - creating a condition known as 'candidiasis.

This condition weakens the immune system while overgrowth within the intestinal tract disturbs the normal intestinal membrane, often creating a 'leaky gut.' A 'leaky gut' allows undigested food particles to be absorbed into the bloodstream causing even more problems including allergies.

So now this candidiasis condition starts a domino effect that creates ever more physical symptoms and problems. According to James Balch, MD, the physical problems associated with this candidiasis problem include constipation, diarrhea, colitis, abdominal pain, headaches, bad breath, rectal itching, impotence, memory loss, mood swings, prostatitis, canker sores, persistent heartburn, muscle and joint pain, sore throat, congestion, nagging cough, numbness in the face or extremities, tingling sensations, acne, night sweats, severe itching, clogged sinuses, PMS, burning tongue, white spots on the tongue and in the mouth, extreme fatigue, vaginitis, kidney and bladder infections, arthritis, depression, hyperactivity, hypothyroidism, adrenal problems, and even

Other factors that contribute to a weakened immune system include diets high in sugar and simple carbohydrates, the use of corticosteroid drugs, birth control pills, and the increase of toxic chemicals found in our environment.

Animals are loaded with antibiotics so that even individuals who do not take prescription antibiotic drugs but do eat animal products have changes in their gut flora due to the over-exposure to antibiotics. Animal products also create a highly acidic condition within the body, as does caffeine and nicotine, that allows candidiasis to thrive. Dr. Theodore Baroody states that "when acid-forming levels of the body are under control, candida albicans will normalize itself."

One of the major benefits of the Hallelujah Diet is its impact on the acid/alkaline balance of the body. Due to the abundance of raw foods and Barleygreen, the Hallelujah Diet contributes to the body's ability to maintain a slight alkaline

When the body is enabled to maintain this favorable alkaline condition, candidiasis, as well as other diseases, have difficulty getting established and are unable to thrive.

Unfortunately, since candidiasis thrives on even the natural sugars as well as the simple sugars, those individuals dealing with candida usually find it beneficial to get the candida under control prior to introducing carrot juice into their diet. And most find it beneficial to eliminate all fruit as well and to restrict the intake of carbohydrates while restoring the friendly flora.

How do we avoid this candidiasis and how do we restore the delicate balance if the condition

Dr. William Crook states, "To summarize what you need to do for prevention: 1) Change your diet. Especially cut down on sugar and junk food and eat more nutritious foods. 2) Repopulate your intestinal tract with probiotics."

If the flora is already out of balance and candidiasis is thriving, Dr. Gene Charles and product formulator Michael O'Brien have indicated that it is beneficial to aggressively recolonize the friendly flora with a good probiotic (friendly flora) product.

As the massive recolonization of friendly flora takes place, the good bacteria compete more aggressively for the food supply of the bad bacteria and essentially starve out the bad bacteria. This will usually re-establish the flora balance within the body. However, this process may take several months, depending upon the severity of the

Regarding the leaky gut problem often associated with candidiasis, several health care professionals suggest the use of a good plant-based enzyme. They indicate that the use of two to four (high quality) enzyme capsules just before each meal (especially if the meal contains cooked food) helps to break down and assimilate the nutrients from the food more efficiently. As the food particles are more completely broken down and assimilated, the problem of undigested particles passing through the intestines into the blood

For over a year now we have been searching for the most effective probiotic formula available to restore the friendly flora. We have learned that it is critical to use a product that has been properly stabilized (this requires the stabilization of the DNA). Many probiotics have the ability to mutate and according to one well know formulator, "Sometimes they work and sometimes they don't."

stream is greatly diminished.

In selecting a good plant-based enzyme it is important to use a product that is active in the full pH range of the stomach and includes the following enzymes: protease, lactase, maltase, phytase, and peroxidase.

Here at Hallelujah Acres, testimonies reveal that some 90% of all physical problems simply go away through adopting the Hallelujah Diet. However, there are a few physical problems that sometimes require doing things a little differently. They include candida, diabetes, hypoglycemia, and cancer. For these symptoms, even natural sugars as found in fruit can become a negative factor and thus it is best to avoid them until the problem is brought under control.

We are not medical doctors and thus cannot prescribe or diagnose. However, we want to assist those people who choose to make positive lifestyle and dietary changes by making available the very best and most reliable information.

Call 704-481-1700 for further details.

### **Planet Solutions** A Great Cleaner

by Dr. George H. Malkmus

For years Rhonda and I have been searching for a product to replace the harsh and toxic cleansers we used for typical clean-up chores around our home.

A few months ago, someone sent us a new product called *Planet Solutions* that supposedly handled every cleaning chore in the house and then some. I was skeptical, to say the least.

After all, the literature said this non-toxic, biodegradable, and plant-based liquid would clean everything from fruit and vegetables to mildew on shower curtains.

Well, Rhonda and I like to try new things and put them to the test. As you know from reading Back to the Garden over the years, very few products ever pass that test.

Planet Solutions passed with flying colors! In

fact, it's such an amazing solution we've used it to replace every other cleaning product in our house. Today we're using it to not only clean the foods we eat but also to wash the car, our dishes, and our clothes. We're even using it to wash the dog. My assistant, Olin Idol, even uses it to wash

The manufacturer predicts that Planet Solutions will "replace nearly all existing products in the multi-billion dollar chemical industry."

After using it for many months now, I think they may be right!

The cleaning secret lies with a new molecule that utilizes a microscopic energy field of negative-negative ions. The technology is noncombustible, non-fuming, non-hazardous, nontoxic, and totally biodegradable.

Once you try Planet Solutions, Rhonda and I think you'll join us in properly disposing of all the harsh, foul-smelling, toxic products you've been using to do those tough cleaning jobs around your house! [See page 27 for ordering details- Ed.1

8 Back to the Garden

### **Bill and Debra Irwin Survive Freezing River!**

We don't hear very much about spiritual, mental, and physical readiness in regard to being prepared for the unexpected challenges that we all must be prepared for at all times.

Being an adventurer, I never know when I must accept a life-threatening challenge during the course of a day.

Recently my wife Debra and I had decided to take a canoe ride down the eight mile Sebec River which runs along the west boundary of our property in beautiful north central Maine. Since mud season had just passed we thought that the high water had subsided.

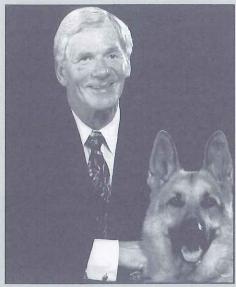
We invited our good friends and Hallelujah Diet sponsors, Roland and Mary Richards, to go along with us.

The water was up and very swift compared to its normal low condition, and the water temperature was less than forty degrees. About halfway we suddenly heard the raging sound of rapids that I had never heard on this river before. As we approached the "Rips," as they are called, we realized that we should have portaged around them. The raging water was overwhelming for us. We had our fifteen-year old, mostly blind and deaf pet Shelty, Pee Wee, and my Seeing Eye Dog Bronnie. Debra was in front, the two dogs in the center, and I assumed my usual position at the stern of the canoe.

As we flew into the rapids, our canoe was immediately caught in an eddy which put us into a spin. The dogs stood up to see what was going on and a wave overcame the side of the boat, throwing us all into the icy fury. The forty degree water carried Debra and me under as the canoe was upstream to our bodies, and it took a while just to escape from the canoe. Then we were carried by the raging flow across the rocks and boulders at tremendous speed, bruising and scraping our bodies as we were churned about in the water like we were in a blender on high speed.

We both managed to grab a rock and we were about twenty feet apart and about thirty yards from shore. The rushing water made it impossible to even think about making a break for shore. Within minutes our bodies were numb from the cold and we knew that we were rapidly sinking into hypothermia and if rescue was not imminent we would surely perish.

We could not communicate with each other because of the noise of the water. It was just like standing by a freight train. Debra was in a much less turbulent area than I, and she could hear me. I could hear the noise when she screamed but could not delineate the words. I told her to pray and let God tell us what to do.



Bill Irwin, featured in Back to the Garden No. 16, is the only blind man to have ever walked the 2,168mile Appalachian Trail.

I kept thinking that our only hope was for our friend Roland to come rescue us, not having any idea that the same thing was happening to him and Mary at the same time just one hundred yards downstream.

A man and his wife who were at a fishing camp nearby heard our friend Mary screaming for help and immediately ran to our rescue.

To make a long story short, they rescued Pee Wee, who had made it completely through the "rips." Mary, who was floating in her life jacket at the end of the "rips," and Roland and Debra, who were able to make it to shore.

They knew that I was still stuck in the icy water and had been there for an hour and a half.

They radioed by CB and contacted 911. When rescue arrived, I had finally had to let go of the boulder and had made it to a small island where I ran in place until they arrived.

Since I had no feeling in my body below my neck, I could not stand up or use my hands. I had to prop up on a tree and partially support my weight in order to move my feet, which I knew I had to do to survive.

Bronnie had gotten to shore as he is a very strong swimmer. He found Debra and after he got warm was doing fine as he stood at the bank, watching me intensely until they got me to shore.

At the hospital, it took two hours for the emergency room staff to get our body temperatures up to 94 degrees. Usually a person loses consciousness at that temperature and if that had happened to us, we would have perished.

In retrospect, we all felt that if we had not been well-nourished and physically fit we would not have been able to have withstood the low temperature for almost two hours.

Later I remembered that I had given Debra and myself an extra tablespoon of Barleygreen before we left home, which explains how I had the strength to hold on for so long.

Thank you, George, for sharing your lifestyle with us! Thanks to a loving God and our healthy lifestyle, we can share this story with you. One never knows what challenges we will need to face during a day, so we must always be prepared!

### **Rhonda's Recipes**

### What's Summer without Strawberry Shortcake?

### Shortcake

- 1 2/3 cup very warm distilled water 3 tsp. baking powder (I use Rumford)
- 3 Tbsp. honey (I use raw and unfiltered)
- 2 1/3 cup unbleached flour
- 3/4 cup oat flour\*
- 3/4 cup almond meal

Place warm water and honey in a bowl and stir to dissolve honey. Set aside.

\*Place 3/4 cup of dry rolled oats in a blender and turn on until a flour consistency is reached. Set aside. Place almonds in the blender and blend until a fine meal is reached.

In a bowl, combine all dry ingredients and mix well. Add water/honey mixture. Mix just enough to moisten flour mixture. The dough will be slightly sticky. Drop by tablespoons on to a

nonstick baking pan or one sprayed with liquid lecithin. Bake 15-20 minutes at 400 degrees. This makes about a dozen biscuits.

#### Strawberries and Cream

- 1/2 cup shelled raw almonds\*
- 1 Tbsp. maple syrup
- 2 cups distilled water
- 1 peeled frozen banana, optional

\*Blanch almonds by placing them in one cup boiling water. Allow to stand until the water has cooled slightly and then peel the almonds by squeezing them at one end. Be careful - they may shoot across the room! Place all ingredients in a blender and blend until smooth and creamy (about two or three minutes on high). Add six or eight large strawberries with hulls removed and

To serve, place biscuit in a bowl, top with fresh cleaned and halved strawberries, pour over "cream," and enjoy!

### The Hallelujah Health Tip (No. 28)

by Chet Day

We thought you'd enjoy reading an example of our Hallelujah Health Tip, a free electronic publication which you can get on-line by simply sending an e-mail to subscribe@hacres.com. In this issue, people from around the world who went on our Twenty-one Days to Health the Hallelujah Diet Way program wrote in and shared their

Hello, everybody, and welcome to this week's issue of the Hallelujah Health Tip!

We just finished our second Twenty-One Day Contract to Health the Hallelujah Diet Way here on the Internet, and today Dr. Malkmus and I would like to share with you some of the amazing results that men and women got from simply changing their diets and lifestyles for three short weeks.

We estimate that over 1,000 people participated this time around, and, judging from the survey results, more than 3,000 pounds of excess fat disappeared from these bodies since April 1st. Hallelujah!

