



P.O. Box 2388 • Shelby, NC 28151

Rev. Malkmus' **Christian Health Primer** arrives from the printer!

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The Hallelujah Acres Story

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

Hallelujah Acres actually began as a dream after Rev. Malkmus' research and experience revealed that sickness—including cancer, heart attacks, diabetes, arthritis and most other illnesses—are created by our diet and lifestyle, and are totally unnecessary and avoidable! He also learned that if we will but change our diet and lifestyle, these physical problems will usually go away and stay away!

From his background of 20 years pastoring churches from New York to Florida, Rev. Malkmus felt a compelling need to share this life-saving information with fellow Christians and anyone else who would listen. Much was being discovered in medical and scientific research about the advantages of a vegetarian diet of mainly raw fruits and vegetables. For decades, there has been strong evidence that meat, dairy, eggs, sugar, salt, white flour, processed foods and chemical additives are creating and worsening the diseases that are robbing so many people of their life and health. This evidence has shown a diet that eliminates these harmful substances and nourishes our bodies with living foods can prevent and actually reverse disease.

But this information was not getting out to Christians and other people whose diets and lives were under the firm control of fast food joints, manufacturers of processed foods and junk-food television commercials.

The unique approach of Rev. Malkmus has been to show that this dietary information which has been available to modern medical science for the past few decades only serves to substantiate the

wisdom of the original diet of raw fruits and vegetables handed down to mankind by God in Genesis 1:29. So the message of Rev. Malkmus has been to encourage people to return to the diet that God gave us in the first Chapter of Genesis, and to remind Christians that our bodies are "the temple of God."

In an effort to share his knowledge and healing experience with as many people as possible, Rev. Malkmus wrote his first book, *Why Christians Get Sick*, in 1989. It has been very well-received—as letters from all over the world attest—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 14). 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.

Rev. 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, Rev. Malkmus and Rhonda relocated Hallelujah Acres to a former Bible college on 17 beautiful acres in Shelby, North Carolina.

In 1998, Rev. Malkmus came one step closer to his goal of bringing the health message to the world when he officially opened Hallelujah Acres Canada in Shallow Lake, Ontario.

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

Back to the Garden

Teaching Health from a Biblical Perspective

Published by Rev. George H. Malkmus and Hallelujah Acres • P.O. Box 2388 • Shelby, NC 28151 • (704) 481-1700 • Spring/Summer 1999 • Issue No. 18 • \$3

Health Primer Arrives!

It has long been the dream of Rev. George Malkmus to write a simple and inexpensive Christian health primer which health seekers around the world could share with family, friends, and fellow church members.

Well, Rev. Malkmus' dream has come true, and we're proud to offer *You Don't Have to Be Sick: a Christian Health Primer* to you with this edition of *Back to the Garden*.

According to Rev. Malkmus, "The purpose of this primer is to share with the Christian community what I have learned in the more than 20 years since I changed my diet and started researching how diet and lifestyle affects our health. It is my prayer that this little book will be a help and blessing to all who read it."

(See sample page from book on page 7)



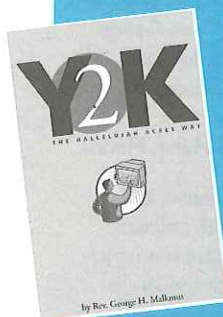
Y2K the Hallelujah Acres Way

We know of no other book/tape Y2K source currently available that so simply approaches health and the sustaining of life in what may be disruptive times.

Our best-selling booklet and tape doesn't get into all the details of how to do this and why you should do that, but it does provide basic survival ideas as well as what to do to stay close to the Hallelujah Diet in the event disruptions occur when the clock ticks into the Year 2000.

The combination of this booklet or tape and the wealth of resources that we've put together for you on our web site will allow you to prepare for Y2K at whatever level you choose.

(See page 18 for ordering details)



The Best Weight Loss Program in the World

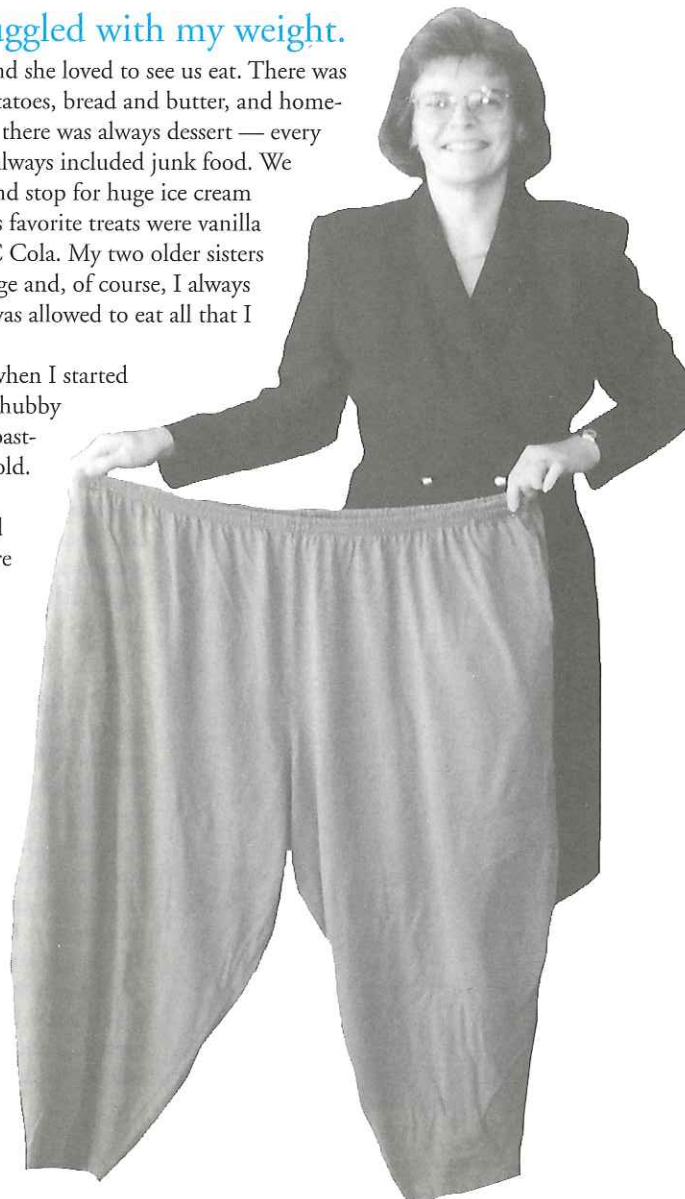
by Renée Stiglich

All my life I've struggled with my weight.

My Mom was a great cook, and she loved to see us eat. There was always plenty of meat and potatoes, bread and butter, and home-made biscuits and gravy. And there was always dessert — every evening. Our family outings always included junk food. We would go for Sunday drives and stop for huge ice cream cones or sundaes. My Daddy's favorite treats were vanilla ice cream, pork rinds, and RC Cola. My two older sisters liked to make homemade fudge and, of course, I always licked the pot and spoons. I was allowed to eat all that I wanted, whenever I wanted.

I started to gain weight when I started school, and I was always the chubby kid. I got on the "diet roller coaster" when I was only 12 years old. I'd be thin, then fat, up and down. I tried all the diets, and each time I gained a little more weight.

After I got married and had my son, my weight really soared and I became a full fledged chocoholic. My two favorite foods were chocolate and cheese. Each year that passed I gained a little more and felt a little worse. It became difficult for me to stand for very long or walk much because of severe back and leg pain. At times my feet would hurt so much that I could hardly stand. Even minor exertion would make me short of breath, and my pulse would race. I know that my blood





Renée - Before Hallelujah Diet

pressure was high, but I was too afraid and too embarrassed to go to a doctor. I began to have serious sinus and ear infections, headaches, and dizziness most of the year.

I remember having the sensation that life was going on around me while I sat in one spot, miserable and afraid. When you feel that bad, you don't care to do anything. Being fat robs you of your life, your health, even your personality. It changes who you are. I had prayed for help for many years, but I felt very hopeless and I couldn't bear the thought of my husband and my son never knowing who I really am.

Then in August of 1997, I saw Rev. George Malkmus on the 700 Club. When I heard him speak with such confidence, I knew that this was the answer to my prayers. My husband and I immediately changed to the Hallelujah Diet and we began to drink lots of carrot juice and take Barleygreen.

About two weeks after I started taking Barleygreen, I woke up one morning with so much energy that I just couldn't believe it. I hadn't felt that good in years! When my energy returned, so did my hope. I soon began to lose weight, sometimes as much as five lbs. a week.

My life has totally changed in the past 15 months. I have lost 183 pounds... so far! I no longer have back pain or shortness of breath. My blood pressure is normal and my sinus problems have almost disappeared. I have so much energy now, I feel alive again.

I've even learned new things about myself. I discovered that I like to exercise, especially running. I now run up to four miles each day. I even participated in a 5K race recently and I plan to enter more. I had a chance to go horseback riding this past summer, and I hope to learn how to ice skate this winter.

I have my life back, thanks to God's love and mercy, and to the Hallelujah Diet!

Back to the Garden

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

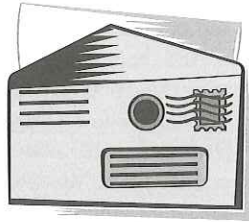
Publisher: Rev. George H. Malkmus
Editor: Chet Day
Layout and Design: Advance Graphics

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

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

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

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



From the Mailbag

"I purchased your book God's Way to Ultimate Health and have been on the Hallelujah Diet for about five weeks. Already I have lost ten lb. and am most grateful that I have had about 80% improvement in my severe osteoarthritis. More than this marvelous result is the sense of well being I now enjoy. I think more clearly, emotions more steady, positive attitudes, etc. I share my good news and hope with so many sick people and the response is always the same: 'Tell me more, I want off my medications...'"

— Dell Webley, Queensland, Australia

"...Saturday morning, May 23rd 1998, I got up, had my morning cereal, and began to read God's Way to Ultimate Health. That was a turning point in my life. One for which I will be eternally grateful...On May 25th, I started the Hallelujah Diet...God's healing has been progressive...NOT instantaneous, as I thought I would have desired...Today, approximately four months later, I am 42 pounds lighter...wear size 16 pants instead of 26 pants, 14-16 tops, instead of 3x tops as I did when I began...I am able to walk without a cane, and without stumbling over myself...I am able to speak clearly and quickly without halting words, able to raise my arms

straight above my head, which I had not been able to do for approximately 10 years...able to think clearly and concisely again...able to get out of bed in the morning without pain and stiffness...able to stand and speak for hours at a time without having to sit and rest...absolutely NO pain in the arm in which I had surgery...able to read through strong eyes...I've got my smile back...AND I can sing and play the piano again! ...All because of the loving mercy of God the Father, God the Son, and God the Holy Spirit, who introduced me to Rev. George Malkmus, and REVEALED the wisdom and Godly counsel included in the Hallelujah Diet..."

