



Prices in this brochure are effective through December 31, 2002

Catalog # S2002

PRESORTED
STANDARD U.S.
POSTAGE PAID
SHELBY, NC
PERMIT NO. 152

In the US: P.O. Box 2388 • Shelby, NC 28151
(704) 481-1700 • www.hacres.com

In Canada: P.O. Box 7 • Shallow Lake, Ontario, NDH2KD
(519) 935-9999 • www.hacres.com/canada

In This Issue: 3 Sisters Lose 300 lbs.

Please Send Us Your Testimony!

Every day here at Hallelujah Acres, we get dozens of requests for testimonies. People call in and ask, "Do you have any testimonies of people with colon cancer?" (or diabetes, arthritis, osteoporosis, MS, etc.) We have many of them on file, but we want to hear yours! Who knows, your testimony may end up on the Web site or the next *Back to the Garden*. And it may encourage others to make the life-saving decision you did! So photocopy this page, answer the questions below, and mail it to: **Testimonies for Hallelujah Acres, PO Box 2388, Shelby, NC 28151**, or email them to: mailbag@hacres.com.

Name: _____ City, State: _____

How long have you been on The Hallelujah Diet? _____ How old are you? _____ Gender? _____

How Strictly do you follow the diet? _____

What has The Hallelujah Diet done for you? (continue on another sheet if necessary) _____

In This Issue

Mail Bag (testimonies) page 1

What is Nutrition? page 2

HA Foundation Research page 2

New Get Healthy! Program page 3

HA Health Insurance page 3

School of Natural Health page 4

Total Health Spa & Retreat page 4

Bath & Beauty Products page 5

The Hallelujah Diet Explained page 5

God's Way vs Man's Way page 6

Books pages 7 & 8

Videos pages 9 & 10

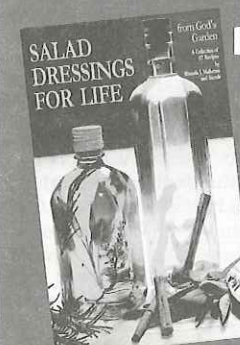
Hallelujah Diet Essentials page 11

Starter Sets & Savings page 12

Kitchen Appliances page 13

Women's Retreat page 13

Order Form page 14



**Rhonda's
NEW
Recipe
Book
is Out!
page 7**

Back to the Garden

Teaching Health from a Biblical Perspective

Summer/Fall 2002

Hallelujah Acres

Issue No. 22

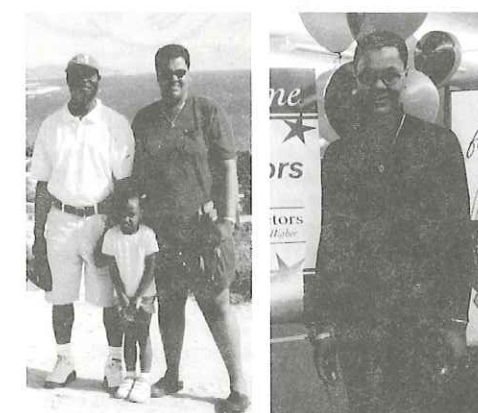
3 Sisters Lose 300 lbs.

by Phyllis Young, Health Minister

I first heard of The Hallelujah Diet in early 1999, after reading the book *Why Christians Get Sick*. At that time, I was almost 100 pounds overweight and had been suffering with chronic back pain, constipation, urinary retention and shingles since an accident and two spinal surgeries in 1985. In fact, I had battled a weight problem all my young adult life, and had yo-yo dieted for the better part of 20 years. I had also taken laxatives for the past 15 years in an effort to move my bowels, and had been told by doctors that this condition would continue for the rest of my life, because of permanent nerve damage.

As a practicing physician assistant, most of what the book, *Why Christians Get Sick* had to say, flew in the face of everything I had learned in school and had practiced for the previous 12 years. However, I couldn't deny the fact that it all made so much sense!

If I had to say one main thing that motivated me to try The Hallelujah Diet, it was my sister Gail. Gail is ten years my senior, and at the age of 49 she was gradually becoming an invalid before my eyes. She suffered with lupus, hypertension, rheumatoid arthritis, sleep apnea and she weighed 323 lbs. at 5'8" tall. These were the actual diseases she had been diagnosed with, but the manifestations of these diseases caused her to continually be sick with respiratory and sinus infections, rashes and skin eruptions which frequently became infected. She had to sleep with a machine that kept her breathing while she slept at night. She took pain medication just to get out of bed each morning, and had been on three



Phyllis - SAD Diet Hallelujah Diet

different blood pressure medications for 15 years. Since I was the person in the family in the medical profession, she always looked to me for advice about her health problems, and I had run out of doctors to send her to and medications to have her try. So I really tried The Hallelujah Diet out of desperation, to see if it might work for her. I had no problem making the transition to the diet, in spite of the fact that I had eaten the Standard American Diet (SAD) of low fiber, processed and cooked foods all my life. It was as if I was a woman on a mission, and I was going to see if this diet worked. Well, it did work! Within the first few weeks, weight started to drop off, and I began to have more energy. Within 4 months I had lost 60 pounds, and the outbreaks of shingles had begun to decrease in frequency and severity. I was also able to decrease the amount of laxatives I was taking. Things were looking up! The next hurdle, however, was to get my sister to do the same thing. I knew it wouldn't be easy, because I couldn't think of a single vegetable she would eat, and I knew she wouldn't drink anything that was green or orange.

As she began to see the positive effects the diet was having on me, I slowly began to introduce some of the aspects of the diet to her. The only thing I was able to get her to do initially was juice and cut back on some of the bad things she was eating like salty and sugary snacks. What was so remarkable was that her body was so sick, that even with that small change, her body began to respond in a positive way. She began to lose

continued on page 2



Gail - SAD Diet Hallelujah Diet



Roberta Pressnell: "Dear Dr. Malkmus, I've been on The Hallelujah Diet for a month now and I feel great! I have suffered from depression, colon problems, bad eyesight, overweight, well . . . you get the picture. After only a month on The Hallelujah Diet, all my problems are gone. I can read without my reading glasses, my colon feels better than ever, I have lost 14 pounds, I no longer take Zoloft, and I am happier than I have been in years. I am now 43 going on 16. Before the diet change I was 43 going on 80. I thank you so much for, through the grace of God, saving my life!"

Allie Olsen from Florida: "Our first son was born January 25, 1999. My pregnancy was good and I considered my delivery to be pretty good at the time. We had a conventional birth in the hospital and I was given an epidural and an episiotomy to 'help my body' do this otherwise natural thing. Throughout my pregnancy I was anemic even though I took prenatal vitamins with extra iron. I was on the Standard American Diet. Shortly after this birth, our family made the switch. We started the Hallelujah lifestyle after my dad had a heart attack at age 49. I am only 21, so my husband and I didn't see significant changes other than weight loss . . . but my father has! Anyway, we have been on the diet for about 2 years and I am now pregnant with our second child. We are doing things more naturally this time. We have decided to have a home birth and I have not supplemented my diet with prenatal vitamins. I recently had to go for a routine blood test concerning my pregnancy and I am SO EXCITED about the results! I am not anemic this time! Isn't that the exact opposite of what should have happened according to the world's wisdom! But praise God, all . . . yes I said ALL . . . including protein and calcium levels, are normal even though I don't take supplements or consume any meat/dairy! I think this is definitely a HALLELUJAH kind of testimony!"

