

## The Hallelujah Acres Story

**H**allelujah 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. 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.

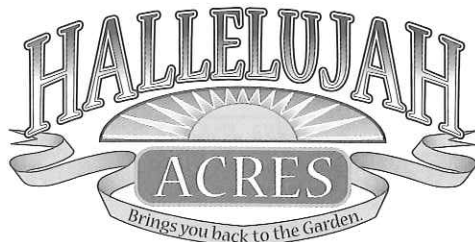
Rev. Malkmus' second book, *"God's Way to Ultimate Health,"* published in 1995, is the most complete compilation of information on how to maintain or regain your health in accordance with God's natural laws. More than 100,000 copies are in print!

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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# 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 • Winter/Spring 2003 • Issue No. 23 • \$3

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**MAX**

- Superior Life Force
- Superior Taste
- Reduced Cost
- Advanced Processing Techniques
- Increased Value
- Enhanced Nutritional Profile

More about BarleyMax page 7

**Pregnancy, Children, and The Hallelujah Diet™**

**NEW!**

Infants and young children have special dietary needs that require special consideration. In his new book entitled *Pregnancy, Children, and The Hallelujah Diet*, Olin Idol, N.D., C.N.C. discusses these unique needs providing practical advice to help ensure their nutritional requirements are met. This book is a must read for anyone already with child or contemplating starting a family. See page 14 for more information on obtaining this new book.

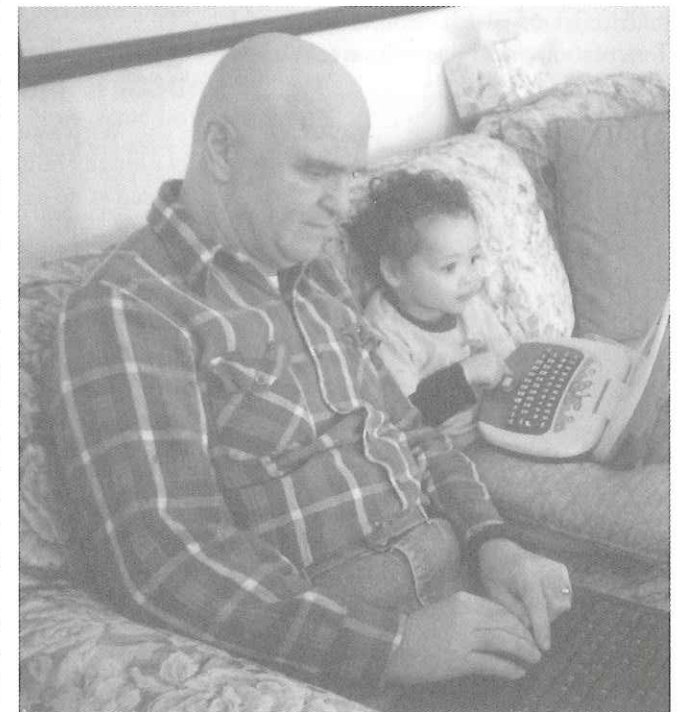
## AN AMAZING RECOVERY FROM: ULCERATIVE COLITIS

By Health Minister Bill McHale

Rev. Malkmus, I just read your Health Tip #240 and want to respond with my own testimony about ULCERATIVE COLITIS. Ten years ago, I was a Naval Officer at the height of my career. While stationed at Washington D.C., I developed ulcerative colitis and went to the Bethesda Naval Medical Center for treatment. This is the same facility that recently performed a colonoscopy on President Bush. They have some of the finest medical personnel and equipment in the world. The doctors did not know the cause of ulcerative colitis, they did not know how to cure it, but they did know how to treat it with drugs.

