



P.O. Box 2388 • Shelby, NC 28151

The Hallelujah Acres Story

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

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

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

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

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

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

In an effort to share his knowledge and healing experience with as many people as possible, Rev. Malkmus wrote his first book, *Why Christians Get Sick*, in 1989. It has been very well-received—as letters from all over the world attest—and more than 200,000 copies are in print. Rev. Malkmus also holds seminars in churches and before civic groups all over the United States and in 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 listened, changed their diet, and healed 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 others 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 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 and also tastes 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 10). People involved in this exciting ministry came to Tennessee from across the country to learn more about God's way of eating and healing sickness, and took 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 on how to maintain or regain your health in accordance with God's natural laws. More than 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.

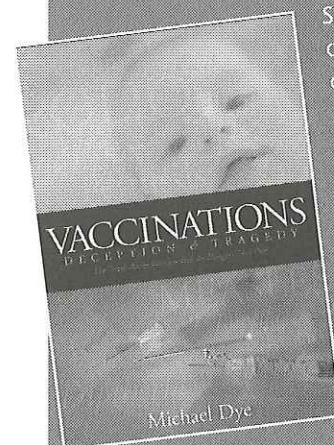
The Hallelujah Acres ministry dreams of reaching the whole world with the knowledge and message, "You don't have to be sick!"

Back to the Garden

Teaching Health from a Biblical Perspective

Published by the Rev. George H. Malkmus and Hallelujah Acres • P.O. Box 2388 • Shelby, NC 28151 • (704) 481-1700 • Fall 1999/Winter 2000 • Issue No. 19 • \$3

The Tragedy of Childhood Vaccinations



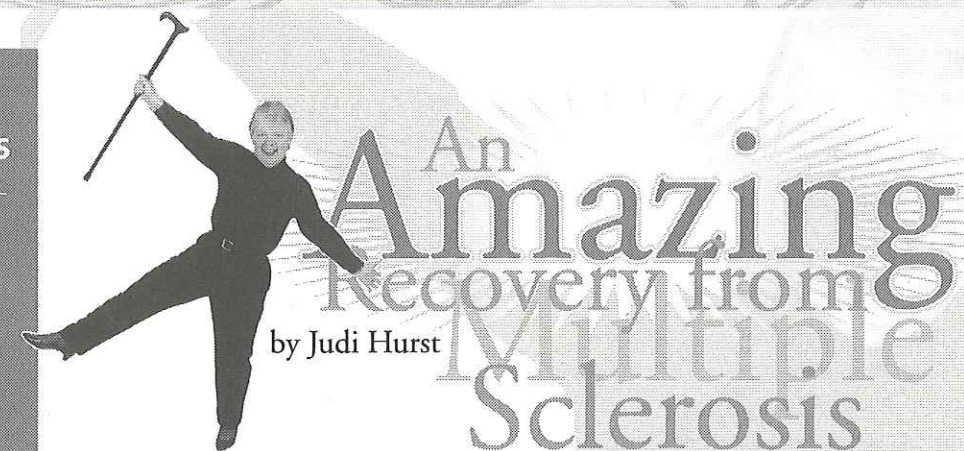
Should you vaccinate your child? Do you really know what harm vaccinations may cause your child? Are you legally required to immunize your child? Vaccinations are

a real part of our lives, and we are constantly being told that if we do not vaccinate, we are being abusive to our children.

Why are we not told of the possible harmful effects before our precious little ones are jabbed with needles? What long-term impact are these vaccinations having on our immune system?

In the last issue of *Back to the Garden*, Hallelujah Acres featured an article by Michael Dye titled "Be Informed Before Immunizing," in which Michael provided some basic information on vaccinations. Michael was so fascinated by the subject, and felt there was so much more to tell, that he continued his research and wrote a book titled *Vaccinations: Deception & Tragedy*.

(Additional details about our newest book can be found on page 17 or in our catalog on page 18.)



The date was May 22, 1998. On that Friday evening, when my husband, Don, came home from work, he handed me a book and said, "My Christian friend at work asked me to bring this home to see what you thought of it." I read the title, *God's Way to Ultimate Health*, and thought, *Oh no! Someone else thinks they have the answer to my physical problems! But it does say "God's Way," so I'll at least look at it.* Since I was too tired to read that night, I put the book aside until the next day. Sick since June of 1997, I was *always* too tired during those difficult days.

Not-so-normal Physical Problems

During my childhood, I had suffered only typical childhood illnesses; but, as I grew older, some not-so-normal physical problems began to manifest themselves in my body. In 1980, I was diagnosed with Ménière's Syndrome, an inner-ear problem. Then, in 1991, a sebaceous cyst erupted on my elbow, and my doctor removed it through surgery. The surgery, however, left me with constant, nagging pain. My doctor said, "The pain will be there the rest of your life, so you'll just have to learn to live with it." Around this time, the Lord brought into my life several people who encouraged me to take control of my physical body through improved diet—including drinking only distilled water and carrot juice. Since I love those people dearly, I thanked them for their concern but continued living my painful life.

My Whole World Turned Upside Down

Then things took a drastic turn for the worse. One morning in 1997, I awoke and did something as simple as turn my head. My whole world turned upside down! I was so dizzy that I could barely get out of bed. After about a week, my

—Continued on Page 5

2 | Back to the Garden

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 workout. (129 over-sized pages, \$14.95)

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

TEA TREE OIL PRODUCTS

#750—DESERT ESSENCE 100% PURE TEA TREE OIL—High grade of Australian Melaleuca alternifolia. This oil is soothing and brings relief to minor burns, scalds, sunburn, insect bites, etc. A natural antiseptic.—1 fl. oz. (\$9.95)

#751—DESERT ESSENCE TEA TREE 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 ANYMORE—This video by Lorraine Day, M.D., emphasizes the importance of defeating cancer by

strengthening the immune system. This medical doctor, faced with breast cancer, gives her personal story of why she refused radiation, chemotherapy, and surgery and how she cured her cancer with nutrition. She reveals why people get cancer, how to avoid it, and why the people who are profiting from the "Big Business" of cancer don't want you to know this information. (77 min., \$19.95)

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

hundreds and even thousands, so they can give it to others.

Other Updates

Hallelujah Acres Canada recently celebrated its first birthday. It continues to grow and meet the needs of our Canadian neighbors. See page 14 for more details.

Dr. Michael Donaldson, Ph.D., director of the Hallelujah Acres Foundation, has some wonderful news for you regarding various scientific projects he is working on. See page 16

Dr. Malkmus' new book, *A Christian Health Primer*, has received rave reviews. With 30,000 copies already in print, this booklet is the most concise writing available yet. Please consider sharing it with Christian friends and loved ones.

More than 350 women attended the first-ever Hallelujah Acres Woman's Retreat in early August. It was a resounding success! Already plans are being made for the Second Annual Woman's Retreat in 2000.

Due to increasing interest from the Spanish Community for materials from Hallelujah Acres, our books *Why Christians Get Sick* and *A Christian Health Primer* are now available in Spanish. See page 18 for details on how to order.

Last but not least, we continue to deliver our health message to the world via Hallelujah Acres Online. This website contains more than 60 hours of nutritional information from a biblical perspective. People from around the world can log on 24 hours a day and obtain, free of charge, all the information they need to potentially change their lives. Feel free to access our website at www.hacres.com.

Mail Order

Mail Order is how we support this ministry. Currently, we have 27 employees who need to be paid, hundreds of thousands of free pieces of literature that must be printed and mailed, 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 by the profits we make from the sale of our products. Each time someone makes a purchase from Hallelujah Acres, he or she is helping to support this ministry.

To those who have purchased products and sent in donations, we thank you from the bottom of our hearts. No matter how hard we work to get this message out, the message would not go forth without necessary finances. Also, please remember us in your prayers! With the ministry growing so rapidly, we need great wisdom in our daily decision making. It is so awesome to realize that by simply returning to the original diet God gave to mankind in Genesis 1:29, we could eliminate almost all sickness from the Church and the world.

Thank you for your love, prayers, and words of encouragement. May the Lord abundantly bless each of you as together we proclaim to a sick world, "You don't have to be sick!"



HALLELUJAH ACRES SCHOOL OF NATURAL HEALTH

Are you excited about natural health? Do you wish you could learn more about being healthy? Would you like to receive formal academic recognition for personal study and achievement? We are delighted to introduce the Hallelujah Acres School of Natural Health, a home study program reflecting the philosophy and principles of Hallelujah Acres.

Our correspondence courses are convenient, educational, and a lot of fun! Complete the program at your leisure by studying the textbooks and answering the questions in an "open-book" examination. Prepare yourself for a career in natural health writing, counseling, and lecturing as a Health Minister; or just increase your own knowledge of this exciting subject.

Study the simple lifestyle and natural diet God originally intended for mankind—and the harmful results of violating that diet. Develop an extensive personal library on natural health and nutrition. Our first offering, which covers five courses using eight textbooks, is currently available. All textbooks are included in our affordable program fee.

Watch for future announcements about other correspondence programs, including an Advanced Certificate and a graduate program. For more information about our new school and the currently available program, call (530) 622-2443, send e-mail (name and address) to school@hacres.com, or view our webpage (www.hacres.com).



"I am on the Hallelujah Diet, and what a joy to feel good every day! So many wonderful things have happened since I made the diet change. I am off all my blood pressure medication, my skin problems have cleared up, my eyesight is better, the aches and pains are gone, and my weight has dropped 27 pounds! Our bodies really do heal themselves when properly fed! God bless you for sharing God's wisdom!"

—Joan Maxwell, Texas

"During the most difficult struggle of my life, God's grace and your wonderful diet have helped me in ways I can't begin to describe. Before 'getting on your program,' I was an unsaved, suicidal lost soul crawling through a time of hopelessness and despair. At age 22, I felt burned out and 20 pounds overweight, suffering from horrible, nightly migraines. I was at the end of my rope when a friend and colleague introduced me to the Hallelujah Diet . . . I was skeptical at first, but I thought, 'What do I have to

lose?' and gave it a trial period of a month. In two weeks my physical state had greatly improved, and I had lost 10 pounds. I felt like I was 16 again, and my love of life had returned. A few days later, I became a Christian and haven't had one mouthful of the sad American Diet since I consumed my first carrot juice. Dr. Malkmus, I thank you from the bottom of my heart and hope your message continues to bless the world."

—Estella Calhoun, e-mail

"Dear Dr. Malkmus: It was a great honor to have you share your health message with us Wednesday evening at Victory Christian Family Center. I have been hearing a lot of positive feedback from those in attendance. I also wish to thank you for the new level of health that my wife and I are enjoying since we began the Hallelujah Diet. We have been on it for three months and feel great! My cholesterol dropped 95 points in the first seven weeks!"