Of course, it wasn't only fat that went away...so did a host of physical, mental, emotional, and spiritual problems, as you'll see when you read the terrific reports below.

Well, let me move out of the way so those who did the contract can speak for themselves.

- · Name: Beth
- Number of pounds lost:7
- Physical problems that improved: PMS symptoms, crabbiness, decreased gas, deeper sleep with less awakening during the night, decreased bladder pain and decreased frequency (I have interstitial cystitis which I am able to mostly control with 25 mg. amitriptylene). BY THE WAY, interstitial cystitis patients need to know about this diet. I plan to tell my urologist about this as he and Dr. Wm. Crook have just done a pilot study on yeast problems connected to I.C. problems which I participated in.
- Name: Ann
- Number of pounds lost: 5 pounds
- Physical problems that improved: need less sleep; nails & hair growing stronger; snore
- Comments: The real progress has been with my husband. He is an insulin-dependent diabetic since 4 years of age. At current age of 51, he has all the related problems that come from having diabetes for so long; diabetic neuropathy in both hands & feet (nerve damage), eye problems, heart problems and kidney problems. Two years ago this month, he was put on kidney dialysis after having a heart attack. After much prayer and 4 months on dialysis, God intervened and he no longer needed

dialysis... The best news is that when he started the Hallelujah Diet in Jan 1997 and gave up all meat (he already was restricting salt & sugar as a diabetic) his blood tests regarding his kidneys dramatically improved. All his blood poison levels came down even lower than when he was on dialysis. Each month it gets better because the diet is putting less of a strain on his kidneys...Thank you and Dr. Malkmus for showing us a better way of life.

- Name: Greta
- Number of pounds lost: 15 lbs.
- · Physical problems that improved: Pain in joints from Rheumatoid Arthritis greatly improved. Totally off any kind of pain medication including aspirin. At the beginning of the 21 day contract I was at the point where I was taking pain meds every 2-3 hours, 24 hours a day just to cope with the
- Name: Chris J Ft. Worth, Texas
- Number of pounds lost: 8
- Physical problems that improved: Felt less sluggish, more energy. Non physical: Felt intense pride that I was doing something SO SMART!
- · Comments: For the first time in 40 years, I didn't HATE the day or week after Easter cause I didn't have one, not one, piece of candy. Course, in 40 years, I've never ever stopped at one piece of candy. If I wasn't literally ill from eating candy, then it must not have really been a holiday.
- Name: Susy
- Number of pounds lost: 15
- Physical problems that improved: Much more energy, feel about 20 years younger, more stamina, more limber, my taste for foods is really changing - those fresh fruits and vegetables now look so good to me (and I had such a sweet tooth!), moles turning lighter or disappearing (this really surprised me!), now hungry for breakfast for the first time in my life (and I'm 51), taking less allergy medication, happier, and more enthusiastic.
- · Name: Judith
- · Comments: I have had migraine and chronic cluster headaches for more than 30 years. They started when I was in junior high school and have gradually worsened to 3 or 4 a day with some lasting for 5 days without any let up!

I have tried every medication that is available and many that were in the experimental stage with no help. One

medication that I was taking caused the femoral artery in my leg to collapse, cutting off the circulation to my leg from the knee down. Before going into surgery I gave the doctor permission to amputate my right leg if it became necessary, but miraculously after 7 1/2 hrs. of surgery they were able to save

Finally the doctors found a medication that worked. I thought my problems were over! When I got a migraine I would give myself a shot of Imitrex (Sumatriptan) and within 30-45 minutes the migraine would be gone. Because of the chronic cluster part of this problem I would have severe migraine/ cluster headaches in cycles throughout the day, so I would have to give myself 2 or 3 shots of Imitrex a day and many days that would not be enough.

One side effect of the Imitrex is that it constricts all the arteries and blood vessels in your entire body, not just in your head. This would cause my blood pressure to rise, thus needing blood pressure medication to keep the blood pressure in check.

I tried eating as organic as possible, but it was still difficult to determine the ingredients in the food, so I lived on a very unbalanced diet, which didn't help the migraines. So it was a never ending circle.

The problem continued to get worse to the point of the doctor telling me that if I couldn't get my blood pressure down in three months he was going to take the Imitrex shots away from me. If that happened I knew I would no longer be able to teach school.

About this time a friend gave me a copy of "God's Way to Ultimate Health". In one evening I read the entire book. Everything sounded so logical I decided to make a complete life style change and go on the Hallelujah Diet. I had been on the diet for 2 or 3 weeks when you started your latest contract and I signed up, it is now day 19.

As of today I have not had a shot of Imitrex in 12 days and I have only had 2 shots since April 1. I am so excited I can hardly contain myself, it is truly a miracle come true!

I wanted to let you know how thankful I am to Dr. Malkmus and Hallelujah Acres for presenting God's plan of eating to all. Thank you so much, you have literally saved my life.

### Chet's Closing Words

Well, folks, the program works! And it works all kinds of wonders for most people who get on it and stick with it for even just a few weeks. Think what it's doing for those of us who have decided to live this way for the rest of our lives.

### Raising Healthy Children on the Hallelujah Diet

We had some remarkable moments during our first reunion of Back to the Garden health ministers, but most in attendance would probably identify Dr. Joel Robbins' speech on "Children and the Hallelujah Diet" as the high point of two and a half days of exciting fellowship. Please read the following excerpt from his tape to get a sense of what he had to share:

Here's a question I get all the time: "If diet makes a difference in our health, why is it that my grandfather, who ate everything wrong, lived to be 90 years of age and his great grandson, age 2, has cancer?" How can this man, denying every aspect of health, live to be 90 to 95 while his 2-year old great grandchild has cancer?

If it's diet that makes a difference, it would seem like Grandpa would be the one with the trouble. Back in the 40's there was a dentist by the name of Francis Pottenger. Francis Pottenger had that same question. His real question was

"What does processed food do to our bodies?" Now he was not a nutrition nut, and he financed his own

research. So no one told him what results to come up with.

He used cats. He divided these cats into five groups. The first two groups he fed unprocessed food. Those cats remained healthy throughout the experiment, so let's put them

It's the other three groups we're interested in. He fed them processed foods, junk foods in other words, and here's what he found. The first generation junk-food cats developed diseases much like we humans acquire - arthritis, cancers, diabetes, allergies, and so forth. They got these diseases toward the end of their life span.

The second generation junk-food cats developed those same diseases in the middle of their lifespan. The third generation cats developed those diseases at the beginning of their

There was no fourth generation. Either the third generation parents could not conceive, or if they did, they aborted.

Right now in America, 25% of young adults cannot conceive. It's the worst we've ever seen. The incidents of spontaneous abortion or miscarriage is on the rise. It's the worst this country has ever seen.

The Number One disease killer of children under the age of ten in this country is a chronic degenerative disease. It's cancer.

What has happened? Well, since 1900 our diet in this country has degenerated terribly. In those days Americans ate whole foods because then we didn't have any choice. We grew off the land. We didn't know about enzymes, we didn't know about canning, we didn't know about preservatives or



eration or so forth, so basically we had to live off the land.

So we've gone from that to processed foods and preserved foods grown on depleted soils. And as I mentioned yesterday it's seven to fourteen days before the average American will consume anything raw. Now we're three or four generations from 1900, and we're seeing the problems Pottenger saw with his cats.

It's pretty sad. Children under the age of ten die of heart attacks and heart disease. And diabetes, a relatively new disease for children, is becoming more and more common.

It's the result of our diet breaking down over this time. Very few diseases do we actually inherit. What we inherit from our parents is genetically weak tissue. So if Dad smoked and didn't have a lung problem prior to conceiving his son, his son will be handed genetically weak lung tissue.

That's not a disease. Those lungs will function normally. Except if he violates his body. That's the weak link. That's what's going to fall apart. And he can develop some lung

Just this past week a mother called, and she said, "A year ago my daughter, age 35, came down with Type II diabetes."

I said, "I bet you just found out you had it too." She said, "That's why I'm calling you. How'd you know?"

You see, the daughter acquired it before it showed up in the mother because she was the next generation. The weaknesses are even weaker. It took less wrong-doing for the problem to manifest. It only took 35 years of

wrong-doing in the daughter, but 55 years in the mother for it to manifest.

> Scripture says that the iniquities of the fathers are visited to the third and fourth generations. It doesn't seem fair, but God isn't fair. He's just, but he's not fair. And one day, as C.S. Lewis said, "The first two words out of our mouths when we get to heaven will be 'Of course."

It all makes sense. But it doesn't seem fair that we pass on our wrongs, our propensities, our weaknesses. So we have a

responsibility. We're in an age that lives for the moment; if it doesn't hurt me now it must be

We have to think in terms of our children and our grandchildren.

You see, Pottenger found that he could reverse the problems. But it took three generations to reverse the genetic code.

What determines a child's health? Number one is the health of the parents at conception. As they conceive, what is their health? What makes up that first cell's life? Sperm and egg. They are an offspring, so to speak, of the mother's body and the father's body. If the father's body is deficient and toxic, so is the sperm. Same with the egg. Right there at conception we can have the first cell of life that is deficient and toxic. And that will influence the genetic code.

Number two involves the health of the

Continued on Page 14

more food to replenish what had been depleted. I have also found that after evening workouts, if I do not consume enough food, I will wake up very hungry and have to eat some form of cooked grains to supply the amount of calories I need. As mentioned earlier, I do not like to eat any cooked food in the morning, so I try to make sure I eat enough after an evening workout. On mornings after a hard evening workout, I will usually begin eating fruit earlier than normal, sometimes as early as 8:00.

Well, what about fat? Fat is also important in your diet as an athlete. Carbohydrate is the primary fuel for intense muscle contraction, and its energy is released as much as 3 times as fast than from fat. But when exercising at low intensities (50%-80% of max), fat is the body's primary fuel. Actually, the more athletic a person is, the harder he or she can push and still burn fat. That is, an untrained person uses mostly fat up to about 50% of max, and then switches to carbohydrate. But a well-trained athlete can burn fat up to 80% of max. Fat is also used during exercising after carbohydrate stores are depleted, which would occur especially in long workouts. Fat can also save your carbohydrate stores for high intensity efforts like sprinting.

While you don't need to go out and consume lots of fat, you do need to make sure you get fat in your diet, and the right kind of fat. Fat that has been cooked is denatured and is toxic to the body. This is the kind that gives fat a "bad name" because, as a toxin, it builds up in the arteries and causes the problems like coronary artery disease and strokes. In the Hallelujah Diet, fat usually comes in the form of raw oils (extra virgin olive oil, flaxseed oil...), nuts, seeds and avocados. There is some fat in other vegetables and fruit. One of my favorite salad dressings is the Cashew Dip dressing found in the recipe section of God's Way to Ultimate Health. It is delicious and a good source of fat, as it contains nuts and olive oil. I also like to grind up seeds like sunflower seeds and flax seeds in a coffee grinder and put them on my salad. You can snack on nuts as well to provide the fat that you need. Stay away from peanuts, though, as they are hard for the body to digest and can be carcinogenic.

Fluid intake is also extremely important. In fact, water is the most important nutrient that your body needs. When the body's level of hydration falls, the normal metabolic functions start to act irregularly. This produces chemical imbalances which can cause the body to have trouble secreting urine, and this will result in toxins being built up in the body.

During exercising, you need to drink constantly. Do not ever wait until you are thirsty; at this point you are already dehydrated and your performance will suffer. Obviously, the more you sweat, the more you should drink. Also, do not guzzle liquid. This could cause problems in your digestive system. Room temperature liquids are best. Extreme hot or cold drinks can cause undue stress on an already hard-working body. As mentioned earlier, the

best drink during exercise is about 75% distilled water mixed with 25% fruit juice. This will provide the liquid necessary as well as vitamins, minerals and a constant stream of carbohydrate. It is also necessary to pre-hydrate before a workout. The best method is to drink distilled water throughout the day. I always keep a 32-ounce bottle nearby that I sip on throughout the day.