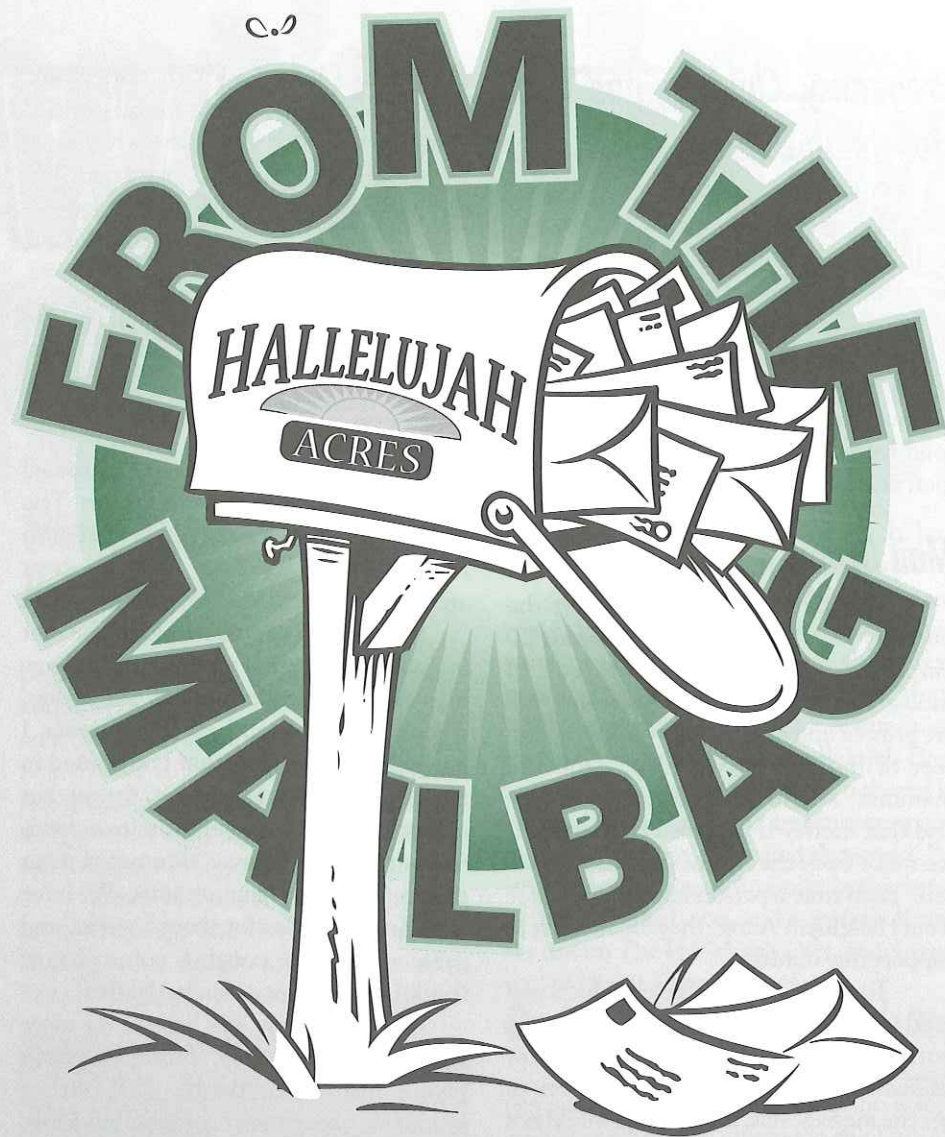
Since ulcerative colitis could flare up at any time, I had to be near a major medical facility. I was considered non-deployable and forced to retire with only 24 years of service to my country. After four years of constant flare-ups, treatments, and large doses of Prednisone to bring it under control, I was placed on twelve 500mg tablets of Alsulfazine – six in the morning and six at night. I was also placed on fourteen pills of high blood pressure medication every day. Once on a trip, two years ago, I ran out of medicine and three days later I had full-blown ulcerative colitis with the blood, diarrhea and nausea, my body was in a totally weakened condition. It took six months to get the disease back under control.

My mother, just like yours, died a horrible, painful death of colon cancer, and my doctor advised me that its not "if I would get colon cancer, but when" and provided me



Continued on page 5





Dear Rev. Malkmus: I started The Hallelujah Diet on February 20, 2002. It's now been eight weeks since I started the diet, and I would say that the results are phenomenal. My blood pressure was dangerously high before making the diet change, and I consumed many cans of beer each day, and ate the typical American diet, usually from the fast food restaurants.