— Juli Hurst, Florida

"I am a Certified Registered Nurse, and a Christian. I work in a surgery center, and am known as the local 'health nut.' There is no question in my mind after seeing the ravages of disease on so many children and adults over the years, and knowing what proper nutrition can do - that what you folks are espousing is indeed a real missing link...People within the medical and nursing professions are in notoriously poor shape themselves... Can you imagine what it is like to try to care for others when you yourself are too tired and/or not well. And all this, I might add,

—Continued on Page 10



Canadian Orders Call
Hallelujah Acres Canada
(519) 935-9999



Quantity Discounts Christian Health Primer

1-3 books	\$3.95 each
4-10 books	\$3.16 each
11-49 books	\$2.77 each
50-499 books	\$2.37 each
500 or more	Call



Customer Order Form

Shipping Charges

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

Return Policy

No returns accepted without an RMA number. Call (704) 481-1700 from 8 a.m. to 5 p.m. Monday through Friday for details.

Note: The prices in this newsletter are effective through June 31, 1999.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

If you have a P.O. Box, please also provide a physical address for UPS delivery.

☐ If you are not on our mailing list, but would like a free subscription to *Back to the Garden*, please check this box

☐ If you **DO NOT** want to continue receiving *Back to the Garden*, please check this box

We appreciate your order. The life-blood of this ministry flows from your purchases of the health-related products and books we offer. Every purchase made helps us to reach more people with the message that "You do not have to be sick!" ...if God's laws of natural health are followed. Together, we are changing the way the world maintains health. **Thank you and may God Bless.**

Qty.	Item#	Item Name	Price Each	Total
<input type="checkbox"/> Check <input type="checkbox"/> Money Order <input type="checkbox"/> Visa <input type="checkbox"/> MC <input type="checkbox"/> Discover <input type="checkbox"/> American Express			Sub-total	
Card Number: _____			6% Sales Tax (NC residents only)	
Signature _____ Card Exp. Date _____			Shipping	
			Total	

How to Reach Us

United States

CREDIT CARD ORDERS CALL: (704) 481-1700
MAIL ORDERS TO: Hallelujah Acres
P.O. Box 2388
Shelby, NC 28151
FAX: (704) 481-0345 • WEBSITE: www.hacres.com

Canada

CREDIT CARD ORDERS CALL: (519) 935-9999
MAIL ORDERS TO: Hallelujah Acres Canada
P.O. Box 7, RR 2
Shallow Lake ONT N0H 2K0
FAX: (519) 935-3044 • WEBSITE: www.hacres.com

REBOUND TO HEALTH!

#601 – REBOUNDER—This high-quality mini-trampoline can offer one of the best indoor low-impact aerobic workouts ever devised. It's a great foul-weather alternative to walking or jogging. Includes a 40-inch diameter heavy-duty metal frame, six spring-loaded legs (removable for easy storage) and it folds in half to fit into its own carrying bag. Please specify hard 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 Rev. Malkmus. (\$209.00)

#343—REBOUNDING: OLYMPIC TRAIN-ER—This book by Harry and Sarah Snyder details many exercises involving a rebounder and soft weights. Helps you personalize your own conditioning work-out. (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 OINTMENT—A natural blend of pure oils and herbs that soothe the skin. (\$7.95)

#752—DESERT ESSENCE TEA TREE OIL TOOTHPASTE—A natural dentifrice with Australian Tea Tree Oil & essential oil of mint. Great for sore gums. (3 oz. tube, \$3.95)

#753—SAME AS ITEM #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, \$6.95)

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 ANY-MORE—This video by Lorraine Day, MD, emphasizes the importance of defeating cancer by strength-

ening 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, \$12.95)

#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, \$30.00.

#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).

#320—JUICEMAN'S POWER OF JUICING by J. Kordich (\$5.99).

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

REV. 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 - Rev. 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)

What's Happening at Hallelujah Acres

Since February 12, 1992, Hallelujah Acres has been showing the Christian Community, and anyone else who would listen, that there is another way to nourish our beautiful physical bodies than the world's way, and that is God's way! Today, Hallelujah Acres is literally revolutionizing the lives and health of multitudes of people around the world. Tens of thousands have written to tell how the simple diet change we teach has eliminated all their physical problems.

Following is a sampling of testimonies we receive daily:

“I have been on the Hallelujah diet since March when I was diagnosed with breast cancer. I feel great. My doctor tells me there is no more cancer in my body! Praise God!”
— Dixie, e-mail

“I started on the Hallelujah diet just three weeks ago. I can't believe it, my diarrhea of 35 years has stopped! I have doctored on and off over that time — even needing blood transfusions, but nothing helped. I know this sounds too good to be true, but it is very true!”
— Virginia Eansen, Florida

As we begin 1999, we have many exciting things to share as well as some things that could drastically and dramatically affect our lives and those that we love.

Y2K the Hallelujah Acres Way

Several months ago I started learning about the potential problems that could occur when the computer clocks turn from 12/31/99 to 01/01/00. At first I dismissed it as a very unlikely event, but the more I learned, the more I became concerned.

Some experts say there is potentially an unfixable problem looming on the horizon that could totally disrupt our way of life.

With this in mind, I have written A Practical Guide to the Year 2000 from a Christian Perspective. In this booklet I give practical suggestions on how we can properly nourish and take care of our physical body/temples and sustain life, no matter what the future holds.

I feel this booklet contains the information that could take the fear out of Y2K while offering practical solutions. Be sure to get a copy for your own knowledge and then share it with others. Also available on cassette tape. See page 18.

Christian Health Primer

For years, I have dreamed of writing a booklet that would contain all the details of the Hallelujah Diet program, while answering the Biblical questions so many Christians raise. Answering such questions as “Why did God allow meat to be added to the diet?” to “What about Peter's vision?” Then there are abundant testimonies from people who regained their health on the Hallelujah Diet. This book has it all and we trust will inspire multitudes to try the diet. We have tried to keep the cost affordable at only \$3.95 with huge discounts when bought in quantity. See page 18 to order.

Why Christians Get Sick Now Available in Spanish

This book was first published in 1989 and currently has 220,000 copies in print. It's now available in the Spanish language for our Spanish speaking friends. A Korean translation is nearing completion and will hopefully be available soon. See page 18.

Health Ministry

We continue to attract so many people who want to share the health message. Approximately 1,500 people from all over the world have now gone through our training program. Our next session is March 11-13. See page 13 for details.

Back to the Garden

With approximately 200,000 copies per issue, Back to the Garden is still sent out free of charge to anyone who requests it. This free publication is supported by those who purchase the products we sell. Some order this publication by the thousands to give to others.

Second Health Ministers Reunion

Our first Health Ministers Reunion took place in April of 1998 with over 300 Health Ministers attending from almost every state in the United States and from as far away as Puerto Rico, Canada, and New Zealand. Our Second Health Ministers Reunion will be held April 15-17, 1999. Speakers will include Dr. Lorraine Day, Charlotte Gerson, and, by popular demand, the return of Dr. Joel Robbins. This event is limited to only those who have previously been through our regular 3-day health minister training program.

Other Updates

Hallelujah Acres Canada continues to grow and prosper. Be sure to visit us in Canada when you get to Shallow Lake, Ontario, or call at (519) 935-9999.

Dr. Michael Donaldson, Ph.D., director of the Hallelujah Acres Foundation has some good news for you on page 9 about his ongoing fibromyalgia study.

Our first Hallelujah Acres Women's Retreat continues to excite everyone who hears about it. See page 12 for details.

My colleague Graeme Coad and I continue to reach more and more people through seminars, radio, and television. Contact my assistant Olin Idol if you'd like a “How to Eliminate Sickness” seminar at your church or in your community.

Last but not least, we continue to take the health message to the world via Hallelujah Acres Online. In December we made important contacts with individuals in China and Thailand who want to bring the diet to their countries. Hallelujah!

Mail Order

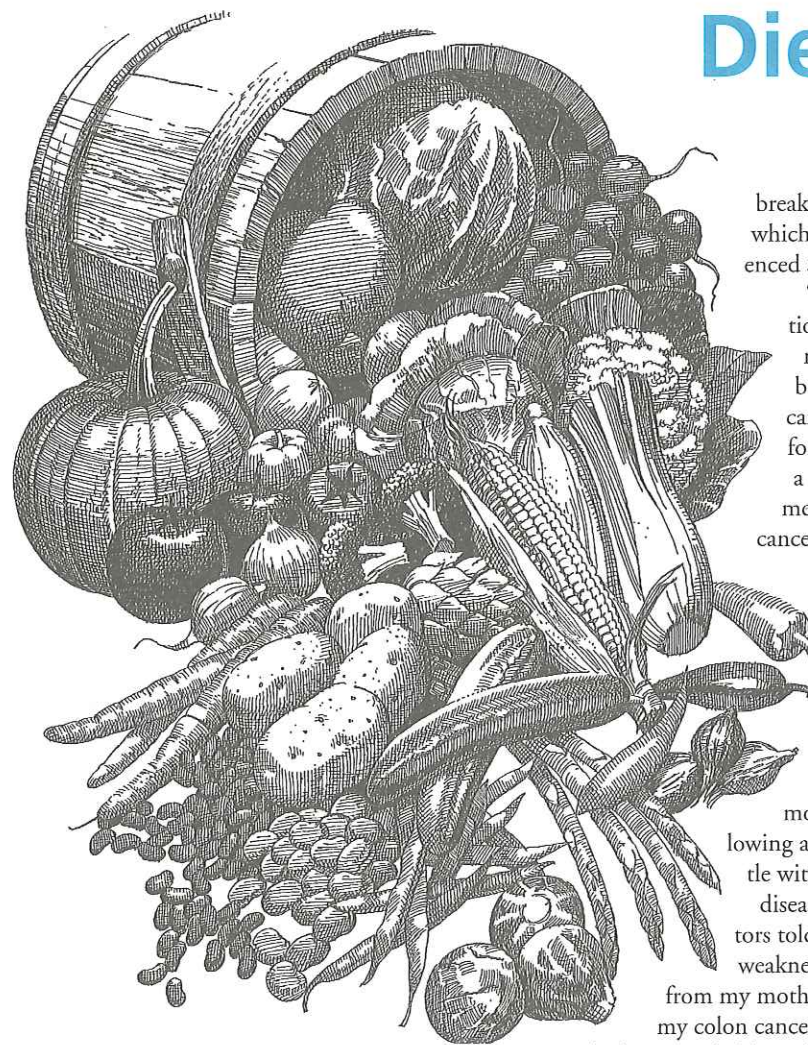
Mail order is how we support this ministry. We currently have 24 employees who need to be paid, hundreds of thousands of free pieces of literature that must be printed, and a 23,000 square foot building that needs to be paid for and maintained. All of this takes money, and that money is provided from 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 in 1999 as together we proclaim to the world, “You Don't Have to be Sick!”

Diets, Diets, Diets

by Rev. George H. Malkmus



breaks on my face, which I had experienced since youth.

The culmination of these many physical breakdowns came at age forty-two when a doctor told me I had colon cancer.

This diagnosis of colon cancer devastated me because I had just watched my mother die following a horrible battle with the same disease. The doctors told me a genetic weakness inherited

from my mother had caused my colon cancer. The doctor had previously blamed my high

blood pressure on my dad, who experienced several heart attacks and strokes before dying of a massive heart attack.

Were all of these physical problems my parents and I had experienced uncontrollable, naturally-occurring phenomena—or is there maybe a better explanation, which would reveal why I, and my parents and all mankind experience physical breakdown?

Recalling the agonies my mother went through when she accepted the traditional medical treatments of surgery, chemo, and radiation, I decided to seek counsel elsewhere. So, in 1976, I turned to an old preacher friend, Brother Lester Roloff, who encouraged me to change my diet from the Standard American Diet to the original diet God gave mankind in Genesis 1:29.

I made this simple diet change, and within one year, *all* my physical problems (including my baseball-sized tumor) had simply disappeared. Since making that diet change more than twenty years ago, I have experienced no sickness or physical breakdown of any kind.

In January of 1991, Rhonda (who is now my wife) attended a Health Seminar I was giv-

ing. At that time, she suffered with rheumatoid arthritis and was very overweight. She couldn't turn her head more than an inch in either direction because of her arthritis. She couldn't walk a block without extreme pain and difficulty. Sometimes she took as many as six ibuprofen an hour for pain. Within one year from the time she changed her diet, she had lost 85 pounds in weight, dropped from a size 20 to a 12 dress, and was speed walking four miles each morning in less than an hour without pain. All her arthritis problems were gone.

In 1992, Rhonda and I started Hallelujah Acres, a Christian Ministry dedicated to eliminating sickness from the Christian Community in particular and the world in general. As I write this article, we estimate as many as a million people worldwide have tried what we call the Hallelujah Diet, the same diet that had allowed our bodies to heal all of our physical problems.

Since 1992, when we started sharing this information, tens of thousand of people who have applied the principles of the Hallelujah Diet have written to tell us that all of their physical problems also went away. (Starting on page 2, you can read just a few of their stories.)

The world, of course, is full of diets that promise the moon. This is especially true in America where it seems like we have new diet and health fads exploding on the scene almost every week or two.

Examining the details of just a few of the many popular diets that fill the magazine and bookstore racks reveals some interesting similarities. Let's first look at God's Original Diet for mankind as found in the Bible. Then we'll examine the Standard American Diet (SAD). We'll end by analyzing some of the diets that currently sweep the nation.

God's Original Diet—God handed down to us in Genesis 1:29 a diet composed of raw fruits and vegetables, gathered by hand, as found fresh and untainted in nature. This diet did not contain any animal products or even any grains. On this 100% uncooked vegetarian diet man lived an average of 912 years, without any recorded sickness for the first almost two thousand years of recorded history. I estimate this diet contained approximately 5% unsaturated fat, 90% complex carbohydrates, and 5% protein.

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! (\$35.45 for 7-oz. jar)

#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. (\$35.45 for 280 caplets)

#403—AIM HAND MIXER is a small, battery-powered 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 \$4.95)

#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. We prefer the raspberry flavor. (\$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. (\$26.45)

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

Juicers and Distillers

#550—GREEN POWER JUICE EXTRACTOR—



This new juicer offers several unique features that give it an advantage over other juicers. The Green Power has a twin-gear, low-RPM motor that produces less heat, which minimizes loss of nutrition. The slow-moving triturating twin gears crush the fruits and vegetables, rather than cutting them. The Green Power can also make wheatgrass juice, baby foods, nut butters, pastas, rice cakes, frozen desserts, bean curd and more. This machine expels a drier pulp, an indication that more juice and more nutrients are being extracted. 32 lbs., 20" long, 8" wide, 13" high. Rhonda and Rev. Malkmus use this juicer. (Reg. \$650.00 – Our price: \$595.00, including shipping)

#510—THE CHAMPION JUICER—This is a masticating juicer, which breaks up the cells and fibers of food, forcing its nutritional value into the juice. We do not recommend any juicer with a spinning basket because

it only shreds the food, leaving much of the nutrients

in the pulp. The Champion is extremely well-made, is easy to clean, runs smoothly and quietly and has a 1-year limited warranty 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" long, 8" wide, 13" high. (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 20 for our best model, the *Waterwise 9000*. (Regularly \$179.00, our price for the *Ecowater Systems Distiller* is \$149.00, including shipping.)

#5400—WATERWISE 4000 DISTILLER Similar to the Ecowater Systems Distiller, the waterwise

4000 will produce a gallon of water in four hours. Features a stainless steel boiling chamber, a newly designed energy coil, and a high quality condensing coil. This distiller retails for \$329, but you can buy it from us for \$229, including shipping.

#501—WATERWISE CARBON FILTERS—(2-pack, \$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. (\$29.00)

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

#5901—WATERWISE 9000 FILTERS—(\$6.00 each)

#790—HALLELUJAH ACRES APRON—A 22x30" dark green apron with a colorful Hallelujah Acres logo on the front. Apron includes one-inch-wide ties, a neck strap, and adjustable fit buckle. (\$19.95)

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 per-

centage 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, \$13.00)

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

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

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 heating element for long life. One year warranty. Totally automatic. Produces 1 gallon in 4 1/2 hours. Retail for \$489. (We sell it for \$349.00, including shipping)

#580—EXCALIBUR 2900 DEHYDRATOR—Dehydration is the most nutritious way of preserving food. With proper temperature and air-flow, fruits, vegetables and herbs can be dried so that enzymes and other nutrients remain intact. This family-size economy model features an adjustable thermostat with a temperature range of 85 to 145 degrees. Standing 12.5" 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)



#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)

#775—PLANET SOLUTIONS—Rhonda and Rev. 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 at Hallelujah Acres has experimented with this 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)

#425—BARLEANS HIGH LIGNAN FLAX OIL—Many folks 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. (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. The main ingredient, chlorophyll, contains purifying, anti-inflammatory, and immunity-boosting properties. This is Rev. Malkmus' answer to colloidal minerals. (\$12.95)

#427—UDO'S CHOICE PERFECTED OIL BLEND—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 over flax seed oil alone for long-term use. One tablespoon a day provides essential Omega-3 and Omega-6 fatty acids. (17-oz bottle, \$18.95)

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 each; 12–99 copies, \$.85 each; or 100 + copies, \$.65 each, 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 & more.

#114—ISSUE NO. 14, SUMMER/FALL 96 "Choose Life," testimonial by Pastor 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.

#118—ISSUE NO. 18, SPRING/SUMMER 99 "Diets, Diets, Diets" "Michael Dye on Vaccinations," "Pastors and the Hallelujah Diet," & more.

God's Permissive Diet—After the flood, as we learn in Genesis 9:3, God allowed animal flesh to be added to His original diet and the cooking of food began. Revealingly, with the addition of flesh and cooked food, physical problems began. Looking at Genesis 50:26, we see that the life-span of man dropped from an average of 912 years on God's original diet to 110 years, in ten generations, on God's permissive diet. God's permissive diet contained approximately 20% fat, 70% carbohydrates, and 10% protein.

Standard American Diet (SAD)—The diet most of us live on most of our lives includes almost 100% cooked and manufactured food. High in fat, protein, refined carbohydrates, sugar, salt, caffeine, and a host of toxic chemicals. At Hallelujah Acres we consider this diet the primary cause of disease in the world today. According to National Health and Nutrition Examination Survey III data, adults get the following percentages of their energy in the standard American diet from 34% fat, 49% carbohydrates, 16% protein, and 3% alcohol. On this diet, the health of the American people has deteriorated to its lowest level in history, and health care costs have exploded to a trillion plus dollars annually.

Because the standard American diet does not provide the nutrients our bodies were designed to run on, a multitude of physical breakdowns occur in most people during their life times. At Hallelujah Acres, we teach that almost all physical problems simply reflect the body reacting to the wrong fuel.

One of the more visible physical problems caused by the SAD diet involves excess weight. Well over 50% of the American people are overweight.

In an effort to help people lose or control their weight, many diets have been developed and promoted. Let's look at a few of them.

First Place Diet—With this program, people are taught to eat "normal" food with an emphasis on low fat, low sugar, and high complex carbohydrates. In other words, the First Place Diet represents the standard American diet but with reduced serving sizes. Although it does add a spiritual dimension, this program promotes the consumption of a cooked food diet consisting of meat, dairy, white flour, diet soft drinks, and other highly processed foods.

Weigh Down Diet—This popular program teaches that head hunger is not true physiological hunger but rather spiritual hunger. According to the Weigh Down Diet, "We learn how to eat 'regular' food with control. In other words, the food content does not change, but rather the person."

It's not hard to see that the Weigh Down Diet is the standard American diet again, with

also restrictions on the quantity of food consumed.

Individuals on the Weigh Down Diet reduce the amount eaten through prayer and Bible reading. The program teaches that "...God did not put chocolate or lasagna or real blue cheese dressing on earth to torture us, but rather for our enjoyment."

Gwen Shambless, in her book *The Weigh Down Diet*, on page 93, provides us with a sample day menu for her program. For breakfast, she suggests having cereal with milk and coffee with cream. For lunch, it's fine to have a hamburger with all the fixings, a few french fries with ketchup, a brownie, and a diet soda. And for supper, the author encourages readers to have steak, a baked potato with butter and sour cream, salad with blue cheese dressing, roll, pecan pie, and milk (2%).

This sample day from the Weigh Down Diet contains approximately 45% fat, 40% carbohydrates, and 15% protein.

Weight Watchers—This diet program has been around for a long time and teaches "that healthful weight management involves a comprehensive program that includes a food plan, activity plan, and behavior modification provided in an environment of group support." Breakfast would be composed of orange juice, bran flakes, and blueberries. Lunch would feature a turkey sandwich, carrot sticks, and chocolate pudding, and for dinner one would typically eat a salad, two slices of cheese pizza, 1/2 cup of fruit ice and wash it all down with a diet soda.

The Zone Diet—

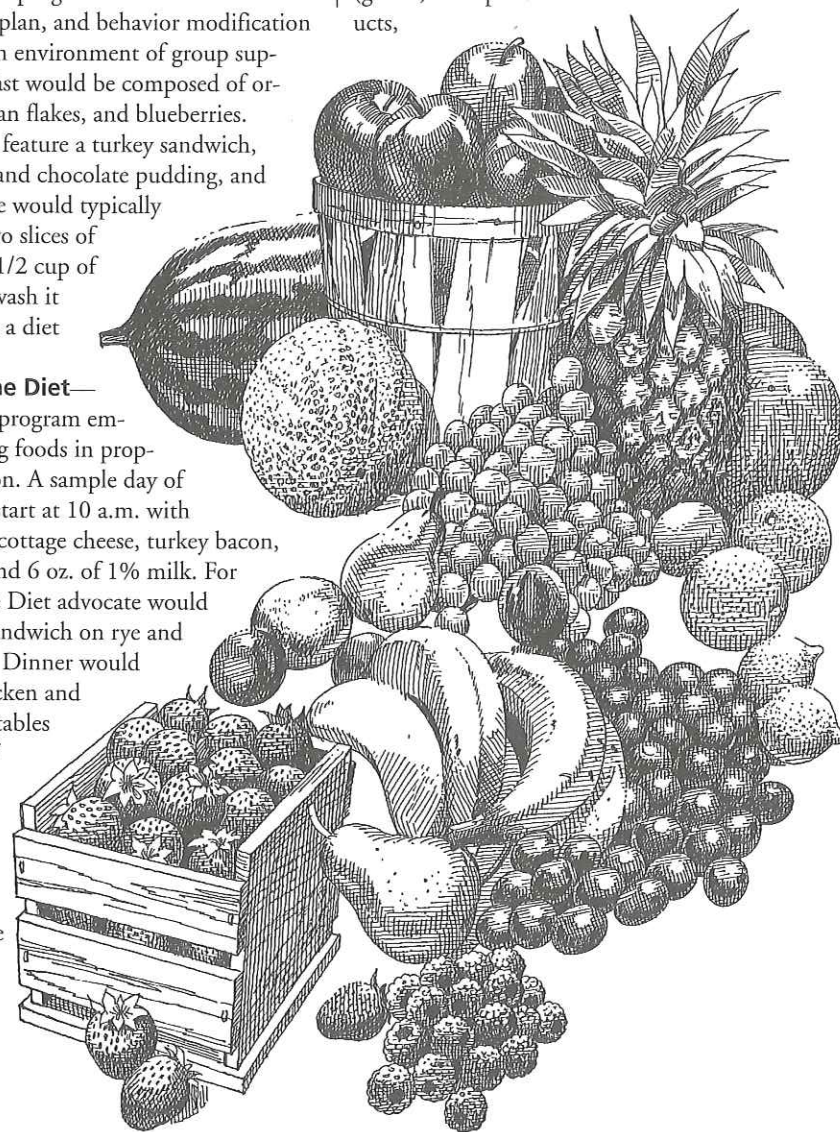
This popular program emphasizes eating foods in proper macro ration. A sample day of meals would start at 10 a.m. with French toast, cottage cheese, turkey bacon, a tangerine, and 6 oz. of 1% milk. For lunch, a Zone Diet advocate would have a tuna sandwich on rye and half an apple. Dinner would consist of chicken and stir fried vegetables with a slice of pineapple.

The Blood Type Diet—Based on the premise that people with type O blood are the dominant, hunter-cave-

man types who require cooked meat in the diet, this program says that people with blood type A do well as docile vegetarians, while blood type B's thrive as dairy-eating omnivores. The author bases his entire theory on whether a person is genetically or evolutionary suited to certain foods. (Many people on the Hallelujah Diet have type O blood, and yet multitudes of them report that their physical problems went away on a pure vegetarian diet.)

Macrobiotic Diet—The basic concept of the macrobiotic diet involves the use of the ancient complimentary and opposite forces of yin and yang, into which they teach that everything in the world is divided... including food. For instance, sugar and most fruits tend to be yin, while meats and eggs tend to be very yang. And the trick is to balance your menu to maintain a 5-to-1 ratio of yin to yang. Because brown rice contains this ratio, it is the basic or principal food in this diet.

Atkins Diet—The Atkins Diet has been on best-seller lists for a long time. It advocates restricted consumption of carbohydrates (grains, flour products,



How and Why Pastors Should Use the Hallelujah Diet In Their Ministries

by Pastor Gary Morris

Pastor Gary Morris is head of the New Life Health Ministry in Gadsden, Tennessee. He is also a Back to the Garden Health Minister. Recently, I asked Pastor Morris if he would write a column for Back to the Garden to encourage pastors in the area of Biblical health. The following letter contains his response.

— Rev. Malkmus

Dear George and Rhonda:

God has been doing some special things in our health ministry lately. I want to share some of it with you. If it hadn't been for your faith and determination, there are a lot of people in this old world who would still be sick and suffering or dead. I would be one of them, and I thank you for hanging in there when nobody would listen. Now you are reaping the reward for your commitment toward God, shown by your love for other people.

Jesus said, "In as much as ye have done it unto the least of these my brethren, you have done it unto me." We can't get our hands on Jesus right now. If we could, we would give Him the biggest hug He has ever had, but we can minister to His people. The greatest job of my life is being able to tell people that they don't have to be lost or sick.

I just returned from a taping session at the largest Gospel station in western Tennessee. My program is called "New Life in Christ." It ministers to the whole man. The first fifteen minutes are devoted to the health message and the last fifteen deal with the spiritual. They blend perfectly. It is such a blessing to be able to give hope and practical Scriptural instruction that touches the whole person—body, soul, and spirit.

Brother George, the church at large has made a grave mistake by downplaying the importance of the physical body. We have associated the "Flesh," as described by Paul in the book of Romans, with the physical body. We have bought the lie that our bodies are evil, so it really doesn't matter what we put into them

or how we take care of them—they are going to die anyway. The only ones who profit from this silly notion are the doctors and the devil.

As I write these words, I am thinking of a man who called August 13th. He had inoperable prostate cancer. Someone gave him my seminar tape, and he contacted me. He wanted to come over to my house and talk to me. He told me that he was skeptical but had heard enough to be interested. I sat down and gave it to him straight, and he listened. I also gave him some fresh carrot juice, and he could

there who had lost 65 lbs. in three months on the Hallelujah Diet. He works for a car dealership and everybody he knows is asking him what he is doing. Because of this, we are going to do a seminar in Martin, Tennessee. He said his phone is ringing off the wall. He also wants to come for Health Minister's Training. At present, I have about five people who are interested in coming for training. Several pastors have recently joined us. This excites me because if the ministers of God open up to God's way to ultimate health, so will their people.

There is so much more I would like to share with you but I won't in this letter. I know you are very busy and your time very limited. Hopefully we will get to spend some time together and share the blessings of God face to face. I appreciate what you said about me writing a pastor's page. As you know, I am willing to serve in any way that the Lord might lead. If you feel that it would be helpful and beneficial to your ministry, I would consider it an honor.

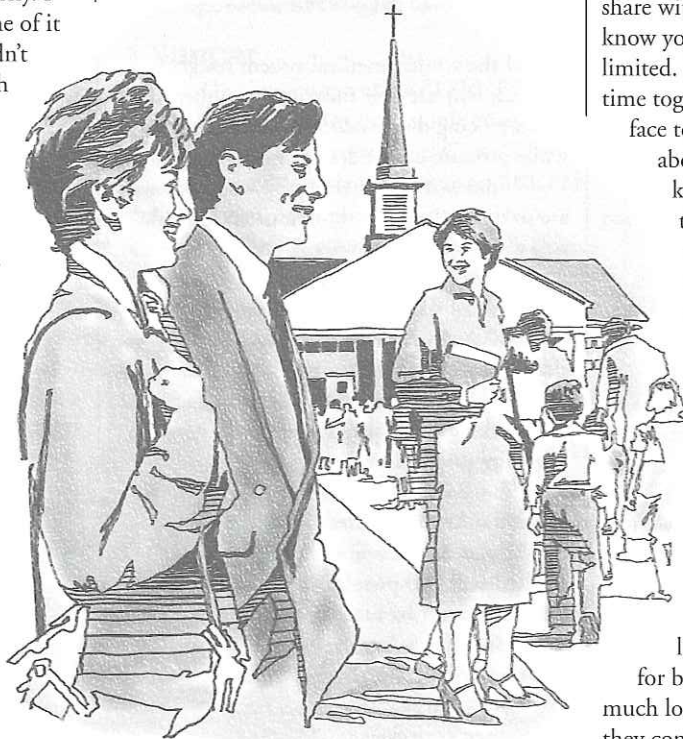
God has been dealing with me about a certain topic, "Where are the Fathers?" We have great men of God who could be giving sound leadership and wisdom to upcoming generations if they weren't sick and dying before they are fifty years of age. We need ministers who can live long enough to be patriarchal in nature. Men who are learned in the wisdom of God's word for body, soul, and spirit. Men who live so much longer than the men of the world that they command respect and attention. Men who cannot be shoved aside or explained away. David said, "Why should the heathen say, where is their God?" I think it's high time we answer that question. I believe when we follow God's way, these results will be achieved and God will be glorified in our bodies as well as our spirits.

We love you very much and pray that God will keep on blessing you and Rhonda with His love and care. "And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ." (1 Thessalonians 5:23) Amen!

not believe how good it was. He said, "I can do this."

On August 13th, his PSA was 24. He went cold turkey on the Hallelujah Diet. He went back to his doctor September 15th, got his test results back, and called me, crying. I didn't know what to think. He couldn't talk for a few seconds, but he finally regained his composure. His PSA count had dropped to 3.1, and he was beside himself. By the way, his heart is set on becoming a Health Minister.

We just had a seminar in Dyersburg, Tennessee, with people coming from Missouri and all around western Tennessee. One man was



Diets, Diets, Diets—Continued from Page 6

With the simple principle in mind that human life requires living fuel to prosper and remain in health, let's take a look at the Hallelujah Diet.

The Hallelujah Diet was designed to duplicate as closely as possible God's original diet while, at the same time, trying to make it acceptable and palatable to the masses. First, and of primary importance, you will note that raw fruits and vegetables compose 75% to 85% of the Hallelujah Diet. Although this percentage departs from the 100% raw vegetarian diet God originally gave mankind, we find that most people are addicted to cooked food and have great difficulty, especially in the beginning, sticking with a totally raw diet.

By allowing some cooked food each day, at the end of the evening meal, the diet became doable for most people, while still producing similar results as a 100% raw diet.

Another unique feature of the Hallelujah Diet is that it concentrates the nutrients contained in some of the raw vegetables by separating the juice from the fiber. In using a mechanical juicing machine to do this, people on the Hallelujah Diet are able to send concentrated nutrients to cellular level more rapidly and in greater quantity than when they eat the whole vegetable. Because the juice machine removes the fiber, the body doesn't have to expend energy on digestion. Instead, the energy

saved can be devoted to healing and building healthy new cells.

And we add Barleygreen, the most concentrated and nutritionally dense food we are aware of on earth. Then, to make sure we have quality fats, we include a tablespoon or two of a well-balanced oil such as Udo's to get essential fatty acids. Finally, we add a colon cleanser with anti-parasitic properties to keep the bowels clean.

With the dietary aspects out of the way, we add a vigorous, daily aerobic, exercise program and, 'voila,' we have the Hallelujah Diet—so very similar to God's original diet.