Candy Sullivan: "Just an update for you-when I returned home from the Women's Retreat at Hallelujah Acres, I began exercising. I started that Sunday with 2 minutes of healthy bounce

rebounding. Today I worked out for 40 minutes and only quit because I had to get ready for work! I am so excited! It used to be when the feeling to exercise came upon me, I would lay down and wait for the feeling to pass. I have now completed nearly 4 weeks on the food part of The Hallelujah Diet and have more energy than I ever did before. This go-around on the program also seems to have eliminated my insomnia. I used to stay up till 1 A.M., wake up at 2:30, go back to sleep at 3, wake up at 4:30, go back to sleep at 5 and sleep until 7. I was always tired, felt truly sleep deprived. Now I fall asleep at 10:30 P.M. and sleep till 6:30 A.M. What's interesting to me is that I now have ongoing energy until I lay my head on my pillow! Awesome!"

Judith Kopchak: "I have personally melted off 40 lbs. [since going on The Hallelujah Diet], and my pain level from connective tissue disease, closely related to lupus and/or fibromyalgia, has subsided significantly so that I am finally able to juice carrots on my own. The pain in my fingers, hands, arms, legs, and back would not permit me to juice before now. This has been a long haul for me, but for those of your readers who are getting discouraged, I have been on The Hallelujah Diet for 9 months. My personal thanks to you, Dr. Malkmus, for hanging in there when everyone else was not too encouraging in years past."

Tonya Phillips of Ohio writes: "Here is a list of the symptoms I have been having since I was 19 years old (I am now 33 years old): daily headaches; loss of memory; blurred vision; chronic depression; anxiety; panic attacks; pain all over my body; dizziness; vertigo; confusion; hypoglycemia; slurred speech; swelling; loss of feeling in my hands; tingling in my tongue; chronic fatigue; and menopause problems. My doctor started out doing tests for the Epstein-Barr virus, multiple sclerosis, and fibromyalgia, but I was finally diagnosed with chronic fatigue syndrome. I also could not go out in the sun because my body heated up and I got sick. Since starting your program [The Hallelujah Diet] three weeks ago, I have had a boost of energy! My mind is clear and my hypoglycemia is getting better. All of my symptoms are slowly disappearing. I want to thank you for your knowledge and insight. I am now attending Hallelujah Acres classes with a Health Minister and learning so much. Thank you again!"

Diana MacTavish, who lives in Winnipeg, Canada: "I don't normally write letters like this, but I just had to share how following your plan for healthy eating has changed my life in just four short weeks. At the beginning of this year, a routine physical exam turned up dysplasia. I was put on medication right away in the hope of slowing down or stopping the cell growth and bleeding. After three months I was a wreck. I had gained twenty pounds and my emotions were right off the wall. I took it upon myself to stop taking the pills, which were some kind of hormone therapy. In less than three weeks I was having symptoms equivalent to major menopause. A quick visit to the doctor showed that they had mis-prescribed the medication and I was getting far too much estrogen."

Diana concludes: "After months of horrible mood swings and horrendous hot flashes, my friend introduced me to your health plan and I quite willingly adopted it. After only four weeks on The Hallelujah Diet, I have lost 15 pounds and my hot flashes are almost non-existent. I feel wonderful and the funny part is I thought I would have all kinds of cravings for the fatty foods that were previously a part of my regular diet-BUT I DIDN'T! Thanks for developing this program and sharing it with us. May God richly bless you and your ministry."

Maureen Parrish in Texas: "I went on The Hallelujah Diet and Lifestyle on September 2 of 2001, after being diagnosed a diabetic back in March. Well, after only three weeks on The Hallelujah Diet, I was completely off my medicine. My blood sugar has been within normal range ever since making the diet change, with only a few raises, but 99% of the time my blood sugar has been normal. I have also lost ten pounds and continue to lose. I walk as many times during the week as I can. I want to thank God and you for the strides I have made and continue to make. Praise God and you for starting this wonderful lifestyle."

Chris Storch: "Dear Rev. Malkmus: Just an update on my healing process. You might remember that I was diagnosed with breast cancer in April 2000, had three chemotherapy treatments which shrank the tumor from 3 cm to 1 cm, and then decided to follow a holistic path for healing. By February 2001 the tumor returned and quickly grew to 4 cm. In May 2001 I began The Hallelujah Diet and visited you at the July 'How to Eliminate Sickness' seminar. By October 10, 2001, the center of the tumor, which had a large scab on it, began to disintegrate. The scab fell off and left a hole about 1/8 to 1/4 inch deep in my chest. The tumor continues to soften and become flatter. When I started on The Hallelujah Diet, it stuck out about ½ to ¾ inch off my chest. I have found an ob-gyn doctor in my area who is 'bridging the gap' between conventional and alternative medicine. She has begun to document the progress and is very encouraged with the healing progress I am experiencing on the diet. I feel well and continue to drink 6 to 8 glasses of carrot juice a day, along with eating mostly raw food."

Tami Duvall: "We have just recently (about 2 months ago), discovered The Hallelujah Diet. . . . (When we started the diet) my 3-year-old was on medication for asthma. He had terribly hard breathing spells. After we listened to the tape 'Children and The Hallelujah Diet' we almost completely cut out dairy and corn and wheat. And, of course, added carrot juice, Barleygreen, and fresh fruits and vegetables to his diet. He is now off his medications, hasn't had a nebulizer treatment for several weeks, and is doing wonderful. I had never related his breathing attacks to food. Rather, we related them to being allergic to dogs and cats and perfumes. Now every time he has even the smallest amount of dairy, we can be sure that he will wheeze and/or cough. It was so hard to watch my little one suffer, not being able to get a good breath. Now I know what to do to help him. ALL NATURAL . . . ALL WONDERFUL . . . ALL FROM THE LORD!"

Help a Friend

Would you like to send *Back to the Garden* to a friend? Fill this out and return with your order and we will put your friend on our BTTG mailing list. Enter your email and we will send them Rev. Malkmus' weekly email Health Tip.

☐ Send this person future issues of *Back to the Garden*

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: (____) _____

☐ Send the *Health Tip* to this email address

Email: _____

Eating in the Outdoors

Get great recipes for snacks, salads, fruit salads, desserts, drinks, and typical picnic items like potato salad, cole slaw, sun burgers, and tacos. This video is full of exciting ideas for you to use on your next picnic or any time you're entertaining. There's even a recipe for potato chips that no child, whether young or old, could resist. #229

Other Food Shows include:

ONLY \$14⁹⁵ each

Let's Get Started - #221

Choices, Variety, and Convenience - #223

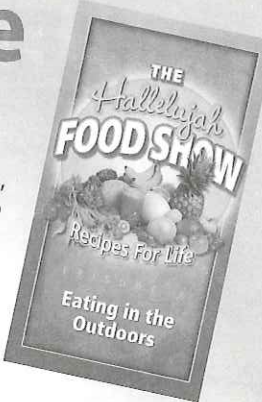
Basics for Great Recipes - #224

The Hallelujah Diet at Work and on the Road - #225

Feeding Our Children - #226

A Day on The Hallelujah Diet - #227

Holidays and Special Occasions - #228



Bill To:

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Telephone: (____) _____

Card Number: _____

Ship to:

Name: _____

Address*: _____

City: _____ State: _____ ZIP: _____

Telephone: (____) _____

Signature: _____ Exp. Date: _____

Shipping Charges

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

Return Policy

Please call for prior approval before returning any items. No returns will be accepted without prior approval. Customer pays for return shipping. Credit will be given after the product is returned and inspected. Sorry, no refunds after thirty (30) days. For equipment items (juicers, distillers, etc.): Items in unused condition, up to \$25.00 restocking fee. Items in used condition, 15% restocking fee. Call (704) 481-1700 from 8am-5pm EST, Mon. through Fri. for details.