"Since going on your program, my life has changed dramatically. I have already lost 30 pounds in just eight weeks, and I've given up alcoholic beverages completely. I'm back into bodybuilding with all of my newfound energy. At 54 years of age, I've found a new, fresh, and vibrant lifestyle. I feel better now than I did 30 years ago, while my blood pressure has returned to within the normal range, just by changing my diet.

"The daily headaches I suffered, causing me to consume aspirin at least

four times a day, have disappeared. The acute sinus congestion, along with low lung capacity, have also totally cleared up, and I breathe better than I did as a teenager. I no longer take drugs of any kind!

"I can't thank you enough, Rev. George and Rhonda Malkmus, for changing my life! I now attend church weekly and praise God for the wonderful gift of life. Praise the Lord!

-Peter Meier, Illinois

"At the end of December, I began following The Hallelujah Diet, and have not deviated since that time. I am happy to report that my diabetes is gone, the vertigo is gone, the lethargy is gone, and depression is gone! My weight loss is at 66 pounds, and I went from a size 20W to a size 10, and from 220 pounds to 154 pounds. The best part is I have no more cravings since giving up refined sugars,

dairy, meat, white flour products, and processed foods. Eating the Hallelujah way has totally changed my life! I ride my bicycle daily at least 10 miles, and have more energy than I have ever had. My birthday is in July, and I will be 49 years young!!! Fifty is looking better all the time. Thank you so much for your continued research and heart to all of us who are seeking a closer relationship with our Heavenly Father, and the desire to care for our temples as He has always intended for us to do. God bless you abundantly.

-Jan Richardson, Florida

"Dear George, I was diagnosed with prostate cancer in 1995, when I was 74 years old. The biopsy indicated an operable cancer and the doctor, of course, recommended an operation. I studied the problem for several days and found that most men who had the same problem were no better off with the operation than without it.

"Next came the radiation recommendation, with the same response from me. The final suggestion from the doctor was to 'watch and wait,' supplementing with a strong hormonal medicine. This I did, but it reduced my energy to near zero, with hot flashes and other problems. The meds were cut in half, and after changing urologists, a milder medicine was prescribed. I continued to have a PSA test every 3 months and a physical every 6 months.

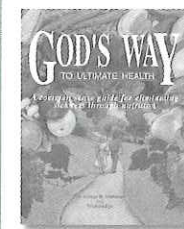
"Then I heard about The Hallelujah Diet in March 1999, and 'went for it.' After starting the diet, my body seemed to come to life as all the toxins began to leave, along with the excess fat I was carrying around. Soon the energy returned, and a new life began. I lost 20 pounds. I haven't had a cold since making the diet change and the nasal drainage that I had since a child, left. I began to feel like a kid again ... not bad for a 79-year-old guy recovering from cancer!

"The golf game I had laid aside due to the meds was now an option, so I began playing 18 holes (walking of course) twice a week and practicing regularly. An exercise program was launched, building up the muscles, walking and swimming ... drank lots of

# Best Sellers

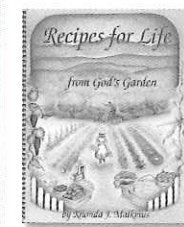
**#201—WHY CHRISTIANS GET SICK**—by Rev. George Malkmus is very helpful in introducing Christians to a natural diet and lifestyle. Letters are received daily from all over the world from people helped by this book. "Why Christians Get Sick" is written on a solid biblical foundation with more than 150 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)

**HOW TO ELIMINATE SICKNESS VIDEO and AUDIO '99**—These professionally produced, video and audio tapes were 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.