What about supplements? If I bought every supplement that promised to improve my health or athletic performance I'd have to work three more jobs just to pay for them. The only supplements I take are Barleygreen and Herbal Fiberblend (which is a fiber supplement). With lots of fresh juices (mainly carrot juice) and a large percentage of raw fruits and vegetables, you will be a very well-nourished athlete, and have

money to spend on races! If you can afford it, there are some supplements out there that may be of some benefit. You will have to prayerfully and wisely consider such options.

Keeping with the issues discussed in this article is going to ensure that your body gets the fuel that it needs to perform the way it should. You will need to experiment with some of these to find the optimum balance for you, but remember to not violate the standards of the Hallelujah Diet. It is the way of life that has been proven for superior health, and I believe that it will be proven to be the ultimate diet for

Below is my typical daily food schedule for non-training days, training days and race days, as well as a list of complex carbohydrate suggestions.

### Non-training days

#### Morning

6:00—carrot juice followed 30 minutes later by Barleygreen, or vice versa

#### Late Morning

9:00-10:00-sometimes fruit; otherwise I wait until lunch to eat

11:30 or noon—carrot juice and Barleygreen followed 30 minutes later by Fiberblend, then a vegetable salad or fruit

#### Dinner

(which can be as early as four or five o'clock) Barleygreen followed 30 minutes later by a vegetable salad, then cooked food

#### Training days

6:00—carrot juice followed 30 minutes later by Barleygreen, or vice versa

#### Late Morning

8:00-10:00—fruit (sometimes I still wait until lunch to eat)

11:30 or noon—carrot juice and Barleygreen followed 30 minutes later by Fiberblend, then a vegetable salad

3:00—Cooked food (which is mainly my complex carbohydrate)

Training will be done anywhere from 3:30-8:30. Saturdays will be done around noon.

### After the workout

carrot juice mixed with a tablespoon of Barleygreen followed 20-30 minutes later by a large salad, then cooked food (which again is mainly my complex carbohydrate)

### Race Days

(Races are usually in the morning)

### First thing in the morning

6:00—carrot juice followed 30 minutes later by Barleygreen, or vice versa

### 3-4 hours before the race

Fruit—usually oranges, apples and especially

### 1-2 hours before the race

Oatmeal made with rice milk and some honey

#### During the race

Distilled water mixed with 15%-25% fruit juice For longer events, bananas, Cliff Bars and rice

#### After the race

same as "After the workout" above

### List of suggestions for complex carbohydrate other than bread and pasta

- Oatmeal
- · Rice with Bragg's Liquid Aminos and Cashew Dip dressing
- · Beans and rice
- · Bread made with spelt flour
- Cornbread
- Steamed vegetables
- · Potatoes with Bragg's Liquid Aminos and Cashew Dip dressing
- Quinoa with spaghetti sauce
- Granola (usually homemade)
- Energy bars (as mentioned previously)
- · Vegetable stir fry (sautéed with Bragg's Liquid Aminos, distilled water, and desired spices) with rice
- · Wheat free cereal with rice milk (these can usually be found in health food stores)
- Hummus (as a topping on things like potatoes or raw veggies)
- · Rice cakes
- · Tortilla chips (that are made without hydrogenated oils and excessive salt; they can be found in health food stores)

There are also some great vegetarian cookbooks available, such as Recipes for Life...from God's Way and May All Be Fed by John Robbins. If you have the time to cook, you can make some phenomenal meals that are Hallelujah Diet approved and high in complex carbohydrate. Use and enjoy the body that God has given you, for His glory!

used to commute to work by bike, which was 22 miles each way. After arriving home one evening from the 22 mile ride, I decided to eat only watermelon, wanting not to go to bed on a full stomach. Going to bed a couple of hours after eating, my body began to feel numb. I became light-headed, but felt if I could just go to sleep I would wake up feeling all right. The sensation grew worse. I was realizing that I needed to get up and eat. When I got up, I had tunnel vision, everything was dim and I felt as if I were going to pass out any minute. Out of what I think was just nervousness from feeling so out of control, I began shaking all over and couldn't stop. After eating a good amount of food I soon began to feel better. What had happened? I hadn't consumed enough calories to replace the ones that had been burned off in my ride. I have never had this feeling on days when I don't ride, even when I fast. On days that I do ride, when I start to feel light-headed I know that it's time to consume more food.

One important aspect of the Hallelujah Diet is allowing your body to cleanse itself during the morning. From about 4:00 am until noon, your body is in a cleansing mode. If food is consumed during this time, it should only be fruit. This leads us to the question, "When is the best time to train?" Bulk-calorie food is usually cooked grains and needs to be consumed before and after training. especially endurance training. Therefore, the ideal training time is in the afternoon. For me, eating cooked

food in the morning leaves me feeling tired. I know that for some people, training in the morning is the most convenient time. You will have to do what your schedule allows. Some people can get away with eating fruit before and after training. If you can do that, such would be best for morning training. Again, you will have to monitor the way you feel. Keep in mind that especially for hard training, which would be endurance (2-5 hours) or interval workouts, to consume enough calories from fruit is probably going to give you too much simple sugars. In the past I have suffered from hypoglycemia. After a few months on the Hallelujah Diet, that has disappeared, but I still have to be careful of the amount of simple sugars I consume.

Well, enough about calories. What kind of food is the best for training? Carbohydrate is the primary fuel for muscle contraction. It can be released within exercising muscles up to 3 times faster than energy from fat. As an athlete, 60% to 70% of your caloric intake should be carbohydrate. Guess what? On the Hallelujah Diet, that's easy! That's because cutting out animal products also cuts out the excess protein that can be harmful to our bodies. Will you be getting enough protein? Simply put, if you are getting enough calories, you are getting plenty of protein. That goes for a couch potato or a

marathon runner. Contrary to what some people believe, protein is not a quick energy source. When you eat protein, your body has to break it down into amino acids and then build it up into the kind of protein that you need. Therefore, high protein foods take more energy to digest and are not good to eat before or during exercise. For a complete reading on protein, read "Protein and Propaganda" in God's Way to Ultimate Health by Dr. Malkmus.

Glucose is a simple form of sugar and is the basic form of carbohydrate used in your body. Almost all ingested carbohydrates are converted to glucose before they are used in your body. Some glucose supplied to your muscles is converted to glycogen and is stored intramuscularly. Glycogen is a number of glucose molecules chemically linked together. So glycogen is a



Health Ministers exercise at a training session

stored form of glucose. The amount of glycogen stored in your muscle will determine how long and at what level you will perform in exercising.

There are two kinds of carbohydrate: simple (monosaccharides) and complex (polysaccharides). Simple carbohydrates are the simple sugars which would be fruit, honey and syrups such as brown rice syrup. Wheat products such as bread and pasta are the most common forms of complex carbohydrate. They also include vegetables and other cooked grains such as quinoa, millet and rice. I have learned that a lot of people do not digest wheat well. Through trial and error, I have found that I am one of those individuals. Wheat does not do well in my system. It makes me very tired and run-down feeling, often times leaving me with flu-like symptoms. When I eliminated wheat from my diet my overall feeling of wellness and my athletic performance improved significantly. I have yet to discover the exact biological reasoning for this, though I have encountered several possible theories. A little later I will list a few kinds of complex carbohydrates that can be consumed in place of wheat.

The timing of carbohydrate consumption and the type of carbohydrate is very important. Simple carbohydrates are converted into energy quickly and are the best food to eat during

training. It is also good to consume simple carbohydrate in your water during the workout. The best sports drink, which of course meets the high standards of the Hallelujah Diet, is about 75% distilled water mixed with 25% fruit juice, such as apple or orange juice. This will provide a continuous stream of simple carbohydrate as you exercise. Solid forms of carbohydrate play an important role as well during exercise, especially when exercising for more than an hour. One of the best "powerbars" is the banana. You get vital nutrients and simple sugar in a convenientlywrapped, natural bar. Other fruits are good sources of simple carbohydrate also. If you do consume an energy bar, the best I've found so far is the Cliff Bar. Although it is a little on the pricey side, it is made with natural ingredients and is wheat free. Other ones that are higher in

calories are the energy bars made by Bear Valley, which are called Pemmicon bars and Meal Pack. They, too, are wheat

Because complex carbohydrate is stored in the muscle, it is good to eat the night before a training day and 3-6 hours before your training. The closer to exercising a meal is consumed, the smaller it should be. Consuming simple carbohydrate before short exercising sessions will not improve performance. However, you may benefit from such snacks before long exercise sessions because they will provide you with additional glucose during the first hour. That additional glucose will fuel muscles before your body begins to tap in to the stored glucose, which, as mentioned

earlier, is called glycogen. Complex carbohydrate can also be consumed during exercising, especially during long workouts or races. The energy bars mentioned above have both simple and complex carbohydrate.

After your workout, you need to consume between 100 and 200 grams of carbohydrate within the first hour and then an additional 100 grams every 2 to 4 hours thereafter. This will insure replenishing of the muscle glycogen that has been depleted. It does not matter if these post-workout carbohydrates are simple or complex. My choice, however, is to consume mainly complex carbohydrate after a workout due to the fact that consuming 100 to 200 grams of mainly simple carbohydrate would be too

The ideal post-workout meal would be carrot juice mixed with a tablespoon of Barleygreen followed 20-30 minutes later by a large salad. After that, especially if the workout was long or strenuous, would be cooked grains or other forms of complex carbohydrate. If you do eat fruit after the workout, remember to not combine it with anything else (for information on food combining, see chapter 10 of God's Way to Ultimate Health). I have found that a few hours after the post-workout meal, I get hungry again. This is my body telling me that I need

### Hallelujah Diet Gives Girl Her Life Back

by Ken and Bea Sprouse

Jamie became our first real test case involving the total lifestyle change from ground zero. Jamie was raised in a Christian home with parents actively involved in their church and working as public school teachers. She is 15 years old and was invited to come and live with us to attend Edmond Christian Academy for her freshman year in school.

Jamie came to us directly from her third consecutive "medical treatment center" in six months. At this center, she spent 30 days as a residential patient and ran up medical and doctor bills of \$13,000 for one month.

Jamie came to us with five heavy prescription medications for depression and sleeplessness She was just over five feet tall and weighed more than 175 pounds. She had no clue that diet and lifestyle were the major part of her problem. It was quite obvious that she had entered a state of hopelessness.

Under the supervision of Dr. Joel Robbins, she began to gradually withdraw from the medication and immediately from all stimulants such as caffeine, sugar, salt, meat, and dairy products as well as chemicals, additives, and preservatives.

Her food intake was immediately changed to raw, fresh fruits and vegetables with generous amounts of freshly-extracted fruit and vegetable juices. The short term goal was to get her ready to enter the fall term of school.

In just three weeks, Jamie was off all medication, had lost several pounds, and was feeling better about herself. Television, radio, and other negative influences were also deleted from her life, and she began to set her affections on things above (Col. 3:2).

Edmond Christian Academy is a small private Christian school with a very strong emphasis on teaching and building Godly character along with quality academics. Up to this point Jamie, although bright, had not been highly successful in school settings. She had average grades but poor social skills, very few friends, strained relationships with her parents and two brothers, and she felt hopeless and

With the loving and encouraging support she received, she began to make slow but steady progress, both with her diet as well as her emotional stability.

Jamie joined a Christian ballet and drama ministry and began taking multiple dance classes every week. As a cultural enrichment activity, Jamie attended Ballet Oklahoma's production of the "Nutcracker" at Christmas time.

When she came out of the performance, she said that she had always dreamed of being able to dance on a stage just like that.

On Saturday, April 12, Jamie danced on that same stage at the Civic Center Music Hall in a special Easter production of "The Savior," and

this was a tribute to the one who was her personal Savior. He lifted her from despair and hopelessness to a new life of joy, diligence, and

Nearing the end of the 1997-98 school year, Jamie weighed 115 pounds, was drug free, alert, productive, active, an honor student, and was ready to return home to a family which has also spent this year changing its lifestyle.