When people adopt this Hallelujah Diet, usually within six months or less, and usually much less, most bodily systems have normalized. The first thing most people experience is increased energy, usually within the first week. Then, if a person carries too much weight, the excess pounds usually begin to melt away. At the same time, physical problems start disappearing.

For example, one man wrote to tell us that he had kept a diary of the physical problems he was experiencing when he started on the Hallelujah Diet. He reported that within one year he lost 60 pounds in weight and had 28 different physical problems disappear from his body.

The acceptance of our program has been phenomenal. When Rhonda and I started sharing the Hallelujah Diet in 1992, we had

only a dream of someday reaching the whole world with the message "You don't have to be sick." At that time we had no money and never really thought our dream of reaching the world could ever become a reality.

But when people started trying the Hallelujah Diet...

Their weight normalized and they experienced the energy of youth.

Physical and even psychological problems disappeared.

And when these remarkable changes occurred, these people became flaming evangelists who burned to share the good news with others.

As a consequence of one person sharing the health message with another, Hallelujah Acres has grown into a world-wide ministry. Every day of the week, hundreds of new people learn about and adopt the Hallelujah Diet.

God is using this diet to restore physical wellness to the Church. We have pastors who tell us they hardly ever have a prayer request for sickness from among their people anymore because so many in their congregation are on the Hallelujah Diet.

If you have not personally experienced the Hallelujah Diet, we encourage you to give it a try. If you are already on it, won't you share it with others?

Together, we can make a difference and bring health to the church—as well as to a sick, sick world.

Visit Us At www.hacres.com

Health Ministers' Reunion Set for April

Our second annual Health Minister's Reunion on April 15-17 promises to set the standard for future get togethers.

We have a remarkable line-up of keynote speakers, including Dr. Lorraine Day, Dr. Joel Robbins, Charlotte Gerson, and Michael O'Brien.

Dr. Day, whose most recent video "You Can't Improve on God" has helped thousands initiate self-healing in their lives by practicing a diet that meets God's natural laws, will open the reunion with

her keynote address.

At last year's gathering of health ministers, Dr. Joel Robbins fanned the flames of health and ignited the enthusiasm of the more than 300 health ministers in attendance. Without question, he'll pick up where he left off last April with a keynote speech and a presentation. Additionally, Dr. Robbins will answer questions during one of the question and answer panel sessions.

Charlotte Gerson has carried on the

work of her father, Dr. Max Gerson, for decades and we're honored this year to have her as yet another one of our keynote speakers and Q&A panel members.

It goes without saying that Rev. George Malkmus and Rhonda will have important parts in the reunion as well, serving on panels and in speaking roles.

Of course, we'll also have presentations by many of our health ministers.

Health Ministers should set aside these dates and call for details.

responsible for halting the polio epidemics that plagued American children in the 1940s and 1950s. If so, why did the epidemics also end in Europe, where polio vaccine was not so extensively used?"

"Vaccinations are one of the harmful sacraments of the modern religion of medicine. In the total absence of controlled studies, all vaccines today remain, scientifically speaking, unproven remedies – the polite term for medical quackery. The only proven characteristic of vaccines is their devastating adverse effects," writes Mendelsohn, who was a practicing pediatrician for 25 years, professor at the University of Illinois Medical School, Chairman of the Medical Licensure Committee for Illinois, author of three popular medical guidebooks and publisher of a medical newsletter for consumers.

In the introduction to her book, Dr. Scheibner notes, "While studying thousands of pages written on vaccines I have not found a single paper which would demonstrate that in epidemic situations only unvaccinated children contracted the disease. Even during vaccine trials many children contracted the diseases against which they were vaccinated, often within a few days."

Dr. Mendelsohn, Dr. Scheibner, and others contend that the elimination or reduction of numerous infectious diseases in human history is the result of improved sanitation, cleaner drinking water, better living conditions and nutrition, rather than vaccinations. For example, they note that the bubonic plague, scarlet fever, and tuberculosis—all of which were once responsible for large numbers of deaths – have all virtually disappeared without a vaccine. As for polio, smallpox, and diphtheria, Mendelsohn and Scheibner cite numerous examples of countries in which these diseases disappeared without vaccines at the same time, and sometimes faster, than in countries with vaccines.

Dr. Mendelsohn's book also cites figures from the British Association for the Advancement of Science showing that between 1850 and 1940, childhood diseases decreased 90 percent, well before the advent of mandatory vaccination programs. This improvement in health has coincided with improved sanitation and hygiene, not vaccinations, he notes.

How serious is the threat of the childhood diseases that vaccines are supposed to prevent?

These diseases fall into two categories: Those which are generally harmless and those which are extremely rare. For both categories, there is no evidence that your child will fare any better with the vaccination than without.

Mumps and measles are childhood diseases that are usually relatively harmless if contracted at a young age, and some doctors feel they serve the vital purpose of strengthening the immune system in order to prevent future illnesses. If you do not contract mumps and measles at a young age, there is the possibility (regardless of your vaccination status) of contracting them as a teen-ager or adult, at which time these diseases can cause much more serious complications. They are both self-limiting, meaning that if you have them once as a child, you have a natural immunity against them for the rest of your life. And as Dr. Scheibner notes, natural immunity is the only true immunity. In a 1978 survey of 30 states cited by Dr. Mendelsohn, more than half of the children who contracted measles had been adequately vaccinated.

One problem with vaccinations for these two diseases is that vaccines can delay the disease until an older age. Two other potential problems with the measles vaccination is that it can create the possibility of contracting either "atypical measles" or "mild measles." Atypical measles is a much more serious disease that has come into existence only after the advent of measles vaccinations, and mild measles includes an under-developed rash, which Dr. Scheibner notes can expose the individual to the dangers of chronic diseases such as cancer later in life.

Dr. Mendelsohn warns, "There is growing suspicion that immunization against relatively harmless childhood diseases may be responsible for the dramatic increase in autoimmune diseases since mass inoculations were introduced. ... Have we traded mumps and measles for cancer and leukemia?"

As for diphtheria, "Today your child has about as much chance of contracting diphtheria as he does of being bitten by a cobra. Yet millions of children are immunized against it with repeated injections at two, four, six, and eighteen months and then given a booster shot when they enter school. This despite evidence over more than a dozen years from rare outbreaks of the dis-

ease that children who have been immunized fare no better than those who have not."

Are vaccinations the only protection our bodies have in the battle against disease?

At Hallelujah Acres, we believe that when God created man, He gave us an incredibly effective immune system, which can best be maintained by following God's natural laws for diet and lifestyle. The best way to strengthen a child's immune system is to begin nourishing the infant with mother's breast milk, which possesses a more advanced form of immunity than any vaccine that will ever be invented by medical science. Then, as children grow older, they should be gradually started on a diet of primarily raw fruits and vegetables, fresh vegetable juices and whole grains that will help their immune system to further mature in the way that our Creator intended.

Do parents have a choice as to whether their children are vaccinated?

There is no federal law requiring any vaccination, but state laws mandating vaccines are fairly uniform. The primary difference between state laws is what exemptions are allowed for parents to choose not to submit their children to vaccinations.

Many parents are led to believe their state laws do not allow them a choice as to whether their children are vaccinated, and school systems often refuse enrollment to un-vaccinated children. Parents who choose not to have their children vaccinated are likely to receive pressure, or even harassment, from medical doctors, school officials, and legal authorities.

It can be a tough battle, but lawyers experienced in this field say it is a battle that usually can be won by parents. An official government book published in 1977 by the U.S. Department of Health, Education and Welfare and the Centers for Disease Control, titled *Parents Guide to Childhood Immunizations*, clearly states on page 5, "The decision to have your children vaccinated is yours, alone, to make."

About the Author



Michael Dye, long time editor of Back to the Garden and co-author of God's Way to Ultimate Health, currently lives and writes freelance articles from his home on Clinch Mountain in Eidson, Tennessee.

Hallelujah Acres Foundation's Preliminary Results of Fibromyalgia Study are Very Encouraging

by Michael Donaldson

Time has passed quickly here as I have been absorbed in the details of extracting gold from this mountain of research potential. I want to pass on some of what is happening here at the Foundation and what studies are being planned.

Our fibromyalgia study is well underway and the preliminary results are very encouraging. This syndrome of chronic body pain and fatigue is very debilitating on a daily basis; at two months we have measured significant improvements in daily functioning and performance. As amazing as the physical results are, the improvements in mental health are just as dramatic. Subjects report less depression and fewer bad days while having more hope and control over their own health. This study will be completed in the summer of 1999.

We have also finished collecting the diet, health, and lifestyle surveys from the Health Ministers. We now have very good quality data on the Hallelujah diet as it is practiced in real life. This wealth of data is being analyzed and organized for publication. Many myths will be exposed and answered with this publication. Is this a starvation diet? How does this compare to the general population's diet? How much of the diet is truly raw? How much protein and calcium do people consume

on the Hallelujah diet? Wow! That's a lot of beta-carotene!

From this survey we will also document the effect of the subjects' lifestyle changes on their quality of life and overall health status. The powerful relationship between nutrition and disease will be exposed here.

And this is just the beginning. This research program is just getting off the ground and gathering steam. We have a few short term projects in the pipeline and one long-term study as well.

We want to measure some objective biological factors as well as self-reported health and diet. The biological rate of aging of seniors is dramatically slower on the Hallelujah lifestyle. Hormones play a central role in aging; this spring we will measure the levels of key hormones in a group of seniors who follow the Hallelujah program.

We will also evaluate the vitamin B-12 status of people who have followed the Hallelujah diet faithfully for over four years. Many vegan populations struggle with vitamin B-12 deficiency, so this is an important topic of study. We believe the use of Barleygreen, which is a natural source of vitamin B-12, and raw food makes this population unique from other vegan groups; now we will do the tests to find the truth.

Our third project for this spring is a profile of cardiovascular risk factors of a population on the Hallelujah program, including serum lipids, antioxidants, and homocysteine

status. This study will give objective measures showing how well the diet really works for cardiovascular health.

As these projects are coming together we will have documentation that the Hallelujah Acres' lifestyle is very sound nutritionally (indeed, that it is the cutting edge of nutrition for the next century). We expect to find that levels of major biochemical parameters are idealized (normalize would be the wrong term, since the normal person in our society will suffer from degenerative disease in their lifetime). We will also have evidence showing that this dietary change from an American way of eating to the Hallelujah diet is effective in dealing with a complex syndrome like fibromyalgia.

And in the near future we will begin recruitment for our biggest undertaking yet, the Hallelujah Health Study. One of the major problems for alternative health methods is tracking results over a long period of time. Many supplements and therapies give short term improvement, but we believe only a natural lifestyle like the Hallelujah Acres lifestyle will give truly outstanding long-term results. We will gather dietary intake and health status information from people following the Hallelujah lifestyle. Then we will track major illnesses and cause of death for all the people in the study. If you are on the Hallelujah diet, this is the study you can participate in. Be watching for more information and the beginning of recruitment. This study will be the central vein of our research program.