**#266**—Video (\$24.95)

**#231**—Two audio tapes in binder (\$12.95)

**#219—MIRACULOUS SELF-HEALING BODY**—Listen as five leading health experts discuss the dangers of the Standard American Diet as they present evidence that improper diet is the leading cause of almost every physical ailment. Dr. Neal Barnard, Dr. Joel Fuhrman, Dr. John McDougall, Dr. Russell Blaylock, and Rev. George Malkmus reveal the secrets to a healthy, vital, disease-free body. Very powerful video! (\$17.95)



**#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)

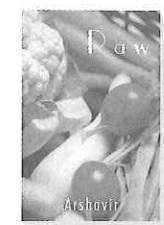
**#280—TESTIMONIAL VIDEO**—Filmed in 1997 at the Tulsa Bible Prophecy Conference, this moving video features five-minute testimonies of 13 men and women who healed themselves of a remarkable variety of illnesses by going on The Hallelujah Diet. This video contains testimonies by a medical doctor, nurses,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



**#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 SALE PRICE: \$9.95)

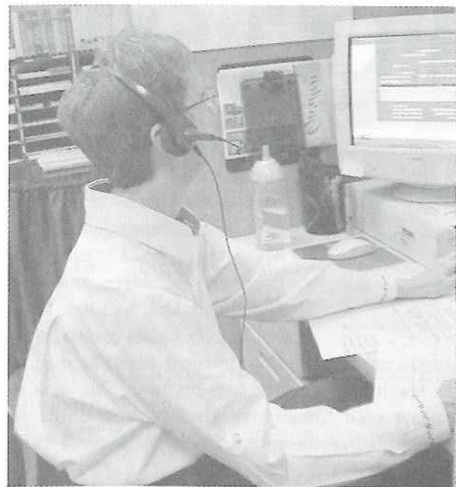


**#352—RAW EATING**—Rev. Malkmus writes: "One of the most influential forces in moving me to a raw food diet was a book titled 'Raw Eating,' written by Arshavir Hovannessian, an Iranian, around 1960, and translated into English in 1965. This printing, just completed, is not available anywhere else. (\$8.95)

**#208 - SALAD DRESSINGS FOR LIFE - FROM GOD'S GARDEN**—Finally! Rhonda's latest cookbook containing 117 great recipes that will make you 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. (\$12.95)

**#353—PRESCRIPTION FOR NUTRITIONAL HEALING**—This book is the nation's number-one bestselling guide to holistic health. For ten years and more, people interested in alternative healing and preventive therapies have relied on this invaluable reference as a guide to improve health through nutrition and supplementation, avoiding traditional drug therapies. This book, recently updated, incorporates the most recent information on the benefits of vitamin and mineral supplements and herbal remedies, and their effects on hundreds of disorders and diseases. (\$23.95)



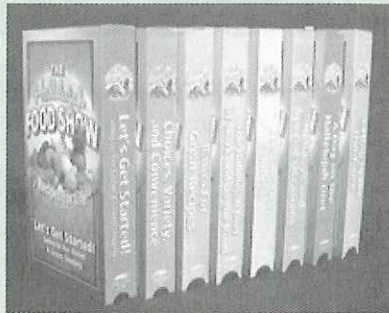


## HALLELUJAH ACRES FOOD SHOW

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<sup>SM</sup> 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**

- #221—Let's Get Started
- #223—Choices, Variety, and Convenience
- #224—Basics for Great Recipes
- #225—The H. Diet at Work and on the Road
- #226—Feeding Our Children
- #227—A Day on The Hallelujah Diet
- #228—Holidays and Special Occasions
- #229—Eating in the Outdoors



## Juicers, Dehydrators and Other Useful Equipment

**#560—GREEN STAR JUICE EXTRACTOR—** This new 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 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. (Regularly \$550.00, our price \$515, 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.)

**#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)

**#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)



**#579—CUISINART PRO CUSTOM 11—** The Cuisinart Pro 11 Food Processor is a compact and versatile appliance that performs a host of processing features. These features include: blending, chopping, emulsifying, grating, kneading, mincing, mixing, pureeing, shredding, and slicing. This processor performs with great efficiency and speed. With a large feed tube, whole fruits and vegetables can be easily processed. (\$245.00)

**#4500—VITA-MIX 4500—** The Vita-Mix Turbo 4500 is a heavy-duty, commercial-quality blender that provides optimum performance and power. When you compare the capabilities, performance and power of this blender to other blenders, there is no comparison. It is useful in a variety of tasks from grinding grains to the preparation of delicious raw soups. We consider the Turbo Blender the best, super-powerful blender available. (\$349.95)

**#583—SALAD SPINNER—** This is a great tool for salad preparation and drying of greens. Wash lettuce and fill the basket. Close the lid and press the knob

to spin the basket. Push button brake allows for simple removal of salad once it is dried. Simple design and ease of use makes this spinner a great addition to any kitchen. (\$24.50)

**WATERWISE DELUXE PURIFIER 8800 —** Our newest distillers: The 8800 makes 1 gallon every 4 hours or 6 gallons of water per day, has built-in timer, and has a dripless "stop and serve feature." (\$250.00)

**#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)

**#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.

**#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)

water, got lots of sunshine, and kept a positive attitude.