—Pastor Ron Kutinsky, Florida

"I have now been on the Hallelujah Diet for nine weeks. My lung tumor has shrunk in size according to the last two x-rays. Praise God!"

—Raewyn Simon, New Zealand

"I want to take this time to express my deep gratitude for you and your ministry. Prior to hearing your tape, my health was not good and getting worse. I am 38 years old and have suffered many of the symptoms of those on the Standard American Diet including sinusitis, aching joints, low energy level, and acne to mention just a few. I came across your tape via a friend and immediately began applying the Hallelujah Diet. The results have been amazing. I have shed 30 pounds, gained back my energy, and eliminated or greatly reduced all the symptoms I had. Thank you!"

—James Nicholls, Texas

"I have experienced so many wonderful changes in my health since I started on the Hallelujah Diet in 1998. I have lost 23 pounds, 'all' my arthritic pain is gone, and it feels so good to be pain free! I was also surprised to see all the other little improvements that I never expected. Thank you for this marvelous message."

—Beverly Nashold, Texas

"I am a pharmacist. I have studied nutrition from a medical standpoint for over 25 years. I began the Hallelujah Diet after hearing one of your tapes. I believe the Hallelujah program can revolutionize both the Christian and non-Christian communities. Please send me your Health Ministry Packet, as I am interested in becoming a Health Minister."

—L. Farris Sittig, Ph.D., e-mail

"Dear George & Rhonda: After years of being unable to have a child, my husband and I just got the shocking news that we are expecting (at age 39!). We know it is because of the Lord's healing us by using the Hallelujah Acres way of eating, which we have been doing for 10 months, no cheating! Thanks so much! Still in shock."

—Laurie, e-mail

"In September, 1998, I decided to change my eating lifestyle to the Hallelujah Diet plan as presented by Dr. George Malkmus. Since then, I have lost 25 pounds (my wife has lost 38 pounds), I no

—Continued on Page 12

Herbal Fiberblend, and Other Fine Products

#403—AIM HAND MIXER is a small, battery-powered mixer perfect for mixing dehydrated barley grass juice, 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 more than 20 years of study and personal experiences of many users. This careful study and consideration have 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 2000 is a combination of Green Tea extract, Grape Seeds extract, Alpha-lipoic acid, and other antioxidants, helps fight free radicals and maintain a healthy immune system. (\$32.45)

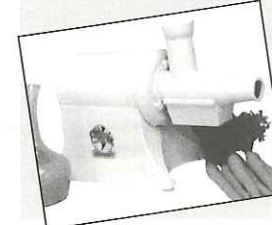
#347—THE NEW SUPERANTIOXIDANT PLUS by Dr. Richard Passwater is a booklet that offers information on the benefits of adding proanthocyanidins to our diet. (\$3.50)

Juicers and Distillers



#560—GREEN LIFE JUICE EXTRACTOR—This new juicer offers several unique features that give it an advantage over other juicers. The Green Life 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 Life can also make wheat grass juice, baby foods, nut butters, bean curd, and more. This machine expels a drier pulp, and indication that more juice and more nutrients are being extracted. 30 lbs., 18" long, 8" wide, 12" high. We use this juicer extensively here at Hallelujah Acres in our kitchen. (Reg. \$550.00, our price: \$515, including shipping.)

#550—GREEN POWER JUICE EXTRACTOR—The original Green Power juicer operates identically to the Green Life (above). It is a little larger in size and is equipped with both a rice cake and pasta maker. (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 nu-

tritional 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 19 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 22"x30" 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 Materials

#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. Must reading! (Paperback \$14.95)

#342—DIET FOR A NEW WORLD is by John Robbins. *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 a look at the harm being done to our

health not just by the meat and dairy industry, but also by the medical profession. This book is extremely well-documented, but unfortunately it does include evolutionary hypothesis and New Age tendencies. (\$24.00)

#805—DISEASES DON'T JUST HAPPEN—In this 2 1/2 hour video, Dr. Day reveals the causes for a multitude of diseases and provides the astonishing answers to how to get well—without surgery or drugs! She also exposes the disastrous side effects from drugs used to treat physical problems. Discover the cause of your disease and find out how to get well. You must watch this video! (\$21.95)

#349—SPROUTS: THE MIRACLE FOOD—This outstanding book by Steve Meyerowitz reveals everything you need to know about sprouting. How to pick seeds, what to sprout them in, and how to eat them. A "must have book" for Y2K planners. (Paperback, \$12.95)

#350—ENZYME NUTRITION—Dr. Edward Howell explains why eating food in its unprocessed, natural state is so vital to the maintenance of good health and reveals what's lacking in

our modern diet that makes us so susceptible to degenerative diseases. (Paperback, \$8.95)

#348—FATS THAT HEAL, FATS THAT KILL—Read Udo Erasmus's book to learn how eating the right fats and oils improves energy level, athletic performance, fat loss, cardiovascular health, immune function, longevity, and more. (456-page paperback, \$22.95)

#804—YOU CAN'T IMPROVE ON GOD VIDEO—Dr. Lorraine Day's second video explains the exact procedures she used to heal herself of her breast cancer. Detailed information on diet, lifestyle, prayer, attitude, and much more. Excellent. (\$21.95)

#552—LIVING WITH GREEN POWER—If you own a Green Power Juicer, you must have Elysa Markowitz's beautiful hardcover book. As Dr. E.L. Waselus puts it, "*Living with Green Power* is an international culinary excursion with amazing raw food recipes, humor, helpful hints, and useful resources all along the way." More than 150 recipes ranging from Berry Red Juice to Picky Pecan Pie. (\$24.95)

#570DS—VITA-MIX TOTAL NUTRITION CENTER—We've found the Vita-Mix Total Nutrition Center to be an excellent blender and food processing machine. While it is useful in a variety of tasks from grinding grains to the preparation of delicious raw soups, it is not a juicer. We are selling it at Hallelujah Acres as an excellent tool for food preparation, but we do *not* endorse any of the manufacturer's juicing literature. We do, however, consider the Vita-Mix Total Nutrition Center as the best available in America for a super powerful blender. (\$469.00, including shipping)

#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. (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, WINTER/SPRING 99 "The Hallelujah Diet," "Michael Dye on Vaccinations," "Pastors and the Hallelujah Diet," & more.

Continued from page 1

balance improved, but slowly the entire left side of my body became numb. My eyes became weak, making it difficult for me to read. I was also having difficulty thinking clearly. Prior to this problem, I had directed casts and crews numbering 100 or more in musical productions at church, while teaching piano at home and raising four children—all without skipping a beat. I suddenly had a difficult time making the simplest decisions. Concerned about myself, I went to see a doctor, who said my problem was stress and prescribed Zoloft, a member of the Prozac family. After integrating this drug into my daily regimen, debilitating fatigue took over. Later, after a trip to the Emergency Room, my doctor said that I had suffered a stroke. After many tests, however, my neurologist finally told me that I had not suffered a stroke and sent me to a brain surgeon. The brain surgeon ordered more tests and said that he couldn't say exactly

what was wrong with me. He sent me home to "wait and see" whether I improved or became worse. Obeying his instructions, I went home to wait, wondering what "getting worse" meant, and sank into deep depression.

From Worse to Worse

By this time, overwhelming fatigue was ever present in my life. My smile had disappeared. Because my speech was sometimes slurred, I had to speak slowly and deliberately in order to form my words correctly. And though I was a vocal major in college, I could no longer sing because of my lack of muscle control and energy. One of the most difficult things to deal with was that I could no longer play the piano because I had lost my orientation to the keyboard. Despairing, I even planned my funeral. Eventually, I began using a cane. My legs were so weak that I couldn't stand for the duration of a worship song at my church before having to sit down and rest. My eyes were now so swollen that I could barely open them; my hands were beginning to become drawn toward my arms. I was frustrated by my worsening physical condition and depressed because I knew no way out of my situation short of a miracle from God. Around this time, my doctor diagnosed me with Multiple Sclerosis.

The Turning Point

On Saturday morning, May 23, 1998, I got up, ate my morning cereal, and began reading *God's Way to Ultimate Health*. That morning marks the turning point of my life—a day for which I will be eternally grateful! *God's Way to Ultimate Health* contains so much information that it is impossible to take it all in in just one reading. Yet one reading can change your life, as it did mine! It takes time, study, and patience, however, to assimilate this new way of thinking and to renew your mind in the area of nutrition. Through this book God revealed another part of Himself to me. This book was not writ-

ten by someone who thought he had the answers, as I had originally thought. Instead, God wanted to continue loving me and teaching me His ways through His servant, the Rev. George Malkmus.

What Has Happened Since Then

On Monday, May 25th, 1998, I began the Hallelujah Diet. By this time, I was painfully aware that I had not been a good steward of the body God had entrusted to my care. I had ignored my body, and I was ashamed of my body because I had been overweight all of my life. I had treated my body like an extra thing that I had to drag around with me. But God has been so merciful! God's healing of my body has been a process. Not instantaneous, as I would have desired, but, oh, so much richer and thorough. He has begun healing my body, soul, and spirit! Today, I have hope again for a physical future, living in the health God intended for me. I am now able to walk without a cane, speak quickly without halting words, think clearly and concisely most of the time, stand for hours at a time speaking to people and sharing the message, "You don't have to be sick," without having to sit and rest! I have absolutely no pain in the arm in which I had surgery, and I am able to read again through strong eyes. I have lost 75 pounds, dropping from a size 22 dress to a size 12! I can sing and play the piano again! And there is usually a big smile on my face these days—all because of the loving mercy of God, who revealed even more of Himself to me through the godly wisdom contained in the book *God's Way to Ultimate Health*! Hallelujah!

About the Author

Judi Hurst has completed Health Minister's training here at Hallelujah Acres, and today she and her husband, Don, are running their own Health Ministry in the Florida area. Through their ministry, called "New Beginnings," they are sharing with others the message: You don't have to be sick!

Back to the Garden

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Layout: Shannon Brown

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.

Dealing with Physical Problems the Hallelujah Diet Way

by Rev. George Malkmus

I am neither a medical doctor nor a university-trained nutritionist. Rather, I am a Bible-believing preacher who was told in 1976 that he had colon cancer. Not wanting to take the traditional medical route my mother had taken for her colon cancer (due to the horrible and devastating results of the chemotherapy, radiation, and surgery), I searched for an alternative method to deal with my cancer. The direction I was encouraged to go—and what made the most sense to me—was to research diet and lifestyle.