Together the whole family has attended weekly wellness classes, and every member is off all medications and stimulant foods. They now eat primarily fresh, raw fruits and vegetables with a small allowance of grains and nuts. They are all now approaching their ideal weights and have no health complaints. After only one month on this eating plan, the younger brother was able to omit the Ritalin prescribed to him by his doctor, and he now has no problems in school.

The father has been healed of thyroid, cholesterol, and triglyceride problems, much to his doctor's amazement.

As anyone of us is faithful in the small things in this life that we take for granted, such as our health, God is faithful to commit to us the spiritual riches of His Kingdom.

Jamie's diligence to recover her natural life has also peeled off layer after layer of "emotional onion" that has in turn enabled her Born-Again Spirit to rule in her life.

There is a parable in Luke 16 of the unjust steward that says in verse 11, "If therefore ye have not been faithful in the unrighteous mammon, who will commit to your trust the

Jamie will be the first one to tell you that it is only by the Grace of God that she is now emotionally stable and that she has gained much spiritual insight.

A hope-restored Jamie returned to her family on May 22.

They now have their daughter back. Jamie now has her life back.

### School Uses Health and Wellness Curriculum to Educate Toward God's Plan for Health

Founded by Ken and Bea Sprouse, Edmond Christian Academy plans a Total Health and Wellness class for the Fall, 1998, curriculum.

In this class, Kindergarten through twelfth grade students will be educated toward God's plan for Spirit, Soul, and Body health.

There is already a major emphasis toward "building Godly character" at Edmond Christian Academy, and assuming responsibility for one's own health will relate perfectly with that emphasis.

It was back in May of 1997 when Ken and Bea started their own strict lifestyle change to first detox and cleanse.

With a couple of other converts, they began juicing and preparing a healthy choice of foods for those who were interested as well as explaining the program individually and answering questions and giving suggestions whenever the opportunity would arise.

Early morning would find Ken and Bea in the kitchen of the school making fresh juices in the Champion juicer and regular citrus juicer.

The 4-10 year olds who would come early for before-school care would say, "Can I try some?" Small portions of a variety of fruit and



Ken and Bea Sprouse

vegetable juices would be shared with them, and they would come back for seconds and thirds.

Many of the teachers and parents of the school now have their own juicers and are making progress, particularly in symptomatic relief of some minor health complaints and just overall healthier eating.

These are primarily people who are working toward prevention of sickness and diseases and whose bodies are not undergoing any particular health crisis.

In addition to their

work with Edmond Christian Academy, the Sprouses also lead the Edmond Christian Center. Their vision for this facility is to have a place

where people can come for a week or two for comprehensive wellness training, 24 hours a day.

"We think this will enable people to see and hear and make the transition to a new lifestyle with confidence because the Hallelujah Diet and Lifestyle program really is God's plan for life on this earth," the Sprouses said.

The Sprouses have been on a twenty-year journey in search of answers to health and wellness, and, according to them, "It was there in Genesis 1:29 all the time."

starting George's diet, only three weeks later I was bouncing out of bed like a 16-year old. I am a professional Christian Country Singer from Nashville..."

-Steve Hamby, Tennessee

"I had just been told by a medical doctor that I would have to take medicine for the rest of my life for my acid stomach problems. Then I read the Hallelujah plan and decided to make a drastic change. I have had no stomach problems since going on your diet."

-Rinaldo Rocquin, Moscow, Russia

"We started on the Hallelujah diet and have lost nearly 70 lbs. between the two of us in two months. Not to mention how much better we feel. We are ordering more books to pass around to the people in our church. Some have already started without even reading the book..."

-Pastor Mike Hoover, Arizona

"Last December a tumor in my left breast was diagnosed as malignant. In January it was surgically removed. In follow-up, the oncologist prescribed a very strong regimen of chemotherapy and radiation. I told him I needed to go home and pray about it. He said, 'Woman, you do not have time to pray.' His attitude was simply too strong for me. I just felt intuitively that I could not put my life into his hands. I left knowing God would help me find the answer. He did! My nephew told me about you and Barleygreen. I have been taking Barleygreen and carrot juice since February and my general condition is very good. Thanks Dr. Malkmus for paving the way for so many of us..."

—Hazel Eldon, Florida

Dear Pastor Malkmus: I am writing to express my gratefulness to you for what God has done through the ministry of Hallelujah Acres. Two years ago a dear friend gave me a book to read titled Why Christians Get Sick. I really did not have any interest in knowing Why Christians Get Sick... However, I did start to read the book and after the first few pages quickly and pridefully judged the book as nonsense. Little did I know that God would use this book to begin a remarkable process in my life that would transform my view of treating chronic illness. During the next few months, God convicted me of my pride and purposed to humbly read Why Christians Get Sick. Praise God for what He has done! I have since abandoned a traditional approach to medical practice and have turned to treating chronic illness through nutrition...God has burdened me, as He has you, to share this message with our Christian brothers and sisters...May God continue to bless you as you serve Him.'

-Stephen Boyajian, MD, New Jersey

"Dear Dr. Malkmus: The Hallelujah Acres tape was sent to my husband and me six months

ago...I had already lost 30 pounds with a lowfat diet. Both of us started on carrot juice and Barleygreen...I have lost 15 more pounds and am feeling better all the time. No more trouble with arthritis. We shared what we learned with friends and relatives, and anyone else who would listen. Bill & Deb Irwin (blind hiker of Appalachian trail)[see story on page 24-Ed.] were the first ones we shared it with. We were very new at this but Bill was hurting with arthritis and taking 16-20 ibuprofen a day. He and Deb saw the tape and Bill switched, cold turkey, and feels great. No more pain, lost 25 lbs. We go to the same church so we work together talking to people and more than 30 have started the carrot juice and Barleygreen. One is our Pastor, David Ireland, who had low blood sugar and headaches. As soon as he started, after years of pain, he was helped in a week! He has told his small congregation, and every family is on the diet. We all get together for Hallelujah suppers..."

-Mary Richards, Maine

"Dear Dr. Malkmus - I am writing to let you know what juicing, Barleygreen and fresh fruits and vegetables are doing for me. This summer I had reached the place where I was sick and tired of being sick and tired. Food had become my God and I needed some discipline. I saw you on the 700 Club and wrote for information. I listened to your tape and got some Barleygreen and started juicing vegetables. On the second day after starting the diet, all the pain had left my muscles and joints and now I have energy plus. Before the diet change I had to go to bed every day by noon. Anyway, my blood pressure is down, my cholesterol is down, and I am off Mevacor, I have lost 25 pounds. I went cold turkey from the way I was eating junk food and cooked food to your diet. It is the best thing that has happened to me since Jesus saved me...

-Loreado Cockrell, Oregon

"...I have had arthritic fingers and joints for several years. The lumps in my fingers are going down and my rings are loose. I took an arthritic medicine (Feldine) in 1993 and almost died from the blood clots it caused. I was in the hospital 48 straight days and had body parts removed due to this. Today I feel great on the Hallelujah Diet. I don't believe people really take me seriously when I say distilled water and Barleygreen (healed me)..." -Elizabeth Vaun, Georgia

"Dear Rev. Malkmus: I recently received some papers on your Hallelujah Acres and your plea for better eating. Well 'Hallelujah' is the name for it! I finally found a minister who is paying some attention to the quality of the food. Keep up the good work."

-Harold N. Simpson, Biochemist, Illinois

"Dear Rev. Malkmus: On June 30, 1997, I was diagnosed with Multiple Myeloma, bone marrow cancer...The day the doctor told us of

the cancer, I asked him about diet. He said, 'It doesn't matter what you eat.' That did not set well with me. I asked two other doctors the same question and received the same answer. I decided I was going to make some changes anyway...In July, our son's girlfriend, who had cervical cancer, came by to visit and brought 10 issues of 'Back to the Garden' dating back to 1993. They were 'Eye Opening'...and by the way, our son's girlfriend who went on the Hallelujah Diet has been given a clean bill of health...On November 3, they took a bone marrow biopsy and on the morning of the seventh I received the results. I am cancer free. Praise God! While the doctors tell me the disease is incurable and will probably return in two to four years, I choose to believe the report of the Lord. He has an ultimate way to health (both spiritual and physical) that is by-and-large rejected by our culture today."

-Tom Wadsworth, Oregon

"My friend gave me a jar of Barleygreen and it has changed my life. I have been on the Hallelujah Diet for four months. I have lost 22 pounds and I feel great. Before this diet change, I was suffering from Chronic Fatigue Syndrome, headaches, severe stomach problems, hemorrhoids, rectal bleeding, blurred vision, dizziness, sinus problems, and flu-like symptoms. Thanks to your diet, carrot juice and Barleygreen - I FEEL GREAT!"

-Karen Brooks, Georgia

"On the 26th of March 1997, I suffered a serious urinary blockage which resulted in a catheter being inserted. A PSA test was taken which read 88, and an ultra-sound guided biopsy showed benign prostatic hyperplasia and focal chronic prostatitis. Consequently the urologist recommended early surgery, which I agreed to...My sister, who lives in Michigan, on hearing of my illness and plan for surgery suggested that I wait until she came with help. A video How to Eliminate Sickness, the book God's Way to Ultimate Health, and a bottle of Barleygreen. I read about half of the book the same night I received it and decided then and there that was the answer to my prayer. I immediately went on the Hallelujah Diet...With great confidence in God and the Hallelujah diet, after 4 weeks I had the catheter removed, and have been doing well since. I have lost 20 lbs, and a recent PSA test revealed a PSA of 12.4, and a flow test in the words of the doctor was 'Very good.' I have already showed your video in five churches where hundreds have showed tremendous interest...Special thanks to Hallelujah Acres for this great work..."

-Reynold Paul, Trinidad

"I would like to receive BACK TO THE GARDEN publication. My mother died 18 months ago of breast/bone cancer. (She actually died due to the effect of the powerful chemotherapy). I wish I had known about the

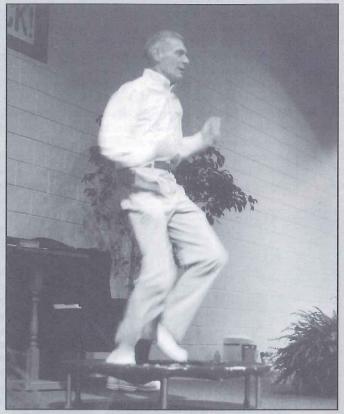
### The Hallelujah Diet for Athletes

by Clint Gibbs

By now most of you have realized that, when it comes to nutrition and health, everybody under the sun seems to have an opinion of what they think is healthy. Some seem valid, and some ridiculous. But what really works? What has been proven time after time to be effective? What is so impressive with the Hallelujah Diet is that it's simple, inexpensive and it works. That is the way God intended things to be. In fact, after three years of experimenting and research, I have determined that the Hallelujah Diet is God's best. It is effective for almost all physical ailments from cancer to weight loss to just staying healthy. With all of the "programs" and information out there promising health and healing, there does, however, seem to be one common denominator that most share: exercise.

Exercise is a vital part of staying healthy. In fact, in chapter 7 of Why Christians Get Sick, Dr. Malkmus says he has found that "a person who exercises vigorously on a regular basis and yet eats a poor diet will usually experience less physical problems

than the person who eats well but does not exercise." The benefits of exercise far outweigh the costs of making the time and effort to do so. In fact, I hear all the time of different studies that show how exercise benefits different aspects of our health: raising HDL (the "good" kind of cholesterol that has shown to reduce and prevent atherosclerosis) levels in our blood; causing us to burn fat easier and quicker; cleaning the lymphatic system; boosting the immune system; combating stress. The benefits list goes on and on. I always make sure that what I do lines up with God's Word, which should be the standard of truth for every area of our life. I asked God to show me how, if exercise is so important, does it comply with His Word. I mean, if I'm taking the time and energy out of every day to devote to exercise, I want to make sure that He approves. What He showed me was very straightforward and simple. Our bodies were never created to be sedentary. God created man to rule over his creation (Genesis 1:26). I'm not sure what kind of work Adam did, but I know that it was not to sit around and watch the leaves grow. God has put us on this earth to fellowship with Him and to be physically active in ruling over His creation Did Jesus exercise? Of course He did; He walked, sometimes days at a time, almost everywhere He went. Only in the last 100 years have we been able to sit down and drive 300



Dr. Malkmus, at 64, rebounds up a storm!

hundred miles in 5 hours time, with the only calorie expenditure above our basal metabolic rate being the effort required to push the gas pedal. Our bodies were not designed to sit behind a desk all day, go home, eat dinner and go to sleep. Those of us who do have jobs that require little physical activity must supplement our lifestyle with routine cardiovascular exercise if we want to have the optimum health that God desires for us. No pill or shortcut can ever take the place of exercise.