Mail Orders to:

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

Canada: Hallelujah Acres, PO Box 7
Shallow Lake, Ontario, NDH2KD

Phone US: (800) 915-WELL
Canada: (519) 935-9999

Fax (704) 481-0345

Online www.hacres.com
www.hacres.com/canada

Qty.	Item #	Item Name	Price Each	Total
			Sub-total	
			6% Sales Tax (NC residents only)	
			Shipping (Express at extra cost)	
			*UPS Delivery - No PO Boxes, please.	Total



Green Star Juice Extractor

This improved version of the Green Life/Green Power juicer offers several unique features that give it an advantage over other juicers. The Green Star 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 Star can also make wheatgrass juice, baby foods, nut butters, and more.

#560 - \$515.00



Waterwise 9000

Produces high quality water by steam distillation. Easy to use and clean. Contemporary Eurostyle design. Manual filling and no water hookups. New non-leaching, food grade, removable plastic boiling tank for easy filling and cleaning. Fully automatic. Produces 1 gallon in 4½ hours.

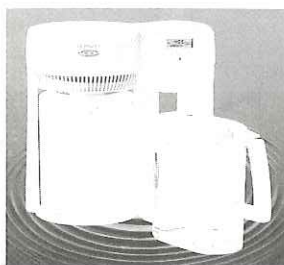
#5900DS - \$349.00



Waterwise 4000

Produces 1 gallon of water in 4 hours. Features a stainless steel boiling chamber, a newly designed energy coil, and a high quality condensing coil.

#5400DS - \$229.00



Ecowater 500 & 800 Distillers

Our newest distillers: the 500 makes 3 qts in 5 hours or 4 gallons per day. The 800 makes 1 gallon every 4 hours, has a built-in timer, and has a dripless "stop and serve" feature.

#500US5 Model 500 - \$149.99

#500US8 Model 800 - \$199.99



Champion Juicer

This is a masticating juicer, which breaks up the cells and fibers of food, forcing its nutritional value into the juice. We only recommend juicers that do not use a spinning basket, which only shreds the food. The Champion is extremely well made, easy to clean, and runs smoothly and quietly.

#510DS - \$269.00

Turbo Blend 4500

The Turbo Blend is an excellent blender and food-processing machine. It is very useful in a variety of tasks from grinding grains to the preparation of delicious raw soups. We do not endorse the manufacturer's claims promoting the Turbo Blender as a juicer as it does not separate the juice from the fiber. We consider the Turbo Blender the best, super-powerful blender available.

#4500DS - \$349.95



Cuisinart® Pro Custom 11™

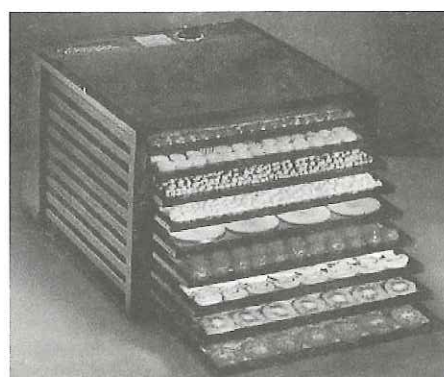
The Cuisinart® Pro Custom 11™ Food Processor is a compact and versatile appliance that chops, minces, shreds, grates, slices, blends, purees, emulsifies, mixes, and kneads. The large feed tube allows you to slice fruits and vegetables like potatoes, tomatoes, and apples.

#579 - \$245.00

Excalibur Dehydrator

With proper temperature and air flow, fruits, vegetables, and herbs can be dried so that enzymes and other nutrients remain intact. The 2900 model features 9 trays for a total of 15 square feet of drying area.

#580DS - \$215.00



What is Nutrition . . . and what is not



by Michael Dye

The best way to define "nutrition" is to say that if it can be used by your body to build healthy, vibrant, new, living cells IT IS "NUTRITION!" If it cannot be used by the body to build healthy, vibrant, new, living cells, IT IS NOT "NUTRITION!" As our 100 trillion living cells regenerate and create new living cells, they need live food for building material. Live (raw) food, is obviously the answer to our body's nutritional needs. But this fact is generally ignored in most public information about nutrition, simply because there is much more profit to be made in the multi-billion dollar industries of processed foods, synthetic vitamins and pharmaceuticals.

Influence from the big business of synthetic vitamins and processed foods has led to a neglect of any distinction between processed vitamins and "real vitamins" as they naturally occur in raw food. For example, we are usually not told there is any difference between the vitamin C in a fresh apple or orange versus the vitamin C in a pharmaceutically manufactured, synthetic pill. Likewise, we are led to assume that synthetic vitamins, added to "enrich" or "fortify" processed foods (such as white bread and sugar-coated cereal), will compensate for the fact that all the natural nutrients have been destroyed by processing. In most of this mass-disseminated information you find no distinction between nutrients that are dead and nutrients that are alive. We are told to eat our fruits and vegetables, but we are not told that there is a difference between a fresh, living, raw carrot and one that has been boiled, baked, steamed, radiated, processed, preserved and stored in a tin can on a grocery shelf.

We know the food we eat, the liquid we drink, and the air we breathe provides the energy and the building blocks for this massive, ongoing rebuilding of cells. We know that raw vegetables and fruits are composed of living cells, and that the cells of these fruits and vegetables contain the same organic minerals, natural vitamins, living enzymes and amino acids (protein) that our body's cells need.

We also know that cooking, freezing, radiating or processing, kills food, stopping its cellular activity, and that once we have taken the life from food, there is nothing we can do to restore that life. This irreversible change alters the form of minerals and amino acids and destroys all enzymes and most vitamins. According to John Michael Douglas, M.D., cooking destroys up to 97 percent of water-soluble vitamins (vitamins B and C) and up to 40 percent of lipid-soluble vitamins (vitamins A, D, E and K). Enzymes are often the first nutrient to be lost due to heat or lengthy storage, and enzymes are the life force, that activating force, that helps all other nutrients to work in the body.

Science has substantiated the superior nutritional value of raw fruits and vegetables, but this emphasis on live foods is still a minority opinion among nutritionists and even in the health food business. From almost every direction we are told that cooked, frozen and processed food and synthetic vitamins are equivalent to fresh, raw food. How could we ever comprehend an explanation for this tremendous lapse in mass-disseminated scientific knowledge, if we didn't consider the fact that there is more money to be made from selling synthetic vitamins and processed foods, than from raw, live food that can be grown in a backyard garden.

3 Sisters Lose 300 Pounds (con't)

weight and had more energy. These small improvements were the catalyst that motivated her to do more.

After one month of beginning to juice and cutting back on what she was eating, she was losing weight, but was still sick all the time. I emphasized that she must give up the animal

products, and I showed her Rev. Malkmus' video "How to Eliminate Sickness." After seeing the video she decided to give up meat, and within two weeks was able to stop taking her pain medication for arthritis. She continued to improve but was still very resistant to taking Barleygreen. She said she couldn't drink anything green, and that it made her gag. She had been doing well for a few months, when suddenly she developed a severe sinus and bronchial infection, and all the doctors could offer her were antibiotics and surgery that had never worked in the past. She complained to me that the diet wasn't working and I encouraged her to do the diet 100%! She agreed, and the rest is history.

To date the two of us together have lost 215 pounds. She lost 124 and I lost 91, and we haven't gained any of it back since. We have

HA Foundation Research

Survey of Food and Nutrient Intake of Hallelujah Vegetarians

Seven-day semi-quantitative dietary records kept by 141 followers of The Hallelujah Diet were collected and analyzed for nutrient intake. This survey claims self-reported improvements in health, and quality of life after adoption of the diet was significant. Mean daily consumption of fruits and vegetables was 6.6 servings and 11.4 servings, respectively. Salads, fruits, carrot juice, and grain products provided 60-88 percent of most nutrients. The mean energy intake was 1,460 kcal/day for women and 1,830 kcal/day for men. This survey claims that, with some modifications, this diet pattern allows people to adopt a low calorie diet sufficient in most nutrients.

Effect of Carrot Juice on Blood Glucose Levels

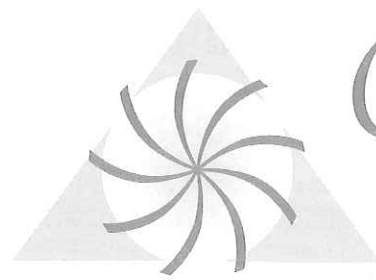
Through this study, we measured the glycemic index of carrot juice to be 86, on a scale where the glycemic index of bread is 100. The glycemic response of carrot juice was lowered to 66 by consuming oil along with the juice. Carrot juice is likely to cause fewer problems to those struggling to lower their blood sugar than animal fats, refined sugar, bread, and flour products.

To read these studies in detail, and for other studies and articles, go to www.hacres.com/articles.asp.

another sister Kathy who started the diet after we had lost our weight, because she said she was jealous that she would be the only fat sister, and she too lost 85 pounds.

Within six months of doing the diet 100%, Gail was off all her medications, including the steroids for the lupus and the three blood pressure medications she had been on for so many years. She has not taken any medication in over a year now, nor has she needed any. I too, was able to get off my medication for shingles and the laxatives, within the first year on The Hallelujah Diet.

We have both become Hallelujah Acres Health Ministers and I now have a growing full time health ministry where we both share the good news of the Gospel of Jesus Christ, wrapped in the good news of health and healing for your body!



GET HEALTHY!

STAY BALANCED

The **Get Healthy! – Stay Balanced** workshop will teach you why many people have physical, mental, and emotional problems. It will then explain how these problems can be overcome or avoided. Each of the program's nine, 2 hour courses, are taught by instructors who have personally experienced the benefits.

You will learn how to:

- Lose unwanted weight and keep it off
- Understand many of the human body's amazing abilities
- Purify the body and create stamina through correct exercise
- Eat foods that help control emotions and give power to the mind
- Add years to your life through rest, diet, and exercise
- Control or even eliminate colds, dandruff, bad breath, and body odor
- Sort out facts from propaganda and truth from misinformation
- Eliminate sickness and disease



Call your Health Minister or Hallelujah Acres to find a class near you!



Hallelujah Acres Health Insurance

Finally there's an insurance plan that's designed specifically with you in mind. Hallelujah Acres is proud to offer affordable major medical and accident insurance for vegetarians.

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.

Hallelujah Acres Starter Kits

Save a ton when you buy a Hallelujah Acres Starter Kit. With three sets to choose from, we have the right combination for everyone. We wanted to make it easy for a beginner to get started. But remember: You don't have to be a beginner to order these.

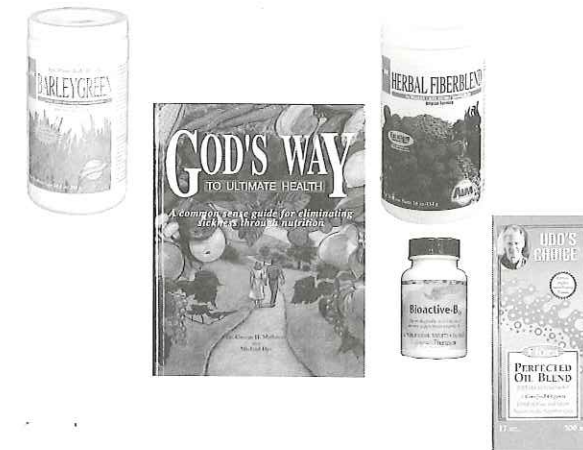
Silver Set

- 1 Barleygreen Family Size
- 1 Herbal Fiberblend Raspberry
- 1 Udo's Choice Oil Blend
- 1 God's Way to Ultimate Health
- 1 Bio Active B-12

#270 reg. \$129.30

SILVER SET PRICE

\$110



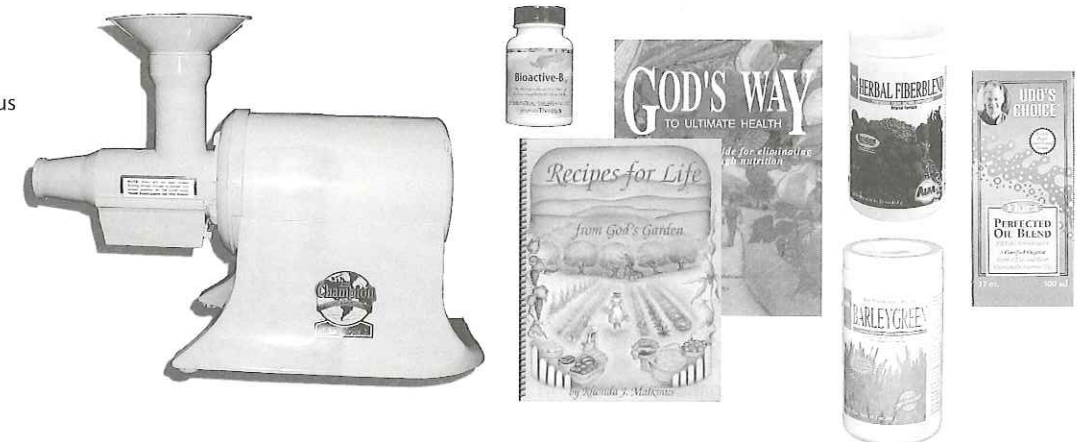
Gold Set

- Everything in the Silver Set plus
- 1 Champion Juicer
- 1 Recipes for Life Book