The Genesis 1:29 Diet

The first place I looked for truth concerning diet and lifestyle was the Bible, and I found the truth I was seeking in God's original diet, as recorded in Genesis 1:29. In that Bible verse, God told mankind to nourish his body with the raw fruits and vegetables provided by nature. This verse became the guiding light in my quest for expanded truth concerning how to nourish and heal my own physical body. By adopting the Genesis 1:29 diet, I was cured of my cancer as well as all physical problems I experienced at the time; and this diet has kept me free from all physical problems for more than 20 years. After consulting the Bible, I began reading everything I could get my hands on concerning nutrition, diet, and lifestyle—primarily from independent researchers—all the while using my own body for experimentation. As I studied and experimented, it was God's original diet, as described in Genesis 1:29, that kept me on the straight and narrow. There is so much conflicting information these days in regard to what we should and should not eat as well as how we should deal with physical problems. If the teachings I discovered fit the Genesis 1:29 diet, I gave them credibility. If they did not, then I cast them aside as unworthy of my consideration.

A Rewarding Journey

Since 1992, tens of thousands have written to me, testifying that they, too, have been able to rid their bodies of all physical problems by simply applying the principles of the Genesis 1:29 diet. It has been an interesting and rewarding journey! I have been able not only to restore and keep my body in superb health during the last two decades, but also to help multitudes of others rid themselves of their physical problems. In addition, I have learned enough about nutrition and lifestyle to practically eliminate sickness from the entire world if that information could be disseminated universally, accepted, and applied. This is what I have learned, and this is what makes the Hallelujah Diet approach to physical problems unique from all others. To help you understand the uniqueness of the Hallelujah Diet approach, we'll examine the

source. Whether or not Y2K proves to be a problem, this information is vital for any possible natural or civil disaster, and even normal daily living." This book provides suggestions, directions, and complete details for all aspects of survival in a world without modern conveniences. (\$14.95)



#585—SNACK-MASTER PRO FOOD DEHYDRATOR—This model is designed for exceptional value and flexibility. The adjustable thermostat, with a range from 90 to 155 degrees, allows

you to get the most nutritious results. Enzymes start to die at temperatures above 107 degrees, resulting in nutritional loss, but because the Snackmaster Pro can operate at a temperature as low as 90 degrees you are able to ensure optimal nutrient retention. A patented fan forces heated air up through the exterior pressurized chamber (not through the trays). The air is then directed horizontally across each individual tray, converging on the core for fast, even, and nutritious drying. No flavor mixing and no need to rotate trays! Delivered with 4 trays, expandable to 12. (\$89.95, includes shipping)

#414—FLORAFOOD—A unique combination of pre- and probiotics, which provide our digestive system with a way to maintain adequate levels of "friendly" bacteria. Among the many special advantages of Florafood are that it does not require refrigeration and has a shelf life of

three years. Each bottle contains 60 capsules. (\$41.45)

#415—PREPZYMES—A combination of digestive enzymes that help our bodies break down food so we get more nutrients per meal. This also helps eliminate autotoxicity, which is a result of undigested food remaining in the body for long periods of time. Each bottle contains 100 capsules. (\$34.95)

#323—FOOD ADDITIVES: A SHOPPER'S GUIDE TO WHAT'S SAFE & WHAT'S NOT—This book will help you make informed choices about the foods you buy. It's purposely small so you can carry it in your pocket or purse while shopping. *Food Additives* lists more than 600 of the most common food additives and includes a code indicating safety and the advisability of use for each additive. (\$3.95)

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)



Books and Tapes from Hallelujah Acres

#201—WHY CHRISTIANS GET SICK by Rev. George Malkmus is very helpful in introducing Christians to a natural diet and lifestyle. Letters are received daily from all over the world from people helped by this book, which is now in its 21st printing. *Why Christians Get Sick* is written on a solid biblical foundation with more than 150 Bible verses. This was Rev. Malkmus' first book. (Paperback, \$8.95)

#201S—WHY CHRISTIANS GET SICK (SPANISH VERSION)—Rev. Malkmus' first book is finally available for Spanish readers. (\$8.95)

#202—GOD'S WAY TO ULTIMATE HEALTH by Rev. George Malkmus with Michael Dye has everything you need to know about how to return to God's original plan for nourishing the human body. Read what the Bible says about diet and how this biblical wisdom is supported by modern science and hundreds of real-life testimonials. Also an entire section of recipes and tips by Rhonda Malkmus on how to set up your own natural foods kitchen. *God's Way to Ultimate Health* contains 282 pages of vital information that has changed the way thou-

sands of people think about what they put into their bodies. Many people say this book has saved their lives. (Paperback, \$18.95)

#203—RECIPES FOR LIFE...FROM GOD'S GARDEN by Rhonda Malkmus is the perfect companion piece to *God's Way to Ultimate Health* because it begins where the theory and rationale for the diet leave off. With more than 400 nutritious and delicious recipes, our prayer is that this huge 8 1/2 by 11-inch spiral bound book will eventually be treasured in every kitchen in the land. Healthy food tastes wonderful, and this book proves it! Has important chapters on how to feed children and young adults, along with menus and even a section on feeding babies. Detailed index lists recipes not only by chapter but also alphabetically. (Spiral bound, \$24.95)

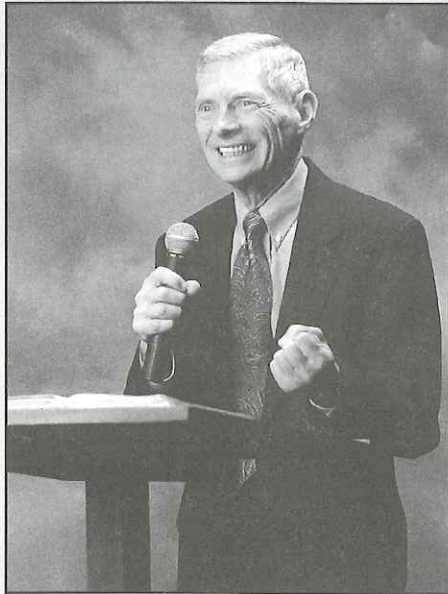
#204—TWENTY-ONE DAYS TO HEALTH THE HALLELUJAH DIET WAY—Chet Day takes you by the hand in this 104-page book and shows you exactly what you need to do on a daily basis for 21 days to move from the Standard American Diet to the energy-filled, healthy Hallelujah Diet and lifestyle. Just about everyone who goes on this pro-

gram for three weeks makes a commitment to stay on it because they feel so good. Priced to buy copies for friends and family. (\$4.95)

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

#280—TESTIMONIAL VIDEO—Filmed in 1997 at the Tulsa Bible Prophecy Conference, this moving video features five-minute testimonies of 13 men and women who healed themselves of a remarkable variety of illnesses by going on the Hallelujah Diet. This video contains testimonies by a medical doctor, nurses, preachers, and people from many walks of life. If you know someone who resists the "You don't have to be sick" message, this tape of testimonials will open his heart to the truth of the power of the Hallelujah Diet. (\$14.95)

Seminar Schedule for Rev. George Malkmus



"How to Eliminate Sickness Seminar" Hallelujah Acres, Shelby, NC

- Saturday, September 4, 1999
- Saturday, October 2, 1999
- Saturday, November 6, 1999
- Saturday, December 4, 1999
- Saturday, January 8, 2000
- Saturday, February 5, 2000

All seminars begin at 10 a.m.

This three-hour seminar with Rev. Malkmus explains how the body functions, why we get sick, and how to eliminate sickness. It also shows how to lose weight comfortably, without painful dieting.

Saturday seminars are free of charge and open to the public.

"Health Minister Training" Hallelujah Acres, Shelby, NC

Please see page 10 for more information on Health Minister training.

Thursday-Saturday, November 18-20

Directions to Hallelujah Acres in Shelby, North Carolina:

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

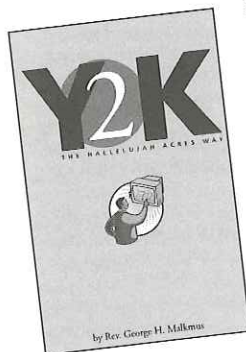
See the constantly updated version of Rev. Malkmus' schedule online at <http://www.hacres.com/html/schedule.html>

New and Featured Offerings from Hallelujah Acres



#206—YOU DON'T HAVE TO BE SICK: A CHRISTIAN HEALTH PRIMER

This inexpensive booklet is perfect for introducing someone to the Hallelujah Diet and lifestyle. It completely summarizes the program while answering the biblical health questions Rev. Malkmus has received over the years. Give it to a friend and see if it doesn't make them want more information. Now Available in Spanish, too! English #206 (\$3.95), Spanish #206S (\$3.95).

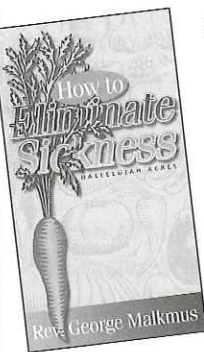


#205—Y2K THE HALLELUJAH ACRES WAY

by Rev. George H. Malkmus. This booklet reveals how to take care of your body/temple and sustain life, no matter what happens in Y2K. (Paperback, \$2.95)

#205T—TAPE VERSION OF Y2K THE HALLELUJAH

ACRES WAY—Rev. George Malkmus reads his book on how to make simple preparations for Y2K that will allow you to remain healthy during potentially unsettling times. (\$5.95)



#266—HOW TO ELIMINATE SICKNESS VIDEO '99

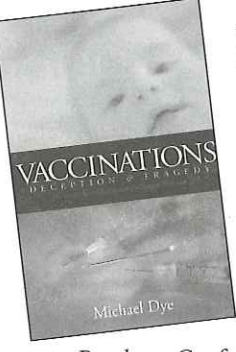
This professionally produced, close captioned videotape was recorded on site in Tulsa, Oklahoma, in April 1999 at the Tulsa Bible Prophecy Conference. This 2 1/2-hour seminar contains the newest information that Rev. Malkmus has found through his research and study. It is an up-to-date version of the seminar that the Hallelujah Acres' founder has taught throughout the United States and Canada, and it covers the basics of why we get sick and how to nourish our bodies in order to restore them to health. It will change your thinking forever as to what nutrition is and what it is not. *You must see this remarkable video!* (\$24.95)

#231—HOW TO ELIMINATE SICKNESS AUDIO '99

This two-cassette audio tape album was taken from the soundtrack of the 1999 How to Eliminate Sickness Video listed above. This is a dynamic presentation of the health message from a biblical perspective. This recording contains new information not available in previous recordings. (Two tapes in binder, \$12.95)

#207—VACCINATIONS—DECEPTION & TRAGEDY

—Is your child about to receive a mandatory vaccination? Michael Dye spent countless hours uncovering shocking truths about vaccinations that the government, media,



and medical establishment would prefer you didn't know. Read this book before you vaccinate—don't make an uninformed decision! (\$8.95)

#281—TESTIMONIAL VIDEO 2

Filmed in 1999 at the Tulsa Bible Prophecy Conference, this compelling one-hour videotape features 10 men and women who remarkably healed themselves of various illnesses by simply adopting the Hallelujah Diet. This video contains testimonies by two medical doctors, a minister, and other folks from many walks of life, including a man who had lung cancer with a tumor the size of a grapefruit. Within 60 days the tumor had shrunk in size by 75%, and he shows the x-rays as proof. If you know people who are skeptical about the "You don't have to be sick" message, this tape will open their hearts and minds by showing them positive proof of the Hallelujah Diet's self-healing power. (\$14.95)

#344—Y2K MADE SIMPLE: A NATURAL HEALTH RESOURCE GUIDE

This is by far the best book Rev. Malkmus has seen on how to prepare for that potentially problematic day—January 1, 2000. Dr. Bill Bright, founder and president of Campus Crusade for Christ International, says, "This book is an outstanding re-

many options available today for alleviating or eliminating physical problems.