"Three years have gone by [since going on The Hallelujah Diet] and I continue the same regime. I shoot my age when golfing (the ultimate goal for a golfer) and have not been beaten by an older [person] than me since I started the diet. I eat 75% raw, and the rest is cooked food. If I had a serious physical problem I would instantly go 100% raw.

"I still see my urologist every 6 months and have a PSA test every 3 months. I have had no medication for the 3 years since I started the diet. I have not had a second biopsy to verify the cancer is gone, but I am sure it is. I have lots of faith in the Healer within, and am enjoying this new phase of my life. Looking forward to meeting you at the July Health Minister's training."

-Bennett Moe, California

"Since going on The Hallelujah Diet: I have lost 35 pounds, my eyeglass prescription required less correction, I have lots more energy, don't sleep 9-10 hours per night any more; and walk two miles per day! I finally feel GREAT! Today I was reminded that healing takes time. I see so many positive changes going on in my body, and I know I am going in the right direction. May God continue to bless your ministry."

"I have just received my thyroid globulin report, and it is at 5.4. I am on my way to being cancer FREE! Praise God! I can't wait to tell my "Get Healthy" class members about this great news. Keep on preaching the good news!"

-Miriam D., California

"I had two cancerous tumors according to my doctor. I was suffering from Meniere's syndrome, dizziness, and unbearable vomiting at least twice a year for the past 21 years. I also had suffered with palpitations and arrhythmia for the past 30 years. Since my operation, where they removed my uterus and ovaries, I had experienced all the unpleasant signs of menopause, not to mention the arthritis and rheumatism pains in my neck, elbows, knees, hips, fingers and toes and the abdominal pain which kept me from being physically active. Within one

*Recovery, continued from page 1*

with treatment options. They said if the radiation and chemotherapy did not work, they would surgically remove the colon and place a colostomy bag at my side forever. Or they could widen the end of the small intestine to form a small rectum. I would always have to be close to a bathroom requiring a bowel movement every two or three hours, day and night. At the first sign of a bowel movement, it would only be seconds, I would have no control to stop an accident. Not a good lifestyle to look forward to living.

I heard about The Hallelujah Diet from my brother George. He and his wife went on The Hallelujah Diet, because his wife, Patsy, was losing her eyesight due to diabetes. Praise God, today, her eyesight is stabilized, and she is off all medications for the diabetes. I was so impressed with the 50 plus pounds my brother George had lost on the diet, that I drove to Hallelujah Acres in September 2001 to hear your first Saturday-of-the-month, How to Eliminate Sickness, seminar. After hearing you, reading the literature and hearing the testimonies, I was convinced this was the answer I had been looking for, not only for myself but for others as well.

I signed up for the November 2001 Health Ministers training and started my diet that very first night. I had to wean myself off the Alsulfazine because of withdrawal complications, but was completely off all medications by the end of November, about two weeks after starting the diet.

It is now July 2002, and thanks to The Hallelujah Diet and Lifestyle, my colon has never worked better. I have lost 40 pounds, going from 190 to 150 pounds. My blood pressure is now 100/62, and I no longer have need of high blood pressure medicine. The degenerative arthritis in my foot, that the military doctors said would only get worse despite taking painkillers, has completely disappeared and now I jog four miles each day without any pain. My severe dry skin (x-linked lcktheosis) simply went away; my hemorrhoids have disappeared; sinuses have cleared up; and my energy level is at an all time high. I am 55 years old and fully expect to spend the next 65 years, serving Him as a Health Minister. Thank you, Dr. Malkmus, for opening my eyes to the truth that YOU DON'T HAVE TO BE SICK."