#271 reg. \$419.30

GOLD SET PRICE

\$359



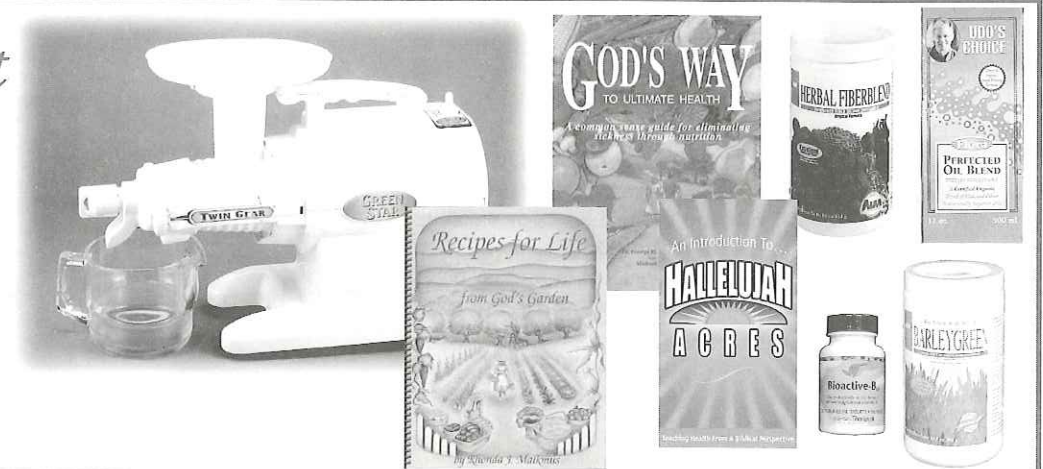
Platinum Set

- Everything in the Silver Set plus
- 1 Green Star Juicer
- 1 Green Star Juicing Video
- 1 Recipes for Life Book
- 1 Intro to Hallelujah Acres Video

#272 reg. \$674.25

PLATINUM SET PRICE

\$569



Autoshipment Program

Now you'll never have to worry about running out of Hallelujah Acres products again. Hallelujah Acres will now **AUTOMATICALLY** ship you any products we offer **EVERY MONTH!** You can have everything you use, Barleygreen, Herbal Fiberblend, Udo's Oil, Flax Seed, B-12, etc., sent to you every month without having to call in an order. We're making it easier for you to eat right!

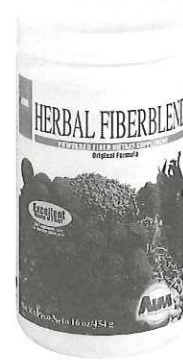
Ask Your Customer Service Representative for Details



Barleygreen

A living food made from the juice of young organically grown 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. There are other barley products on the market, but this is the only one we have found that gives truly miraculous results.

7oz Jar #400 - \$35.45
No Kelp #408 - \$36.95
Caplets #407 - \$35.45
Japanese #398 - \$38.50
10.5 oz Jar #410 - \$49.95



Herbal Fiberblend

This formulation is recommended on the basis of over 20 years of study and personal experiences of many users. AIM has combined selected herbs and fiber for maximum contribution to the daily diet. Contains 17 different herbs in a psyllium base. Each herb is placed in the blend for a specific purpose.

16 oz Raspberry #401 - \$32.95



Microhydrin - Newly Enhanced

The most efficient antioxidant we could find. This supplement uses all-natural, food-grade ingredients to provide your body with a truckload of antioxidantizing hydrogen ions to reduce free radicals. Although this is not part of The Hallelujah Diet & Lifestyle, Rev. Malkmus uses these with great success.

60 Caplets #434 - \$39.95



Bioactive B-12

Here is a vegetarian source of methylcobalamin, the active form of B-12, 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 mcg/tablet.

#428 - \$7.50



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. A good alternative to flax seed oil. One tablespoon per day provides essential omega-3 and omega-6 fatty acids.

17 oz. bottle.

#427 - \$19.95

And for Your Pets ...

Udo's Choice for Dogs #422 - \$16.75

Udo's Choice for Cats #424 - \$8.95

Flax Seed

Flax seed promotes wonderful health benefits. It helps in promoting excellent colon health, as well as contributing to superb immune and cellular function. Prior to use, only grind (in a coffee grinder) the seed needed for daily use. Ideal serving up to 1/4 cup.

10 lb. bag #433 - \$11.20



Light Grey Celtic Sea Salt

Treasured as the finest of all condiments in many countries outside the U.S. Free of any processing, it is dried only by the sun. Rich in electrolytes and vital trace elements.

Coarse Ground - 1 lb bag #431 - \$6.95

Fine Ground - 1 lb bag #430 - 12.95



BetaWash Vegetable and Fruit Wash

It's the best vegetable and fruit wash we've found! Proven effective for removing waxes, oils, chemicals, and other residues from vegetables and fruits. Completely non-toxic, FDA approved, and concentrated. One 8 oz bottle of concentrate makes eight 16 oz bottles of cleaner. You can't find this one in your grocery. You can order it by phoning toll-free 1-888-209-2808 or by going to the web site at www.earthwellness.com. Be sure to provide Buyer ID: HACRES.

One Concentrated 8oz Bottle - \$16.00

HALLELUJAH ACRES School of Natural Health

The Hallelujah Acres School of Natural Health offers two Certificates for those who are interested in studying health and natural living from a biblical perspective. Here is your chance to learn about these fascinating and useful topics at your own pace, in your own home, and at a reasonable cost.

Certificate in Natural Health

Complete this course of study and you will have a whole new appreciation and perspective of the consequences of going the world's way and why all of us should instead choose God's way. It is the goal of Hallelujah Acres to try to bring people back to the simple lifestyle and natural diet God originally planned for mankind: a peaceful, happy life, free from stress and sickness.

Course topics: Health & Healing Food Therapy
Living Chemistry Enzyme Nutrition
Juicing/Cleansing Therapy

Certificate in Natural Living

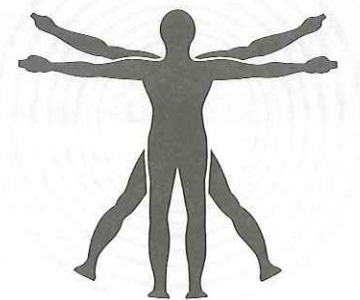
The Certificate in Natural Living promotes natural health by following biblical principles and a Christian philosophy helping you to attain health, happiness and prosperity in your life. Learn about your body, your health, and your food. This Certificate is the perfect companion Certificate with no prerequisites for either. If you wish to attain better health or educate others in natural health you will enjoy these studies.

Course topics: Natural Health Exercise for Life
Natural Nutrition Organic Gardening
The Human Body

Contact Information

Call (704) 481-1700 or email your name and address to school@hacres.com, or view our Web site at www.hacres.com/school.asp

Total Health Spa & Retreat



The Total Health Spa & Retreat, located beside Hallelujah Acres in Shelby, NC, offers a wealth of services to help your reach optimum health. Some of the services they offer include:

- 5 Day Health Retreats
- **Get Healthy!** Classes
- Massage Therapy
- Detoxifying Clay Baths
- Chiropractic
- Colonics

The Total Health Center's Health Retreats and 5 or 10 Day Detox Packages are a great way to jump into The Hallelujah Diet and Lifestyle with both feet.

For more information please call us at (704) 484-9552 or visit us on our Web site at www.healthretreat.com.

BATH PRODUCTS

Creation Soaps



Only \$3.65 each

The healthy alternative to the toxic soaps and shampoos. We absorb up to 5 pounds of water through the skin during a shower so it is a good idea to only use all-natural products.