The Traditional Medical Approach

Medical doctors are taught to deal with physical problems from a purely "symptomatic" approach. Before a doctor can attempt to help a patient, he must first determine the patient's symptoms. Once the symptoms have been determined, he has a bag of modalities he learned in medical school; hopefully, he can use them to suppress that person's symptoms. Drugs are doctors' main weaponry, but doctors often tell patients that if a particular drug does not relieve the symptom, to come back and try another. And if drugs don't work, doctors progressively use more invasive and potentially dangerous modalities and procedures, including chemotherapy, radiation, and surgery. And if none of those modalities work, then the patient is usually pronounced "terminal" or told that the problem is in his head. (Editor's Note: Recent articles in the prestigious *Journal of the American Medical Association* acknowledge that adverse reactions to doctor-prescribed drugs and medical mistakes are the third highest cause of deaths in America today.)

The Herbal Approach

Before an herbalist can attempt to help a patient, he must first determine the patient's symptoms. Based on those symptoms, he would then recommend a particular herb or group of herbs to help relieve those symptoms. Granted, herbs are usually less toxic than a doctor's drugs, but the approach is similar—what are the symptoms and what can be done to make those symptoms go away?

Vitamin and Mineral Supplementation

Many books and articles teach the use of a particular vitamin, mineral, or protein supplement as a modality for removing symptoms. These supplements are often prescribed by nutritionists and some medical doctors. Like

herbs, most vitamin and mineral supplements are less toxic than a doctor's drugs; but, again, supplements treat symptoms instead of physical problems. There are also the homeopathic doctor, the acupuncturist, the iridologist, and a myriad of other approaches and practitioners; but, again, these practitioners treat symptoms! Each of the aforementioned approaches to physical problems prescribes a modality to suppress or remove a symptom. I will not say that some people have not been helped by the above modalities because many have. But is there not a better way to deal with physical problems than the symptomatic approach? At Hallelujah Acres, we believe there most definitely is!

The Hallelujah Diet Way

At Hallelujah Acres, we teach that symptoms are not usually the problem! Symptoms are merely the body's reacting to our putting something into it that God never intended. Therefore, we teach that the first thing one must do to remove a symptom is to stop putting into his body whatever caused the physical breakdown (symptom, if you will) in the first place. Consider high blood pressure, for example. High blood pressure is usually the result when one eats foods containing the wrong kinds of fat. That fat enters the bloodstream during digestion but is not completely eliminated from the body; thus that fat begins clogging the arteries. Consequently, the fat buildup causes the heart to pump harder to push blood through the narrowed passageways of the arteries. This extra pumping elevates blood pressure and ultimately leads to approximately 50 percent of all deaths in America. Unfortunately, due to the high intake of fat-laden animal products in our society, the average four-year-old already has plaque buildup on his arterial walls. The medical community usually treats symptoms associated with high blood pressure with drugs. The herbalist would recommend garlic or another herb to relieve the symptoms, while vitamin and mineral therapist and homeopathic

doctors would have a specific recommendation for this symptom. At Hallelujah Acres, we believe that we must look beyond a symptom to its cause. When the cause has been determined and treated, the symptom usually and quite rapidly disappears. If you were to tell me your symptom, I could probably tell you what you have eaten or done to cause that symptom. When you know what has caused a symptom, you can take necessary steps to eliminate the problem by eliminating what caused it.

The Causes of Most Physical Problems

My research pinpoints five items that are consumed on a daily basis by most people and that are the cause of almost all physical problems.

1. Animal flesh
2. Dairy products
3. Refined sugar
4. Table salt
5. White flour

I would also add to these five items anything containing caffeine and a lack of physical exercise. When I adopted the Genesis 1:29 diet in 1976, a diet that consisted exclusively of raw vegetables and fruits along with lots of carrot juice, I also eliminated from my diet all of the aforementioned items. Almost immediately, I began getting better. Within less than one year, all of my physical problems had disappeared and have not returned since. For well over 20 years, I have not experienced a cold, a sore throat, a headache, or an upset stomach. I have not been to a doctor for any physical problem, nor have I needed to take so much as an aspirin. "Is it really that easy?" many ask. Yes, it is! And to prove it, we have literally tens of thousands of testimonies from regular people like you who have shared how their physical problems disappeared when they applied the biblical principles we teach. How did they accomplish the elimination of their physical problems? They, too, simply eliminated from their diets those things that were causing their physical problems. They also

began providing their body with the living nutrients needed to rebuild their immune system and essential organs, and the seeming miracle just happened.

The following is the remarkable testimony of Gloria Phillips: "I am a 72-year-old female who weighed a humiliating 225 pounds when my husband and I began the Hallelujah Diet on May 22, 1999. The first week I lost 16 pounds. We are now completing our third week, and I have lost 25 pounds. I feel alive once again, the fissure has stopped bleeding, and I am able to walk many blocks without gasping for breath. The arthritis in my hands has ceased aching, and even the old age spots on my husband and me are fading. The angina is no longer present, and sinus drainage has ceased as have the headaches and dizziness. My husband is Minister of Pastoral Care for a large Baptist Church, and he would come in at the day's end with his 74-year-old feet literally shuffling from exhaustion. No more! Thank you for sharing what you learned through necessity. We have already made four converts who are totally following your regime."

For those who don't believe what I have written or the testimonies we publish, I would challenge you not to pass off the Hallelujah Diet as "just another diet" until you have given it a try! For those who are already reaping the benefits of the Genesis 1:29 diet of raw fruits and vegetables, please share the good news with others so they, too, can experience the ultimate health our Creator God intended for His creation. "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth" (3 John 2). For those who are interested, I recently wrote *A Christian Health Primer*, a 52-page book. It is the most concise book we have produced, containing all the basics of our program. This book is an excellent introduction to the Hallelujah Diet and to our ministry. See page 18 for more information.

Enzymes, Nature's Life Force

by Olin Idol

The Bible says in Psalm 139:14, "I will praise thee; for I am fearfully and wonderfully made." This verse takes on new significance when we begin to understand the intricacies of the marvelous physical body God fashioned for our temporary residence while here on planet earth. And God has given to each one of us the awesome responsibility of seeing that these beautiful creations of God are cared for properly. Just as each of us is personally responsible for our own spiritual health, we are equally responsible for how we maintain our physical, mental, and emotional health. We must not relinquish this responsibility to another—not to the pastor, medical doctor, nutritionist, friend, or spouse. Someday, we must each stand before God and give an account for ourselves, and we will not be able to blame our poor accounting on another. Second Corinthians 14:10 states, "For we must all appear before the judgment seat of Christ; that every one may receive the things done in his body, according to that he hath done, whether it be good or bad." If we are going to be good stewards of the bodies God has entrusted to us, we must learn all we can about them and develop the self-discipline to apply what we learn. When we do that, we will not only be able to enjoy the rewards of optimal health and well-being in this life, but also ultimately be able to receive that "Well done thou good and faithful servant" when we stand before the Lord. To that end, let's take a brief look at a critical but often overlooked component of a vibrant body—the enzymatic system.

What Are Enzymes?

Everyone has heard of protein, carbohydrates, and fats, which are the biggest components in food. Most people are also familiar with micro-nutrients called vitamins and minerals. All of these food components are understood to be important and vital to life and should be supplied in the food we eat. But how many people have heard of enzymes? And of these, how many know what enzymes are and how they fit into the nutritional picture? Enzymes are what make all the other pieces work. Enzymes are the very life force that activates vitamins, minerals, protein, and other physical components

in our bodies. Enzymes are the key to understanding the difference between life and death and sickness and health. Every breath you take, every move you make, every thought you think, and every action you take require enzymes. Enzymes are the work force of the body. No vitamin, mineral, protein, or hormone can do work without enzymes.

Three Classes of Enzymes

There are three classes of enzymes: plant enzymes found in raw foods, which start food digesting (if not destroyed by heat); digestive enzymes, which digest our food; and metabolic enzymes, which help perform all bodily functions. Optimal health depends upon the first two performing their respective roles so that the metabolic enzymes can do their work. When we eat a diet of predominantly cooked food, it will ultimately produce problems. Bernard Jensen, D.C., Ph.D., writes in his latest book, *Come Alive*,

Enzymes make up an essential group of proteins in our body chemistry that take part in the chemical reactions that contribute to life and health. Without enzymes, life would cease. Every function in the body requires enzymes, from the breaking down of foods for assimilation to the function of every organ in the body, even the blinking of an eye.¹ Enzymes are the life force in living plants. On God's original diet of raw fruits and vegetables, man was consistently supplying the body with an abundance of these enzymes, and thus his enzyme needs were being constantly and ideally met. But what happened to this life force when man began to cook his food?

Enzymes in Raw Food

At around 107 degrees, enzymes begin to die; and by 122 degrees, the heat completely destroys all the enzymes. In other words, the "life force" is gone! When this dead, lifeless food is consumed, the body must expend its resources to produce additional enzymes to digest and assimilate this cooked food. According to Dr. Howell, this process is continually exhausting the body's enzyme potential and reserve and severely limiting the availability of enzymes for other critical functions. He theorizes that the body

is born with a certain enzyme potential and as this potential nears exhaustion, chronic disease becomes inevitable and leads to an untimely death. Thus we see the critical importance of closely following the original diet God handed down to man if indeed we are to enjoy ultimate health. The remarkable results experienced by those following the Hallelujah Diet is due largely to the abundance of enzyme-rich raw foods and freshly extracted vegetable juices being consumed on a daily basis. These living foods come equipped by nature with the necessary enzymes to assist the body in digesting and assimilating the food as well as help replenish the enzyme potential. In his book, *Enzyme Nutrition*, Dr. Howell states,

Humans eating an enzymeless diet use up a tremendous amount of their enzyme potential in lavish secretions of the pancreas and other digestive organs. The result is a shortened life span (65 years or less compared with 100 or more), illness, and lowered resistance to stresses of all types, psychological and environmental. By eating foods with the enzymes intact and by supplementing cooked foods with enzyme capsules, we can stop abnormal and pathological aging processes. As a consequence of the improvements in health on such a regime, symptoms are alleviated and the response of the bodily immune system is strengthened.²

The Hallelujah Diet does allow some cooked food following the evening meal. One way we help the body to break down this enzyme-devoid dead food is by eating a large raw salad (loaded with enzymes) prior to eating the cooked food. As extra insurance, Rev. Malkmus and I, as well as many others here at Hallelujah Acres, also put into our bodies a couple enzyme supplements whenever we eat cooked food. May the Lord give you great wisdom as you seek to restore or maintain ultimate health. An excellent place to begin a more in-depth study of enzymes and how they work in our body would be Dr. Edward Howell's book *Enzyme Nutrition*. For ordering information, see page 20.

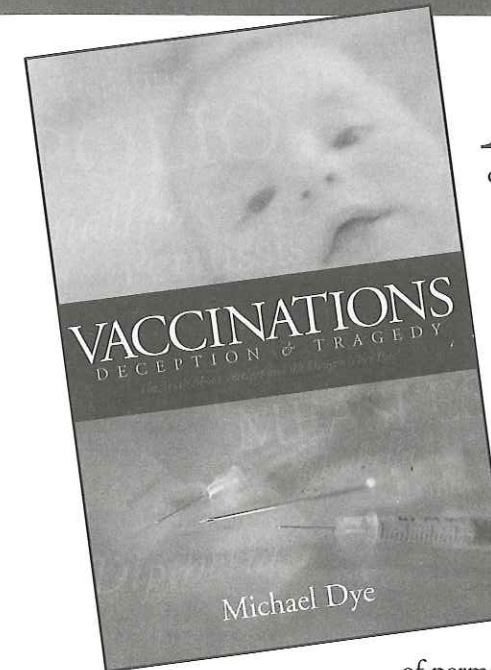
¹ Bernard Jensen, DC, Ph.D., *Come Alive* (Escondido, CA: Bernard Jensen, DC, Ph.D. Arhur/Publisher, 1997) p. 41
² Dr. Edward Howell, *Enzyme Nutrition* (Wayne, New Jersey: Avery Publishing Group, Inc., 1985) pp. 29, 73-74

Do you know what vaccines are doing to our children? You may be surprised when you read

VACCINATIONS

DECEPTION & TRAGEDY

A new book from Hallelujah Acres by Michael Dye • foreword by Rev. George Malkmus



All our lives we have been told of the marvels of vaccinations and how they have removed from our society such dreaded diseases as smallpox and polio. We have also been told that vaccinations are a safe, effective means of protecting our children from disease.

But have we been told the truth about vaccinations?

In this book you will read the findings of medical doctors and researchers who tell us that we have *not* been told the truth! You will read about studies showing that vaccines have never eliminated any disease in history. You will be amazed at the reports from medical journals and warnings from doctors, telling us that vaccines do not protect but rather *cause* an incredible number of deaths and serious injuries each year.

You will read the tragic story of Anna, an 11-year-old who was crippled for life as the result of a vaccination when she was 15 months old. But Anna isn't the only one who has suffered. Medical studies reveal that vaccines are responsible for thousands of deaths, more than 100,000 adverse reactions, and more than 10,000 cases of permanent brain damage *every year!*

The truth is that vaccinations are unsafe and actually work *against* our God-given immune system. This book explains how God-given natural immunity works and how vaccinations can destroy this self-healing system.

In his foreword, Rev. George Malkmus, founder of Hallelujah Acres, explains the spiritual implications of vaccinations. He also reveals how vaccinations are altering our God-given human genetic code in a way that can result in serious consequences for future generations. Imagine the injection of RNA from monkeys, horses, and other animals into the blood stream of our children. The implications are frightening!



tions and have written a booklet and produced an audiotape titled *Y2K the Hallelujah Acres Way*, in which I share many of the things I am doing and how

Some experts say there is a potentially unfixable problem looming on the horizon that could totally disrupt our way of life. Others claim that everything is OK and that there is nothing to worry about. Who should we believe?

Personally, I am making some preparations

others can prepare. This booklet shows how simple it is to prepare for the essentials of life in the event disruptions do occur when the clock ticks into the Year 2000. (For more information, see page 18.)

Another book I highly recommend is *Y2K Made Simple*, the most Y2K-specific book I've seen for helping you and your family prepare for potential Y2K problems. Ned Vankevichk, the author, has done a wonderful job with this book, making it the most complete resource I have seen on the subject.

This book provides answers to the following questions:

- What kind of food should you store, and where is the best place to find it?
- What's the safest and healthiest way to keep warm if the power fails?
- How much water will you need, and what's the healthiest way to store it?
- Where can you buy the longest-lasting, least expensive flashlights and candles?
- Why is a food dehydrator one of the best Y2K survival tools?
- Much, much more.

Apart from Y2K, this book contains a wealth of helpful information and valuable resources. (For more information, see page 18.)

The Hallelujah Acres Foundation Update

Hallelujah Acres Foundation Begins to Bear Fruit

by Michael Donaldson, Ph.D.

As you read this article, great progress is being made here at the Hallelujah Acres Foundation. This summer will bring the completion of our first studies and the beginning of the harvest of results. Our observational Fibromyalgia Study of 30 people will be completed in August. Dramatic improvements, as measured by the SF-36 Health Survey, the Fibromyalgia Impact Questionnaire, and a Quality of Life Scale, occur during the first two months on the Hallelujah Diet with slower but continual improvements after the initial burst of health. Participants have more energy, less pain, greater capacity to lead an independent lifestyle, clearer thinking, and less depression. I have found that many learn to stay with the diet because of their improved health. In fact, poor food choices often cause a fibromyalgia flare up; as a result, there is great incentive to make wise food and exercise choices. Several supportive spouses and family members of the study's participants have also received great benefits from following the Hallelujah Diet.

Our dietary and lifestyle survey of Health Ministers has been completely analyzed and will be submitted to a peer-reviewed journal for publication. More than 1,200 days on the Hallelujah Diet were quantitatively analyzed for this project; everything consumed, from carrot juice to salad dressing, was analyzed using a computer program for dietary analysis. This work will provide a scientific definition, analysis, and interpretation of the Hallelujah Diet. Many will find this information valuable to share with friends, family, and health professionals. This information will be the thoroughly scientific, completely referenced nutrition document on the Hallelujah Diet that you are seeking. This article provides several insights into

how the Hallelujah Diet gives the great results you have read about in *Back to the Garden*.

In collaboration with a neurologist, we are conducting a pilot study of anti-aging factors in the Hallelujah Diet. This study will reveal which hormones are most affected by the Hallelujah Diet and would be good biomarkers for a larger study. This study will also give us objective evidence of how the Hallelujah Diet slows and even reverses some aspects of the aging process.

We did not do a Cardiovascular Risk Factors Study this spring. This type of information will be more convincing in the context of a Dietary Intervention Study, which we are beginning to plan. The Lyons Diet Study, based on the Mediterranean Diet, is my model for this study. The Lyons study was so successful that it was stopped early because it was unethical to withhold the benefits of the intervention from the control group. I believe wholeheartedly that the Hallelujah Diet is better than the Mediterranean Diet for dealing with cardiovascular problems; so I expect even better results. This study will be exciting since cardiovascular disease is still the number-one cause of death in America. More funding, however, will be necessary before we can begin this study.

We continue to plan the Hallelujah Health Study to track the long-term results of following the Hallelujah Diet. We believe that only a natural diet and lifestyle will give outstanding long-term results. For those in this study, we plan to track major illnesses and causes of death. Long-term results are the true test of a well-designed lifestyle, just as only a close spiritual walk with our Lord Jesus Christ—living in the forgiveness of sin and in the power of the Holy Spirit—brings eternal spiritual fruit. May God richly bless you.

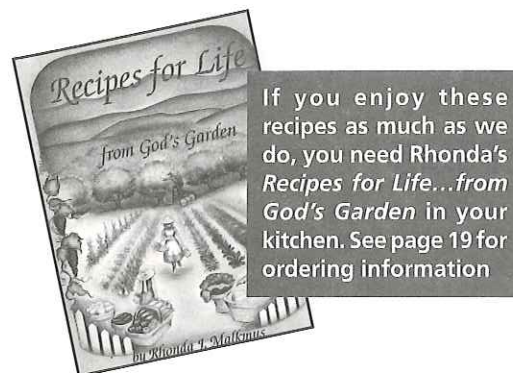
Hope for Fibromyalgia

Many have asked for information about help for fibromyalgia. How can they receive the same health benefits that those in the Fibromyalgia Study are experiencing? What's the magic formula? Unfortunately, there is no magic formula for fibromyalgia or any other symptom. Only by changing your diet to consist mostly of living, raw foods and fresh juices; reducing your exposure to toxic chemicals and environments; adopting an active lifestyle; and reducing stress by trusting in God Almighty will you begin to experience better health and well-being. The diet requires commitment and discipline, but you get an incredible return for your effort. Try the Hallelujah Diet for two months and see if you feel better as a result. Many others have.

Hallelujah Acres Vital Statistics

We live in a society that loves statistics. "Prove it to me," many say. "Show me the numbers and controlled studies." Studies require funding, even for tightly run Hallelujah Acres Foundation. Administrative and staffing costs are low around here, so you get a lot of results for your donation dollar. Here's an idea of how much money these studies require, including time spent on each project. Hallelujah Acres Foundation, administered by the National Heritage Foundation, is a non-profit organization for research, and all gifts are tax-deductible. You can make your check payable to "The Hallelujah Acres Foundation." We appreciate all those who have made previous research possible.

Diet and Lifestyle Survey \$15,000 Very time intensive study
Fibromyalgia Study \$50,000 Time and materials
Vitamin B-12 Study \$7,000 Mostly laboratory assays
Anti-aging Factors Pilot Study \$7,000 Mostly laboratory assays
Cardiovascular Study \$75,000 More money will allow more measurements, making the study more convincing.
Hallelujah Health Study \$20,000/yr. Long term, large cohort, continuous follow-up



GARDEN MEDLEY JUICE

In your Green Power, Green Life, or Champion Juicer process enough carrots to make three ounces of juice, add 1/4 beet, 1/4 red bell pepper, 1/2 cup spinach and one or two sprigs of parsley, juice additional carrots to equal eight ounces of juice.

BLUSHING TOMATO SOUP

- 3 large vine-ripened tomatoes
- 3 medium cucumbers
- 1 sweet red bell pepper
- 1/2 Tablespoon herb seasoning
- 1/2 Tablespoon dill
- 1 Tablespoon kelp or Bragg's Liquid Aminos to taste
- 1 Tablespoon minced chives
- 1 Tablespoon minced parsley

Place tomatoes in blender and blend at a low speed until creamy. Add cucumbers and pepper and continue processing until desired consistency is reached. Add herb seasoning, dill, kelp, or Liquid Aminos to taste, mix well. Cover and chill. Before serving add minced chives and/or parsley as a garnish.

SQUASH AND GREENS SALAD

- 1 cup grated zucchini
- 3/4 cup grated crookneck squash
- 1/2 cup chopped red bell pepper
- 1 cup torn salad greens
- 3/4 cup grated carrot
- 1/2 cup chopped chives

Toss all ingredients and serve on a bed of greens with your favorite dressing.

JULIENNE SALAD

- 2 medium carrots
- 1 medium zucchini
- 1 medium yellow squash
- 1/2 cup chives, chopped
- 2 to 3 teaspoons of extra virgin olive oil
- 1 clove garlic, minced
- 2 tsp. all purpose seasoning, your favorite herb mixture, dulce or kelp
- Dash Bragg's Liquid Aminos

Julienne carrots, zucchini and yellow squash, chop chives and put these ingredients in a bowl. In a separate bowl combine the last four ingredients, mix well and pour over salad and toss.

The Hallelujah DietSM

by Rev. George Malkmus

Breakfast: Upon rising, one tablespoon of Barleygreen powder - either dry and let it dissolve in the mouth, or in a couple ounces of distilled water at room temperature, but never in fruit juice. No cooked food, or food containing fiber at this meal, so as not to stop or hinder the cleansing process, as the body eliminates accumulated toxins.

Mid-Morning: An eight-ounce glass of carrot juice. If juice is not available, a piece of juicy fruit would be second best.

Lunch: Before lunch, another tablespoon of Barleygreen as at breakfast. Thirty minutes later, it's either a raw vegetable salad or raw fruit. This also is an all-raw meal, as cooked food is limited to the evening meal. Fruit should be limited to no more than 15% of total daily food intake.

Mid-Afternoon: An eight-ounce glass of carrot juice. If juice is not available, some carrot or celery sticks would be second best.

Supper: Before supper, another tablespoon of Barleygreen as at breakfast and lunch. Thirty minutes later a LARGE green salad comprised of leaf lettuce (never head lettuce as it has very little nutritional value) along with a variety of vegetables. After the salad, comes the only cooked food of the day - the 15% cooked food portion allowed on the Hallelujah Diet. This could be a baked potato, brown rice, steamed veggies, whole grain pasta, or a veggie sandwich on whole grain bread, baked sweet potato or squash. (If desired, Lunch and Supper can be switched, but only one meal should contain cooked food on any given day.)

Evening: If desired, a piece of juicy fruit or a glass of freshly extracted apple or pear juice may be consumed.

In Addition To The Above, The Following Is Also A Part Of the Hallelujah Diet

Herbal Fiber Blend: Serving recommended on container according to weight, either before leaving for work, or late morning. (Not recommended for pregnant or lactating mothers, or for long term use.) An alternative would be 2 to 3 tablespoons of organic flax seed, freshly ground in a coffee mill, mixed into 8 ounces of distilled water or juice.

Udo's Choice Perfected Oil Blend: One to three tablespoons. Can be taken straight, or used on salad. Not recommended for cooking.

Vitamin B-12: To insure adequate B-12 intake, 1/2 tablet of a vegetarian, sublingual, methylcoballamin tablet three times a week.

Sunshine: Each day the sun is shining, some (15 minutes) sunshine on as much of the skin as possible, as sun is so important in the production of vitamin D.

Exercise: Physically exercising every day for a minimum of 30 minutes is extremely important. Half the time should be in aerobic activity and the remainder in resistance exercises. A stretching and fast walking program is a good place to begin.

Carrot Juice: Freshly extracted carrot juice made from large California juicing carrots is extremely important in meeting daily nutritional needs. The carrot juice, along with the Barleygreen make a dynamic duo in providing the body with high-octane fuel. As a maintenance program, I try and consume at least two 8oz glasses of carrot juice along with three tablespoons of Barleygreen daily. When I had my colon cancer in 1976, I consumed 32 to 64 ounces of carrot juice mixed with freshly juiced vegetable greens daily. Barleygreen did not exist back in 1976. If I had a serious physical problem today, I would increase my carrot juice to six to eight 8oz glasses along with four or more tablespoons of Barleygreen daily.

Barleygreen: The reason I supplement my diet with Barleygreen is that, for the most part, food produced today is grown in soil that often lacks the nutrients my body needs for building new, strong, healthy, vital, and vibrant cells. Barleygreen is grown organically and contains the widest spectrum of nutrients from a single source (that I am aware of). I always consume at least three tablespoons daily. When starting, three teaspoons per day may be a good starting point, and then building up to tablespoons to prevent too rapid cleansing reactions.

Recipes For Life—From God's Garden by Rhonda Malkmus: Contains over 400 recipes that fit the Hallelujah Diet, along with very helpful chapters on setting up your kitchen, grocery shopping, feeding your precious children, and so much more. For more information, or to order, call (704) 481-1700.

Sharing the Word About 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 church or community. We here at Hallelujah Acres will train you and 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 support you with seminars throughout the country.

We now have more than 2,000 people who have been through training at Hallelujah Acres. These people are spread out across America in all 50 states as well as 10 foreign countries. Many are coming to our training from professional health fields—22 medical doctors, 6 dentists, 3 optometrists, 52 chiropractors, and 119 registered nurses. This large number of health professionals coming to us for training is more understandable when you realize that 75 percent of the medical schools in America do not require a single course in nutrition for graduation from medical school.

We also have more than 300 pastors, missionaries, and evangelists who have become Health Ministers; as well as housewives, construction workers, business leaders, retirees, etc.—all who want to help us 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.

“All my adult life I have studied healing, health, and the Bible. I could never understand that if it is God’s will for Christians to be healthy, why so many are sick and dying prematurely. If

the Bible teaches divine health, why could we not live it? In my mind I always questioned why women had to exhaust themselves cooking food. Why could we not eat our food raw like the animals? Did not cooking food kill the vitamins? When I discovered the Hallelujah Acres website on the Internet, all my questions were answered for the first time—from a biblical viewpoint. I immediately started to put into practice what you teach and shared this information with others. Since changing to the Hallelujah Diet four months ago, I have lost 20 pounds, feel better, and sleep more soundly. And all my minor aches and pains have gone away. After I receive my Health Ministry training, my Sunday school class wants me to teach them what I have learned.”

—**Sara Grill, a retired Captain in the United States Air Force**

“This training would complement my internal medicine and natural health practice. As a Christian physician, I need more knowledge and expertise on what the Bible says about healthy living. Also, the practical tools of ‘how to’ would be helpful from people who know this kind of health practice.”

—**Dr. Kenneth Singleton, M.D., M.P.H., board-certified specialist in internal medicine, in practice since 1981**

“Since going on the Hallelujah Diet, I have recovered from infertility and miscarriages. My estrogen levels were very high, and my progesterone levels very low. This resulted in heart-breaking miscarriages. After going on the Hallelujah Diet, I carried a beautiful baby full term. My hormones have leveled out nicely, and the only changes I made were diet. I want to share this message because God’s people (and the world) are suffering for lack of knowl-

edge. I truly believe that the Hallelujah Diet is God’s true diet!”

—**Kay Elliott holds a master’s degree in nutrition; she is also a pastor’s wife.**

“I have always been interested in nutrition. I feel I have finally found ‘the truth.’ I have seen the Hallelujah Diet work in my own life and in the lives of my family. I now have a burden to share it with others, especially God’s people. I have always felt a call on my life but never knew what it was until now! Although I thought I was healthy, since starting the Hallelujah Diet my energy level has increased; need for sleep decreased; I am more alert and motivated; have clearer skin; and the constant need to blow my nose many times a day has stopped. I was breast feeding my youngest child when I went on the Hallelujah Diet, and within one week of the diet change, she started sleeping through the night (that alone was worth it.)”

—**Louise Southwell is a pharmacist, mother, and homemaker; she hails from NSW, Australia.**

“As a nurse, I found Rev. Malkmus’ seminar quite informative and applicable. Because of the sound biblical approach, my husband and I both immediately started on the Hallelujah Diet with immediate results—including weight loss and increased energy along with the disappearance of some long-standing physical problems. Seeing our own results, I feel a need to share this healing (or preventative) diet with others. The need is great—there are so many sick people.”

—**Elaine Thompson, R.N., with 27 years of varied nursing experience**

“Twenty years ago, I had bypass surgery. Five years later, it was angioplasty. This past July, they found colon cancer and cut a foot out of my colon. All this time I was eating the world’s diet. Then a friend loaned me a copy of *Back to the*

Why Pastors Should Use the Hallelujah Diet in Their Ministries

by Pastor Gary Morris

Pastor, have you ever wondered why more than 90 percent of all the prayer requests in your church are for sickness? Or why the people in your church are just as sick as the rest of the community? Or why Christians are just as sick as non-Christians? I am trying to sound a wake-up call to the Church! When it comes to the physical body, we have been taught wrong! We have been listening to the world instead of God in regard to how we nourish and take care of our physical bodies. God did not design us to be sick! We get sick because we are eating the world’s diet.

Then, when we get sick, we once again turn to the world and its system in an effort to get well. But the world’s system often makes us sicker and sometimes even causes death.

There is another way to feed our bodies and deal with our physical problems. It’s called “God’s way.” Allow me to share how the Hallelujah Diet changed my life and the life of those in my church. I had been sick with chronic prostatitis and colon problems for many years. A few years ago, I read Brother George’s book *Why Christians Get Sick* and decided to try his strange-sounding diet. In just two short weeks, all my physical problems simply disappeared, and during the next few months I lost 34 pounds! “Brother Gary, what is happening to you?” members of my church asked me. “Are you losing weight? You seem to be more alert and energetic!” I told my adult Sunday school teacher about the Hallelujah Diet, and he decided to try it. Immediately, his blood pressure and weight began to

drop. When he saw what this diet had done for his body, he insisted that I share this information with the rest of the church. During an evening service, I shared information about the Hallelujah Diet with the congregation and was greatly pleased with their response. Immediately, half of them went on the Hallelujah Diet, and the testimonies started coming in.

One of my members, an 80-year-old woman, had been experiencing headaches every morning. When she made the diet change, the headaches quickly went away. A gentleman in my church, a juvenile diabetic, was taking 73 units of insulin a day. In five weeks on the Hallelujah Diet, he lost 22 pounds, saw his blood pressure drop from 150/96 to 110/75, and was able to decrease his insulin from 73 units a day to 36. Another gentleman in our church lost 24 pounds, while his blood pressure, which had been high for years, quickly fell to normal range. He also suffered from arthritis in his shoulder, knees, and feet; the arthritis vanished, too. His wife had suffered with acid reflux problems for years and was on prescription drugs. But now, since going on the Hallelujah Diet, she has no more acid reflux problems. I have a pastor friend who was able to go off 27 different medications by simply applying the principles taught by Hallelujah Acres.

I could go on and on, sharing testimony after testimony, but space does not allow. I just want pastors to know what a change this Hallelujah Diet/lifestyle program has made in my church. Hopefully, my testimony will encourage you to share the Hallelujah Diet with the people in your church. It is so incredible that the only prayer requests for sickness we have in our church now come from people in our

church who have not made the diet change. On a sad note, I did a Health Seminar for a local pastor (I am a Back to the Garden Health Minister, trained by Rev. Malkmus). I had not heard from him for a year. When he finally called, he was heartbroken. He said, “Brother Gary, I want to help people get well and stay well just like you do. I want to share with people the dangers of eating the wrong foods.”

It seems that his father was an energetic pastor in his late 70’s. But his father came down with Mad Cow Disease and died in less than three months. As I listened, I could feel the pain in this preacher’s heart. Today, this pastor is on a mission to warn people about their bad diets and is planning to attend Health Minister training. Dear pastor friend, it is my prayer that you will be moved to change the way you feed your body and—after you have experienced what this diet change can do for your body—that you will share the news with your people. If you do, neither you nor they will ever be the same. The Bible admonishes us in 1 Corinthians 6:19-20, “What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God’s.”

About the Author

Brother Gary Morris is pastor of Christ Ministries Church and heads up the New Life Health Ministry in Tennessee. He has been through the Back to the Garden Health Ministry training program and currently serves the people in his church and community as pastor and Health Minister.

Attention: Pastors on the Hallelujah Diet

If you are a pastor and personally on the Hallelujah Diet and/or are sharing the Hallelujah Diet with the people in your church, we would like to hear from you. Your testimony would help encourage other pastors. In your letter, please let us know whether we may use your name and the name of your church. Pastors who send us their testimony will receive a free copy of Rev. Malkmus’ new book, *A Christian Health Primer*. Mail your testimony to: “Pastor’s Testimony,” Hallelujah Acres, P.O. Box 2388, Shelby, NC 28151.



HALLELUJAH ACRES CANADA



In 1979, while Rev. Malkmus was serving as a lecturer and head gardener at the Shangri-La Health Resort in Bonita Springs, Florida, an older couple from Canada attended several of his lectures. Bev and Dorothy Shouldice had traveled to the Shangri-La, seeking help for Bev's cancer, after medical doctors had offered him no hope. While at the Shangri-La, they listened to Rev. Malkmus speak on health and nutrition, explaining how proper diet and lifestyle can turn around almost any physical illness.

The message was startling, since Bev had eaten well all his life—or so he thought. He had consumed large quantities of milk each day, and his father, a butcher, had provided meat year-round. After listening to Rev. Malkmus, however, he felt that a diet and lifestyle change was definitely in order hopefully to put the cancer into

remission. The Shouldices began following the Hallelujah Diet and have been faithful to this day.

Yes, 20 years after beginning the Hallelujah Diet, both Bev and Dorothy Shouldice are enjoying excellent health at age 84 and 80 respectively. Other than Rev. Malkmus, they have

been on the Hallelujah Diet longer than anyone else, of whom we are aware.

In March of 1998, Bev and Dorothy attended a Back to the Garden Health Minister's Training session in Shelby, North Carolina. The Shouldices and Rev. Malkmus were reacquainted after 20 years! The Shouldices were so impressed with the Hallelujah Acres Ministry—that it was just as simple, honest, and complete as it had been 20 years earlier.

In fact, the Shouldices were so impressed that they encouraged Rev. Malkmus to found a Canadian division of Hallelujah Acres. One thing led to another, and soon the Shouldices offered their 7,200-square-foot home, located on 55 gorgeous acres in Shallow Lake, Ontario, to Rev. Malkmus and Hallelujah Acres as the place to develop Hallelujah Acres Canada. On September 1, 1998, Hallelujah Acres agreed to purchase this property over an extended period of time; and on September 1, 1999,

Hallelujah Acres Canada celebrated its one-year anniversary.

During the past year, we have found the Canadian people just as excited to receive this wonderful health information as those in the United States. Opening the Canadian division, offering nutritional seminars in Canada, and supplying the same products found in Shelby, North Carolina, have already blessed multitudes with improved health, while lowering the cost of the health products.

During the past year, Rev. Malkmus has conducted seminars in Canada on five different occasions and plans to return during the fall of 1999 for another tour. In addition, Hallelujah Acres Canada conducts weekly seminars at its headquarters in Shallow Lake, where they carry a complete line of Hallelujah Acres products. On May 25-27, 2000, Rev. Malkmus will conduct the first-ever Back to the Garden Health Ministry Training session in Canada.

If you live in Canada, you can obtain more information about Hallelujah Acres Canada by writing to: P.O. Box 7, RR 2, Shallow Lake, ONT N0H2K0; or calling (519) 935-9999. You may also send a fax to (519) 935-3044; or login to the Hallelujah Acres Canada website at www.hacres.com/canada

The Hallelujah Acres ministry of sharing the good news—"You don't have to be sick!"—is gaining momentum each day as more people around the world realize that most physical problems can be eliminated by a simple diet change. Hallelujah Acres Canada is proud to be a part of this history-making ministry that is changing the way people think about physical problems.

Garden. I knew this was an answer to prayer, since I could not live if I continued living the world's way. August, 1998 was the beginning of my new diet, but I did not get serious until I went through Health Ministry Training in November. I went home and started the Hallelujah Diet 100 percent. Within one month, I lost 20 pounds, felt better, and had more energy than I can remember at any time in my life. Now it was time to take this message to my church. In January, 1999, I started a four-week, hands-on health seminar and began a Sunday school class using the *How to Eliminate Sickness* video and Dr. Malkmus' *Christian Health Primer*. The people are excited and responding. Hallelujah!"

—**Pastor David Erickson is the pastor of a Baptist church in Maryland.**

"It has now been five years since I began the Hallelujah lifestyle and four years since I became a Health Minister. My life will never be the same. I often wonder what I talked about before. My own health has improved in many ways—the most significant being complete healing from fibrocystic disease, healing of a painful hip problem, and the disappearance of upsetting 'floaters' in my eyes. My energy level is always high, especially when I am 100 percent faithful to the Hallelujah Diet. I have been able to share this health message with more than 1,000 people. Not all

have jumped in with both feet, but many have, and many others are making the transition into the program. I have not yet met anyone who could say in all honesty that he did the diet faithfully and did not receive improvement. Whenever someone is disappointed in his results, he admits that he did not give his full effort to the diet. And when he does, the changes occur! Through the income generated from my health ministry, I was able to leave my position as an administrative assistant at _____ (one of the largest international corporations in America) in my first year as a health minister, matching my salary as an administrative assistant. I do put in many hours on the health ministry, and every second is a joy! George, Rhonda, and staff at Hallelujah Acres, you are all precious to me and are in my prayers regularly. Without you, my life would be so different. I am surrounded by loving, caring people who love the Lord. Most of my closest friends are on the Hallelujah Diet, and that has brought us even closer. God is opening new doors all the time, and I can hardly wait to see what the future will bring. Thank you all so much for your dedication and commitment. I will never forget what you have done for me!"

—**Nancy Riggsby, a Michigan resident**

Editor's Note: This is just a small sampling of people's reasons for coming to our Health

Ministry training and how the Health Ministry has impacted their lives. We envision tens of thousands of Christians creating their own Health Ministries all around the world. Not only will many individuals want to become involved, but also every church should become a part for their own membership, as well as to use this information in an outreach ministry in their community. Already many pastors, missionaries, and evangelists are incorporating this health message into their ministries. Many pastors are reporting dramatic decreases in prayer requests for sickness among their people when they apply these biblical truths.

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, please write or call us at (704) 481-1700 from 8 a.m. to 5 p.m., Monday through Friday; and 10 a.m. to 2 p.m. on Saturdays (Eastern Standard Time).

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

Friendly Bacteria—What Are They and What Are Their Roles?

We may not know it, but the average healthy adult's gastrointestinal tract is host to more than 400 species of bacteria weighing about three-and-a-half pounds! There are two types of bacteria—both "friendly" and "unfriendly." While most of us are aware of the unfriendly bacteria such as *E. coli* and *Salmonella*, we are not always aware of the role the friendly bacteria play.

Their major role is in balancing and counteracting unfriendly bacteria. When friendly bacteria are not at appropriate levels, and when unfriendly bacteria dominate, health problems can result. One of the most common problems is *Candida*, while others include intestinal toxicity, constipation, and malabsorption of nutrients.

Friendly bacteria do much more than counter the unfriendly bacteria. They also provide us with these benefits:

- Help manufacture vitamins B1, B2, B3, B5, B6, B12, A, K, and essential fatty acids.
- Clean the intestinal tract, purify the colon, and promote bowel movements.

- Produce antibiotics and antifungals that prevent the growth of harmful bacteria and fungi.
- Contribute to the destruction of molds, viruses, and parasites.
- Increase the number of immune system cells.
- Create lactic acid, which balances intestinal pH.
- Breakdown and rebuild hormones.

We at Hallelujah Acres are not product oriented, and we do not like to promote supplements. However, our current diet, lifestyle, and commercial food handling methods have contributed to a significant imbalance in these residential bacteria. We have seen many instances over the last year in which probiotics have assisted someone in transitioning to the Hallelujah Diet, especially those who have been exposed to high levels of antibiotics through medications and commercially raised meat. See page 19 for more information on Florafood, the probiotic that Hallelujah Acres is offering.

longer take the 120-plus aspirin each month for joint pain, I have more energy, I sleep better, plus more. Having said that, the Hallelujah Diet is more than 'just a weight loss program.' I believe there is now 'hope' for so many others who need a healing miracle."

—Pastor Mike DeVierman, Illinois

"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 10 pounds and am most grateful that I have had about 80 percent improvement in my severe osteo-arthritis. More than this marvelous result is the sense of well-being I now enjoy. I think more clearly, emotions more steady, attitudes are positive, 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, e-mail from Australia

"The Lord in His graciousness has been calling me 'Back to the Garden' for many years. But I did not fully understand the call until I read *God's Way to Ultimate Health*. Eliminating salt, sugar, meat, dairy, and white flour has been a gradual process in my life. However, August 1, 1997 was the date I committed to the Hallelujah Diet. What a blessing it has been! I have more energy and positive attitude now, at 59 years of age, then I have ever had in my life. In fact, I've felt like an old lady for the past 20 years. Rhonda's book, *Recipes for Life—from God's Garden*, came at the right time and has played an important part in helping me understand the 'why' of garden eating."

—Martha Wood, Missouri

"Dear Rev. Malkmus: Because of the Lord's message through you, I have been cancer free for going on three years without chemotherapy, radiation, or Tamoxifen—and that is a great big *hallelujah!* I know that I have to stay on the Hallelujah Diet lifestyle 100 percent, so the cancer will not come back; for I have seen so many think they are healed and slip back into the world's foods and stress, only to lose the battle. *Thank you so much for sharing God's truth that sets us free!*"

—Linda Cole, Washington

"Thanks for helping me change my life. Two years ago, at age 32, I was told by

my doctor that I would be dead in three years if I did not change my lifestyle and bad eating habits after a heart attack. I changed from the Standard American Diet to the Hallelujah Diet. Today, I am 60 pounds lighter and doing fine on the Hallelujah Diet. No more heart problems, dizziness, pains, or even sickness. And all I did was change what I eat! Thanks again."

—Pastor Marvin G. Corr, Jr., Michigan

"I am a pharmacist and have been for 25 years. The one thing I have learned for absolute sure over the past 25 years is this—*pills are not the answer!* If pills made people healthy, then the folks who take the most pills would be the healthiest people in town, right? A few generations ago, man decided to try to survive on processed foods, pizza, donuts, sugar, cola drinks, caffeine, and nicotine. It is not working, and the drug companies are getting filthy rich. Our kids are so messed up that we have to medicate them with Ritalin (methyphenydate) and Children's Prozac. Eating healthy is the *only way* to be healthy! There are no short cuts or quick supplements one can buy that will do the trick. The work your group is doing is wonderful."

—Woody Gaskins, Virginia

"Dr. Malkmus, I have been to one of your seminars. I heard the truth about my diet, my health, and the Good News regarding Jesus Christ. I heard it proclaimed boldly and with love. It may not have been what I wanted to hear, but I received it as truth. I have now been on the Hallelujah Diet for four years and have seen many changes to my body—changes that have taken me back to a youthful body. Thank you for the tireless miles and late nights you put in for the body of Christ. I believe you care more for people's health than they do for themselves."

—Matthew Elzea, e-mail

"I went to your talk in Tampa primarily to please my wonderful wife. Because I had previously seen you on the 700 Club, on your video tapes, and in your writings, I felt that I wouldn't learn anything new. How wrong I was! I took 80 pages of notes when you talked, and would have taken many more if I could have written faster. I learned a lot! George, you are an anointed man of God. The presentation that I heard in Tampa was wonderful . . . I am greatly encouraged, and I definitely will give the

Hallelujah Diet a thorough trial for 90 days (and, I know, for the rest of my life)... George, thank you so much for your faithfulness.... I have no doubt whatsoever that your ministry will absolutely explode from now until the day the Lord returns."

—Jack Hartman, Florida

"I want to share with you what the Hallelujah Diet has done for me. I am 39 years old, and since the age of 14, have had a horrible struggle with deep depression. This depression has impacted every area of my life—from high school achievement to job choices to relationships. The effect it had on my walk with the Lord was devastating, and I could never understand why God would never give me His peace . . . or let me feel His love. I have spent most of my life feeling like a failure! In desperation I tried medication, but that didn't help. Six months ago, one of your Health Ministers shared the health message with me, and though at first I didn't receive it, God soon turned on the light in my mind, and I started the Hallelujah lifestyle. George, I am not kidding or exaggerating when I tell you that on my third day on the Hallelujah Diet *my depression vanished!* The last six months of my life have not been problem free, but they have been depression free! I cannot express to you how different life feels to me now. My mind is clear and energized, and so are my soul and spirit. I sense God's presence everywhere, and His peace is not being robbed by poisons in my body. I no longer feel worthless to the Lord or ineffective as a Christian. I share the message about health with everyone I meet! To me, it is the most profound thing to happen to me next to my own personal salvation. Thank you so much for your ministry, and for training others to take forth the message."

—Greg Schumacher, Pennsylvania

"My husband and I love the Hallelujah Diet and what it has done for our health. Bernie and I have not been sick at all, and our kids have been healthier than ever. Most of them have not had so much as a cold since we adopted the diet three years ago."

—Sue Molenda, e-mail

"Dear Dr. Malkmus, my name is Jonathan, and you are one of my best role models. I thank you for everything you are doing. I can see God's hand in your ministry. Being 16 years old, I live in a generation that believes all the tabloids and readily

rejects any evidence that we should be eating what God intended. I put forth every effort to warn my friends of what they are getting themselves into. And each day I strive to learn more about health and the Bible. I love learning this stuff! It makes so much sense! You are in my prayers!"

—Jonathan Tack, Illinois

"Thank you for the big dose of truth that you teach. The truth will set us free! We are spirit and flesh, subject to spiritual and physical laws, as you so aptly explain. We live in a country that is not used to taking responsibility for its own actions. Thus we reap the consequences and then wonder why things have gone wrong! Keep up the good work!"

—Dave & Kathleen McKinney, email

"My doctor started me on the Hallelujah Diet, and I have seen a dramatic effect on the quality of my life. I am a breast cancer survivor (5 years), have fibromyalgia (20 years), and various other health problems—but it wasn't until I started on your program that I started to feel functional again... Once I started your program, I noticed improvement in my arthritis and muscular pain and an increase in my energy and stamina... After years of going to specialists and being told they could not do anything, I am truly amazed by how improved my health is by just changing my diet to vegetarian. My family has gradually come along on this 'journey,' and they also have found positive effects. I tell everyone about your program... Someone told me just the other day how good I look and how radiant I am... Your program is good for the soul as well as the body. Thanks, and keep up the good work in getting the message out to everyone."

—Barbara Barish, e-mail

"Thanks to God first, and also to the food He has made for healing, and for prayer. I still have the polyp, but it is growing backwards and does not show any more sign of malignancy. I had one test in January and one in April, and both showed malignant cancer. My next test was in late May, after only one month on the Hallelujah Diet, and it doesn't show any more malignant cancer!"

—Venus & Annie Kornelsen, e-mail

"Dear Dr. Malkmus, I traveled four hours to hear you speak... Before you arrived I was wondering if it was worth the

trip. Once you spoke, all of my expectations were met and then some. I was thrilled! I was most impressed that you spoke the truth. Truth is such a rare commodity these days. Most are afraid to take a stand for truth... I am sure you are persecuted regularly for this message, but you have persevered, and that is to be commended. Thank you for being a true servant and follower of Jesus Christ."

—Dawn Pershon, Michigan

"My daughter has four little children. They have been battling terrible asthma. Many a night they have had to rush one of the little ones to the emergency room for breathing treatment. For a number of months, I had been sharing with my daughter a little about the Hallelujah Diet. I put them on your newsletter list and sent my daughter an audio about raising children on the Hallelujah Diet. She looked up your website and then wrote, 'I have been poisoning my children!' Three months ago, they began the Hallelujah Diet in earnest. And since that time, not one of the children has suffered a single asthma attack! Praise God! My daughter had been suffering from daily headaches before trying the Hallelujah Diet. She recently wrote to tell me that she now wakes up without a headache and went on to say, 'No wonder they call it the Hallelujah Diet.' Thank you for your diligence in spreading this message."

—Debbie Prothero, e-mail

"I have a number of people I am helping with the Hallelujah Diet, yet I am only a fledgling myself. My cousin put my husband and me on the Hallelujah Diet, and it has been great for us; and my cousin is now completely healed of her chronic bronchitis. In my church here in Northern New Zealand, we have a group of people who get together regularly to encourage each other about eating God's way. The pastors are supportive, and we have many making inquiries."

—Robyn LaRoche, New Zealand

"Dr. Malkmus, I would like to let you know what an inspiration you have been in my life over the past year. Not only have your teachings been directly related to the healing of my mother's colon cancer, but also I now have knowledge and a considerable amount of documented evidence through testimonials of the healing power of a healthy diet and lifestyle."

—Debora Parker, e-mail

"I weighed 245 pounds and was on blood pressure medicine for the past 13 years. I started the Hallelujah Diet in February, 1999 and began exercising three times a week. In one week on the Hallelujah Diet, I received a fantastic energy boost. After one month on your diet, my blood pressure dropped from 185/85 on medication to 117/77 without any medication. My weight was down 39 pounds, my hay fever did not bother me this spring, and I have not been sick. I no longer have a desire to drink alcoholic beverages, and sweets have lost their power over me! My wife eats as I do and has also received special blessings of health and weight loss. Praise God! May the Lord continue to bless your ministry."

—David S. Parker, Maryland

"I am 80 years old. Two years ago, I was so sick that I just wanted to go home to be with Jesus. But Jesus wanted me to be a testifier. So my son and I started the Hallelujah Diet on January 1, 1998. In a few weeks, my insulin needs started dropping from 50 units twice a day to 16 units once a day, and my arthritis began to go away. After six months on the Hallelujah Diet (having previously suffered four heart attacks and four strokes), my cardiologist said, 'You have the arteries of a 20-year-old!' Today, after 18 months on the Hallelujah Diet, I can walk an hour each day with a rollator. I go to the malls searching for a chance to witness to anyone who will listen about what the Lord has done for me and how the Hallelujah Diet has given me a second chance on life. Thanks, Dr. Malkmus, for letting the Lord use you to heal the sick! May our Heavenly Father bless you richly as you go about His business. *And for those of you out there who think that it is too late to regain your health, remember my story and don't give up because I am praying for you to make it!*"

—Trena Schaeffer, e-mail

Editor's Note: We would love to hear from you. Tell us via letter or e-mail about your experiences after a change in diet. Send letters to Rev. George Malkmus, P.O. Box 2388, Shelby, NC 28151. Send e-mail to george@hacres.com. We prefer to publish your name and state of residence. If you do not want your name printed, or if your letter is not intended for print or online publication, please just let us know. Thanks!