There are those that have developed a routine exercise and experience the wonderful benefits. Then there are those that take exercise beyond the norm. These are the people who have strenuous, regimented programs for competitive purposes or who just enjoy pushing themselves. We commonly recognize these people as athletes. Personally, I like to make exercise competitive in order to keep it fun. My sport being cycling, I am able to push myself harder if there are people that I want to beat in a race or on an evening training ride. If we don't make exercise fun, it will become stale real quick,

One of my initial concerns when I began converting to the Hallelujah Diet three years ago at age 24, involved its efficiency in my athletic performance. Could I comply with the Hallelujah Diet and still maintain, if not improve, my athletic ability? The answer was an

overwhelming YES! Today I feel stronger and healthier than I've ever felt. After three years of experimenting, reading and research, and trial and error, I want to share with you the optimum diet for serious athletes, particularly for endurance sports such as cycling and running. I call it the Hallelujah Diet for athletes.

As an athlete, you will obviously be consuming far more calories than the average person. The average, normal-weight sedentary woman consumes between 1,400 and 2,000 calories per day, and the average normal-weight sedentary man between 1,500 and 2,800 calorie. Though it's an extreme case, riders in the Tour de France can consume 7,000 calories per day! That's a lot of food! If the average person consumed that much food you would have to roll them to work! If you are an athlete and have looked at the outline of the Halleluiah Diet you might say "that's not enough food for me to train on," and you're right. The basic idea is that you will need to consume more calories and still comply with the Hallelujah Diet, which eliminates meat, dairy, eggs, white flour and sugar. It includes raw

juices, particularly carrot juice and Barleygreen. Also remember that the power behind the Hallelujah Diet is RAW. How much raw for athletes? The typical Hallelujah Diet calls for 75% - 85% raw food. On hard training days you will probably not achieve quite that high of a percentage, but you should come close.

Because you will be burning more calories, you will need to consume what I call bulk-calorie foods, especially for endurance training. These foods are mainly the complex carbohydrates discussed later. One of the best ways to monitor how many calories you need is simply by how hungry your body feels. I didn't say how hungry your appetite is! There's a big difference between appetite and hunger. Appetite is a desire for food, whereas hunger is the body's response alerting it of a need for food. Some people have an appetite bigger than what their body really needs. Over-consumption of food is not healthy.

You will have to learn to monitor the way your body feels in order to know how much food you need to consume. On non-training days I don't eat near as much as training days. In fact I sometimes fast, mainly for spiritual reasons. On training days eating is not an option. After a ride I have to eat as much as my body is telling me to eat. I'll share a learning-experience story that illustrates how important it is to consume the calories that your body needs. In my past job I

fed properly. This was when he realized that medical school training was inadequate. He said, "They train you that there's a magic bullet for everything. And you get in this mentality of looking for single nutrients or magic bullets."

Because of his experience with the Hallelujah Diet and the research he immediately started to do, Dr. Chesnut quickly realized that if you give yourself everything your body needs in whole plant form your body will pick and choose the nutrients it needs, and you won't have to worry about it.

As he put it, "The Hallelujah Diet works, and as a side effect you can throw away practically all your supplements. You don't have to worry about diet plans and calorie counting and confusing issues. It's worked beautifully, and I've felt that God has led me finally and thankfully into using whatever persuasion powers I have as a doctor to convince people that there is a better way."

When I asked him why so many doctors wouldn't open their minds to an alternative approach like the Hallelujah Diet, which is working for tens of thousands of people, Dr.

Chesnut answered, "It's hard to believe a neurosurgeon or a heart surgeon or a cardiologist could be so ignorant about it. Or I should say close-minded about it, but it's true. For example, we recently got an internist in our group, a trained doctor who used to lecture with Pritiken, who told me the biggest problem was just not being able to communicate the diet/disease connection with peers."

I pointed out that if I were a doctor and saw how the Hallelujah Diet was working, I'd want to know everything about it so I could do a better job of helping my patients get better.

Dr. Chesnut replied, "Well, it's nice to think the best about everybody, but, unfortunately, I can tell you for a fact that there are medical organizations with political and vested interests who don't want to look at other choices. It's something I'm very upset about and am fighting hard to change. On the other hand, we have several new doctors coming into Oklahoma City. Very qualified people who use this new approach."

Asked if he would come out of retirement, Dr. Chesnut replied in the negative, but he added that he will continue to do phone

consultations as well as seminars to encourage people to share the "You don't have to be sick"

Dr. Chesnut then mentioned the recent headlines about Tamoxifen and its supposedly ability to "heal" breast cancer, that "A researcher said this drug was 50% effective in preventing breast cancer." He pointed out that the doctors who are being quoted in the news never bother to point out the simple truth about breast cancer that "Just lowering fat in the diet would be 500% or more effective."

As an example of this sort of misinformation given out by the medical profession, Dr. Chesnut said, "I spoke with a doctor who told me on the phone that they taught their patients to eat less fat in their breast cancer support groups. And yet this same doctor did not mention diet in a newspaper interview. This is the kind of person I'm talking about. Some of these influential doctors know the truth about the diet/disease connection, but they don't talk about it. They know, but they don't tell."

Well, Dr. Dan Chesnut also knows. And

He's telling anyone who will listen.

### Seminar Schedule for Dr. George Malkmus and Rev. Graeme Coad

#### June 1998

- Sunday, June 28, 4 p.m. "How to Eliminate Sickness Seminar - Dr. Malkmus" Dallas, Texas. Baruch Ha Shem Messianic Congregation, 6304 Belt Line Rd. Contact Leah Deslauriers at 972-380-8989 for details.
- · Monday, June 29, 9:30 a.m. Fort Worth, Texas. National Cable ACTS-TV 9:30 a.m. Central Time. Live interview with Dr. Malkmus and Dr. Karen Hayter.

#### July 1998

· Saturday, July 11, 10 a.m. "How to Eliminate Sickness Seminar" at Hallelujah Acres in Shelby,

This 3-hour seminar with Dr. Malkmus 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 that Dr. Malkmus has given throughout the U.S. and Canada.

- Thursday through Saturday, July 16-18, Training for Health Ministers. This will be three days of intensive training for those who have qualified and registered.
- For more information, call or write Hallelujah Acres or send e-mail to ministry@hacres.com
- Friday, July 24, 7 p.m. "How to Eliminate Sickness Seminar" with Rev. Graeme Coad in Dunn, NC.
- Glad Tidings Assembly of God, 711 Old Fairgrounds Rd. Contact J.D. Roberts at 910-891-1103. · Saturday, July 25, 2 p.m. "How to Eliminate
- Sickness Seminar" with Rev. Graeme Coad in Wilmington, NC. Peace Baptist Church, 320 Military Cutoff Rd.

Contact J.W. Lennon at 910-675-2431.

#### August 1998

- Saturday, August 1, 10 a.m. "How to Eliminate Sickness Seminar" at Hallelujah Acres in Shelby, NC. See July 11 listing for details.
- Friday, August 21-23, "How to Eliminate Sickness Seminar" with Rev. Graeme Coad in Colorado
  - Details pending. Contact Carol Giambri at 303-469-
- Friday, August 28, John M. Clayton Hall, University of Deleware, Newark, DE, 7 p.m. "How to Eliminate Sickness" - Dr. Malkmus
- Saturday, August 29, John M. Clayton Hall, University of Deleware, All Day Training with Dr.

Pre-registration of \$25 per person or \$35 per couple. Registration at the door \$30 per person or \$40 per couple. Call Hallelujah Acres at 704-481-1700 for more information.

#### September 1998

- · Saturday, September 5, 10 a.m. "How to Eliminate Sickness" at Hallelujah Acres in Shelby, NC. See July 11 listing for details.
- Thursday through Saturday, September 10-12, Training for Health Ministers. See July 16 listing for details.
- Friday through Saturday, September 18-19, Christian Nurses' Conference, Word of Life Conference Center, Hudson, FL. For more information about this program with Dr. Malkmus, contact Hazel Hetrick at 1-800-942-2209

#### October 1998

· Saturday, October 3, 10 a.m. "How to Eliminate Sickness Seminar" at Hallelujah Acres in Shelby, NC. See July 11 listing for details.

- Tuesday, October 20, "How to Eliminate Sickness," Sagemont Church, Hughes Rd at Sam Houston Tollway South in Houston Details pending. Contact Bev or Chet Cook at 281-
- Saturday, October 24, All Day Seminar with Dr. Malkmus and Dr. Ioel Robbins in Dallas, TX. For more information, contact Andrew Foote at 972-

#### November 1998

- Saturday, November 7, 10 a.m. "How to Eliminate Sickness Seminar" at Hallelujah Acres in Shelby, NC. See July 11 listing for details.
- Thursday through Saturday, November 19-21, Training for Health Ministers. See July 16 listing for details.

### December 1998

Saturday, December 5, 10 a.m. "How to Eliminate Sickness Seminar" at Hallelujah Acres in Shelby, NC. See July 11 listing for details.

MOST SEMINARS ARE FREE OF CHARGE AND OPEN TO THE PUBLIC EXCEPT 3-DAY HEALTH MINISTER TRAINING Directions to Hallelujah Acres in Shelby, North Carolina:

- · Take I-74 West from Charlotte to Shelby.
- · Turn left on 180-S (South Post Road) and go 8/10ths of a mile to 900 South Post Road. You'll see our signs!

See the constantly updated version of Dr. Malkmus' schedule online at... http://www.hacres.com/html/schedule.html Hallelujah Diet years ago so I could have helped her. I have a friend that is in total remission of cancer, thanks to you..."

-Karen DeWeese, Kentucky

"I just began the Hallelujah Diet five weeks ago...I have had breast cancer, lupus, asthma, arthritis, etc. I determined God did not desire more doctors and radiation so by an act of faith I went forward in my church for healing. Someone I didn't know brought me the (Hallelujah) Diet. I read and checked you out and then they gave me the juicer, book, and first jar of Barleygreen. How could I refuse the Lord? Praise God, in this short time my lupus doctor said I didn't need to go there again unless there was a problem. I am off the lupus medicine. I am off my daily sinus medicine and have only two more to go. I am already feeling much better and am looking for total healing. Oh, and I don't need to go to my oncologist for a year. Praise God! Thank you so much for caring for so many people."

-Janet Eshelman, Pennsylvania

"My husband was diagnosed with cancer at the end of August, and we were offered no hope. No chemo, no radiation, nothing. Someone loaned us the God's Way to Ultimate Health and my husband got straight on the Barleygreen and only raw fruit and vegetables. At mid-February there is no evidence of cancer!' —Dawn Turner, Australia

"I recently completed reading your book, Why Christians Get Sick, and I must say that the eyes and ears of my understanding have been opened wide. I too watched my Christian mother die of cancer. Although she was a retired nurse, she refused conventional treatment. She was a smoker and smoked until she became bedridden. I prayed earnestly for her healing, but my prayers went unanswered. Now I understand why. I'm also a smoker and very much want to quit this terrible addiction before this temple is destroyed. Thank you so much for your book..."

-Philip J. Morris, Ohio

"Your book, God's Way to Ultimate Health, is the best \$25.00 I have ever spent... I now live almost entirely on vegetable juice and fruit...I would dearly love to be able to minister to all our people 'down under' as we sometimes call New Zealand. I see the dietary plan you expound so clearly as the only way for abundant life, even as Jesus is the only way for eternal life..."

-William John Hieatt, New Zealand

"Since March I have been on the Hallelujah Diet and drink carrot juice and Barleygreen 2-3 times a day. The reason I am writing is to tell you how last year my hemoglobin A/C was 10.5 (very high). Last week when I went to the doctor (eight months after going on the Hallelujah Diet) my

Hemoglobin was 6.1, near normal. The doctor said to the nurse, 'She's had diabetes thirty years, has an A/C of 6 and has lost 10 pounds. I'd say she's in top condition.' All my other reports were great and he could not argue with my diet. Praise God! Everyone asks me how I stay so young and healthy looking at 62 and I tell them."

—Dorothy Williams, Texas

"Dear Rev. Malkmus: We are missionaries in Japan. A friend sent us your book and tapes. Thank you for your help. My wife, Lois has osteoporosis and we hope to build her a new skeletal in about two years on the Hallelujah Diet. Since May, Lois and I each drink a cup of carrot juice and two teaspoons of Barleygreen every day. I am 71 years old and Lois is 70."

-Willis & Lois Ehule, Japan

"I wanted to let you know a man in our church has been on the Hallelujah Diet for about 6 weeks. He is 63 years old and has Parkinson's Disease. He was very reluctant to do this...but he stuck it out. He felt much better the second week, and great the third week, and needless to say he is feeling wonderful now. He has also noticed that a thumbnail that was ripped off several years ago and grew back ugly is now growing back normal. He constantly says, 'It works, it really works' and shows everyone his new nail."

-Lynette Lane

"I have been on the Hallelujah Diet about 3 months. I am a diabetic and wanted to tell you my blood sugar levels were up to 300 to 400. Since I have been on carrot juice 2 glasses a day plus Barleygreen twice a day, sugar has dropped to anywhere from 90 to 115. I have also lost quite a bit of weight...My first husband died of cancer in 1992. If we had only known of this program he might still be with

-Mrs. Alton Carr, Maine

"Marilyn and I are eternally grateful to George's willingness to talk with us in December, 1997, after John learned he had colon cancer via a colonoscopy on November 21, 1997, and a pathology report of eight samples that were all malignant. After seeking the Lord's guidance and learning of Dr. Malkmus' success in recovering from his colon cancer in 1976, and the success of Larry Lerew (Health Minister) in doing the same in 1996, we decided to follow the Hallelujah program and we praise God for the results. In April 1998, a follow-up colonoscopy with accompanying pathology report of five biopsy samples, showed that the mass has changed its biological makeup and is now benign. The doctor was amazed and said, 'This just doesn't happen,' but it did. We praise God and give Him all the credit."

-John & Marilyn Spilker

"I had 'simple surgery' to correct a bunion on my right foot and some cysts on both feet

twenty-four years ago. Five surgeries later I found myself in 'old-lady' orthopedic shoes that helped the pain, but I was never pain free - even with Tylenol and Motrin every day. Well, when I started on the Hallelujah Diet in July 1996, I had no idea what all it would fix. Would you believe that I can now wear regular shoes! I have very little pain in my feet, except when I get off the diet and eat meat or dairy."

"My parents have tried the Hallelujah Diet approach to eating for the last two months and their health has improved dramatically. My father is undergoing radiation treatments for cancer, but says he has more energy now that he's changed his eating habits than he has had in the last five years. They challenged me to try this diet, so I decided I'd give it a go if I can find enough of the ingredients. I live in Hong Kong. -K. Robillard

"Weighing in at 8 pounds even at 22 inches our Hallelujah baby, Lydia Ann Postma, joined us officially at 6:10 this morning. Mom and 'blessing' are doing well. We call her our 'Hallelujah baby' because Lee and I changed our lifestyle (diet) the night we confirmed she was expecting. Lee gained a total of only 15 pounds, stayed very healthy, and is up having lunch with her exhausted husband! Thanks for your

-Bruce Postma

"My wife and I got your book God's Way to Ultimate Health about 3 weeks ago and started using the information that day. In 3 weeks my wife has lost 12 lbs. and her depression has gotten a lot better. I have lost 23 lbs, and my blood pressure has come down enough that my doctor has cut my pill in half and told me if it stays down for the next month she will stop it all together. Thank you so very much for giving us back our lives. You have opened our eyes to God's perfect way..."

-Gary & Margaret Cobb

"Dear Chet...I have been on the Hallelujah Diet for 7 weeks and feel great. My blood sugar has gone from 149 to 77 in just six weeks. It was 207 last May when I started giving up meat and sugar. Thanks for all your great work!" —Susan Bartlow

"One of my buddies introduced me to the Hallelujah Diet. I started it on May 3rd because I was scared. I am only 48 years old, but my knees hurt so bad I had to psychologically steel myself just to bear the pain of walking down a flight of stairs...I have lost 40 pounds in three months but that was just the icing. The real miracle was that after only three weeks on the Hallelujah Diet, my knees stopped hurting...my knees haven't felt this good in decades...'

—Terry Johnson

"There is good reason why you are called HALLELUJAH Acres. My husband and I (both 48) have been on the diet since October. The last two years have been spent in and out of doctor's offices with stomach ulcers, precancerous skin lesions, and osteoarthritis. Within three weeks of beginning a modest attempt at the Hallelujah Diet I had no more pain from my arthritis. This is truly a miracle, as I was having to get up during the night to take aspirin or Tylenol. What has been equally exciting is my husband has no more stomach pain and the dermatologist is very pleased with how his skin looks...As college teachers we feel sorry for students who cannot stay awake in class, are sick with colds, flu, stomach problems. Our nation's kids are being debilitated and killed slowly by the standard American diet...Someday we would like to be Health Ministers..."

-Michael & Lynn Borich

"Dear Chet: I don't know where to begin as to what God has done in my life. I suffer from what the doctor calls fibromyalgia. I also have disc problems. I began the Hallelujah Diet a month ago. At the time I started I was taking seven different prescriptions including one with codeine. In the past few years I have been unable to clean the house or care for my family the way I would like. This past year I have been forced to use a cane. That is all in the past because since going on the Hallelujah Diet I clean my own home. Am able to stand and cook at the end of the day instead of putting up my

swollen legs. I am no longer taking two of my pain medications and for the first time in a year I am not taking any codeine...I thank my Heavenly Father for showing such loving care for me and bringing this diet to my attention. It is proof once more that the Bible is the one and only and final authority."

-Barbara & Charles Shoemaker

"I started the Hallelujah Diet on January 27, 1998. I have lost a total of 24 lbs; energy level increased; fibromyalgia symptoms gone (taking no medication for the first time in seven years); improved attitude; decreased depression; improved PMS; hiatal hernia symptoms gone; tachycardia symptoms gone; sleep improved; etc. I could go on and on...My mother, a very skeptical nurse, has lowered her cholesterol by 80 points in six weeks and her blood pressure is normal for the first time in ten years...My teenage son is like a different child. His acne is greatly improved, but his attitude is incredible. He is quieter and more helpful and respectful." -Christie Morgan

"My mother, Mary Windham, was told last Christmas that she had terminal cancer. The doctors sent her home to die. She got on Rev. Malkmus' diet and I am proud to say she is well on her way to being cancer free..."

-Martin Windham

"Thank you for the Hallelujah Diet. I have been on the Hallelujah Diet for 5 months.

When I started, I weighed 200 lbs at 5'4". I am now 155 with lots of energy and feel great. My husband started the diet three months ago and has been able to stop taking his Lopid for cholesterol. We both thank you for our health. At 41 and 42 we were starting to show signs of aging. We have joined a health club and instead of going out to dinner on Saturday night, we go and work out together..."

-Cindy DeKam

Dear Dr. Malkmus: Your diet is sweeping the nation. Last January my dad was diagnosed with a rare soft tissue cancer. He visited several hospitals and talked to many specialists. They gave him 5-10 years to live with or without treatments. Needless to say, he was frightened, along with all of my family. Praise the Lord, someone gave him your tapes to listen to...Everything you said made so much sense to him he started on your program right away. About a month or two later another specialist told him that he was going to remove a portion of his right side, near the rib cage, where they had previously found the cancer, just to see if maybe they could remove all the cancer before it spread. Well, they did the surgery (leaving a huge crater in his side), tested 80 samples of tissue and were surprised to see that there was NO CANCER! Through your diet and many hours of prayer, my dad today is cancer free. Thank you for your ministry. I stand behind what you say and I know my family does too. God's way is truly the right way."

—Chris Goodman, Missouri

### Raising Health Children...

Continued from Page 10



Dr. Robbins addresses the reunion

child. What is her health picture? We learned this from Pottenger's cats. The thought always was that the mother's body will

mother while

carrying the

sacrifice itself for the baby. If the mother's not eating well, her body will fall apart to make sure there's a healthy baby. And to some degree that happens, but what did Pottenger find? That the mothers of the third generation, if they couldn't carry to full term, would abort. Mother got top billing. So if mother has health problems she'll get what nutrition does come in, and this will affect the health of that

For Number Three we need to consider what the mother eats when she carries the child. What do we think makes the baby? It's the food. If she's eating junk food, she's going to make a junk baby.

Number Four. The mother's diet when she's nursing the child. What makes the milk? About a week after my wife delivered our fourth child it was her birthday, and I asked her what she wanted to do. She said, "I haven't had Chinese food for awhile, let's get Chinese." I said, "It's your birthday. Let's go get sick together." So off we went and had Chinese. So the next 24 hours this poor little baby had diarrhea and vomiting. What goes in the mother's mouth determines what's in that milk.

Number five deals with the question, What do you feed the child after it's been weaned? If you don't feed the child properly after weaning, then you start the process downhill. So a good foundation doesn't guarantee health.

These are all factors determining the health of a child. Before conception the parents should get on the Hallelujah program for at least three months, if not a year. This will give that baby every opportunity possible. And after conception and birth they need to continue to live and eat right too.

Health is built and maintained by eating and living right all the time.

This brief excerpt from Dr. Robbins' standing ovation keynote address to our health minister's reunion only gives you a tip-of-thetongue taste of the entire banquet of knowledge he shared with us about children.

In the rest of the tape, he provides thoughtful details on how to feed children, what to feed children, how to encourage children to make healthy food and life choices, and much, much

Learn more about raising healthy children on the Hallelujah Diet by adding the fantastic tape of this electrifying speech to your health library. See details on page 27.

Health Ministers and Praise God for this

-Lori Irby, Claremore, OK

"I have experienced a healthy change in my life and I am excited about the results. As a nurse working in home health, I am tired of seeing so much sickness. So many medications and no one getting any better."

-Shirley Majerus, Tulsa, OK

"My wife died of colon cancer at age 45 in September, 1996. I then began my search for answers to the questions I had in regards to cancer. I feel God opened doors for me when I received your letter in the mail. I don't want to see anyone else have to suffer the way my wife suffered."

-Robert Flynn, Goshen, KY

"Christians are perishing for lack of knowledge and we hope to share the message of

Divine Health to believers and non-believers alike. Truth is revolutionary and we believe the Back to the Garden Ministry is vital for this day." -Mary Town Jaqua, Winslow, ME

"We were told there was no cancer in the last C.T. scan. There was no cancer in the blood! These reports were given, by our doctor, to three other doctors for confirmation. We were told by the doctor that he had never seen cancer cured in three months in his practice. Frank did not have any medications, radiation, or chemotherapy. All of the reports are fully documented. We were wonderfully encouraged and told to keep doing what we were doing. -Jan Owens, Washington, DC

And that's only a sampling of people's reasons for coming for our Health Ministry

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 into their ministeries.

#### How to Become a Health Minister

If you are interested in learning more about how you can receive training and set up your own Health Ministry in your community or church, write or call us at 1-704-481-1700 from 8-5 M-F and 10-2 on Saturdays, Eastern times.

If you have e-mail, just send a letter to ministry@hacres.com and our autoresponder will get our health minister's packet to you in a matter of minutes.

# Dan Chesnut, M.D., Now Teaches Health the Hallelujah Diet Way

by Chet Day

"I heard Dr. Dan Chesnut's seminar in Colorado Springs," a lady wrote in e-mail, "and I couldn't believe it. He's a medical doctor, and he stood in front of us and apologized for himself and for his profession for not understanding the connection between health and nutrition.'

Dr. Chesnut, a retired emergency room physician and Back to the Garden Health Minister, now teaches the nutrition/disease connection to both patients and fellow doctors.

A 1963 graduate of the University of Oklahoma Medical School, Dr. Chesnut practiced in a variety of emergency room settings, including stints in Arizona and in San Diego as a member of the U.S. Navy during the Vietnam War. He practiced several more years in Phoenix's largest charity hospital's emergency room before spending thirteen years in general practice. Overall, his main concentration was emergency medicine and orthopedic and neurologic problems.

In 1994, with the grandiose Clinton health plans stirring up controversy, Dr. Chesnut became discouraged with what was going on in medicine and decided to retire.

Ill health interrupted his plans to paint and read and enjoy a quiet retirement. By the spring of 1997, Dr. Chesnut's well-being was deteriorating by the day. Because of ruptured discs, he'd had two neck operations. During the last surgery, the surgeons took a huge bone spur away from his esophagus. The removal of that bone spur caused scarring around the esophagus, and consequently he had trouble swallowing and even speaking at times.

Additionally, the heartburn he'd lived with for twenty years got a lot worse in 1997. Worried about cancer, Dr. Chesnut had tests run. By the summer of 1997, he was told that he had gallbladder disease, and the doctors put him on a wide variety of strong medicines. Surgery was recommended for the gallbladder problems.

His stomach was giving him fits, and that seemed to provoke a flare-up in his old neck injuries. Dr. Chesnut went to get something for the pain for his neck even though he didn't want to take anything. The doctors had a new drug called Ultra, and he decided to try it.

As with so many drugs, the side effects were bad. Ultra caused hemorrhages all over Dr. Chesnut's body. So he went to a dermatologist who diagnosed the hemorrhaging as a drug reaction. Because Dr. Chesnut refused to take steroids, the dermatologist gave him a powerful new antihistamine.

This cream caused his heart to speed up astronomically - his heart rate shot up to 170 and then to 180 beats per minutes, and this racing went on for almost 24 hours before Dr. Chesnut finally went to the emergency room.

In the emergency room, they worked for three and a half hours to bring his heart rate

down, but nothing worked, and Dr. Chesnut was, in his words, "starting to wear out." Then the doctors said, "Okay, we have to convert your heart electrically - we need to shock

The cardiologist left the room to get ready for the procedure. At this point, Dr. Chesnut looked up at the monitor and watched his irregular heart rate, and then he and his wife started to pray.

Within seconds, his heart rate returned to

This was the turning point in life in more ways than one for Dr. Dan Chesnut. As he put it. "You think that wasn't God? You know it

Shortly after this experience, Dan and his wife went to Norway, where he got on the Hallelujah Diet. In two days, all his symptoms were gone. Since his heart rate was still normal, he tossed away all his medications. "They're down at the bottom of a fjord in Norway. I just hope they don't make any fish sick," Dr. Chesnut said.

Like most folks who go on the Hallelujah Diet. Dr. Chesnut also lost weight - eighteen pounds in the first three weeks and then slowly down to his normal weight of about 179-180 pounds.

At first, Dr. Chesnut was just plain amazed at the body's ability to heal once it's

Continued on Page 20

14 Back to the Garden

Speaking about how health ministers and others loyal to the Hallelujah Acres mission could contribute, Ron Philgreen explained, "Documented results of clinical trials on the impact of the Hallelujah Diet on various illnesses and disease will make what you teach more credible and believable."

Some people believe that testimonies alone are enough to validate the Hallelujah Diet. Although personal testimonials of how the diet has helped others are powerful, they are also very subjective. Objective data from clinical trials conducted in accordance with medically-accepted protocols and formats will provide a foundation of fact that the medical community can't deny.

It goes without saying that if you're not a 'product of the product' - which means that if you don't practice the Hallelujah Diet for yourself you can't convince others to also get on the program as well. The same thing can be said about giving to The Hallelujah Acres Foundation to help support and capitalize the clinical trials and studies. So, please, invite everyone to give as they follow your example of giving to The Hallelujah Acres Foundation.

The Hallelujah Acres Foundation is a Donor Advised Fund under the administrative and tax umbrella of The National Heritage Foundation, which is a 501 (c)(3) tax exempt organization. All gifts to The Hallelujah Acres Foundation are tax deductible.

With charitable tax planning, you can decrease your exposure to income, capital gains, and/or federal estate taxes. With the different charitable tax planning strategies Ron Philgreen has for your consideration, you can increase financial prosperity for yourself, your family, and your business affairs while also supporting the Hallelujah Acres Foundation and your other favorite charities.

To learn how you can become an important part of the Hallelujah Acres mission, please call Ron Philgreen at The Charitable Tax Planning Center at 913-338-2100 or 800-834-7437. Ron will be glad to explain the many options open to you.

And if you'd like to help our Foundation spread the "You don't have to be sick" message to the physicians and scientists of the world, we welcome your immediate financial support. You can do this via donation.

You can send your check to The Hallelujah Acres Foundation at Hallelujah Acres, P.O. Box 2388, Shelby, NC 28151.

Or you can call us at 1-704-481-1700 from 8-5 Monday through Friday (Eastern time) to donate on your credit card or to receive further information.

Please call and help yourself and the Hallelujah Acres Foundation!

### **Sharing the Word with Back to** the Garden Health Ministers

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.



Drs. Robbins, Malkmus, and Contreras at Health

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 50 states and even into Canada, 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 - 16 medical doctors; three dentists; three optometrists; 38 chiropractors; and 92 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:

"In 1997, I discovered I had breast cancer. After having a mastectomy, I decided that my adjunct therapy would be nutrition instead of radiation and chemotherapy. My health has improved so much on the Hallelujah Diet that many people approach me for information."

-Nan Walker, Ft. Coratiot, Ml

"As a pharmacist, I have been searching for these products - whole foods to build the immune system – for ten years. I believe exactly what Brother Malkmus is saying about health and nutrition. This program is an answer to my prayers."

-Stan Riddle, New Site, MS

"About six years ago I was afflicted with prostate cancer and had bleeding ulcers. I went to a doctor, who was a prostate cancer specialist. He gave me a drug, which made me sick, and had me scheduled to come back at regular intervals. I found out

about juices and a proper diet and never went back. It worked on me! As a minister of the Gospel, it is my desire to help others!"

-Rev. T. Jack Moody, Sr., Lenoir, NC

"Word of mouth has brought calls from people out of state wanting information from me and what has helped me in my recovery from Lyme Disease. Others have just been amazed at how much better I look and feel and want to know more. Even the doctor that has been treating me for Lyme Disease has become open to the information of Barleygreen and the Hallelujah Diet - where six months ago she was telling me what I should eat: lots of meat and all. She has now become convinced that my persistence with Barleygreen and mostly raw fruits and vegetables and ignoring her instructions has made a difference in my recovery."

-Jeannette Finkbeiner, Accokeek, MD

"The publisher of Alive and Healthy Living heard my seminar and called me the next day and said he wanted to know more about Back to the Garden Health Ministries."

-Helmut Petrak, British Columbia

"In my profession both nursing and as a minister, I see so much sickness and suffering and even death. I know this is not God's will for His children and want to help people know this and to show them how they can live healthy."

-Wm. Bruce Cummins, Gridley, KS

"I had been on thyroid medication for six years and was told it would be the rest of my life. But after 33 days on the Hallelujah Diet/ Lifestyle, juicing carrots, and taking 2-3 tablespoons of Barleygreen a day, my doctor took me off the medication. I should also say I stopped all allergy shots and inhaler use and lost 25 lbs. And the reason we started this in March of 1996 was because of four surgeries (over three years) to remove melanoma from my husband that kept recurring every eight months. We are thankful beyond words to say that he has remained cancer-free for 21 months, as of January 1, 1998. We are now

### Rhonda's Book is a "Love Letter from God"

by Francisco Contreras, M.D.

From his foreword to Recipes for Life...from God's Garden

Health is the perfect balance between God and His creation. In the beginning, God created all things and He saw that they were good. He put the universe into motion and with His love and blessing initiated natural laws to sustain His masterpiece forever. Each time I hear my infant son giggle or see perfect snowflakes adorn a Colorado mountainside, I am moved to praise God for His omnipotence. When I bite into a crisp apple and am blessed with the sweet juice of life it has to offer, I thank God for His provision.

Once, when I went to a city to lecture, smog began to burn my eyes and my concern for humanity was heightened. After I talked to hundreds of people with illnesses, almost got hit by a taxi, heard gunshots in the background and saw a billboard using cartoon characters to convince children to start smoking, it became clear to me that we had abandoned God's laws. Jesus taught that we reap what we sow. Isn't it true? For decades we have been self-serving creatures of comfort. Today, we are an emotionally, spiritually and physically sick world. The medical industry has offered no salvation. What can we do to get back to the balance we once enjoyed?

I believe we must turn to God for wisdom. The more we get to know God and His way, the more we will receive knowledge and understanding. As we arm ourselves with God's knowledge, we will increase our longevity, joy and productivity. Reading God's Word will encourage you to find His original design amidst the chaos of our existence. You will begin to see that He designed us to breathe fresh air, drink pure water and eat wholesome foods. The original lifestyle is in sharp contrast to the way we are living these days. Government health agencies have completely overlooked what is good and natural. They do not show us the way to health. They have been approving medicines and non-foods for consumption that have been devastating to our health. Was the Apostle Paul referring to our healthcare officials when he wrote, "But their understanding was futile and their foolish hearts were darkened. Professing themselves to be wise they became fools"? We must be wiser than the world's sages.

The human race has upset the natural balance God had set up. After years of abusing natural laws, it has finally caught up with us. We are reaping unnatural illnesses such as cancer, diabetes and heart disease. Thousands of people look to me to find cures to disease. After working for 15 years, side by side with my father, I have come to the conclusion that the only general cure to disease is prevention. The most important part of a good prevention program is diet. Hippocrates, the father of medicine, shared wisdom when he said, "Let your food be your medicine and your medicine be your food." This concept is so basic, yet I have found it to be a profound truth.

Think of your body as a machine. Imagine that you purchased the machine for \$50,000 and you expect it to last 10 years. The owner's manual tells you to use only pure top-grade fuel, free of oxidizing by-products that lead to malfunction and breakdown. You have \$50,000 invested. Do you risk all by disregarding the owner's manual? Probably not. Does the human body come with an owner's manual? Yes - the Bible.

This "owner's manual" suggests fueling the body with fruits and plants, and has warning labels against gluttony and drunkenness. Jesus said that His Word is living water and that He is the bread of life. Sure, many people disregard the owner's manual and survive to age 70. Unfortunately, their last 20 years of life are plagued with illness and suffering. I want to live 80 or more healthy and happy

In Galatians 5, the Bible teaches us about the fruits of the Spirit. One of the fruits, found in verse 23, is self-control. Only through the Spirit are we able to gain dominion over our bodies and resist the temptation that the food industry presents to us.

Food is one of the most addictive agents I know. It can be easier to give up cigarettes and alcohol than junk food. Fast food has reeducated our taste buds to the point of dependence. Most of us are probably guilty of food worship (idolatry). But Jesus did not come to accuse us. He came to give us abundant life. He came to liberate us from slavery.

I believe that God has sent a love letter to each of us in this wonderful book written by Rhonda Malkmus. I have worked with thousands of patients and tried to help them transition into healthy eating habits. So many have been unable to make that transition. They explain that they do not know how to prepare good and natural food. They complain that the flavor of natural food is not appealing. Rhonda's book will enable these people to overcome these obstacles and free themselves from the bondage of non-nutritious food

I thank God for the lives of Rhonda and

Dr. George Malkmus. God has used them greatly to save thousands of people from the wages of poor nutrition. I will be recommending this book to all of my patients because Rhonda has made vegetarian food preparation easy, delicious, and fun. We will be using her recipes at the Oasis of Hope to the delight of many. As I go out to educate people, I will share Recipes for Life ... from God's Garden with everyone. It will be an important tool for people to use in their prevention program.

I especially like the recipe for vegetarian taco salad, and that's not just because I'm Mexican! I have been enjoying my meals more and Recipes for Life makes it easier for me to promote a raw food diet to the people I meet.

Remember that the beginning of wisdom is the fear of the Lord, the fear of the Lord is the respect of what He stands for, and God stands for order. This order is maintained through natural laws. I consider Recipes for Life a message of wisdom, because it provides us with easy tools to comply with natural eating laws established by God. May Recipes for Life add many healthy and productive years to your life.

"Dear Rhonda: Recipes for Life is much more than a cookbook; indeed, I would call it a road map to health and happiness. I've not been this excited about anything since I met Jesus about 40 years ago and received the new birth experience. Now, with this great guide, I expect to receive a new body to go with it. You have covered every avenue and answered every question 'exceeding abundantly above all that we could ask or think.' I have learned things I didn't know I needed to know! Ha! Surely the Lord has inspired this publication. I believe this is the tool we have needed to promote the Hallelujah Lifestyle as well as to help us stay on the program. Thank you for sharing all your research (which must have been tremendous) and for giving us brand names, etc., and healthy substitutions for the bad things that we have used through the years in ignorance. I know God is blessing your ministry, George and Rhonda, and I know He will bless this effort abundantly. I shall be so proud to hand this book to my friends and associates and tell them that this book will have all the answers they need to do this program. It is a masterpiece!"

-Ethel King, Texas

See Page 27 for Details on Ordering

### **Cornell Graduate Joins Hallelujah Acres Staff**

by Michael Donaldson, Ph.D.

[Editor's note: For many years, it has been Dr. George Malkmus and Rhonda's dream to not only bring the "You don't have to be sick" message to the people of the world, but also to the physicians and scientists who have so consistently missed the connection between health and nutrition. To start making this dream a reality, George and Rhonda founded and initially funded The Hallelujah Acres Foundation in 1997. Now, in 1998, the Foundation has begun its important work. In the next two pages, we'd like to tell you all about it. In the article you're about to read, you'll meet Dr. Michael Donaldson, our head researcher. Besides sharing how he came to Hallelujah Acres,

Michael will also tell you what he's doing and how. We think you'll find his work and goals as exciting as we do! In the second article, you'll learn more about the Hallelujah Acres Foundation as well as our Foundation advisor, Mr. Ronald D. Philgreen, a Health Minister and owner of The Charitable Tax Planning Center. Without further ado, here's Michael Donaldson to share his testimony.]

What is a Chemical Engineering Ph.D. from Cornell University with a wife and four children doing at Hallelujah Acres? What do raw foods and insect cell culture experiments have in common? The short answer is God. The more detailed answer is revealed below.

Children are a blessing from the Lord and mine were instrumental in bringing me here to Hallelujah Acres. During my wife Angela's third pregnancy the nausea was not going away. In fact, it was worse than it had been with Andrea or Joseph. Six months of draining weakness throughout the day was taking its toll. A friend lent us a tape by Dr. Joel Robbins on Enzymes. Angela, ready to try anything since the medical doctors couldn't help, tried just eating fruit in the morning without any other changes. Three days later the nausea was gone! Thus began our search into real nutrition.

Now, I knew that a balanced diet was important for health. You can't eat just soda pop, candy bars, and potato chips and be healthy. But I was ignorant of the powerful relationship between diet, and the prevention and even elimination of sickness. So I naively went back to Cornell and did a journal article search on diet and cancer, just to see if there



Michael Donaldson, wife Angela, and children

I quickly found out that the importance of vegetables and fruits in the prevention of cancer was well established.

was anything in the literature supporting the kinds of things Dr. Robbins was saying. I was surprised. This is a major field of research. And nutrition/cancer links are only part of it. As I looked further I found that other chronic degenerative diseases fell into the same camp with cancer. I quickly found that dietary solutions for heart disease and type II diabetes (the number 1 and number 3 killers in America) had already been worked out. I didn't find anyone claiming to have a cancer cure in the scientific literature, but a lot of material on the prevention of cancer was certainly available.

It was clear which direction our diet had to go. We started juicing carrots, eating salads and raw fruits and vegetables, letting the milk rot in the fridge, and eliminating meat (reading Diet for a New America helped there). But for me it went beyond that.

You see, as a Christian, I had a dilemma. There I was, ready to graduate in about a year from Cornell University and enter the pharmaceutical or biotechnology industry to produce recombinant therapeutic proteins. And what diseases were being targeted? Heart disease, diabetes, cancer, arthritis, and the rest

of the chronic ailments we suffer from in our industrialized culture. They are primarily diseases of overindulgence and ignorance. I was convinced that biotechnology drugs were not the answer for our sicknesses. So I would be wasting my time working for a biotechnology company. Where could I go? How could I bridge over into a nutrition-related field from an engineering background, and support my family at the same time? In my search I wrote letters to several places doing alternative nutrition, including Hallelujah Acres. We had learned of Hallelujah Acres through our midwives and were impressed by the testimonies of restored health. The

Hallelujah Diet was definitely the most radical diet we encountered, but it got the best results

The doors did not open right away. Many doors closed before any opened. In mid-November, 1997, I contacted Hallelujah Acres a third time. Paul Malkmus mentioned that I might fit into their plans by doing documentation and research on the diet. So after my thesis defense we stopped by Shelby, North Carolina, to explore the possibility of my joining Hallelujah Acres. From that interview we formulated a plan to 'validate' the Hallelujah Diet. Praise be to God, who opened the way at just the right time for me to use my research skills and knowledge in a manner that is truly helping people. Now I, too, can shout 'Halle-

My work here at Hallelujah Acres, supported by the Hallelujah Acres Foundation, focuses on the results of the Hallelujah Diet. I will design and coordinate both epidemiologic and clinical intervention studies. The first epidemiologic study we are carrying out is a nutritional, lifestyle, and health survey of the Health Ministers. With approximately 700 active Health Ministers, this study will document what the Hallelujah Diet is in practice. We are using validated and documented health outcome instruments (a health assessment questionnaire and a quality of life scale) to measure people's own perception of their health and quality of life, before and after they adopted the Hallelujah lifestyle. We are using a diet record to quantify the nutrient intake of this unique population, which will answer a few myths about the Hallelujah Diet. We are also using a lifestyle

and health questionnaire to categorize and document the types of illnesses that these people have experienced before and after they adopted the Hallelujah lifestyle. In addition to the elimination of many sicknesses, we expect to find that very few people, if any, following the Hallelujah lifestyle develop illness while on the diet, even among the elderly. This study will be analyzed and published in peer reviewed journals to whet the appetite of the scientific community. Such a radically healthy population of people has never before been studied, and many researchers, as well as the general public, will be interested in the Hallelujah lifestyle.

From this study we will be able to select populations by age groups for studies of biochemical markers. These studies will give more objective evidence that the diet works. In one study, risk factors for hypertension, heart disease, and diabetes will be analyzed. In another study, carried out in conjunction with a neurologist and a doctor specializing in aging, we will measure aging factors, primarily hormones, in some of the seniors following the Hallelujah program. All of this energy and youthful vigor people testify to can be traced and quantified. This study will give us insights into how our bodies ought to perform as we get older. This could be convincing evidence that the diet really works where it matters-in extending a high quality life.

People want to know long-term results as well. What illnesses do people get, and how do they die when they follow the Hallelujah lifestyle? We want to answer these questions in the most convincing, most rigorous manner possible-with a prospective cohort study. We will recruit and track tens of thousands of people, perhaps more, who follow the Hallelujah lifestyle. By monitoring this cohort's dietary intake, physical activity level, and morbidity and mortality information we will be able to draw some very strong conclusions about the usefulness of the Hallelujah lifestyle for long-term health.

In addition to learning about the effects of the Hallelujah lifestyle towards the end of life, we also want to know how it affects the beginning, from conception to early adulthood. We are going to track Hallelujah babies to see the outcomes of their mothers' pregnancies, the children's health, their growth, and their age at onset of puberty. We expect to show that this lifestyle is very healthy for the whole family, including pregnant women and children.

Along with these epidemiologic studies we will do intervention studies, based on specific symptoms or diseases. In collaboration with a medical doctor and a clinical pharmacist, whom God provided locally, we are currently recruiting local subjects to participate in

an observational study of fibromyalgia. We are carefully documenting baseline health parameters specific to fibromyalgia and measuring the subjects' progress after they adopt the Hallelujah lifestyle. The medical commu nity offers no cure and little hope for people suffering from fibromyalgia. But God's ways bring hope and then restoration.

With time other clinical studies will be carried out. Collaborations with Dr. Francisco Contreras and the Oasis of Hope Hospital will provide documentation of cancer "treatment" with the Hallelujah diet. We anticipate other researchers also being interested in collaborations in side-by-side comparisons of the world's cancer treatments with the Hallelujah lifestyle. We are gathering documentation of people who have already become cancer-free using the Hallelujah lifestyle so we have evidence in our hands (and in print) that this does work, in at least these cases.

This will help assure other researchers that this modality is worth further investigation. We anticipate being able to work with cellular and molecular biochemists to show how this diet can affect the cancer process, even at the level of DNA.

Results can be anticipated, based on anec-

dotal evidence, but are not known until these quantitative studies are carried out. It is possible that all is not as rosy as we think it is. These studies can help us identify any shortcomings and lead us even closer to obtaining ultimate health, making us better equipped to serve our Lord in advancing his kingdom here

I get excited when I think of the potential impact of this research. I believe that personal contact with those who have restored their health will still be the main force behind this health revolution. However, this research will answer some of the doubts people have. Furthermore, this research will allow us to make inroads into the medical and scientific community where documentation and controlled studies are required.

I cannot predict where this research will take us, but I am sure it is far beyond my greatest expectations. I believe the Lord Jesus Christ is in this work and is moving in His people. I will be faithful to do my work carefully, by His grace alone, and I will trust Him for the results.

I love my work. I feel like a gold miner who has discovered the Mother Lode. Eureka!

### **Hallelujah Acres Foundation Sets Important Goals**

Hallelujah Acres Foundation advisor Ronald D. Philgreen announces with this issue of Back to the Garden that his goal during the next five years is to raise \$10 million dollars.

The Hallelujah Acres Foundation has three purposes: 1. To promote and raise the general public's awareness and understanding of a Biblically-basedvegetarian lifestyle; 2. To conduct research to document the health benefits of a Biblically-based vegetar-

ian lifestyle; and 3. To train Health Ministers to teach to others the Biblical principles of a vegetarian lifestyle.

To make the public aware of the diet/ nutrition connection, Foundation Research Director Dr. Michael Donaldson has already begun work on the first set of clinical trials.

In this exciting study, Dr. Donaldson will test the effects of the Hallelujah Diet in subjects with fibromyalgia. Fibromyalgia is a syn drome of widespread pain and fatigue of unknown origin.



Since the Halleluiah Diet bolsters the immune system and helps detoxify the body through nutrition and exercise, the hypothesis is that such a program could be beneficial to fibromyalgia patients.

The first study will test this hypothesis in an attempt to show that the adoption of this lifestyle will result in less muscle pain, increased energy levels, greater physical endurance, greater functionality, and better overall

quality of life.

Dr. Donaldson will recruit fibromyalgia patients for this clinical trial through the practices of Steve Lomis of Cleveland Physical Therapy Associates, Ms. Susan Holt, licensed massage therapist, and Dr. Neil Speight of the Presbyterian Center for Integrative Medicine.

The study will take one to two years to complete, and its funding will come totally from the Hallelujah Acres Foundation.

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