- #701 - Rosemary (All-in-One)
- #702 - Chamomile (All-in-One)
- #703 - Coal Tar (All-in-One)
- #704 - Rose (Normal-to-Dry)
- #705 - Sweet Orange (Moisturizing)
- #706 - Lavender (Sensitive Skin)
- #707 - Ylang Ylang (Normal)
- #708 - Carolina Pine (Normal)

Loofa



Use as a body sponge to massage and remove old skin and stimulate circulation

#712 - \$4.95

Creation Soap Sets
Only \$10 each

- #714-I - Invigorating Set: Sweet Orange, Carolina Pine, Coal Tar
- #714-R - Refreshing Set: Ylang Ylang, Lavender, Rose
- #714-S - Soothing Set: Chamomile, Rose, Lavender



Crystal Deodorant Stone

This is a safe and effective deodorant for everyone. Contains no aluminum. 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.

#721 - \$9.95

Moisturizing Oil - #709 - \$8.40

Massage Oil - #710 - \$8.40

Liniment Oil - #711 - \$6.75

The Hallelujah DietSM

by Rev. George Malkmus

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Make Me Ready

A Praise & Worship
Exercise Program
With Laura Lee Ryan

Make Me Ready

The Make Me Ready exercise video, featuring Hallelujah Acres Health Minister Laura Lee Ryan, starts you with the basics of stretching and low impact aerobics. This is a superb beginner level program that moves the body and strengthens our spirits with popular praise and worship music from various artists. This video is a great choice for exercise when on the journey to a healthier you. The length of the video is 1 hour and 20 minutes.

#222 - \$21.95

Cancer Doesn't Scare Me Anymore!

This video promotes defeating cancer by strengthening the body's immune system. This 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.

#803 - \$21.95

Maze of Alternative Medicine #808 - \$21.95

You Can't Improve on God #804 - \$21.95

Diseases Don't Just Happen #805 - \$21.95

Drugs Never Cure Disease #807 - \$21.95



Lorraine Day, M.D.

HALLELUJAH ACRES EVENTS 2002

Health Minister Training

Call (704) 481-1700 ext. 739 for information or reservations

Shelby, NC (July 10-13)

Sacramento, CA (October TBA)

Shelby, NC (November TBA)

Women's Retreat

Call (704) 481-1700 ext. 739 for information or reservations

Shelby, NC (August 22-24)

Events in Canada

Call (519) 935-9999 for information or reservations

**Rev. George Malkmus Speaks at the
Canadian Natural Health Expo (Aug. 17-18)**

Health Minister Training (Sept. 18-21)

**On the first Saturday of
each month Dr. Malkmus
presents his world famous
How to Eliminate Sickness
seminar. Each month
hundreds of people come to
Hallelujah Acres to hear this
life changing Seminar**

Sat. Seminars (10:00 am)

June 1

July 6

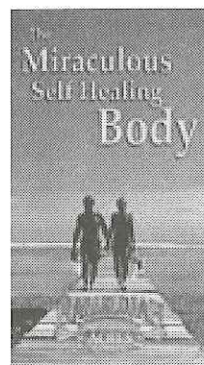
August 3

September 7

October 5

November 2

December 7



The Miraculous Self-Healing Body

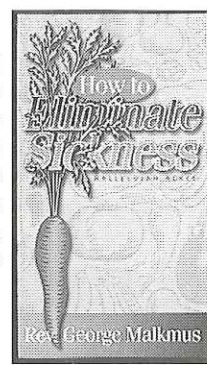
Listen and watch as four medical doctors reveal the secrets to a healthy, vital, disease-free body. This is an amazingly informative video that speaks to doctor and patient.

#219 - \$17.95

How to Eliminate Sickness Video

This professionally-produced videotape was recorded on-site in Tulsa, Oklahoma, at the Tulsa Bible Prophecy Conference. This 2 1/2-hour seminar contains information that Rev. Malkmus has found through his research and study. It is the version of the seminar that 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 is nutrition and what is not. You must see this remarkable video!

#266 - \$24.95

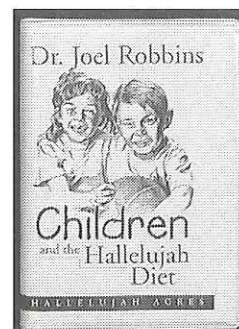


Testimonial Videos #1 & #2

These captivating videos feature testimonies of men and women who recovered from a remarkable variety of illnesses by going on The Hallelujah Diet. These videos contain testimonies by medical doctors, nurses, preachers, and people from many walks of life. If you know someone who resists the "You Don't Have to Be Sick" message, these tapes will open their heart to the truth of the power of The Hallelujah Diet.

Testimonial Video One #280 - \$14.95

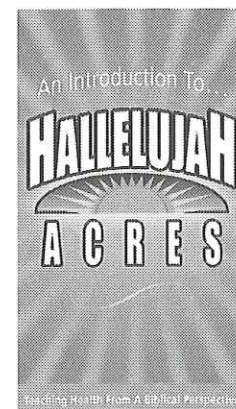
Testimonial Video Two #281 - \$14.95



Children & The Hallelujah Diet Audio Cassette

Dr. Joel Robbins shares what he has learned about health and children. In this tape of his address to Health Ministers, 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.

#232 - \$9.95



An Introduction to Hallelujah Acres

This video is a great introduction to a healthier lifestyle. Giving a brief overview of the mission of Hallelujah Acres, this video offers hope and encouragement for those who seek to overcome the problems caused by poor diet and lifestyle.

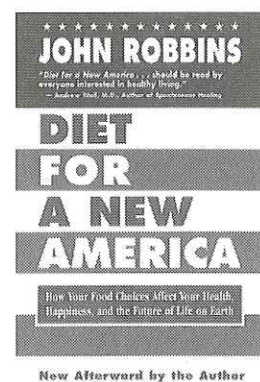
#220 - \$5.95

Diet for a New America Video

This video by John Robbins (former heir of the Baskin-Robbins empire) presents the cold, hard facts on the insanity of a meat-based diet. This is the perfect companion to the *Diet for a New America* Book.

Video #802 - \$21.95

Book #303 - \$14.95



HALLELUJAH ACRES FOOD SHOW

Get great recipes for snacks, salads, fruit salads, desserts, drinks, and meals. These videos ranging from 28 to 55 minutes show you how to make The Hallelujah Diet easy with recipes for hundreds of dishes. They also give you ideas for making the lifestyle change easier and more fun.

Only \$14.95 each

Let's Get Started - #221

Choices, Variety, and Convenience - #223

Basics for Great Recipes - #224

The H. Diet at Work and on the Road - #225

Feeding Our Children - #226

A Day on the Hallelujah Diet - #227

Holidays and Special Occasions - #228

Eating in the Outdoors - #229

God's Way vs Man's Way of Dealing With Disease

by Rev. George H. Malkmus

To eliminate the fear of heart attacks and strokes, we must remove the CAUSE! Yet the treatment of SYMPTOMS is the way we have been programmed. And it is the symptomatic approach modern medicine, science, and even the alternative health fields have used for years in dealing with these problems! But is it the best approach? Is there a better way?

Drugs do not cure! Drugs merely suppress symptoms! This is why doctors will tell you that you will have to be on certain drugs for the rest of your life! But drugs never eliminate the cause; they only create new problems. So what are these drugs, and what do they do?

Here is a typical scenario for someone with high blood pressure. The first drug usually prescribed by the doctor is designed to dilate (chemically expand) the blood vessels. This usually lowers blood pressure; however, it often causes the pulse rate to increase, thus requiring a second drug to slow the pulse. This second drug can cause the body to retain fluid, so the doctor has to prescribe

a third drug, a diuretic, to chemically cause the release of excess fluid. The British Medical Journal reports that nine to 23 percent of men become

impotent from these three drugs. Also as a result, men and women often develop gout, diabetes, headaches, dizziness, depression and higher cholesterol levels. For these new symptoms, additional drugs are prescribed!

A fourth group of drugs often prescribed by doctors are called "beta blockers." These are very powerful drugs that block the effects of adrenaline on the heart, reduce the heart's output, inhibit some kidney functions, change the blood pressure control center in the brain and alter the sensitivity of nerves that monitor blood pressure. Then there is the multitude of side effects these beta-blockers can produce: nausea, drowsiness, dizziness, low blood sugar, loss of appetite, fatigue and depression.

When the drugs fail to suppress the symptoms, the next step is often bypass surgery, a process in which a section of blood vessel is removed, usually from the leg, and inserted to bypass the clogged artery. Of those who get a bypass, over 80

percent are back within seven years in the same shape they were in before the surgery. In addition, five percent die during surgery; up to 19 percent have a heart attack, stroke, or hemorrhage following surgery; and almost 30 percent have slight brain damage. Another 20 percent of patients suffer severe depression and many men become impotent. Angioplasty is a procedure in which an artery is ballooned so that the blood can flow more freely past the obstructions. This is also a potentially dangerous procedure. Within six months 40 percent of these patients are back in the same condition as before the angioplasty was performed.

Is there a better way? Absolutely! The cause of up to 90 percent of all physical problems (not just heart attacks and strokes) is a poor diet. As people change their eating habits, removing animal products, sugar, white flour, table salt and caffeine from their diet, and start consuming a diet plentiful in raw fruits and vegetables along with large amounts of fresh, raw vegetable juices, their high blood pressure, high cholesterol, and high triglycerides usually normalize and physical problems usually, simply disappear!

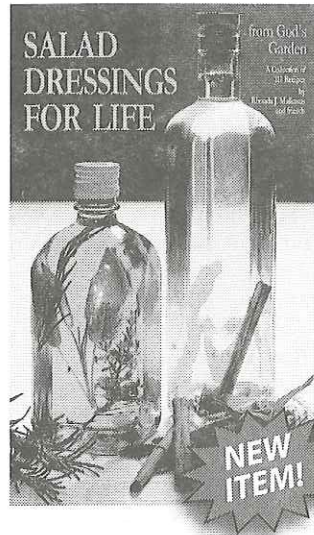
Women's Retreat August 22-24th

Every year, our Women's Retreat is extremely successful and rewarding for all those who join us. This year will be all the more remarkable and inspiring. Women's Retreat 2002 will be our fourth annual Women's Retreat hosted here at Hallelujah Acres. It will be held August 22-24 here at our beautiful international headquarters in Shelby, North Carolina.

The keynote speakers this year are John McDougall, M.D., a national best-selling author and founder of the McDougall Program. Dr. McDougall will be joined by his wife, Mary McDougall. She will be talking about the practical application of all that her husband teaches.

Our other keynote speaker is Amy Joy Lanou, Ph.D., who is the director of the Nutrition Department at the Physicians Committee for Responsible Medicine (PCRM), a Washington, D.C.-based nonprofit organization dedicated to promoting preventive medicine, especially better nutrition, and higher standards in research. In addition to coordinating the Nutrition Department, Dr. Lanou oversees PCRM's Cancer Project, conducting clinical research, working with cancer foundations, and promoting a vegetarian diet among policymakers, dietitians, and researchers. Dr. Lanou has taught courses in human nutrition, nutrition and exercise, and nutrition and aging at Ithaca College as an assistant professor and at Cornell University as an adjunct professor for six years. She has worked with T. Colin Campbell, Ph.D., at Cornell University as a nutrition writer and was managing editor of his newsletter and online journal, New Century Nutrition. She is also the author of "Healthy Eating for Life for Children" (John Wiley & Sons, Inc., Feb. 2002). Dr. Lanou received her B.S. in Nutrition Science from the University of California at Davis and her Ph.D. in Human Nutrition from Cornell University. Her research was focused on body weight regulation and the control of food intake. Of course, we will be joined by: George Malkmus, founder of Hallelujah Acres; Rhonda Malkmus, author of *Recipes for Life from God's Garden*; Olin Idol, CNC; and Michael Donaldson, Ph.D., Director of Research, Hallelujah Acres Foundation.

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



Salad Dressings for Life - From God's Garden

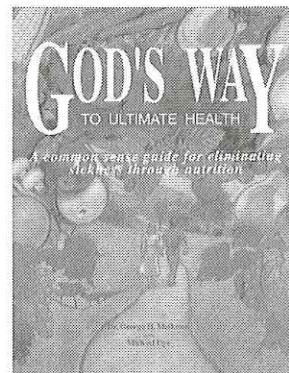
Finally! Rhonda's latest cookbook containing 117 great recipes that will make your daily salad livelier than ever. Healthy recipes for salad dressings of all types; oil based, seed & nut based, vegetable based, apple cider vinegar based, fruit based, and avocado based dressings. You can have lots of variety on the Hallelujah Diet and Lifestyle! Let Rhonda show you how. This is the second of Rhonda's recipe books. 64 sturdy pages, spiral bound.

#208 - \$12.95

God's Way to Ultimate Health

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. Many people say these 282 pages have saved their lives!

#202 - \$18.95

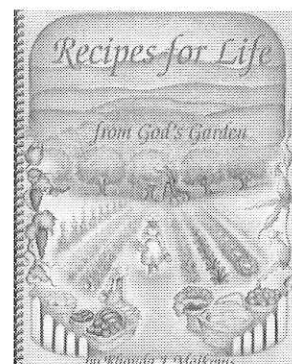
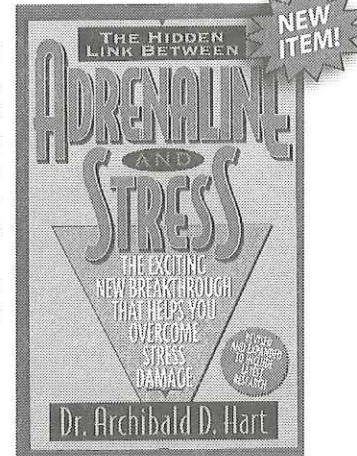


Adrenaline & Stress

Are you a workaholic? Prolonged adrenaline arousal can lead to stress disease and ultimately premature death. Heart attacks and other chronic forms of stress-induced illness are the lethal by-products of too much adrenaline pumping through our systems.

You can kick the adrenaline habit! Dr. Archibald Hart tells how in this 222 page paperback.

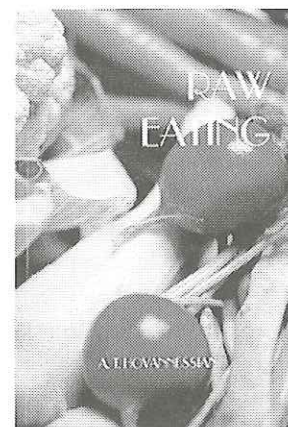
#373 - \$12.99



Recipes for Life - From God's Garden

This book 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. Healthy food tastes wonderful, and this huge 8½ x 11 inch spiral bound book proves it with more than 400 nutritious and delicious recipes! It has important chapters on how to feed children and young adults, and even a section on feeding babies. Includes detailed index.

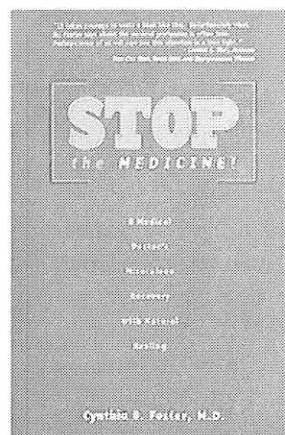
#203 - \$24.95



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. This great book is filled with wonderful information that would be useful to those moving to a raw food diet, however Hallelujah Acres does not agree with the evolution hypothesis discussed therein.

#352 - \$8.95



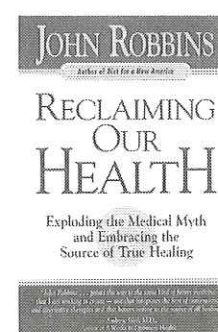
STOP the Medicine

This is the extraordinary story of a medical doctor who abandoned the theories of modern medicine in order to heal herself and her patients. Dr. Foster risked financial ruin and professional disdain for choosing an alternative method of healing her body and for committing her own life to teaching others about the body's amazing ability to heal itself. Her message is simple and yet empowering: No one has to be sick!

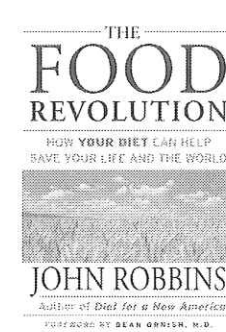
#351 - \$15.95 SALE - \$9.95

Health Minister Training in Sacramento, California

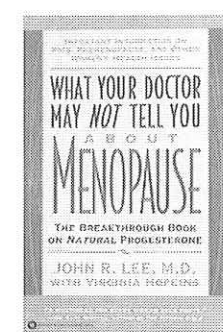
Great news for people in the western United States: a Health Minister Training Seminar is tentatively scheduled for October in Sacramento, California. The date isn't solid yet, so keep checking our Web site at www.hacres.com to get the finalized date and location.



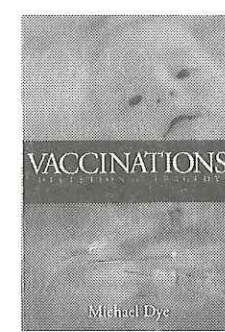
#365 \$14.95



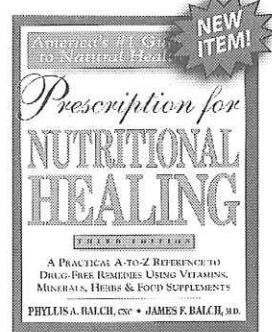
#370 \$17.95



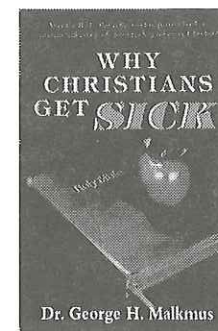
#363 \$12.99



#207 \$8.95



#353 \$23.95



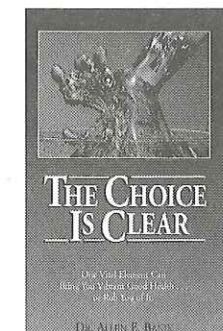
English #201 ... \$8.95

Spanish #201S .. \$8.95

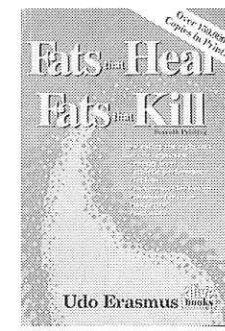
Korean #201K ... \$8.95



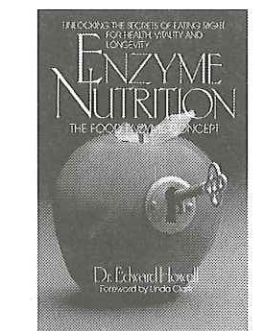
#308 \$7.95



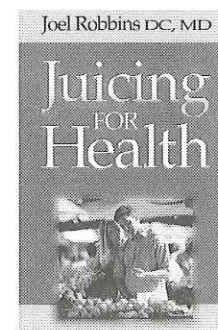
#310 \$2.50



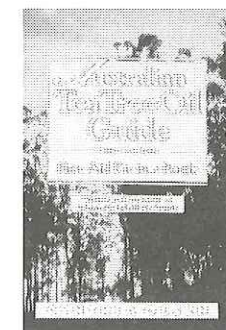
#348 \$22.95



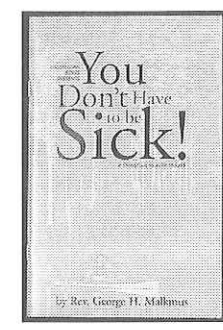
#350 \$8.95



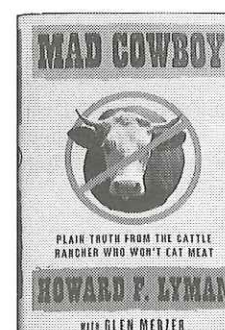
#371 \$12.00



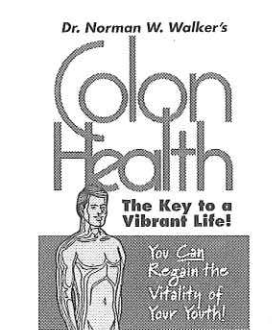
#316 \$8.50



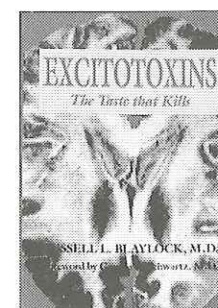
#206 \$3.95



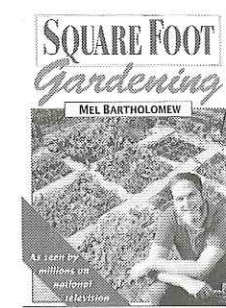
#369 \$24.00



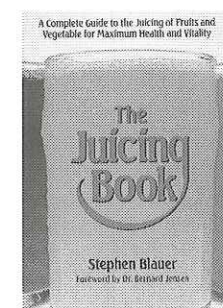
#337 \$6.95



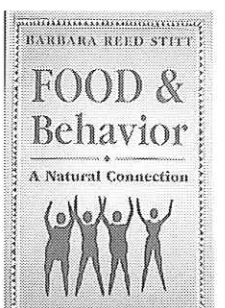
#366 \$17.95



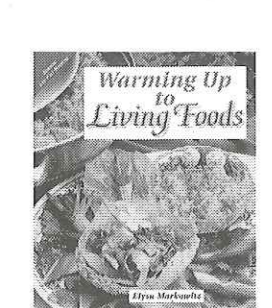
#306 \$16.95



#321 \$8.95



#368 \$9.95



#372 \$15.95