Medical Science Confirms Hallelujah Diet Principles

Can't wait for the results from the Hallelujah Acres Foundation? We are putting together a corner on the Hallelujah Acres' web-site with references to articles in the peer-reviewed literature which can assist people in their own understanding of the relationship between diet, disease, and health. Send in your favorite articles for inclusion in this list. There is a lot of good reading out there which will point someone in the direction of truth, even separate from our research here at Hallelujah Acres Foundation. Set your browser to:

<http://hacres.com/html/references.html>

Support the Foundation with a Tax Deductible Gift

Are you still a skeptic about the relationship of diet and disease? Do you have skeptical friends who think juicing is quackery and Barleygreen is worthless? This research is just what you are looking for. But research takes time and money. You can speed up the time it takes to get this information out by donating funds to the Hallelujah Acres Foundation. The foundation is a non-profit organization for research and all gifts are tax-deductible.

By donating to the foundation you become a part of the spearhead which is bringing about a paradigm shift in the way we think about disease, sickness, and health. No longer will heart attacks be considered a result of weak genetics. Prostate problems will not be rationalized as part of normal aging. People will not think they are helpless and lose hope when faced with fibromyalgia and chronic fatigue. Cancer will not be perceived to be inevitable if you live long enough. Bacteria, germs, and viruses will be seen as minor secondary factors in illness while the primary, over-ruling factor is our lifestyle and diet.

Sickness and disease will not be considered normal. We must change the way we think. Help us change the way America thinks.

You can make your gift payable to "The Hallelujah Acres Foundation."

in the name of making more revenue for the hospital or institution. My prayer for the future will be that all hospitals except for accident or trauma will cease to exist and that more centers for prevention will spring up...I am interested in being used of the Lord to carry this (health) message to the medical community as well as the local churches who desperately need to hear it – beginning in the pulpits!”

– Norma Koleta, Michigan

“Greetings in the Name of our Lord and Saviour Jesus Christ. Keep up the good work at Hallelujah Acres. At New Life Baptist Church, just about all our people are on the Hallelujah Diet. We are telling everyone we meet. It has been such a blessing to us!”

– Pastor David Ireland, Maine

“Earlier this year I was diagnosed with Sclerosing Colangitis, an inflammation of the bile duct that causes restrictions and eventually failure of the liver. According to my doctor it is a very slow progressing disease but there is no known cure. My daughter told me about the Hallelujah Acres diet and I have been following it since July. At my last doctor visit there was no sign of restrictions recurring...”

– Skip Brown, Internet

“Please send me information on your training program and how I can establish this ministry in my Church and community.”

– Rev. Andrew Diggs, Virginia

“I have been diagnosed with a disease called Myasthenia Gravis. The doctors put me on Immuran and Mestinon to try to help me. I was seeing no results from the drugs and decided to try something new. My uncle gave me the book *Why Christians Get Sick*. I read it cover to cover and decided to put God’s principles to work. I have been diabetic for 17 years. After two full weeks of juicing a gallon a day, I have cut my insulin from 70 units a day to only 25 units, and have quit using the Immuran and the Mestinon. I’m thankful I read your book...”

– Kent Carruth, New Mexico

“Dear Brother Malkmus: I have been a chiropractor for 21 years, with the same beliefs for retaining or regaining health as you teach. But, until two weeks ago I had never heard of Hallelujah Acres. I thank God for finding out about your ministry...I would like information on your training program. May God bless you and your staff as you serve the King in this most wonderful way.”

– Dr. David Rodriguez, D.C., Indiana

“...Much has happened since going on the (Hallelujah) diet in April of 1997...I started the diet in the midst of pollen season. Normally I would be incapacitated for 3 months during this time...After starting the diet, I saw vast improve-

ments after only three days...The short version of some of my other miracles from God since going on His diet: no more hot flashes; arthritis in hands gone; the first month on the diet every sign of fibroid cysts were gone (I lost 4” on my bust measurement as a result); my left knee had been hurting so badly that I couldn’t bend it to put my shoes on, the pain is gone; nightly earaches are gone; no longer sensitive teeth; my night vision has improved along with memory and mental acuity. A bonus was losing 22 lbs. and remaining at the same weight ever since...”

– Susan Dubick, Alabama

“I am a ‘student’ of your program for the last six weeks. I don’t know quite how to explain it, but my life has changed. I have learned so much from your book, *God’s Way* and Rhonda’s new cookbook. I finally feel like I know my body. I have lost about ten pounds...More importantly, it’s not about weight. It’s about me. Really knowing me. There is a peace about my body and how it all works. I don’t go around hungry or starving half the day anymore...Wow, I never thought I would see the day. Thank you so very much and God bless you...”

– Mary Ann Andrews, Michigan

“Please send information on the Hallelujah Diet. I am a pastor and have a pastor friend who lost 30 lbs. on this diet in just 7 weeks. He started on it as a result of Evangelist Stan Harris talking to him about it...”

– Pastor Jim Bickel, New York

“Dear Chet, At the age of 54 I finally found out how to do it thanks to your group (Hallelujah Acres). It’s pretty simple, give up the junk and eat natural. If anyone can say that is wrong, then I will put my boxing gloves on...Don’t be intimidated by the establishment. If it were up to them we’d all be \$patients\$. Please keep up the great work and God bless.”

– George King, e-mail

“I recently read your book *Why Christians Get Sick* and I must tell you that it is absolutely one of the best books I have ever read! It is a simple, understandable version of God’s laws. I have been interested in nutrition for many years and have studied a lot of material, but this book will be the one I recommend to friends and family as a simple, straightforward explanation of the proper care of our ‘temple.’ I see so many Christians who know nothing about God’s nutritional requirements (including, unfortunately, my own pastor who has recently undergone surgery, chemo and radiation for colon cancer) and who thinks you are some kind of nut if you are interested in a healthy lifestyle...God Bless you.”

– Karen Sncad, Florida

“I have been on the Hallelujah Diet now for 3 weeks. I suffered from allergies really bad! I was prescribed Claritin and was on it for a year until the prescription ran out. I then resorted to Afrin

for my acute congestion. After 3 weeks on the Hallelujah Diet I have not used the nasal spray for over a week and even though pollen is flying around like crazy, my eyes have ceased to be watery and itchy. Thank you for my remarkable new and healthy lifestyle!”

– Tony Hamilton, e-mail

“Please sign us up for the free weekly health tip. We are missionaries in Romania and are just beginning the Hallelujah Diet. Thank you.”

– Dara Turner, e-mail

“I have been on the Hallelujah Acres program for years and trying to share your message. I also am a nurse, so know the nutritional and medical facts you promote are true. Thank you for being there. You are a real blessing and God certainly has put you here for such a time as this. I pray you will continue with such a fine, anointed ministry and outreach and that millions more may be exposed to your testimonials and suggestions...”

– Sylvia Mobley, Georgia

“Dear Friends at Hallelujah Acres: I have read Rev. Malkmus’ *Why Christians Get Sick* and *God’s Way* to Ultimate Health and my family and I have been eating raw and getting healthier over the past 12 months. Thank you for all you do to spread the word – you are a tremendous blessing.”

– Mandy Clifton, Sydney, Australia

“...After 12 years of marriage and no children I just found out I am pregnant. We are so excited, but it is hard for me to believe that after only two weeks on the Hallelujah Diet that is the cause. But after reading the other testimonies in your book, I know all things are possible...”

– Rinalda Rocquin, Moscow, Russia

“Thank you again for your great ministry...We just had another good report about George’s bladder cancer. This is the third (positive) test since he went on the Hallelujah Diet. Praise the Lord!...”

– The Rizzotto’s, Florida

“I am writing to you to congratulate you on your ministry...After Graeme’s first round of chemo, we decided to search for a more alternative way and were blessed to view your video (*How to Eliminate Sickness*). We are now on an 80% raw/20% cooked diet. Blood tests before he started the Hallelujah Diet and now (2 months later) show fantastic improvements and we praise God for leading us this way...”

– M. Adderton, NSW, Australia

“A couple months ago I was diagnosed with diabetes at age 40. My sugar level was 367. Within a week of going on the Hallelujah Diet my blood sugar level dropped to normal (90-95) and now my blood pressure has also dropped to normal (119/82). I have stopped taking my

became non-mandatory in that country. The same medical publication notes that in 1979, Japan quit administering vaccines to infants and raised the age of vaccination to two years, and the result was that infant deaths and infantile convulsions practically disappeared. Japan recorded the lowest incidence of infant mortality in the world. Another nation with an extremely low rate of infant mortality is Sweden, where vaccines are not administered to infants. The U.S. ranks 20th in infant mortality, despite our prestigious medical system and high standard of living.

The link between SIDS and vaccines was further explained in 1985 by an infant monitoring system developed in Australia. The monitoring system, called Cotwatch, was developed to monitor the breathing of babies who were at risk of SIDS. Without endeavoring to show any connection between SIDS and vaccinations, Dr. Viera Scheibner found that “the babies’ breathing was affected in a certain characteristic manner and over a long period of time (40- 65 days) following DPT injections.... We also learned from the parents of crib death infants that most commonly the child had died after a DPT injection.” As Dr. Scheibner’s research with Cotwatch continued, she said the link between crib death and vaccinations became painfully obvious and undeniable. “There was a significant and clear clustering of these (crib) deaths around the time of vaccination,” she states.

This led Dr. Scheibner to go beyond the single issue of crib death and study more than 35,000 pages of medical papers dealing with vaccinations. Her massive study concluded there was no evidence of the safety or effectiveness of vaccines. Dr. Scheibner’s work culminated in her book, titled *Vaccination, the Medical Assault on the Immune System*, which concluded: “Immunizations, including those practiced on babies, not only did not prevent any infectious disease, they caused more suffering, more deaths than any other human activity in the entire history of medical intervention.”

Dr. Scheibner cites evidence from numerous studies indicating the effect of vaccines on our immune system is the chief cause of increased rates of degenerative and auto-immune diseases such as cancer, leukemia and AIDS.

Advocates of mandatory vaccinations point to the polio vaccine as an example of the success of vaccines in controlling a dangerous epidemic. Yet U.S. Government and

medical officials acknowledge that for the last 30 years, the only deaths from polio have been those caused by the polio vaccine. And Dr. Scheibner points to evidence – including an article from a 1950 issue of the British medical journal, *The Lancet* – that the polio epidemic from 1945 to 1954 was caused by the introduction of widespread DPT vaccinations.

In 1986 the U.S. government officially acknowledged that vaccinations are a potentially harmful threat to children when Congress established The National Childhood Vaccine Injury Act (Public Law 99-960). This law provides monetary compensation for parents of children killed or injured by vaccines, including up to \$250,000 for the death of a child. As of August 1997, more than \$802 million had been paid by the U.S. government to families of children killed or seriously injured by vaccines, and thousands of cases are still pending.

But no government attempt is being made to investigate these documented injuries and deaths caused by vaccinations, to interview the parents, or to determine if our policy of mandatory vaccinations is doing more harm than help against childhood disease. Instead, up to 100 million taxpayer dollars have been spent a year since the late 1970s in an attempt to achieve a goal of near 100-percent vaccination of U.S. school children.

How are vaccines made?

Vaccines are made by taking the original disease germ (polio, diphtheria, measles, etc.) and then passing it through the tissue of an animal or an aborted human fetus in a process known as “serial passage.” For example, the germ that creates the measles virus is passed through chick embryos; the polio virus is passed through monkey kidneys; and the rubella virus is injected into the dissected organs of an aborted human fetus. The purpose of serial passage is to weaken the germ. The weakened germ is then mixed with antibody boosters, stabilizers, drugs, antibiotics and toxic disinfectants such as neomycin, streptomycin, sodium chloride, sodium hydroxide, aluminum hydroxide, sorbitol, hydrolyzed gelatin, formaldehyde, and a mercury derivative known as thimerosal – for the purpose of making the disease-causing germ “safe” for human use. There are “live vaccines” and “killed vaccines.” In a killed vaccine, the germ is inactivated by heat, radiation or chemicals before it is injected into the human blood stream, whereas in a live vac-

cine, the germ known to cause the disease is actually alive and active, but weakened, when it is injected into the child’s body.

Vaccines have also been found to be contaminated with unintentional ingredients, such as animal viruses and foreign genetic material (DNA and RNA) from the animal used in serial passage. In 1960, it was discovered that millions of children were infected with Simian Virus 40 (SV-40) from polio vaccines that had been passed through the kidneys of rhesus monkeys. SV-40 has been confirmed to be a cause of cancer and leukemia in humans. Another simian immunodeficiency virus (SIV) from the polio vaccine is suspected to be the original cause of AIDS. Dr. Louis Pascal found SIV – which is the closest known relative of the human HIV virus associated with AIDS – in all three species of monkeys used in serial passage for the polio vaccine.

The theory behind vaccinations is that the weakened and diluted germ in the vaccine will help the child’s body create an immunity to the disease caused by that germ.

Are vaccines effective against the diseases they are supposed to prevent?

We have been led to believe that vaccines are responsible for the elimination of many diseases, such as smallpox, polio and diphtheria. Many medical doctors, including Robert S. Mendelsohn, M.D., will dispute this claim.

Dr. Mendelsohn compares today’s policy of continuing polio vaccinations – when our government acknowledges that the polio vaccine is the only current cause of polio – to our former policy on smallpox vaccinations, which were discontinued in the 1970s. “With the polio vaccine we are witnessing a rerun of the medical reluctance to abandon the smallpox vaccination, which remained as the only source of smallpox-related deaths for three decades after the disease had disappeared. Think of it! For 30 years kids died from smallpox vaccinations even though no longer threatened by the disease,” Dr. Mendelsohn writes in *How to Raise a Healthy Child ... in Spite of Your Doctor*.

“The greatest threat of childhood diseases lies in the dangerous and ineffectual efforts made to prevent them through mass immunization,” Dr. Mendelsohn writes. “There is no convincing scientific evidence that mass inoculations can be credited with eliminating any childhood diseases. ... It is commonly believed that the Salk vaccine was

Be Informed before Immunizing

By Michael Dye

Conscientious parents must face many challenging decisions in an effort to raise our precious children to be safe and healthy in the complex world in which we live today. One of the reasons being a parent is so difficult is that making the right decisions for our children often means going against the ways of the world and what "everybody else" is doing.

An important decision that parents must make very early in the life of their child is whether he or she is to receive a series of vaccinations, which our government and the medical establishment say are intended to give "immunity" against certain diseases.

If state guidelines are followed, these vac-

cinations are supposed to begin at the tender age of two months. By the time children are six years old, it is recommended that they will have received a series of 10 vaccinations, said to offer protection against childhood diseases ranging from minor ailments such as mumps and measles to the once-feared polio and diphtheria. Most parents are led to believe there is no question that these vaccinations will protect against life-threatening and crippling diseases.

Actually, there is much controversy over the issue of whether vaccines are safe and effective against the diseases they are supposed to prevent. Some medical doctors warn that vaccination is an unacceptable

risk, since vaccines cause an incredible number of serious injuries and thousands of deaths of American children every year. These doctors also assert that vaccines are not effective in preventing disease, and that, in fact, they are a major cause of disease and death.

The U.S. government and medical authorities acknowledge that an unfortunate number

of deaths and injuries are caused by vaccines every year, but they contend vaccination is still an acceptable risk and an effective means of preventing disease.

As the research began for this article, we at Hallelujah Acres were shocked to discover how much information about the ineffectiveness and potential harm of vaccinations has been hidden from the American public. Because you are not likely to be informed of the potential risks of vaccination by your family doctor, this information is being included in this issue of Back to the Garden. We believe the decision of whether children are vaccinated should be made by their parents – not the government. An informed decision on this vital issue can only be made if parents are aware of both sides of this controversy.

Are vaccines safe?

Based on official government reports and numerous medical studies, the overwhelming evidence is that vaccines are not safe. Research has shown that in the U.S. alone, thousands of babies die every year from vaccinations, and hundreds of thousands suffer severe injuries, including seizures, comas, paralysis and brain damage.

Medical historian Dr. Harris Coulter, author of Vaccination, Social Violence and Criminality, has estimated that two-thirds of the 10,500 annual deaths attributed to Sudden Infant Death Syndrome (SIDS) in the U.S. are caused by vaccines. The University of Nevada School of Medicine conducted a survey of 103 American children whose death had been labeled as SIDS. The survey found that two-thirds of the children had been given a DPT vaccine within three weeks of their death, and that many had died within 24 hours of the vaccine.

According to a 1988 issue of Pediatrics Supplement, SIDS in Australia was reduced by 50 percent in the same year that vaccines dropped by 50 percent, when vaccines

blood pressure and diabetic pills and am now drug free – thank God and Hallelujah Acres."

– Paul Chartier, Massachusetts

"...I have almost completed my 21 Days to Health and have at last, found a lifestyle from which I will never depart. I have always been interested in nutrition, devouring any book I could get my hands on. I have learned many things but now feel I have at last found the truth! Hallelujah! ... One of the best benefits so far on the Hallelujah Diet has been my 14 month old daughter (whom I still breast feed) 'suddenly' started sleeping through the night after only 1 week. She was waking 3 times a night and sometimes more. She now goes to bed around 7:00 p.m. and doesn't even make a sound until around 8:00 a.m. the next day! Hallelujah, Hallelujah!"

– Moss Vale, NSW, Australia

"...I visited Hallelujah Acres and attended Rev. Malkmus' free seminar in August. I bought my juicer, a supply of carrots, Barleygreen and Mrs. Malkmus' recipe book. I thank God for leading me to this way of life. Though I don't have a testimony from any MAJOR disease(s), I can say that my life has been totally transformed – physically, mentally, emotionally, and even spiritually by following the Hallelujah Diet"

– Lois Douglass, North Carolina

"...I have had the miracle of greatly improved health using a similar diet. After all medical opinions were tried and failed I was told my chronic progressive multiple sclerosis was too serious to overcome. I was told to buy the best wheelchair I could get because it would be an investment for life. Instead, I changed my diet and this past year I played ball every week – hitting doubles, catching fly balls and doing things I never dreamed I would ever be doing again...It has been amazing to see others improve also – cancers just leaving and MS problems slowly disappear. Please send me information as I am already speaking to groups and need your guidance."

– Mike Snitker, e-mail

"I wrote you about three weeks ago and asked you about the Fibromyalgia study that Hallelujah Acres is doing as I was feeling like I may have most of the symptoms. I went on the Hallelujah Diet and went to Shelby to hear Rev. Malkmus in person. Low and behold, four days after beginning my new eating lifestyle, all of my joint and muscle pains went away and about a week later I began to come out of the dark gloomy depression that I have been in for several years! PRAISE THE LORD! My husband also went on the diet with me and is feeling terrific as well."

– Christy Williams, North Carolina

"I talked to my sister with the Alzheimer's and she is doing great. She says she's lost 10 lbs. just since I was there. Also, she feels much better and her mind has cleared considerably. Sounds

like the Hallelujah Diet is working for Alzheimer's.

– Joia, e-mail

"...We have just begun our new life on the Hallelujah diet... We are totally overjoyed to hear the good news and have gone cold turkey believing this message is from God and the only way to good health. We are so passionate about this ministry we would like to come on board taking the message to our friends, our church and as far and wide as God would direct us. We are interested in coming along to Hallelujah Acres to attend your teaching seminars. We live in Brisbane, Australia and are able to travel."

– The Jakarma's, e-mail

"Just thought to let you know I had Rev. Malkmus' video translated into the Ukrainian language... The people are very interested..."

– Joseph Uniat, DDS, MSc, ND

"...I heard Rev. Malkmus at the Nurses for Christ Convention in Hudson, Florida, this past fall and immediately started the Hallelujah diet. I've lost 20 lbs. and am in my 5th week... Thank you Rev. Malkmus. I have been a nurse for 43 years... All you said in that seminar is true about medications and doctors... God bless!!"

– Marilyn Kranz, e-mail

"Dear George: I wanted to write and tell you how glad I was to see you last night at the Sagemont Church here in Houston... I do know people were resistant at first, but George, last night there was standing room only in a room that held 500 people! The days of resistance to your message, GOD'S message, about diet, appears to be subsiding. The world is hungry for truth and I guess what I'm trying to say to you is, I'm so glad you didn't give up... Radio stations calling up, begging to interview you from your motel room, television stations interviewing you and then showing your interviews over and over again – you have become a celebrity. And yet you remain so humble. In choosing you to spread this message, God's wisdom is apparent. You remain an indisputably meek, simple, unpretentious servant of the people and it is truly an inspiration to me..."

– Susan Thomas, Health Minister

"I thought you may be interested in the progress I am experiencing with my prostate problem after I read Why Christians Get Sick. June 1st, 1998, before reading your book, my PSA count was 6.6. August 4th, after following your book, it was reduced to 6.0. October 23rd my PSA count was reduced to 5.3. Normal PSA count is supposed to be 4.0 or lower, which I am approaching fast. I want to thank you for saving me from costly and unpleasant radiation or chemotherapy..."

– Arnold Lund, California

"... We have been on the Hallelujah Diet for only one week but it will be for life! We both feel so wonderful. I had been trying different high blood pressure medications to see if I could get over being so tired all the time. My doctor offered nothing to help this condition except more and or different pills. (Since going on the Hallelujah Diet) there are so many ways I feel the changes in my body... I have stopped taking vitamins of any kind. My husband went on this diet with me to support me and he too is seeing many changes in his own body..."

– Lola Hill, Texas

"Dear George: ...I have read your data on the net... I like your practical style and sense that most people could handle your regimen... if they really want to get well. I think that you are doing a marvelous job getting this data out and you get my vote of confidence..."

– Dr. Earl Conroy, e-mail

"...I had always been in great shape until a little bit over a year ago when I developed colitis. I was a great runner and very athletic. I was State Champion in track and field... I was unstoppable! Life was great! I had a beautiful girlfriend and I was on my way to being a doctor of Chiropractic. Then I started getting symptoms... and I spent life in and out of hospital and emergency room. Ulcerative Colitis is a total letdown, kind of a roller coaster ride that never ends, making you sicker and sicker until you just can't stand any more. You have to run to the bathroom. Immediately after defecating, you feel the urge to go again – and again, until the bathroom turns into a prison. You are weak and sickly, and run a high fever. Your painful abdominal cramps never let up. Anemia from the loss of blood makes you want to stay in bed... I wondered if there was any hope. I tried all kinds of supplements and things that were supposed to help me, only to react with some of the worst bloody diarrhea ever... I was drugged up to the hilt and nothing really was working (from anti-inflammatories to corticosteroid medications). I wanted to have the surgery where they cut the colon out and put a bag on your side. That's how bad I was. I was desperate and dying quickly. Finally, I was introduced to the Hallelujah Acres diet... When I started taking the carrot juice, a whole change started to take place. I could not believe it! I started to get better. My tears of sadness turned to tears of joy. Within two weeks I felt pretty good and by the third week I felt better than I had in over a year. It was a miracle..."

– Jeremy Larson

We would love to hear from you. Tell us via letter or e-mail about your experiences from a change in diet. Send letters to Rev. George Malkmus • Hallelujah Acres • P.O. Box 2388, Shelby, NC 28151. E-mail to story@hacres.com. We prefer to publish your name and state of residence in letters. If you do not want your name printed, or if your letter is not intended for print or online publication, just tell us. Thanks!

Rhonda's Recipes for Life...from God's Garden

Banana Cream Pie Crust:

2 cups unsulfured banana chips
2 cups dates
1 ripe banana

Pulverize banana chips in food processor using "S" blade. Add dates and ripe banana. Continue to process until a dough consistency is reached. Press into a 9-inch pie plate.

Filling:

2 cups organic dates
2 cups unsulfured banana chips
1/2 cup dried unsulfured pineapple
2 cups almonds
3 ripe bananas
2 tsp. pure vanilla extract
1/2 cup organic grated coconut
1 tsp. ground cinnamon or nutmeg

Soak dates in enough distilled water to cover for one hour. Place banana chips, pineapple, and almonds in a

food processor, and process to a fine meal. Add bananas and soaked dates and process, adding a small amount of apple juice if needed until a pudding consistency is reached. Add vanilla, coconut, and cinnamon, and mix well. Pour into the prepared crust and refrigerate until set.

Better Than Tuna

1 medium ripe bell pepper
2 stalks celery
1/2 medium red onion
1 tomato (optional)
2 cups carrots
4 Tbsp Rhonda's No-Oil Dressing
1 Tbsp. Bragg Liquid Aminos
1/2 cup parsley
1/2 tsp. kelp

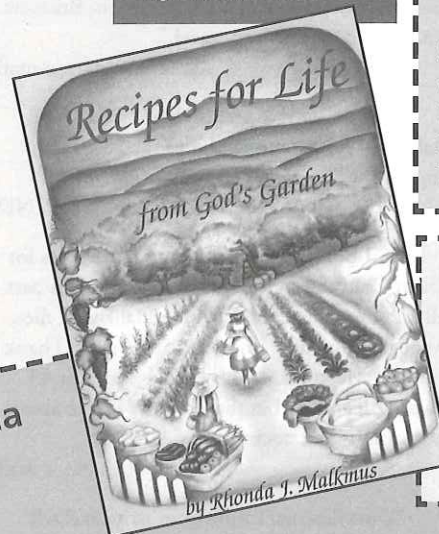
Finely chop the pepper, celery, onion and tomato, and place in a bowl. Finely grate carrots, resembling carrot pulp, and add the carrot to the vegetable mixture. Combine Rhonda's dressing, Bragg's, parsley, and kelp and add to the above chopped vegetables. Mix well and allow to marinate for flavors to blend. May be served on a bed of lettuce, on a sandwich, or to stuff a pita or tomato.

Hearty Vegetable Stew

4 stalks of celery with tops
1 medium onion
4 cups tomatoes
6 medium red potatoes
4 carrots
1 cup green beans
1 garlic clove
6 sprigs of parsley or 3 tsp. dried
1 qt. vegetable soup stock
1/2 tsp thyme
1/4 tsp. basil
1 bay leaf
Bragg Liquid Aminos to taste
2 cups fresh peas

Dice celery and onion, peel and cube tomatoes and potatoes, slice carrots and green beans, mince garlic, remove stems from parsley, if using fresh, and mince. Steam sauté vegetables in a small amount of soup stock until al dente. Add the rest of the soup stock and the seasonings, bring to boil, cover, and reduce heat to low. Cook an additional 30 minutes, add peas, cover, and continue cooking 15 minutes. Serve in deep bowls with toasted whole grain bread.

If you enjoy these recipes as much as we do, you need Rhonda's Recipes for Life...from God's Garden in your kitchen. See page 19 for ordering information



Delicious Raw Borscht

1 cup shredded beets
1/4 head medium cabbage
1 medium tomato
1 stalk of celery
1 small onion or 2 green onions
1/4 cup fresh beet juice
3/4 cup fresh carrot juice
1/2 tsp. dill weed

Shred beets and cabbage and set aside. Peel and chop tomato, chop celery and onion, place in blender with juices, blend until smooth consistency. Mix in dill and pour over shredded beets and cabbage and serve at room temperature.

Carrot, Celery & Parsley Juice

Clean and prepare 3/4 lb. carrots, clean 2 stalks of celery and cut into half inch pieces, wash 1/2 to 3/4 cup of parsley. Run through your juicing machine. Serving size is 8 ounces. This particular juice makes a pleasing combination and can be very relaxing at the end of a hectic day.

Hallelujah Acres Women's Retreat in August

We're pleased to announce our first Hallelujah Acres Women's Retreat, which will be held August 5-7 here at Hallelujah Acres in Shelby, NC.

With the theme of "Restoring God's Temple," this exciting two and one half day event will be a time of learning, inspiration, and renewal for all who attend.

According to Rhonda Malkmus, retreat director, "We are now at a new threshold, that of the Women's Retreat. We are excited and feel that the knowledge gained at this retreat will provide valuable information for those who attend."

Conference topics include How to Eliminate Sickness, Exercise and Weight Management, Setting up a Hallelujah Kitchen, Selecting Fresh Fruits and Vegetables, Childhood Immunizations, Raising Children God's Way, PMS, Menopause, and the Hallelujah Diet, and much more.

Speakers will include Rev. George Malkmus and Rhonda Malkmus, as well as Beverley Coad, the Deputy U.S. Co-ordinator for Lydia Fellowship International, certified aerobics instructor Geri Rice, and health ministers Romsey Foote and Carrie Malkmus and more.

Call 1-704-481-1700 for details. You don't want to miss this exciting event.

Sharing the Word with Back to the Garden Health Ministries

For those who have a burden to share the health message with others, Back to the Garden Health Ministries provides a vehicle to make it happen in your own community. We will train you, provide educational materials, books, audios, videos, juicers, distillers, etc. The products will be purchased from us at wholesale so those who start their own Health Ministries can retail these products to help offset the cost of their respective ministries. We will do what we can to help you and even support you with seminars throughout the country.

We now have over 1,500 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, Australia, and New Zealand. Many are coming to our training from professional health fields—17 medical doctors; 4 dentists; 3 optometrists; 43 chiropractors; and 104 registered nurses. This large number of health professionals coming to us for training is more understandable when you realize that 75% of the medical schools in America do not require a single course in nutrition for a medical degree.

We also have more than 300 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:

"I suffered from Chronic Fatigue Syndrome for 7 years. It was not until I was introduced to God's Way to Ultimate Health and adopted this (Hallelujah) lifestyle that I began to improve rapidly! I had tried everything from vitamin mega-doses to prescription drugs without relief. The Hallelujah diet has restored my health and then some...I want to become a Health Minister because I have a burning desire, a calling from God, to help others to 'see the light' and become not only well again but full of enthusiasm for life. This program is the one that can truly help

others because it is what God intended for us...I'm living proof that this lifestyle works!"

—Brenda May, New Jersey

"I want to come for Health Ministry training because I believe our lifestyle is the major cause of ill health. I teach prevention in my office. Treat cause and not symptoms. I try to motivate people to take responsibility for their own health. The body is self-healing (with God's help). This (Hallelujah Diet) is the most reasonable and common sense diet I have seen..."

—Dr. Thomas Green, North Carolina

"On the Hallelujah Diet, most of my physical problems have been eliminated. I have been successful in attaining a lasting physical transformation, losing 15 lbs. in just 6 weeks. Next to my faith in God and love of my family, this Diet is the most exciting and most positive thing that has ever happened to me. I feel called to share this message..."

—Tim Hermetz, Alabama

"Of all the programs people have shared with me, I never had peace of mind until reading the materials from Hallelujah Acres. I went on the program (Hallelujah Diet) and lost 30 lbs. in 3 months and am feeling better...The steady stream of calls from people asking me what I am doing and stopping me at church, and feeling I know so little, I want to become more knowledgeable. I am reading all I can and there are so many in our church changing their diet and with such noticeable results. One lady stopped me to say that her mother wants to know why so many people in church are now looking so healthy."

—Sonja Weidman, Wisconsin

"I have never been so excited or passionate about anything as much as your ministry has moved me. I thank God every day for leading me to you. I have learned so much reading your book and newsletter. I have always been afraid of conventional medicine and as a nurse, have seen deadly outcomes. My husband is a medical physician and we both hope your message and understanding of God's principles will help us minister and heal those whose lives we touch."

—Carly Willeford, North Carolina

"As I write these words, I am thinking of a man who called me August 13th. He had inoperable prostate cancer. Someone gave him my seminar tape and he contacted me. He wanted to come over to my house and talk to me. He told me that he was skeptical but had heard enough to be interested. I sat down and gave it to him straight and he listened. I also gave him some fresh carrot juice, and he could not believe how good it was. He said 'I can do this.' On August 13th his PSA was 24. He went cold turkey on the Hallelujah Diet. He went back to his doctor September 15th, got his test results back, and called me, crying. I didn't know what to think. He couldn't talk for a few seconds but finally regained his composure. His PSA count had dropped to 3.1, and he was beside himself. By the way, his heart is set on becoming a Health Minister."

—Pastor Gary Morris, Tennessee

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

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 ministries.

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.