Bill McHale is a Health Minister who lives in Stafford, Virginia.

month [after adopting The Hallelujah Diet], the joint pains had disappeared and I could do my greetings to the sun easily every morning. Within four months, the second tumor had melted like snow under the sun. It will be now eleven months since I am on living foods, and all other symptoms are gone. All I have left is a small tumefaction. Of course, I feel full of energy and am very rarely tired. I would like everyone to know this happiness. My mind remains clear and alert; while my heart shares positive emotions with everyone I meet. Yes, healing is possible, and I will add, our health is a responsibility that nobody else can take care of for us."

-Micheline, Quebec, Canada

"I am a diabetic on the insulin pump. Diagnosed in 1995, I went the

medical route of pills, then to insulin shots, and then to the insulin pump. Still the doctor's answer was to eat the Standard American Diet (SAD) and increase my insulin. This mode of treatment resulted in many medicines for the increasing symptoms of the disease and many pounds of extra weight. I was chronically tired, used sheer will power to get up and go each day as I continued to grow weaker. The effects of the SAD that contributed to the disease and the medicines the doctors put me on are too many to list.

"My husband Bill and I started The Hallelujah Diet 14 months ago. Since then, I have cut my insulin intake by more than 50%, my triglycerides are down, my good HDLs are up, the bad LDLs are down, my protein, calcium, and mineral counts are normal, my blood pressure is down. For the first time since



*"BarleyMax" Continued from previous page*

minerals. Higher mineral content gives more cofactors for higher enzyme activity and building blocks for the living cells, tissues, and organs of the body.

4. Vitamin Content – Our tests and research indicate higher vitamin content in BarleyMax. This may be due to growing conditions, but also to lower heat and oxygen exposure during processing.
5. Antioxidant Capacity – Green drink powders are a rich source of antioxidants. In a measure of total antioxidant capacity, this product is the leading green drink juice powder.
6. Looks Fresh – BarleyMax is green. When mixed, BarleyMax has a deep, rich green tint. Even if it sits on the counter for a while, it does not separate. This indicates true solubility. It mixes easily and stays mixed.
7. Alfalfa – Hallelujah Acres added 20% organic alfalfa juice, because it is one of the most mineral-rich foods on planet earth. Alfalfa has roots that grow as much as 130 feet into the earth. It contains calcium, magnesium, phosphorus, potassium, etc., plus all known vitamins. Alfalfa is also very rich in chlorophyll.
8. Tastes Fresh – BarleyMax tastes fresh. The flavor is full of vitality and has an aroma of freshly squeezed juice. If you taste BarleyMax and freshly squeezed juice, you will have a difficult time telling the juices apart.
9. No Maltodextrin – Our recent laboratory tests indicate that products over a year old without maltodextrin still has most of the enzymatic activity remaining. This is good news for those who believe they are sensitive to maltodextrin.
10. No Brown Rice and Kelp – BarleyMax is a pure juice products whose mineral and micro mineral values are as good if not better without the use of these additional ingredients. Through the research and development of BarleyMax, Hallelujah Acres discovered that the brown rice and kelp used in our previous product were both cooked ingredients used for product stabilization.
11. No MLM – What more can you say? This is just a straight purchase. You get what you pay for. You will actually get a better product, more servings, and a lower price. It's simply a great deal.
12. Super Concentration – and an enhanced nutritional profile, allows for a smaller serving size. Two to three rounded TEASPOONS (not tablespoons) daily, is all that is recommended for a person on a maintenance program. Thus, the 8.5 oz. bottle will provide one person two servings daily for two months, at a cost of less than 30 cents per serving.

## Increased Value!

Best of all is the price. We are able to offer a true one-month supply of high quality barley powder for the low retail price

of \$21.95. A two-months supply for one person is \$34.95. A one-month supply of capsules is available for \$29.95. We selected plant based caplets as there is not a process to make a caplet that dissolves without the use of additives.

BarleyMax powder is best if taken with two to four ounces of distilled water. It mixes best if shaken in a small covered container with water, or with a hand blender, and may be consumed by placing the powder under the tongue. Because there is no maltodextrin, brown rice, or kelp extract in the product, we were able to reduce the serving size from the BarleyGreen.

120 oz – \$21.95 (One month supply)  
240 oz – \$34.95 (Two months supply or one month for a couple)  
240 Capsules – \$29.95 (One month supply for one person)

## Suggestions Serving:

One rounded teaspoon two to three times each day. Powder mixed with water. Dissolves best if shaken.

## BarleyMax™:

- Certified 100% Organic and Kosher
- Grown and Produced in the USA
- No Maltodextrin
- High Levels of Vitamins, Minerals, Enzymes and Antioxidants
- Looks Fresh and Tastes Great
- Low Price
- Closely Represents Freshly Extracted Barley Juice.

## Here are some comments from people who have tried BarleyMax™:

"Within 3 days after starting BarleyMax, I noticed a difference in energy..."

"BarleyMax really, really tastes pure..."

"I ... took BarleyGreen daily for five years, and never had the results I have had with BarleyMax..."

"I want to thank Hallelujah Acres for developing this product and being willing to give us the best, even though it has drawn criticism from some..."

"I am very happy about the integrity Hallelujah Acres has demonstrated in the research and decision making..."

*Mailbag continued from page 5*

1995, my blood sugar is in the normal range, which means that my future no longer holds the severe consequences of diabetes. And these positive results showed up in my check-up after being on The Hallelujah Diet for only 4 months. Subsequent check-ups and tests over the past year continue to show normal ranges.

"I no longer need any of the many medicines I was taking, except for the insulin, and I'm continually reducing the amounts and the times that I shut the pump off all together. I now have hope that one day I will be able to totally get off the insulin. And as an added plus, I lost 22 pounds in the first 4 months and have not regained it.

"Food tastes so much better now. We no longer need the strong dressings we used to have to put on our meager salads to taste something. I think our taste buds are unclogged! I laugh when people say that they can't understand how veggies can taste so good. And people don't believe me when I say that I am no longer hungry all the time.

"My husband too has benefited from The Hallelujah Diet. He was diagnosed as a child with allergies to just about everything and would sneeze for the first 30 to 60-minutes every morning. He lived on allergy prescriptions – Claritin and Flonase and 12-hour Sudafed, every day. I had to give up my cat of 14 years when we married in 1994, because he couldn't even be in the same room with her. After just 4 months on The Hallelujah Diet, he stopped sneezing, and within 6 months we had a cat living in the house with us! He stopped all his medicines within just a few weeks of starting the diet and doesn't need them any more. And in the first four months of making the diet change, he lost 40 pounds!

"This diet was an answer to a desperate prayer. I had changed doctors 4 times and still was no better – rather I kept getting worse. I always prayed for healing. When I finally gave it over to God, he pointed me in your direction, and within a month's time, three different people unexpectedly mentioned The Hallelujah Diet. I finally heard it the 3<sup>rd</sup> time when a friend put it this way: 'Our bodies are God's temple, and I can no longer put unhealthy foods on my plate and ask God to bless it to my body.' It made sense to me that God wasn't going to change the nature of those foods so that they would be of benefit to me. Instead, He began to show me what foods He had originally designed for the benefit of the body. I realize now that had God just healed my body in answer to prayer, the diabetes or disease would have returned, because the contributing factors would have still been there in what I was eating.

"My future looks much brighter now, the quality of my overall health is so much better, and now I'll be around to watch my grandkids have kids! Hallelujah!!! Thank you George and Rhonda for being available to Him and the very special means by which He has made me useful

again in His Kingdom! God Bless you and your ministry and continue to 'expand your borders' (Jabez prayer) until He comes."

-Laurie, Florida

"Shortly after being diagnosed with INCURABLE MULTIPLE MYELOMA CANCER in January 2001, and given only three months to live, I received a call from a friend I had not seen for 27 years. She told me about The Hallelujah Diet, but I was determined to stick with my radiation, chemotherapy, and bone marrow transplant treatment plan.

"Shortly after one cycle of chemotherapy in March 2001, my neck broke at T1, where they had found a tumor. As a result, I was paralyzed from the neck down and had to go into the hospital for emergency surgery. I stayed in the hospital for 4 months fighting infection and trying to recover enough strength to be able to continue chemotherapy.

"At one point, another patient's son came to talk to me and told me how he had been cured of cancer using The Hallelujah Diet. My doctors had given up on me and thought I wouldn't survive much longer. So I started The Hallelujah Diet and begged my family and friends to bring me 'living' food to eat.

"I was in a race against time, really! I needed physical recovery so that I could continue with the treatment of the cancer. The last Oncologist to visit me in the hospital said 'I could survive perhaps another six months without treatment,' because for some strange reason my cancer seemed to be going into remission.

"In July 2001, I was sent home, still paralyzed, but able to get into a wheelchair for a few hours per day. I eventually started standing with a walker, taking steps, and exercising as much as possible. I returned to my Oncologist in August 2001, who said he would hold off treatment for the time being.

"Well, nearly a year later, I am STILL in remission and have had NO further treatments! I have been to Dr. Bernstein, the Multiple Myeloma and bone marrow transplant specialist at Stanford University, for a bone marrow transplant work-up. He says that although I still have signs of the disease in my system, I do not need any transplant at present, and that I can just continue enjoying my good health until a relapse, at which point the bone marrow transplant will be my next treatment.

"But it gets better! Not only am I mobile again, I am now walking two to three miles a day, and have not felt in such great shape in years. All my doctors agree I am a medical miracle. But had it not been for that call from my dear friend last year [who told me about The Hallelujah Diet], who knows where I would be today!

"I have learned that we can have control over our health by simply changing our habits! God bless you!"

-Marshall Johnston



low energy and no energy have changed into the exact opposite. No more PMS problems. My husband has lost 15 pounds, improved eyesight, acid reflux and heartburn gone and has had a tremendous increase in energy. My son's cold's, upper respiratory infections, and allergies are nearly gone."

**Donna Faulkner** is 32 years old, is in medical sales, and lives in Frisco, Texas. "My passion has always been in health and ministry. It is my calling to become a Health Minister. Before I went on The Hallelujah Diet, I was on the Atkin's Diet, consuming mainly protein (meats) and suffered with terrible fatigue. Ever since going on The Hallelujah Diet, my energy level has soared."

**Becky Stanley** is 52 years old, a schoolteacher for 16 years, and lives in Friendswood, Texas. "After attending the 'Get Healthy, Stay Balanced' class, I have seen my own health improve and truly believe what has been taught in these classes. I want to share the good news with others. I believe God is leading me to do this. The year before I adopted The Hallelujah Diet, I had 4 major allergy attacks. Since the diet change, I have had none. Gum soreness is now gone; joint pain in right hip is gone; menopausal symptoms are pretty much gone and constipation is greatly improved; as is my acne problem."

**Muriel Asklund** is 67 years old, spent 40 years as an RN, and lives in Ontario, California. "Since reading 'Back to the Garden' magazines, I have become convinced that most of the things I learned in nurses training are not true when it comes to nutrition. I want to show people that they DON'T HAVE TO BE SICK any more, and that the body can heal itself if given the chance. Since adopting The Hallelujah Diet, my chronic fatigue syndrome and the osteo-arthritis in all my joints is mostly all gone. I had chronic pain, severe acne, and took 12-15 pain pills a day. I couldn't work

more than 2-4 hours a day and then had to go to bed for the rest of the day, unable to do my housework or cooking or cleaning. Now I work 15 to 20 hours a week away from home, take my 93-year-old dad to the store and take care of my 2 grandchildren 2-3 days a week after school. I take no pain pills and am active at church. I had a total knee replacement 8 years ago, and when I stay strict on the diet I am completely free of pain and stiffness."

*Editor's note: This is just a small sample of the reason people give 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). On our Web site, you can go to [www.hacres.com/healthministrytraining.asp](http://www.hacres.com/healthministrytraining.asp). Follow the links to our downloadable Health Minister applications.



## The Hallelujah Lifestyle Center

Nestled in the beautiful North Carolina Mountains and just four miles from Lake Lure is a special place where you can spend a week or two and enjoy God's creation, healthy food and good fellowship. