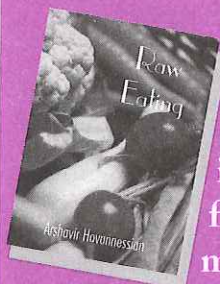


Back to the Garden

Teaching Health from a Biblical Perspective

Published by Rev. George H. Malkmus and Hallelujah Acres • PO Box 2388 • Shelby, NC 28151 • (704) 481-1700 • www.hacres.com • Summer/Fall 2000 • Issue No. 20 • \$3

Raw Eating



Rev. Malkmus writes, "One of the most influential forces in moving me to a raw food diet was a book titled

Raw-Eating, written by Arshavir Hovannessian, an Iranian, around 1960, and translated into English in 1965. I have probably read my tattered copy a dozen times."

For information on how to obtain the first reprint of this classic see page 17.

Finally...

Vegetarian Health Insurance

specifically designed for the Hallelujah lifestyle.

- Comprehensive coverage for as little as \$150 per month for a family policy.
- Additional details about this great program can be found on page 17.

Recovery from Manic Depression

brings

Hallelujah Baby!



by Rev. George Malkmus

I can hear our readers asking, "What in the world has manic depression got to do with a Hallelujah Baby?" Well, we recently received a testimony from Vanessa Fasinro, the wife of an Independent Baptist pastor, in which she talks about both. I am going to share her letter with you first and then offer some thoughts. Here is Vanessa's testimony:

"It is said that depression, caused by chemical imbalance, affects an estimated 22 million people in the United States alone. My problems started one year after getting married, in the summer of 1995. I started spending money uncontrollably, buying clothes and things I didn't need, giving money away to friends, and giving away things like my clothes without comprehending what I was doing. Many nights I stayed up for hours, getting only a few hours of sleep, for weeks at a time. I had unbelievable energy that kept me on the go all day and most of the night. I would speak irrationally and make irrational decisions. One night I left the house to go to a shopping mall while my husband was sleeping. On the way back I ran through a large intersection going about 70 miles per hour.

"A few weeks later we went on a vacation to celebrate our one-year wedding anniversary. That is when my husband began to realize I desperately needed help. The pastor's wife in the church we were visiting, who had known me from high school days, after looking and talking with me and seeing the wild and tired look on my face, came

Continued page 5

What's Happening at Hallelujah Acres

If someone were to say they had found a way of eliminating sickness from the world, the world would say they were crazy.

Yet here at Hallelujah Acres, we have found a way of eliminating sickness from the world, and a few people are starting to listen.

Since February 12, 1992, Hallelujah Acres has been showing the Christian community, and anyone else who would listen, that there is a better way of nourishing our beautiful God-made physical bodies than the world's way – and that is God's way! Today, just eight

years after its inception, Hallelujah Acres is literally revolutionizing the lives and health of multitudes of people around the world.

Following is a sample of the type of testimonies we receive every day:

"I cannot thank you enough for coming up with the Hallelujah Diet – it has literally saved my life. I am 70 years old. I started on the Hallelujah Diet November 8, 1998. Since going on the Hallelujah Diet, I no longer have fibromyalgia, arthritis, headaches, indigestion, numbness in arms, hands, legs and feet, and my legs are no longer sore to the touch. I cannot believe how my energy level has gone up and I have lost 20 pounds. I have gotten rid of all my old age problems except my wrinkles and they don't hurt, so I can deal with that. God bless you!" – **Dorothy S., North Carolina**

In this issue of *Back to the Garden* we have so many things to share, but let's begin by saying a few more words about all the testimonies we receive.

Testimonies

When we began Hallelujah Acres in 1992, no one wanted the health message we were proclaiming, but gradually a few people listened, applied what we were teaching, and got well. Their 'testimonies' inspired others to try the 'Hallelujah Diet' and they got well and in turn shared it with others. And thus it has gone for the past eight years. Today, we estimate that well over a million people are following the Hallelujah Diet, while tens of thousands have written to tell how the diet has changed and even saved their lives. The testimonies in this issue will thrill you and if you are not

already on the Hallelujah Diet, hopefully will inspire you to give it a try.

Back to the Garden Newsletter

With current circulation now approaching 225,000, *Back to the Garden* is still produced and mailed at no cost to anyone who requests it. This free publication is supported by those who purchase the products we sell. Many order *Back to the Garden* in quantities of hundreds and even thousands, to share with others. See page 20 for quantity discounts.

Free Weekly Health Tip

Each week Rev. Malkmus writes a Health Tip, transmitted via the Internet to approximately 25,000 subscribers around the world. Each issue of *The Hallelujah Acres Health Tip* includes a healthy recipe, testimonies from those who have experienced the restoration of their health through the Hallelujah Diet, an update of what is happening at Hallelujah Acres, and an itinerary of where Rev. Malkmus will be speaking. Each issue also features a timely discussion of an exciting health topic. If you would like to receive this *free* weekly electronic publication, please send an e-mail request to subscribe@hacres.com; or call (704) 481-1700.

Announcing Hallelujah Acres Health Insurance Policy

For several years we have been searching for an insurance company that would write a major medical health insurance policy for vegetarians ONLY! At last we have found such a company and we are thrilled to announce the availability of such a policy. For more information, see page 17.

Back to the
Garden

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Publisher: Rev. George H. Malkmus
Editor: Paul Malkmus

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 lifestyle, 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.



Hallelujah Acres Blossoms

Recently, we have done a lot of landscaping around our headquarters building in Shelby. This is but another step in developing a Garden of Eden setting from which we send the health message around the world. If you live within easy driving distance, come visit our health food store and see our outdoor progress.

Hallelujah Acres Foundation

In 1998, we established the *Hallelujah Acres Foundation*, headed up by research scientist Michael Donaldson, Ph.D. Dr. Donaldson has already completed some incredible research projects. Don't miss his summarization of this research as well as an exciting report on vitamin B₁₂ beginning on page 11.

Health Ministry

In August of 1994, we completed our first Health Ministry training with 25 receiving certificates of completion. Since then approximately 2,500 others have been trained as *Back to the Garden Health Ministers*. For more information on this exciting ministry and how you can become a part, turn to page 14.

Hallelujah Acres Online

We continue to take the health message to the world via Hallelujah Acres Online. At www.hacres.com you will find over 70 hours of nutritional information from a biblical perspective. Be sure to log on and take advantage of the wealth of information therein. And do share our web site with others.

First Saturday of Each Month

On the first Saturday of each month, we hold a "How to Eliminate Sickness" seminar at our International Headquarters in Shelby, North Carolina. The monthly attendance in these meetings is constantly growing, with 300 in attendance this past month. People come from as many as a dozen different states each month and usually there is someone who has flown in from the West Coast, just to attend this three hour seminar. These seminars are free!

Other Updates

Third Annual Health Ministers Reunion was held at Hallelujah Acres in Shelby, April 27-29, 2000. Guest speakers included John Robbins, author of *Diet for a New America*; Ron Price, author of *Beyond the Green*, Paul Stitt author of *Beating the Food Giants*, Barbara Stitt author of *Food and Behavior*, and Cynthia A. Foster, M.D., author of *Stop the Medicine!* along with a number of Health Ministers.

The first **Canadian Health Minister training session** hosted by Hallelujah Acres Canada will be held May 25-27, 2000. For those living in

Canada, and interested in attending, call (519) 935-9999.

Rev. Malkmus travels to Australia

June 4-15, 2000. Meetings are scheduled in Brisbane, Cairns, Newcastle, Sydney, Perth, Adelaide, and Melbourne. He will also conduct Health Ministry Training in Sydney. In Australia call (800) 658-268, from outside Australia call 61-3-9308-6244 for more information.

The Second Annual Women's

Retreat will be held July 27-29, 2000, at Hallelujah Acres. Over 300 women from across America and Canada attended the first Hallelujah Acres Women's Retreat last year. It was such a resounding success that another one is planned for July 2000. Read all about it on page 13.

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 the products we sell. Each time people make a purchase from Hallelujah Acres, they are 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 dedicated we are, or how hard we work to get the message out, the message would not go forth without adequate financing. Also, please remember us in your prayers. With the ministry growing so rapidly, we need great wisdom in our daily decision making.

It is awesome to realize that by simply returning to the original diet God gave to mankind in Genesis 1:29, we can eliminate practically all sickness from the Church, as well as 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 the world, "You don't have to be sick."



This e-mail comes from **Ray Bucher**, who lives in Ohio: "I was diagnosed with untreatable and incurable cancer and given five weeks to live in April of 1998. A friend shared your screaming preacher tape, 'How to Eliminate Sickness,' with me. Six weeks later (after making the diet change), **NO TRACE OF CANCER!!!** For the first time in my life I consumed vegetables, and they were raw – well, I actually juiced 'em. I felt God gave me the flood (juice) so that I wouldn't have to eat them. And no, I don't believe it was a miracle that God healed me. I have been telling ALL who will listen that the miracle is that I LISTENED! Mr. Malkmus, thank you for sharing your life-saving knowledge."

From Georgia, **Dr. Jim Mullis** writes: "I am the dentist who attended your recent Health Ministry seminar. Just wanted to thank you for the training. Being with you and the other attendees was very inspiring... Like all the others associated with you, I have the utmost respect and admiration for you and your ministry. I like

the way you have stuck it out and the way you have kept it God-centered. May God bless and keep you."

This comes in the form of e-mail from **Jan Krontz**: "I am 30 years old and was about **130 pounds overweight**. We learned of you on the Internet, and went on the Hallelujah Diet 'cold-turkey' April 11, 1999, and my health problems have simply disappeared! I have always had problems with my weight, from the time I was a child. I had, in the past, tried every kind of diet and so-called miracle pill that was supposed to help you lose weight. Nothing worked! I was rather depressed about it and had about given up and resigned myself to being fat for the rest of my life. Enter the HALLELUJAH DIET. In just a little over 4 months, I have lost 44 pounds and went from a size 20 dress to a 16. And I am not done yet! Not only that, but I feel SO much better! I have always had problems with my menstrual cycle, from the time I first started having a monthly period at the age of 13 – until four months ago. Since going on the

Hallelujah Diet, I have had a period EVERY month! Not only that, but I don't have those feelings of depression that I used to have, or the acid reflux, or the heartburn, or the sinus problems, and my hair and nails are growing faster, my skin is not as oily, my face doesn't break out any more, and a lady at church told me that I have a sparkle in my eyes that wasn't there before. HALLELUJAH! I have now introduced ten other people besides my family of five to the Hallelujah Diet. My husband had high cholesterol and was overweight. He, too, has lost 44 pounds and his cholesterol has dropped from 210 to 169. My 11-year-old son, who was also overweight, has lost 18 pounds. Keep up the good work."

This comes from **Tony Litherland**, who lives in New Zealand: "As you can see we live a long way from you folks, but after listening to your tape over and over and reading *God's Way to Ultimate Health*, we feel we know you! My wife, Carol, and I have both changed our diet to what your tape and book recommend. Also, have bought a Champion juicer and water distiller. About eight years ago, Carol was diagnosed with **rheumatoid arthritis** and has been on medication since, with a slow but sure progression of the disease, and our only hope being that a 'cure' be discovered before the crippling effects became too severe. Since starting the Hallelujah Diet, she is already seeing and feeling great improvement – almost ALL inflammation from knees and wrists has gone with a marked reduction in pain. But best of all, she has HOPE and the knowledge that this diet and lifestyle change is WORKING. And all this after only three weeks! Carol has also been able to stop ALL medication."

In e-mail, **Roy Raney** writes: "I am 59 years old and started the Hallelujah Diet in June of this year. Prior to starting the Hallelujah Diet I was taking **34 units of insulin twice a day and weighed 175 pounds**. Just before changing my diet, my vascular surgeon gave me an angiogram that showed blockage in my left ankle and foot. The surgeon said he could do surgery and recommended that I have my leg amputated below the knee, get a prosthesis, and get on with my life. I was not ready for that! Since making the diet change two months ago, I have lost 25 pounds, my ulcerated toe has nearly healed, and I now take only 10 units of insulin a day. I plan on being off all insulin soon!"

This comes from **Dr. Karl Probst**, a medical doctor in Germany: "A patient told

me about you and I would like to subscribe to your *Back to the Garden* publication. I am a Christian M.D., pursuing exactly the same ideas as you. Coming from the Natural Hygiene raw food diet on one side and a literal understanding of the Holy Scriptures, I came to exactly the same conclusions as formulated by your ministry... Here in Germany there is a lot of enmity against a healthy lifestyle by the orthodox Christians. In general, the non-Christian community is more prone to open their minds to the Bible with respect to good food than the so-called Christians are. I am glad to learn that there are brethren in Christ who also made the fantastic discovery of the raw food diet and a healthy lifestyle. May God bless you and your ministry!"

This letter comes from **Earleen Humphrey**, who lives in Florida: "I just wanted to thank you for having the Women's Retreat in August. I learned so much and met many nice people. Well, I just wanted you to know that since the retreat I have been off all my medications and have so much more energy. I went cold turkey on the Hallelujah Diet, stopped eating all those things that were bad for me, and started juicing and taking Barleygreen. I am the one who sat in the front row in a wheelchair, but **I am no longer confined to a wheelchair, as I am able to walk by myself using only a cane for support.** I believe everything you tell people is true because I am one that can prove that it really works. I had been sick for 35 years and as of today, I am pain free and feel like I have been reborn."

This letter comes in the form of e-mail from **Dirk van Schalkwyk** in South Africa. "I await your weekly e-mail Health Tips with great anticipation and expectation. Sometimes my family and I are in tears after reading the heartbreaking stories in your newsletters. Personally, my **painful arthritis has disappeared** since starting on the Hallelujah Diet in January of this year, and I have so much energy I can easily sustain my 11 to 12 hour workday. I too have experienced the 'cannot-shut-my-mouth' syndrome regarding the spreading of this Good Health Gospel. The Lord bless you abundantly."

This comes from **Cary Ballantine** who lives in Florida: "I have been on the Hallelujah Diet for over a year now. I was suffering with **Bi-Polar II, with bouts of severe depression and anxiety.** Was on medications that seemed to be losing all effectiveness and went back to the doctor.

He said 'Hmmmmmmmm, we will try another drug.' I was already suffering side effects from the previous drugs—impotency, extreme muscle pain, and more. What was he going to give me to add to my list of side effects next? I didn't go back and instead decided to give the Hallelujah Diet a try. I am now off all medications, and I haven't felt better in years. I had suffered from depression the better part of my life (48 years). I have more energy than I did in my 20s. Feel healthier than ever, no aches or pains. If I am suffering from anything today, it is excessive happiness because of being on the Hallelujah Diet. I would never, ever, not in 7 million years go back to the poor American dietary habits that created my problems."

In e-mail, **B.J. Menikos** writes: "I have been on the Hallelujah Diet now for 16 months and many aspects have improved greatly. **The diet has also helped everyone in our family tremendously.** My teenage daughter, who had complexion problems, now has beautiful skin and the opportunity to become a model. WOW! My son's chronic stomach problems of the past six years have disappeared. My husband has more energy than ever before. We have all benefited greatly from your shared experiences and we appreciate it. Keep telling the truth about what God says about eating."

Harold Harris in Texas writes: "I just want to say thanks for all you do. I have found that there is no better way to experience the power of God than through the healing power we all possess if we follow the guidelines our Creator provided. I have come to believe that it is a part of God's plan for the universe. Thank you for helping me understand that and for providing an agenda to experience it. Several years ago, in a group study of the New Testament, we made an amazing discovery: that in every instance in the New Testament where Jesus Christ personally ministered to another, he ministered to and met their physical needs first, before he ministered to and addressed their spiritual condition. Every time I read your newsletter or Health Tip I am reminded of this and I want to affirm your ministry by sharing my change. The tests showed **my blood pressure is perfect; my cholesterol is in normal range; my SED rate is back where it should be; my hair has stopped falling out; I never have aches and pains any more; my energy level is through the roof; and my thyroid has returned to normal!** Praise God and HALLELUJAH! Thank you for your ministry."

Recovery, continued from page 1

up to my husband with this shocking statement: 'Your wife is going through depression and you need to get her some help right away.' My husband couldn't believe it. I denied I needed help when he tried to get me to go to the hospital after we got back home.

Conventional Medications Did Not Help

"I finally agreed to his suggestion and went to a hospital, where they diagnosed me as having manic depression. I was then admitted to a mental institution where I was given many different medications, which I took for about one year. During this time I gained about 50 pounds, began wearing prescription glasses, my hair stopped growing, my fingernails stopped growing and started breaking, and I was tired all the time. The doctor also advised against becoming pregnant because he said my manic depression problem would return if I ever became pregnant. So we lived this way for a full year, with no hope of ever having any children or ever getting better.

God's Way Set Me Free

"In 1997 we went to hear evangelist Stan Harris, a fundamental Baptist preacher, speak on the Hallelujah Diet, which had healed him of total burnout and resulting depression. We left the meeting that night excited to try the Hallelujah Diet. We went home and began throwing away all the bad things like sugar, milk, white bread, butter, meats, eggs, soda, cakes, etc. We then realized we didn't have anything left that we could eat and our refrigerator was empty. We had to go back to church again the next night to hear Brother Stan speak so we could find out what we could eat. After that second night, we went back home very excited and started the Hallelujah Diet.

"My husband and I have now been on the Hallelujah Diet for a little over two years. I have lost about 70 pounds, no longer wear eyeglasses, my hair and fingernails are growing again, and I have stopped ALL medication for depression because my depression problems are gone. My husband has lost 25 pounds, is so full of energy, and has no more sinus or asthma problems. After exactly one year on the Hallelujah Diet, I became pregnant.

Hallelujah!

"On September 11, 1999, Shaday was born. She weighed in at 6 1/2 pounds

Continued page 16

Continued on next page

Continued from page 5

and was 20 inches long. Within seconds after her birth her eyes were open and she was smiling. We refused all vaccinations, even though the nurses pressured us to allow them to be administered on five different occasions. Since her birth, there have been no medical problems nor has she been sick even one time—just lots of smiles and full of energy.

"I thank the Lord for Dr. Malkmus and his wife, Rhonda, for teaching 'you don't have to be sick' if you will simply follow the Genesis 1:29 diet. I am convinced God used this diet to get me well and make it possible for me to conceive, and allow my husband and I to have a child."

Comments by Rev. George Malkmus

Wow, isn't that a great testimony? I would like to call your attention to several things in this testimony:

1. I want you to notice what Vanessa and her husband had been eating prior to going on the Hallelujah Diet: animal products (flesh, dairy, and eggs); sugar products; products containing salt; and white flour. These are the substances that cause chemical imbalance, excess weight, sinus problems, asthma, and almost all other physical problems. In fact, this is the very Standard American Diet (SAD) that we preach and teach against here at Hallelujah Acres, because this is the diet that creates almost every physical and psychological problem being experienced in our society today.



Vanessa at 195 pounds.

2. Notice that the doctor did not deal with the CAUSE of her depression (her diet), but rather with the symptom, which was caused by eating the SAD diet. And what was given to her in an effort to get rid of

these manic depression symptoms? DRUGS! Where did her doctor learn to treat depression problems with drugs? It was in medical school, where all medical doctors receive their training.

3. Next, notice how the body responded to this doctor's prescribed drugs. The drugs lessened the SYMPTOMS of manic depression, but DID NOT HEAL the root cause: chemical imbalance. In fact, he advised her to never become pregnant or it would bring back all those bad manic depression symptoms. In other words, the drugs did not eliminate her problem, but only masked the symptom.

4. Also note that the doctor-prescribed drugs CAUSED NEW PROBLEMS to arise within her body as

"I thank the Lord for Dr. Malkmus and his wife, Rhonda, for teaching 'you don't have to be sick' if you will simply follow the Genesis 1:29 diet. I am convinced God used this diet to get me well and make it possible for me to conceive, and allow my husband and I to have a child."

the body reacted to the toxic substances contained within the drugs: weight gain; eyesight deterioration requiring prescription glasses; hair and nails stopped growing while her nails became very brittle; and she was tired all the time.

5. Now notice how her body reacted after she started putting God's living nutrients into her body, as she adopted the Hallelujah Diet. She lost 70 pounds in weight; no longer required eyeglasses; her hair and fingernails started growing again; all medications were discontinued; and her manic depression problem simply went away! And as a final blessing, she became pregnant (even though her doctor had warned her against this, telling her that it would cause her depression problem to return—which it did not)! Notice also that when her husband changed his diet to the Hallelujah Diet, all of his physical problems disappeared.

Friends, when a person applies the teachings of Hallelujah Acres, usually within six months or less almost all

physical and psychological problems have vanished.

Does the Hallelujah Diet have some kind of magical healing power? Absolutely not; the Hallelujah Diet does not and cannot heal anyone of anything! But neither can the doctor's drugs ever heal anyone of anything! The only thing that can heal our beautiful God-made bodies is our body's own self-healing mechanism! We call it our immune system. And when we bring about conditions conducive to healing, the body will usually heal itself of whatever ails it.

THIS IS GOD'S WAY! The world's way is in direct opposition to God's way in that it introduces more toxins into the system in the form of chemical drugs. These further weaken the immune

system, and while they often suppress the symptoms, they do not heal, and they frequently cause new problems within the body. Add to this the horrible diet most people are eating today, and we start to understand why sickness is so rampant.

At Hallelujah Acres, we teach health from a biblical perspective. We teach how God designed us to be

nourished according to the teachings found in the Bible in Genesis 1:29.

This teaching sounds very strange to people who have been programmed by the world's system, but multitudes are experiencing in their own bodies that what we teach is indeed truth and that it does work! May I recommend the Hallelujah Diet to you today?



Vanessa 9 months pregnant.

Hallelujah Babies!

by Rev. George Malkmus

When God created man, He created him whole. In fact, the Bible even tells us how God did it: *"And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul."* (Genesis 2:7)

But Adam was all by himself; he had no partner as did all the other animals. Thus God said: *"It is not good that the man should be alone; I will make him an help meet for him."* (Genesis 2:18) *"And the Lord God caused a deep sleep to fall upon Adam, and he slept: and he took one of his ribs, and closed up the flesh instead thereof; And the rib, which the Lord God had taken from man, made he a woman, and brought her unto the man."* (Genesis 2:21-22)

"So God created man in his own image, in the image of God created he him; male and female created he them. And God blessed them, and God said unto them, Be fruitful, and multiply..." (Genesis 1:27-28)

We often hear someone ask the question, "Which came first, the chicken or the egg?" The Bible very clearly answers that question in Genesis 2:19: *"Out of the ground the Lord God formed every beast of the field, and every fowl of the air..."* In other words, every one of more than five million species of animals in the world are direct creations of God. Thus, the chicken was a direct creation of God, and the egg is the means God gave to reproduce that species.

Where does evolution fit into all of this? It doesn't! Evolution is an impossible hypothesis about how it all happened. For evolution to be a true explanation of the origin of matter and all animal and plant life, the evolutionist would need to prove more than that a monkey somehow became a man. The evolutionist would need to prove that ALL five million plus species of animal life evolved from a lower form. Yet scientists have never been able to show

that even one species ever evolved into another species.

But it takes TWO of each species (for most organisms, or, with the exception of hermaphrodites) in order to reproduce a species and thus continue its existence. Evolution has to prove more than that a cat evolved into a dog, or a dog evolved into a horse, or that a monkey evolved into a man. It must show how male and female for each species simultaneously evolved so that the species could reproduce.

How refreshing to be able to turn to the Bible and read that God created ALL animal and plant life WHOLE, and that He created them male and female, and built within each species the ability to reproduce itself!

Where Do Human Babies Come From?

When God created Adam and Eve, He placed within them the ability to REPRODUCE LIFE! Only God can CREATE LIFE. But God placed within each of his creatures (including man) the ability to reproduce life. So, where do human babies come from?

When the sperm cell of the father-to-be penetrates the egg cell of the mother-to-be, a new life starts to form within the mother. The multiplication of cells is extremely rapid, and this new life (the human baby) growing inside the mother's body needs nourishment with which to sustain its life and growth. God, in His infinite wisdom, made provision for the nourishing of this new life by

attaching an umbilical cord between the growing infant and the mother's blood supply.

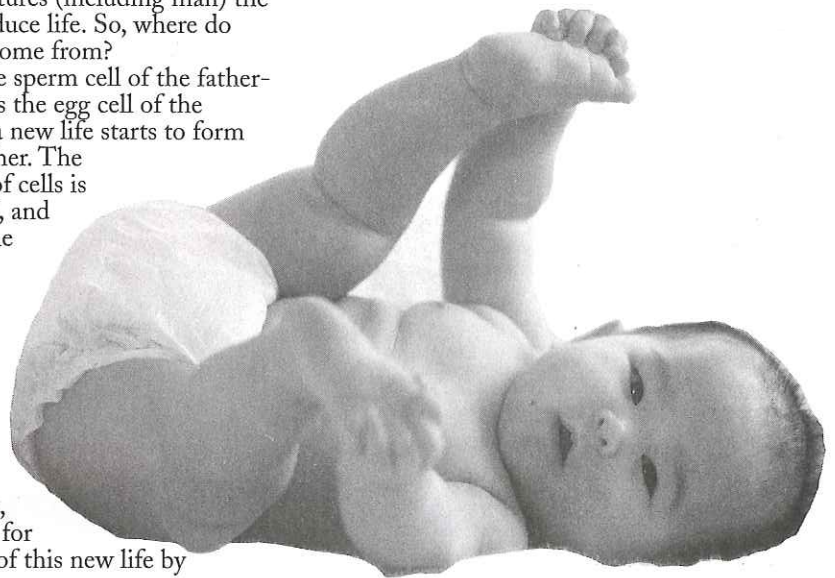
Thus, the mother eats and digests the food, and the nutrients from the food enter the mother's blood system. These nutrients then circulate through her own body, to nourish the cells of her body, but they also flow through the umbilical cord to provide the building materials needed by the little growing infant.

At approximately nine months of age the baby is ready to enter the world. As it slips forth from the mother's womb, its life support system (umbilical cord) is still attached. One of the first things to do after a baby is born is to sever the umbilical cord. Now, this little one is independent of mother's food supply with which it had been nourished for the preceding nine months.

What is God's plan for the nourishment of this new life at this point? The little one is now instinctively placed on mother's breast, where it will instinctively start sucking milk. God designed that little one to be nourished at its mother's breast for the next 18-24 months. Where does mother's breast milk come from? The same source from which the child was nourished for the previous nine months—mother's blood system.

So mother eats the food, digests the food, and the nutrients from the food pass into her blood system, and flow throughout her body just as during the preceding nine months. Only now, rather than nutrients reaching the little one through an umbilical cord, the blood passes through mother's breasts, and in the mammary glands only the red blood corpuscles are removed. Thus, the milk the little one is receiving at mother's breast literally becomes a blood transfusion.

(Compare the chemical composition



Continued on next page

of human breast milk with formula from a can, or soy milk, or pasteurized and homogenized cow's milk, and I believe you will find something is seriously lacking in the way modern society seeks to nourish human babies. Is it any wonder that children manifest all kinds of physical breakdown—colic, mucous membrane problems, allergies, asthma, diarrhea, constipation, diaper rash, etc.? The physical problems children manifest today are merely their little bodies reacting to the wrong fuel.)

Mother's milk, as it flows from her breasts, is alkaline in nature and is the perfect food with which to nourish that little baby, which also has an alkaline pH in its body and blood system. However, when the little one begins to develop its stomach molars (at about 18-24 months of age), the child starts to produce its own gastric juices for the first time in its life. These gastric juices now turn mother's milk acid.

It is at this point the child should be weaned (taken off mother's breast milk), and the child placed on a basically

raw fruit and vegetable (alkaline) diet, just as God designed in Genesis 1:29. It is on this primarily alkaline diet that God designed the human body to be nourished for the rest of its life.

Why Hallelujah Babies Are Different

Hallelujah Babies are different because the mother, during the entire nine months the little one is growing in her body, is receiving the living nutrients found only in living (raw) foods, which were designed by God to produce life. All cooked foods are dead foods. Only life can sustain life; death cannot do so! So most children today are receiving not only the wrong food, but they are receiving it in a dead (cooked) form.

Research has even shown that if a couple will go on a basically living food diet for at least six months prior to conception, broken-down genetic coding can actually be repaired. Thus, the parents are able to bring the strongest egg and sperm into the union so that they can give that new life the very best physical body with which to begin its earthly journey.

TESTIMONIES

Since Hallelujah Acres had its beginning in 1992, dozens of couples have applied our teachings to their lives and have gone

through pregnancy, childbirth, and now have children (some 7 and 8 years old) whose lives have been sustained completely on a basically raw, living foods, vegetarian diet. What kind of babies has the Hallelujah Diet produced? I think their testimonies are exciting, but I will let you be the judge! Following are some of these testimonies:

"I started on the Hallelujah Diet three months before becoming pregnant for the first time at the age of 41. I had absolutely no problems the entire nine months (i.e., no morning sickness, no cravings, etc.) Our daughter delivered very quickly for a firstborn and considering my age. My water broke at 2:15 a.m., at which time I experienced only mild menstrual-type cramps. Upon arrival at the hospital at 3:00 a.m., I was already dilated three centimeters. I started labor at 5:30 a.m. with no urge to push, she was just on her way out, and she was born at 6:00 a.m. She weighed 7 pounds 6 ounces, and measured 20 inches long. She scored a nine on the APGAR test and didn't have any mucus covering her body. Before she was 24 hours old the nurses were very surprised at how alert she was, picking up her head for short periods of time and looking right at them when they talked to her. They said she didn't act like a newborn. She is now ten months old and has not been sick one time since birth. Nor has she had any difficulty cutting six teeth, and she can't wait for her daily mixture of Barleygreen and Udo's Oil. Our daughter was fed exclusively at my breast for her first six months. Since then I have added some raw fruits to her breast milk diet."

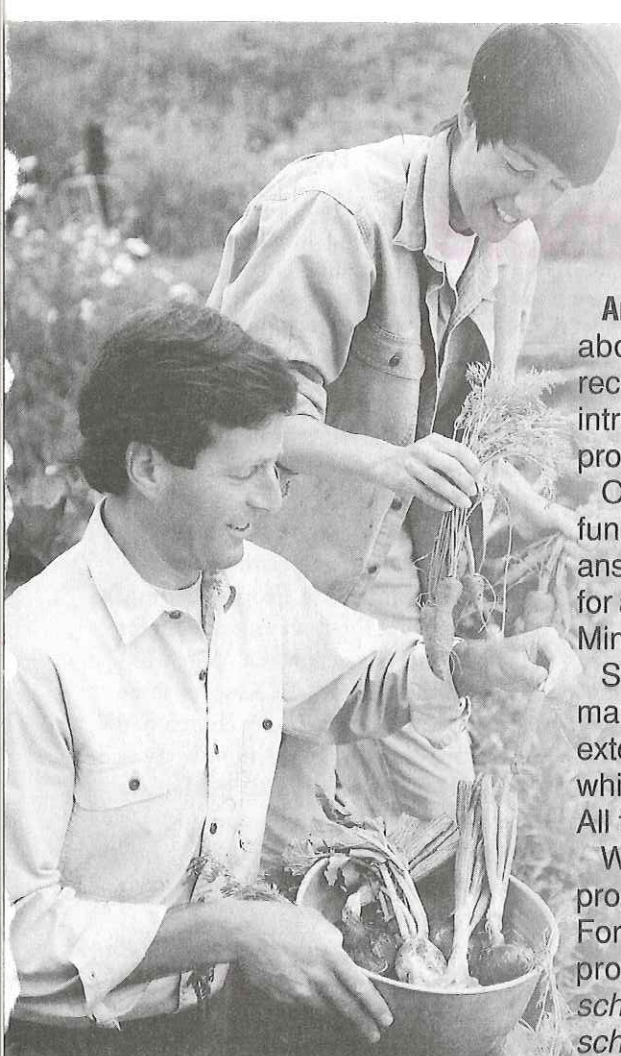
Rita Lavourna

"When I became pregnant in January 1999, my husband and I had been on the Hallelujah Diet for approximately five months. I had a very smooth pregnancy with no morning sickness, hemorrhoids/constipation, or any other ailments commonly associated with pregnancy. Nine months later, I was able to deliver a 7 pound 3 ounce baby girl. My labor began at midnight, after which my water broke at 1:30 a.m. By the time I reached the hospital at 3:00 a.m., I was already dilated to six centimeters. At that time I got into a big tub of water, where my daughter was actually born at 6:00 a.m.—only six hours after going into labor. Since Elizabeth is our first baby, my midwife was surprised that she came so quickly. I was able to give birth naturally, with no medication or episiotomy. When lifted out of the water for the first time, she did not cry and was very calmly looking around at her new surroundings. I attribute the smoothness of my experience to the grace of God and to what I have learned through the Hallelujah Acres program. I have been nursing Elizabeth since birth and she has been experiencing normal development. She has had no vaccinations, nor has she been sick even one time in her first three months of life. Thank you for all the wonderful information you provide at Hallelujah Acres."

Leslie Ling

"Our family adopted the Hallelujah Diet three years ago. Our first child is almost five, so she was almost two when we started on the Hallelujah Diet. Our second child is three and was a nursing infant when we changed lifestyles. Our third child is 18 months old and was 'grown' totally on the Hallelujah Diet. There is a difference in children who are 'made' on the Hallelujah Diet from conception vs. those that come into it after weaning. Out of all of them, the oldest has the weakest immune

Continued on next page



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 Web site at www.hacres.com/html/schoolnh.htm.

system and is the only one who has ever been to a doctor. As far as the birth story: baby number three was born at home, as were the other two, but it was a much easier delivery—two pushes and she was out. It just so happened that the midwife couldn't be with us, so my husband and I delivered alone. I made supper for the family, dad bathed and put the children to bed at 8:30, and the baby was born at 9:30 p.m. Active labor had started after my afternoon nap, but I kept busy with my normal routine, getting clothes in from the line, sweeping the porch, and just rocking on all fours when necessary. At one point my son asked, 'Mommy, what are you looking for?' The baby was born in excellent health, great color, no mucus on her body, great lungs, alert, and she nursed immediately. I wouldn't go back to eating the Standard American Diet (SAD) for anything. I feel so much different, our health is

so much better, and I can see the 'proof' daily before my eyes."

Mrs. Pavelka

"I have two sons who are now 20 and 17. During both pregnancies, I ate probably 75 percent raw and drank lots of carrot juice. (Most people were utterly shocked that I never drank milk while pregnant or nursing.) During neither pregnancy did I ever experience morning sickness, swollen ankles, or have any

other complaint. Both deliveries were natural births with the assistance of a midwife. Both babies were exclusively on breast milk for a full year. During the second year, I added mashed banana and avocado to their breast milk diet. I did extensive research on the question of vaccinations, and as a result, my boys were NEVER inoculated! I think that because they never had dairy or meat products and were never vaccinated while growing up, they enjoyed

wonderful health and never suffered such things as ear infections, colds, flu, etc. I feel good that I gave them a good start in life, and through the years have observed what marvelous health these boys have enjoyed. Dr. Malkmus, thank you for being there, and keep up the good work—God's work! You are in my prayers each and every night! **YOU ARE CHANGING THE WORLD FOR THE BETTER AND I SAY 'HALLELUJAH!'**"

Dawn Lucie

Resources on Raising Hallelujah Babies

RECIPES FOR LIFE . . . FROM GOD'S GARDEN, by Rhonda Malkmus, contains an entire chapter on raising children on the Hallelujah Diet. (Spiral bound, 344 pages – Item #203)

CHILDREN AND THE HALLELUJAH DIET, an audio tape by Dr. Joel Robbins. (Item # 232)
(For additional information, please see page 19.)

Why Pastors Should *Use and Promote* the Hallelujah Diet in Their Ministries

By Pastor Gary Morris

Pastor, I am convinced by the scriptures that God's will for His people is a long and healthy life (III John 2). Yet I often run into pastors and others who believe that their days are numbered by God, and it matters not how they nourish or take care of their physical bodies. I also meet people who have a fatalistic attitude toward life on earth—not wanting to stay here any longer than necessary. Their attitude is not one of victory, but rather defeat. Because of illness, they have given up on life and don't want to hear anything about prolonging it.

Please permit me to give you some scriptures to provoke some thought on this subject. First, I do not believe God has an arbitrary law as to how long each of us should live (Deuteronomy 30:19). Rather, I believe our choices play a big part in our physical health and how long we live. To stress the sovereignty issue to the point of eliminating the will of man is not scriptural. If we choose this mind-set, we will become passive, believing that we are powerless to change our physical health. I believe this thinking is one of the most dangerous traps the devil has ever set, taking multitudes of Christians to an early grave.

Jeremiah 29:11 tells us God has a good plan for us. However, Joshua 24:15 indicates we have some choices to make. To say that God's will always prevails, because of God's sovereignty, is not scriptural. For example, the Bible tells us that God would have all people come to the knowledge of the truth and be saved (2 Peter 3:9). Question: Are all saved? The answer is obvious: Of course not! Why are there people not saved, when it is God's perfect will? God is Almighty, and there is nothing beyond His power, but God honors our choices! He has limited Himself in this respect. He will not violate our will! Because of this free will He has given man, we can do as we choose with God, and eat what we choose. However, there are consequences if we make the wrong choices (Galatians 6:7).

In the book of Genesis, God sets before Adam and Eve the "tree of life and the tree of the knowledge of good and evil." He warned them of the danger of eating the forbidden fruit, but they chose contrary to God's will and death resulted. Is there anyone who would suggest that the fall of man was God's will? In Deuteronomy 30:19, God told His people that He had set before them "life and death, blessing and cursing" and God said: "CHOOSE LIFE!" In other words, our choices have a bearing on every phase of our life—including the length and quality of our lives.

The simple truth is that there are multitudes of Christians, including pastors, who are killing themselves by their daily food and lifestyle choices. As pastors, we stand beside the graves of many of our dear brothers and sisters in Christ, and try to explain to loved ones why God took them so early in life, or why they wasted away with some horrible degenerative disease. The truth is that scores of them could have lived many, many years longer, if they had simply changed their diet.

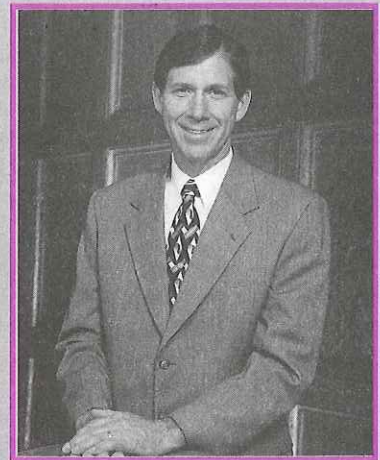
Brother Malkmus' book, *"Why Christians Get Sick,"* has over 150 Bible verses that teach God's will concerning our physical bodies. If Brother Malkmus, in 1976, had taken the attitude of so many Christian people concerning this critically important issue, he would not have lived long enough to write this powerful book. Instead, he changed his diet, recovered from all his physical problems, and is still preaching.

Three years ago I read this book, put the biblical principles concerning nutrition to work in my own life, lost 35 pounds, and totally recovered from two chronic physical problems. I believe that Genesis 1:29 is still the perfect diet for mankind and I know of no other ministry that gives people the tools to implement its principles better than Hallelujah Acres. Yes, my friends, we have a choice! It may be a hard choice for some, but if

we have the determination to stick to it, we will reap the benefits in our physical bodies.

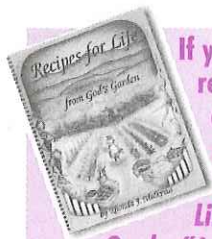
Dear pastor friend, I plead with you to become a leader in this fight to improve the physical health of the Christian community. People look to you for leadership. First, set an example for them in this neglected area. When I adopted the Hallelujah Diet over three years ago, the people in my church SAW the changes taking place in my body and ASKED for more information. Today, the majority of the people in my church are following the Hallelujah Diet, and the lack of prayer requests for healing on prayer meeting night is an excellent indication of what this diet has done for the people in our church.

Think on this scripture as it relates to the Standard American Diet: "There is a way which seemeth right unto a man, but the end thereof are the ways of death." (Proverbs 14:12)



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.



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

Zucchini Pita Pockets

2 medium zucchini, grated
1/4 teaspoon each dried basil, oregano, and garlic powder
1 medium tomato, diced
1/4 cup carrot, grated
1/4 cup red onion, grated
1 or 2 teaspoons Udo's Choice Perfected Oil Blend or extra virgin olive oil
1 teaspoon Bragg's Liquid Aminos, opt.
2 whole grain pita pockets
Grate zucchini, stir in seasonings, add diced tomato, grated carrot and onion, Udo's Oil and Bragg's; mix well. Warm pita pockets in toaster oven or steamer, cut in half, and stuff with a generous helping of the zucchini mixture. Top with your favorite dressing, if desired, although they are excellent without any additional dressing!

Herbed Tomato Dressing

2 cups skinned, quartered tomatoes
2 tablespoons sunflower seeds
1/2 garlic clove
1/2 teaspoon each: thyme, oregano, rosemary and basil, or your favorite herb blend
1 tablespoon extra virgin olive oil or Udo's Perfected Oil Blend
Place ingredients in a blender and process until smooth. Serve on your favorite green salad.

Apple, Nuts and Greens Salad

1 mixed greens of your choice
1 large tart green apple
1/2 cup coarsely chopped nuts
3 or 4 tablespoons lemon or orange juice
Wash and dry lettuce, and tear into bite-size pieces. Peel, core, and dice apple, and add to lettuce along with chopped nuts.
Sprinkle juice over salad, toss gently, and serve.

The Hallelujah Acres Foundation Update Proclaiming the Truth

Fibromyalgia intervention study

Our results are in and I have submitted a manuscript for publication in a peer-reviewed rheumatology journal. About two-thirds of the group experienced significant improvement in their fibromyalgia symptoms during the study. These participants have more energy, less pain, greater capacity to lead an independent lifestyle, clearer thinking, and less depression. These results were obtained by self-implementation of the Hallelujah Diet. Nothing extra was added. This means that these results are obtainable by you as well!

Vitamin B₁₂

We took on the hard question of vitamin B₁₂ status on the Hallelujah Diet. Our study showed that about half of the tested participants had a metabolic deficiency of vitamin B₁₂ while following the Hallelujah Diet. While half of the people were doing fine, it is better to take a vitamin B₁₂ supplement than to be deficient in this important nutrient. See page 12 for more information.

Diet and Lifestyle Survey

Our dietary and lifestyle survey of Health Ministers has been completely analyzed and submitted to a peer-reviewed journal for publication. This work will give a scientific definition, analysis and interpretation of the Hallelujah Diet. Many of you will find this information very valuable to share with friends, family, and health professionals. This will be the thoroughly scientific, completely referenced nutrition document some of you are looking for. Much of what I have learned here at Hallelujah Acres will be brought out in this article. Reprints will be available after publication.

Juice Extractor Analysis

We are currently comparing the carrot juice extracted by eight different juice extractors. Investigators have previously analyzed mineral and vitamin content of fresh juice. We are going beyond vitamins and minerals to measure enzyme activity in the extracted juice. If there are no active enzymes, there is no life present. Active enzymes are what make raw food living food. Enzymes

By Michael Donaldson, Ph.D.

from our food aid digestion and a portion of them are taken up whole to be utilized by our bodies. So, the enzyme content of our foods and juices is a very important question, and is at the heart of what we teach here at Hallelujah Acres.

Which juicer produces juice with the most "life" in it? Is a centrifugal juicer a good choice? Which juice stores best, and for how long? Quantitative answers to these questions and more will be found in our report of this analysis, which will be available from the Hallelujah Acres Foundation. There will be a nominal fee for this report which will not be available until after July 1, 2000.

Future Studies

As I plan future studies my main emphasis will be using the Hallelujah Diet as intervention for sickness. Many, many millions of people are needlessly suffering. We want to show the world that there is a superior way to deal with sickness. Our top priority is the nation's number one killer—cardiovascular disease. We are planning a dietary intervention with secondary heart attack victims, as done in the Lyons diet study, only using the Hallelujah Diet rather than the Mediterranean diet. Dietary changes can be very effective in preventing another heart attack. This fact needs to be made known in a controlled trial so that doctors will recognize the truth.

Our second emphasis is the long-term health status of Hallelujah vegans. The vitamin B₁₂ study was the first step of the Foundation towards ensuring health through the years. We will set up a registry to keep track of Hallelujah vegans and their paired controls. We will record any major illnesses and the cause of death for the people in this study. This study promises to yield many exciting results.

The Hallelujah Acres Foundation is a non-profit organization administered by the National Heritage Foundation. All contributions are tax-deductible. If you would like to see these truths proclaimed to the medical community, please consider supporting our work. I will always uphold truth here at the Hallelujah Acres Foundation. With Almighty God's power may we all apply the truth with wisdom. "Wisdom is the principal thing; therefore get wisdom: and with all thy getting get understanding." (Proverbs 4:7)

Vitamin B₁₂

and the Hallelujah Diet

The Hallelujah Acres Foundation has assessed the vitamin B₁₂ status of people following the Hallelujah Diet. Our results have brought about a change in our approach to vitamin B₁₂. Please read this article carefully to understand this important issue.

How much do I need?

The amount of vitamin B₁₂ required is very minute. As little as 0.1-0.5 micrograms (µg) per day (1-4 µg/week) is needed in a healthy adult. Stress, illness (especially involving the central nervous system), pregnancy, lactation, and rapid growth increase needs. The World Health Organization recommends 1 µg per day of vitamin B₁₂. The RDA for adults is 2.4 µg of vitamin B₁₂ per day, 2.6 µg during pregnancy, 2.8 µg during lactation, and proportionally less for children. Both have a significant margin of safety built into their recommendations. Unlike other B vitamins, B₁₂ is stored in the liver so daily consumption is not necessary. However, the normal uptake route of vitamin B₁₂ is saturated very quickly so that doses larger than five µg are poorly absorbed and are not more effective than smaller doses. A second uptake route, diffusion, allows about one percent of any dose to be absorbed.

What happens if I don't consume vitamin B₁₂?

Though the requirements are very low, deficiencies among vegetarians have been noted. There are at least 10 case reports in the medical literature of infants suffering *severe* neurological damage when solely breast-fed by their totally vegetarian mothers. Most of the damage is reversible by vitamin B₁₂ supplementation. Also, every study of vegan communities or populations has demonstrated low vitamin B₁₂

concentrations in 40-90 percent of the group. Since many of these studies only measured serum cobalamin concentrations, they underestimated the number of people with metabolic deficiencies. This includes macrobiotic communities, natural hygienists, "living food" vegans, vegan Seventh Day Adventists, and followers of the Hallelujah Diet. Our study revealed early signs of vitamin B₁₂ deficiency in 26 of the 54 people tested, after following the Hallelujah Diet for as little as two to four years.

Two important facts need to be noted. First, many, if not most, vegans have impaired vitamin B₁₂ metabolism. This has been verified time and again in vegan groups. Second, metabolic deficiency of vitamin B₁₂ can be detected after as little as 22 months on the Hallelujah Diet. While serum vitamin B₁₂ levels may still be normal for several more years, the body, especially the central nervous system, may be deficient at the cellular level. Eighty-three percent of the people in our study with metabolic vitamin B₁₂ deficiency had normal levels of serum vitamin B₁₂. These facts have not been widely appreciated by the vegetarian community.

Based on the published studies and our results, adequate vitamin B₁₂ status of vegans cannot be taken for granted. Pregnant women, nursing mothers, infants, and small children are particularly vulnerable to B₁₂ shortages. Ensuring adequate B₁₂ is critical for normal neurological development and

By Michael Donaldson, Ph.D.

maintenance, with shortages resulting in permanent damage.

Deficiency of vitamin B₁₂ leads to anemia and neurological abnormalities. Vegetarians abundant dietary intake of folate masks much of the anemia due to vitamin B₁₂ deficiency. So the first signs of vitamin B₁₂ deficiency are neurological symptoms. These symptoms can include parathesia, especially numbness and tingling in the hands and feet, diminution of vibration sense and/or position sense (usually but not always occurring first in the ankles and feet), unsteadiness, poor muscular coordination

How do I know I am getting enough vitamin B₁₂?

A simple urine assay can be done through the mail with the Norman Clinical Laboratory, Inc. (Cincinnati, OH: (800) 397-7408, www.b12.com, \$70). The urinary MMA assay is very specific for B₁₂ and much more reliable than a serum B₁₂ assay. If anyone has doubts about their B₁₂ status this is the lab test to order. Your physician can order this commonly available test for you as well.

with ataxia, moodiness, mental slowness, poor memory, confusion, agitation, and depression. Delusions, hallucinations, and even overt psychosis (usually with paranoid ideas) may occur. By the time vitamin B₁₂ deficiency can be detected, clinically significant neurological damage has already occurred and an aggressive supplementation program should begin with methylcobalamin. Symptoms caused by a deficiency can usually be alleviated by vitamin B₁₂ supplementation.

Healthy vegans with a healthy bowel flora should produce B₁₂ in their small intestine. This may be the natural way God intended for us to receive our

vitamin B₁₂, but our study showed that this was not a reliable and sufficient source of B₁₂ today. All people produce B₁₂ in their colon, but this is not available for the body since B₁₂ is absorbed in the small intestine.

Improving the bowel flora by using probiotic supplements (*L. acidophilus*, *B. bifidus*, etc.) may be helpful for supplying vitamin B₁₂. However, our study revealed that daily use for three months of either of two different brands of probiotics was not sufficient to restore vitamin B₁₂ status to normal.

Where do I get vitamin B₁₂ in foods?

The use of dulse, chlorella, nori, blue-green algae, spirulina, and fermented soy products has been promoted for their plant-based vitamin B₁₂ content. However, when some of these products were analyzed for true cobalamin activity, they were shown to contain almost all analogues of vitamin B₁₂ which are not active in the human body. In fact, some of these analogues interfere with normal cobalamin metabolism by competitive binding, resulting in poorer vitamin B₁₂ status. Serum vitamin B₁₂ levels may improve, while metabolic indicators deteriorate. Nori and spirulina have both been shown to be ineffective at improving vitamin B₁₂ status of children. It is not safe to rely on marine plant life or soy products for vitamin B₁₂.

We see then that dietary vegan sources of vitamin B₁₂ are very sparse since plant foods do not contain vitamin B₁₂ in appreciable amounts. There is some evidence that plants grown in soil fertilized with cow dung (rich in B₁₂) contain higher levels of B₁₂ within the plant. Whether the reported B₁₂ was true cobalamin and useful for people needs to be confirmed. Other vegan food sources include fortified breakfast cereals, fortified vegan products, fortified nutritional yeast, and dehydrated cereal grasses (like Barleygreen). The amount of B₁₂ in Barleygreen has been shown not to provide adequate amounts of B₁₂ for mature adult's needs. Needs of infants and children are proportionally greater, so Barleygreen alone will not supply sufficient vitamin B₁₂ for a child. Nutritional yeast (Red Star Vegetarian Support Formula) is fortified with an adequate amount of B₁₂ and is a good source of other B vitamins, trace minerals, and nucleotides as well. Many vegans have found this to be an acceptable and reliable source of vitamin B₁₂.

Conclusion

There are many ways to get your vitamin B₁₂, but you must get it in your diet or ensure that your body makes it. You will not have excellent long-term health without it.

What is the best supplemental form of vitamin B₁₂?

Sublingual tablets or low dose sprays are the best delivery forms of B₁₂ supplements; swallowed tablets are not as effective. The best, most bio-available form of cobalamin appears to be methylcobalamin. This form of B₁₂ (methylcobalamin) appears to be taken up by the body and used more efficiently than the more common cyanocobalamin. Cyanocobalamin is typically made by chemical synthesis, or by isolation from animal products or waste. The manufacturer will report the source of the vitamin if asked.

Hallelujah Acres offers two excellent sources of methylcobalamin B₁₂ supplementation. Each product is made from fermented plants and is an inexpensive, vegetarian product. Half of a "Bio-Active B₁₂" tablet or "Xobaline Active B₁₂" tablet twice a week should be sufficient for a healthy child or adult. If I had consumed very little vitamin B₁₂ in the last couple of years, I would take one tablet a day for 10 days and then begin this maintenance program.

Women's Retreat 2000: Restoring God's Temple

Last year Hallelujah Acres hosted our first Women's Retreat and it was an overwhelming success. Many have requested that we sponsor another so we are pleased to announce that the second annual Women's Retreat will be held July 27-29 here at Hallelujah Acres in Shelby, NC.

Listen to what Carolyn had to say about last year's event: "Thank you all for the wonderful Women's Retreat. I hope it will become an annual event, because I have already told several of my friends that I want to take them next year. I came away inspired and motivated to spread the word and to clean up my act, as well. I've been flirting with the Hallelujah Diet for some time now, but the things I heard and learned at the retreat put everything about nutrition together for me for the first time – you made it all so simple. Thanks for your commitment to telling the world that we don't have to be sick!!!"

And Donna said: "I don't know how you were able to plan everything so perfectly as far as timing, content, etc. It truly was a wonderful experience. The praise and worship with so many sisters who love the Lord was a real highlight! But then there were the testimonies! And the practical information! And the wonderful food! On and on it could go."

Conference topics for this year's retreat will include How to Eliminate Sickness, Rebounding and Weight Management, Preparing Live Foods, B₁₂ and the Body's Requirements, Setting-Up a Hallelujah Kitchen, Food Additives and Aspartame, Vaccinations, PMS, Menopause and the Hallelujah Diet, Biblical Relationships, and much more.

Speakers will include Rev. George and Rhonda Malkmus, founders of Hallelujah Acres; Christine Farlow, DC. author of "Food Additives-A Shopper's Guide to What's Safe and What's Not;" Dr. Michael Donaldson, Director of Research, Hallelujah Acres Foundation; Colette and Anna Cogliandro, Anna was featured in the book "Vaccinations-Deception & Tragedy;" Laura Lee Ryan, Health Minister, reboundologist, and aerobics instructor; Carrie Malkmus, Health Minister and BS in Dietetics, Beverly Coed, Deputy U.S. Coordinator for Lydia Fellowship International and more.

Call (704) 481-1700 for details. You will not want to miss this exciting event!

Back to the Garden

Health Ministry

For those who have a burden to share our health message with others, Back to the Garden Health Ministries provides a vehicle to make it happen in your church or community. At Hallelujah Acres we will train you and provide educational materials, books, audios, videos, juicers, distillers, etc. The products will be purchased from us at wholesale prices, 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 well over 2,000 people who have been through training here at Hallelujah Acres. These people are spread out across America in all 50 states, as well as 12 other countries. Many are coming to our training from professional health fields: 25 medical doctors, seven dentists, three optometrists, 56 chiropractors, and 128 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 over 350 pastors, missionaries, and evangelists who have become Health Ministers, as well as homemakers, construction workers, business leaders, retirees, etc.—all wanting 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:

“I am a physician; specifically I am a gynecologist—a cancer surgeon

“The Lord has impressed upon us that Hallelujah Acres Ministry is the plan God has for all mankind to properly care for the temple of our soul. Through prayer and personal experiences my wife and I believe that we share your burden to carry this message that ‘You don’t have to be sick’ to the whole world and especially our little part of God’s wonderful world.”

*R. E. Jack Irvin, attorney-at-law (retired),
Tennessee*

(oncologist). After almost 15 years of providing medical care for women with cancers of the reproductive tract, I am thoroughly convinced that another approach is necessary. We must focus on healing the spirit of sick patients and on the restoration of the immune system through natural foods and healthier lifestyles. *Back to the Garden* provides the NEW way! My plan is to devote the majority of my time developing retreats for patients with gynecologic cancers. The purpose of the retreats will be to provide patients with information regarding natural healing methods.” (I am withholding the name of this medical doctor because I do not want to potentially jeopardize his position as director, division of gynecologic oncology at a large university medical school.)

“I have seen how this Hallelujah Diet has helped my wife, myself and others. After being on this diet for a year, I have recovered from chest pains, bronchitis, arthritis, skin cancers are gone, allergies are gone, no more hemorrhoids, and I have lost 35 pounds. My wife has had migraine headaches as long as I can remember and has not had one since going on the diet. We have a friend with kidney cancer, and after being on the Hallelujah Diet for 11 months is doing fine. Another friend who had experienced a stroke and was suffering with high blood pressure is now doing fine and was able to go off over \$500 worth of drugs he was taking monthly. We want others to enjoy the excellent health my wife and I have come to enjoy on the Hallelujah Diet.” *Gene Thompson, owner of Gene Thompson Realty, Texas*

“Since adopting the Hallelujah Diet, my prostate and arthritis problems are gone, along with my wife’s high blood pressure. I have a desire to help people with their spiritual and physical problems. Being a servant is such a great blessing. I want to assist people who do not realize the answer to health problems is found in Genesis 1:29.” *Rev. Michael Hoyle Jones, retired Captain, United States Air Force; currently Missions Director in South Carolina*

“The Lord has impressed upon us that Hallelujah Acres Ministry is the plan God has for all mankind to properly care for the temple of our soul. Through prayer and personal experiences my wife and I believe that we share your burden to carry this message that ‘You don’t have to be sick’ to the whole world and especially our little part of God’s wonderful world.” *R. E. Jack Irvin, attorney-at-law (retired), Tennessee*

“Since adopting the Hallelujah Diet, I have recovered from breast cancer, multiple sclerosis, allergies, acid reflux, irritable bowel, hemorrhoids, body odor, bleeding gums, anxiety, panic attacks and

Continued on next page

fatigue—all are gone! I am interested in becoming a Health Minister so that I can offer hope to others. I have dealt with illnesses all my life. I kept asking my doctors to educate me on how to strengthen my immune system so as to break the disease cycle in my body; I read medical journals and related materials, all to no avail. The message was always the same: no one knew why I kept getting sick and no one knew how to help me prevent it. For five years I worked in a surgical intensive care unit and for nine years in the emergency department. I was often in horror of what the patients had to endure and how they died. I want to educate people and offer them another choice. I want to empower people to take back control of their bodies and health. I want to offer people hope in place of despair, peace about the future rather than fear, confidence instead of victimization. And beyond that, I want to offer them spiritual health. As I teach people about their bodies, I will be shedding light on the glorious God who created those bodies.”

Pat Herwaldt, Michigan

“In my work as a nurse I see so many people suffering from degenerative diseases—many of these are my patients and even co-workers. This grieves me very much. I want to help people learn how to care for their bodies BEFORE they get sick, as well as show people who are

already suffering from debilitating diseases how to regain their health and lives.”

*Dorthea O'Shaughnessy, R.N.
(for over 36 years), Tennessee*

“Since adopting the Hallelujah Diet my arthritis is gone, my eyesight has improved, I have lost 25 pounds and feel so good. My daughter's bleeding from colitis stopped as a result of the diet change. Now, I am dealing with her asthma and skin rashes caused by the drugs the doctors had given her for the colitis. I believe in natural healing as opposed to using poisonous chemicals. I am a chemist, I teach chemistry, and know the harm they are doing to our people. I am also a food chemist and want to teach people the truth! Dr. Malkmus has opened my eyes.”

Mike Ogwal, Ph.D., Illinois

Editor's note: This is just a small sample 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 its own membership, as well as to use this information in an outreach ministry in its 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.

Schedule of Events

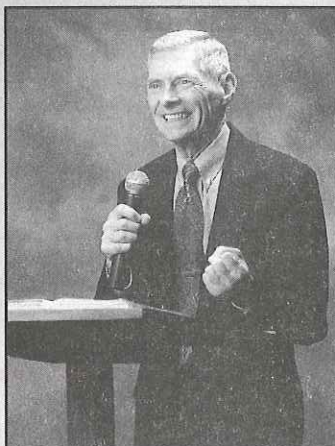
"How to Eliminate Sickness Seminars"

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.

All seminars are held at Hallelujah Acres International Headquarters in Shelby, NC, and begin at 10 a.m.

- Saturday, May 6, 2000
- Saturday, June 3, 2000
- Saturday, July 1, 2000
- Saturday, August 5, 2000
- Saturday, September 2, 2000
- Saturday, October 7, 2000
- Saturday, November 4, 2000
- Saturday, December 2, 2000

Saturday seminars are free of charge and open to the public



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

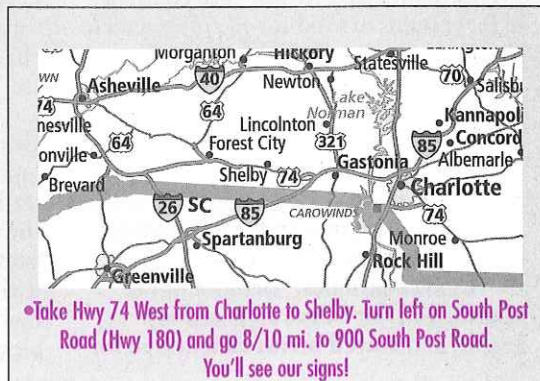
"Health Minister Training"

Hallelujah Acres, Shelby, NC

Thursday-Saturday, July 13-15, 2000

Thursday-Saturday, November 16-18, 2000

Please see pages 7 and 14 for more information on Health Minister training.



Andrew Loess writes: "What's that saying—'the proof is in the pudding?' Well, I continue to see significant changes as a result of implementing the Hallelujah Diet in my life. I find the testimonies very helpful because they put real truth in the whole message. They are hard to ignore because they are independent, and not motivated by anything other than... well, quite frankly... joy! The testimonies are almost a ministry in themselves! Someone may question you, but testimonies are not you speaking! Some of the problems I have seen improvement in since going on the Hallelujah Diet include: **depression/anxiety (treated professionally for the past thirteen years); irritable bowel; headaches; fatigue;** etc. What you teach just makes so much sense! Take care, and continued best wishes for a healthy and invigorating ministry. My prayers of gratitude are being lifted up regularly!"

April Sharrock: "Dear Dr. & Mrs. Malkmus, I just want to thank you! I have been sitting at my computer for quite some time, reading back issues of your Health Tip. Thank you for giving in such a meaningful way. We need you to inspire us so that we in turn can help others. I was there for the Women's Retreat this past summer. I saw ladies accept Christ as Saviour. I witnessed your tears and the sincerity. You are a blessing to the soul and body. May we all learn and carry on the mission that you have begun. I am interested in more training. When is the next Health Ministers training seminar?"

Pastor Robert W. Rohlin writes: "My wife and I continue to be overjoyed at the good results we're seeing from the Hallelujah Diet. Being **free from the symptoms of fibromyalgia** has changed my life!"

Linda Cole, a Health Minister in Washington state, writes: "We continue to be grateful to God for the message He has given you that is CHANGING PEOPLE'S LIVES—'You Don't Have to be Sick' by applying the HALLELUJAH DIET—praise the Lord! No one has ever before taught us how to care for the body-temple that the Lord Jesus has given us for this earthly journey."

Linda continues: "Because of the Hallelujah Diet I have regained my health, and **stayed breast cancer free for**

over three years, without chemotherapy, radiation or Tamoxifen. I have lost sixty pounds and feel better than I can ever remember—my allergies are gone, my blood tests are incredible—that is HALLELUJAH HEALING!"

In conclusion, Linda writes: "We share the Hallelujah message once a month in our home, and to every one we meet along the way. The testimonies people share with us after going on the Hallelujah Diet are encouraging and heart-warming—people are being healed of chronic disease, lupus, fibromyalgia, diabetes, heart problems, various cancers, and the list goes on and on. Gratefully, humbly, thankful to God, George & Rhonda and HALLELUJAH ACRES!"

Charity Macheila writes: "My two young children and I went on the Hallelujah Diet in June 1999, and have enjoyed many health benefits. But the best thing that happened was regarding my daycare baby, Anna, who I watch five days a week. She came into my daycare center in July 1999. The previous babysitter was nervous about taking care of her because **she had almost stopped breathing due to severe allergies. She had ear infections, lots of colds, and was on inhalers.** Also, the child was scheduled to have tubes put in her ears."

Charity continues: "I gently and persistently informed the mother how much her baby could benefit from carrot juice and Barleygreen. She finally allowed me to feed her these juices three times a day, five days a week, while in my care. Almost immediately her problems reduced by about 50 percent. Then the big step was to convince the mother to make a complete change from baby formula to diluted raw goat's milk. It took a while for her to make that decision because of the pressures of her doctor and relatives. However, she finally took the leap of faith, and since about a month ago, the child has no longer had need of the inhalers! Also, the ear tube surgery has been cancelled because the child no longer has earaches!"

This testimony comes from **Dorie Erickson, Ph.D.:** "Thank you so very much for your continued ministry in setting Americans **free from bondage to the wrong foods, drugs, and to overburdened hearts and bodies.** Along with all the health tips, we appreciate so much the spiritual food you provide. God bless you in the new 2000."

This comes from **Natalie Gomer**, a 72-year-old grandmother: "I have been on the Hallelujah Diet for fourteen months. **I'm a recovering colon cancer victim.** According to my doctors, I should be dead—but instead, I am full of energy, and have not been back to see a doctor since making the diet change. My experience with doctors in the past has never produced healing in my body. When I received your video, 'How to Eliminate Sickness,' I watched it everyday for months, before I was finally convinced that if you could get well, why couldn't I get well also? Now, everyday, I wake up and thank the Almighty for his garden and for you. I tell anyone who will listen about the Hallelujah Diet, and my friend 'George.' I especially love the testimonies, and thrill to read about the healing of others on this diet. I am a 72-year-old grandma—but feel like I am 30—and in another six months, at the rate I am improving, will feel like a teenager!"

Marilyn Kranz, a registered nurse from Florida, writes: "It has now been 15 months since I went 'cold turkey' on the Hallelujah Diet, after hearing you speak at the Nurses for Christ Conference in Florida. Since then I have **lost 70 pounds** and reduced my dress size from a 2X to a size 10. Am off all blood pressure medicine, [and have] been able to get rid of the cane I had to use because of my arthritic knees. It has been the best year of my life, and the guilt is gone!"

Marilyn continues: "My friends would be disappointed if I went off my Hallelujah Diet even one time. They invite me to dinner with, 'I fixed some food 'specially for you, Marilyn.' Every Sunday, after church, we eat together in the dining room and a sweet lady has taken upon herself the responsibility of seeing I have a salad without anything in or on it that I shouldn't have. Restaurants are great at fixing a special salad for me, and I have always had a lovely salad when I request one."

In conclusion, Marilyn writes: "I have a good appetite, and I eat well. My daughter feels I am in 'bondage,' and so gets a little upset with me. Recently, when I was offered a piece of cake at her friend's house, before I could even decline my daughter blurted out, 'My mother doesn't eat REAL food.' To which I replied, 'REAL food is exactly what I do eat!' Happy, happy New Year, and thank you for my life REALLY beginning at age 65!"

The Hallelujah Diet

By Rev. George H. Malkmus

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

BREAKFAST: One tablespoon of Barleygreen* powder. I let it dissolve in my mouth or drink it in a couple of ounces of distilled water at room temperature. That is usually all I have until noon! If I get hungry, then I eat a piece of fresh, juicy fruit later in the morning. Cooked food is an absolute no-no since my body is in a cleansing mode until noon each day. It is important to me that the Barleygreen powder comes from American Image Marketing (AIM) and that it contains kelp. Other companies have tried to imitate this product, but their products are not processed the same way. I have tried other products, but they do not give the same results, nor do Barleygreen caplets if swallowed. The caplets, however, can be dissolved in the mouth like a lozenge. I enjoy them in this form, especially when I'm travelling.

LUNCH: One tablespoon of Barleygreen powder. Sometimes I stir my Barleygreen into eight ounces of freshly extracted carrot juice**, which I find especially delicious and nutritious. At least 30 minutes after consuming the Barleygreen, I prefer an all-raw fruit lunch (banana, apple, dates, etc.). Organic is always best, when available. (Sometimes, instead of fruit, I have a vegetable salad for lunch.) It is important that this is an all-raw meal!

SUPPER: One tablespoon of Barleygreen powder either dry or stirred in a couple ounces of distilled water or carrot juice. Carrot juice must be freshly extracted and never canned, bottled or frozen. At least 30 minutes after consuming the Barleygreen, eat a large green vegetable salad of leaf lettuce (never head lettuce), broccoli, cauliflower, celery, carrots, etc. The salad is usually followed by some cooked food (baked potato, baked sweet potato, brown rice, steamed vegetables, whole-grain pasta, whole-grain bread, etc.). Later in the evening, I often have a glass or two of organic apple juice or a piece of juicy fruit. (My diet consists of approximately 85 percent raw food, and 15 percent cooked food.)

To ensure that I get the essential fatty acids my body needs, I also have one tablespoon of Udo's Choice Perfected Oil Blend. I have this either on my evening salad or straight out of the bottle. I take a B₁₂ supplement 3 times a week to ensure my body is getting enough B₁₂. It is important that the B₁₂ is derived from a plant source. Exercise is also an essential part of my program. I exercise at least one hour daily and try to get some sunshine on as much of my body as possible daily.

*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 that 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). It is also loaded with enzymes. I consider it the single, most important food I put into my body, and I always consume at least three tablespoons daily. Another AIM product my wife, Rhonda, and I find very beneficial is Herbal Fiberblend for added fiber, preventative maintenance of the colon, and insurance against parasitic infestations. We each take one tablespoon mid-morning.

**The second most important thing I consume each day is freshly extracted carrot juice made from large California juicing carrots. (I try to drink a minimum of 16 ounces daily.) When I had my colon cancer more than 20 years ago, I consumed 32-64 ounces of carrot juice daily. If I had a serious physical problem today, I would consume up to 64 ounces of carrot juice each day in addition to my three to four tablespoons of Barleygreen. Barleygreen and carrot juice are important to me for the following reasons:

1. Cooked food has practically no nutritional value.
2. A large percentage of the nutrients in raw food is lost in the digestion process, with only one to 35 percent of nutrients reaching cell level, depending on the health of the digestive system.
3. When vegetable juice or Barleygreen is consumed, up to 92 percent of the nutrients reach cell level.

Vegetarian Insurance



Finally there's an insurance plan that's designed specifically with you in mind. After two years, Hallelujah Acres is proud to announce the availability of affordable vegetarian major medical and accident insurance.

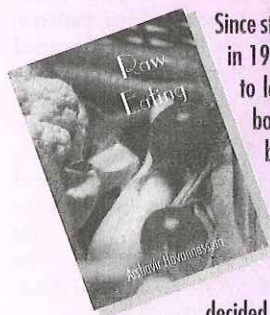
Yes, that's right, a \$2,000,000 health insurance policy designed specifically for you because you live a healthy lifestyle and make good health choices.

At Hallelujah Acres, we understand and appreciate your commitment to good health. And we want to reward you for it with an insurance plan that's superior and yet affordable. Yes, you can have great coverage with rates ranging from an average of \$150 to \$180 per month for a family of four; our insurance programs are both affordable and comprehensive. Why pay more for health insurance when there's a plan specifically designed for you? Please call our friendly staff at (800) 651-7622 or visit us on our Web site at www.hacresinsurance.com.

Because you make good health choices...

You deserve a great insurance plan.

RAW EATING



Since starting Hallelujah Acres in 1992, I have been trying to locate a source for this book so that others could be blessed by it as well, but to no avail. Unable to locate a source, or make contact with the author, I have decided to reprint this book. It

is a classic and a must-read for all desiring a long, sickness-free life.

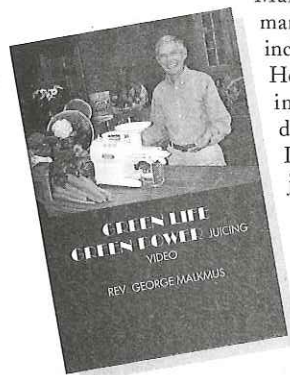
Following are some excerpts from this book: "Raw food should be the only nourishment taken by man. The eating of cooked food is an unnatural habit, which must be eliminated from this world if perfect health is to be attained.

"All diseases are caused by the violation of the laws of nature. God is unerring, and any attempt to use fire in order to improve the quality of natural, faultless foodstuffs created by Him for human consumption is tantamount to doubting His supreme wisdom."

Feature Presentations

From Back to the Garden

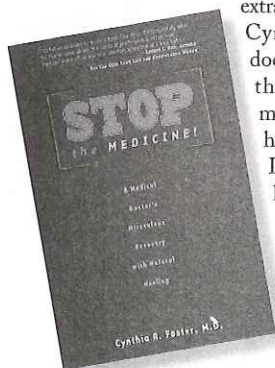
#269—GREEN LIFE/GREEN POWER JUICING VIDEO



In this 105 minute video, Rev. Malkmus discusses the many aspects of juicing including "Why juice?" He personally provides instruction and demonstrates the Green Life/Green Power juicing machines, providing many helpful hints on juicing and the use of these juicers including assembly and cleaning. Rev. Malkmus also demonstrates how

to make a delicious frozen treat that anyone, young or old, will enjoy. He even provides guidance on how to clean your veggies. You will find this video both informative and motivational even if you are an old juicing pro. (\$12.95)

#351—STOP THE MEDICINE!



An extraordinary true story by Dr. Cynthia Foster, a medical doctor who abandoned the theories of modern medicine in order to heal herself and her patients. Dr. Foster has committed her life to teaching others about the body's amazing ability to heal itself. Rev. Malkmus considers this 350-page a must-read for those who want to have full understanding of the

health care system. (\$15.99 - **SPECIAL PRICE THROUGH AUGUST 31, 2000 - \$9.95**)

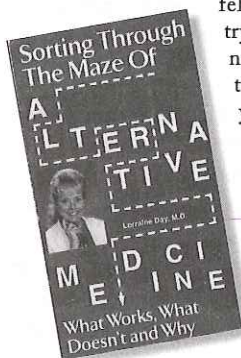
#807—DRUGS NEVER CURE DISEASE!



In this 98 minute video Dr. Lorraine Day, M.D. reveals the astonishing fact that germs **DON'T** cause disease - even though **ALL** conventional medicine, with its massive use of "therapeutic" drugs, is based on the **INCORRECT** premise that germs do cause disease. If you're

going down the **WRONG** road, all the money, brilliant scientists and hard work will just bring you to the wrong destination faster and more expensively! In this video Dr. Day reveals that the **entire foundation** of conventional medicine is based on **ERROR**. Very powerful video! (\$21.95)

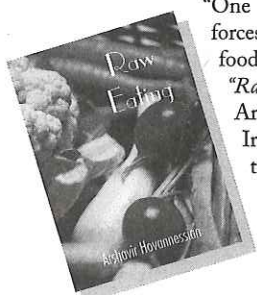
#808—SORTING THROUGH THE MAZE OF ALTERNATIVE MEDICINE



Have you ever felt overwhelmed when trying to understand the numerous alternative therapies available? Well, you're not alone. Most books are just encyclopedias of dozens of different alternative therapies, but Dr. Lorraine Day in this 2 hour video shares from her personal experience of trying to get well, leads you through the

maze of alternative medicine, step by step, and shows you how to evaluate each of **over 60 therapies** discussed on this video including: Detoxification, Herbal, Adjunctive, Biological and Pharmacological, Energy Therapies, Hormonal and Cell Therapy, Mind-Body, and Nutrition, including the Hallelujah Diet. Learn what works, what doesn't and why. (\$21.95)

#352—RAW EATING



Rev. Malkmus writes: "One of the most influential forces in moving me to a raw food diet was a book titled **"Raw Eating,"** written by Arshavir Hovannessian, an Iranian, around 1960, and translated into English in 1965. This printing, just completed, is not available anywhere else. (\$8.95)

#428—BIOACTIVE B12—Here is a vegetarian source of methylcobalamin, the active form of B₁₂, in sublingual (under the tongue) tablets, which is the best delivery form. Contains no sugar, salt, yeast, wheat, corn, soy, dairy products, coloring or preservatives. Black cherry flavor. Each bottle contains 30 tablets, 1000 µg/tablet. Please see the B₁₂ information on page 12. (\$7.50)

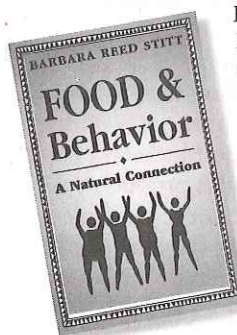
#429—XOBALINE B₁₂—This is another good source of methylcobalamin with more B₁₂ per tablet

than #428. Each bottle contains 60 tablets, 3000 µg/tablet. (\$14.95)

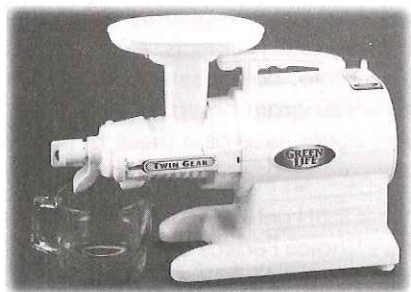
#368—FOOD AND BEHAVIOR

Can what people eat really affect the way they behave? The evidence says **yes!** Barbara Reed Stitt, a former Chief Probation Officer, clearly shows the link between food and behavior. The connection is so basic that parents, the school system, counselors and most of the medical profession, are overlooking it. Ask any hyperactive child, depressed, angry teenager, violent

adult or criminal what they eat and you'll find they all basically eat the same thing. Learn what food abuses the mind, under nourishes the body and distorts behavior. Barbara's message is both enlightening and encouraging. This paperback contains 220 pages. (\$9.95)

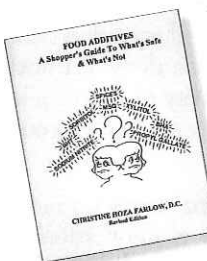


#560—GREEN LIFE JUICE EXTRACTOR



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, an 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. (Regularly \$550.00, our price \$515, including shipping.)

#323—FOOD ADDITIVES: A SHOPPER'S GUIDE TO WHAT'S SAFE & WHAT'S NOT



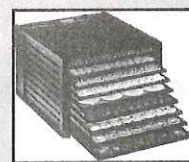
This book will help you make informed choices about the foods you buy. It's purposely small so you can carry it in your pocket or purse while shopping. *"Food Additives"* lists more than 600 of the most common food additives and includes a code indicating safety and the advisability of use for each additive. (\$3.95)

Our Recommended Distiller and Dehydrator



#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.

#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)

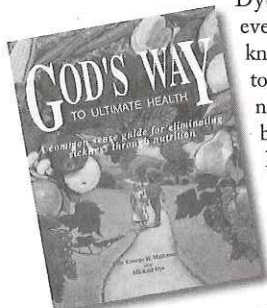


Books and Tapes from Hallelujah Acres

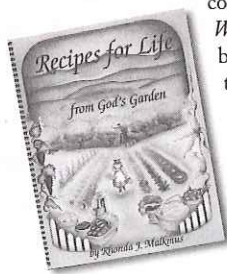
#201—WHY CHRISTIANS GET SICK—by Rev. George Malkmus is very helpful in introducing Christians to a natural diet and lifestyle. Letters are received daily from all over the world from people helped by this book, which is now in its 21st printing. *"Why Christians Get Sick"* is written on a solid biblical 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. This book 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 thousands of people think about what they put into their bodies. Many people say this book has saved their lives. (Paperback, \$18.95)

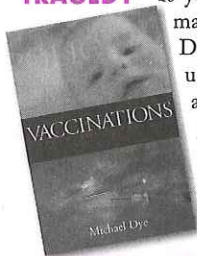


#203—RECIPES FOR LIFE...FROM GOD'S GARDEN—by Rhonda Malkmus is the perfect companion piece to *"God's Way to Ultimate Health"* because it begins where the theory and rationale for the diet leave off. With more than 400 nutritious and delicious recipes, our prayer is that this huge 8 1/2 by 11-inch spiral 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)

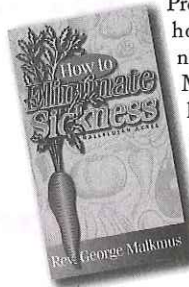
#207—VACCINATIONS—DECEPTIONS & TRAGEDY—Is your child about to receive a mandatory vaccination? Michael Dye spent countless hours uncovering shocking truths about vaccinations that the government, media, and medical establishment would prefer you didn't know. Read this book before you vaccinate—don't make an uninformed decision! (\$8.95)



#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)



#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. (\$3.95)



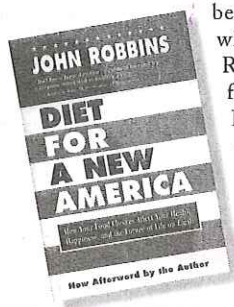
#280—TESTIMONIAL VIDEO—Filmed in 1997 at the Tulsa Bible Prophecy Conference, this moving video features five-minute testimonies of 13 men and women who healed themselves of a remarkable variety of illnesses by going on the Hallelujah Diet. This video contains testimonies by a medical doctor, nurses, 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)

#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 percent, 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)

#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)

Best Sellers

#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. A 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)

#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

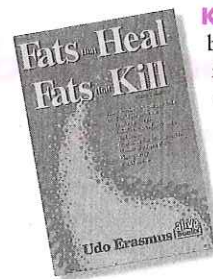
—In this 2 1/2 hour video, Dr. Lorraine Day reveals the causes for a multitude of diseases and provides the astonishing answers to how to get well—without surgery or drugs! She also exposes the disastrous side effects from drugs used to treat physical problems. Discover the cause of your disease and 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. (Paperback, \$12.95)

#350—ENZYMES 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)

#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, \$19.95)

Previously Published Issues of 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," Foreword by Dr. David Darbro, M.D.

#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," testimonies & more.

#118—Issue No. 18, Winter/Spring 99
"The Hallelujah Diet," "Michael Dye on Vaccinations," "Pastors and the Hallelujah Diet," testimonies & more.

#119—Issue No. 19, Fall/Winter 00
"Recovery From MS," "Enzymes, Nature's Life Force" by Olin Idol, "Dealing with Physical Problems the Hallelujah Diet Way" by Rev. George Malkmus, testimonies & more.

Barleygreen, Herbal Fiberblend, and Other Fine Products

#400—BARLEYGREEN is an organically grown, live food from the juice of young barley leaves. The juice is spray-dried in a vacuum at room temperature in two seconds, resulting in a bright green powder very rich in vitamins, minerals, live enzymes, chlorophyll and protein. Barleygreen is the most nutritionally dense food ever found, providing one of the widest spectrums of naturally occurring nutrients available. There are other barley products on the market, but this is the only one we have found that gives truly miraculous results. Comes in a 7-ounce jar, containing 66 teaspoons. Barleygreen is the only nutritional supplement Rhonda and I take. We cannot recommend it highly enough! (\$35.45 for 7-oz. jar)

#410—BARLEYGREEN in new family-size jar—AIM is now offering a 10.5-ounce plastic jar of Barleygreen. (\$49.95 for 10.5 oz)

#407—BARLEYGREEN CAPLETS—Only recommended if allowed to dissolve in the mouth. (\$35.45 for 280 caplets)

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

#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 expel 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 Seed extract, Alpha-lipoic acid, and other antioxidants that help fight free radicals and maintain a healthy immune system. (\$32.95)

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

#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)

Juicers, Dehydrators and Distillers

#550—GREEN POWER JUICE EXTRACTOR—The original Green Power juicer operates identically to the Green Life. It is a little larger in size and is equipped with both a rice cake and pasta maker. (Regularly \$650.00, our price \$595.00, including shipping)

#510—THE CHAMPION JUICER—This is a masticating juicer, which breaks up the cells and fibers of food, forcing its nutritional value into the juice. We do not recommend any juicer with a spinning basket because it only shreds the food, leaving much of the nutrients in the pulp. The Champion is extremely well-made, is easy to clean, runs smoothly and quietly, and has a 1-year limited warranty on motor and 5 years on juicing parts. In addition to juicing fruits and vegetables, you can make banana ice cream, baby food, nut butters, and more. 25 lbs., 17" long, 8" wide, 13" high. (Regularly \$289.00, our price \$269.00, including shipping)

#511—CHAMPION JUICER COMMERCIAL MODEL—Same as #510, but with a stainless steel shaft and heavy duty winding in motor. Optional 220-volt for foreign countries. (\$309.00)

#515—CHAMPION JUICER REPLACEMENT BLADE—If you have put your Champion Juicer to good use over the years, you may notice its teeth getting a little dull. If carrots are becoming more difficult to push through your juicer, that is a sign of a dull blade. Replace it and save time and effort! (\$31.00)

#585—SNACKMASTER 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)

#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)

#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)

#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)

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

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

TEA TREE OIL PRODUCTS

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

#751—DESERT ESSENCE TEA TREE 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, a first aid kit in a bottle. (111-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., \$21.95)

#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)

#337—COLON HEALTH: KEY TO A VIBRANT LIFE—(\$6.95)

#338—NATURAL WEIGHT CONTROL—(\$6.95)

#340—WATER CAN UNDERMINE YOUR HEALTH—(\$6.95)

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)

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 examples 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 14). 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!"



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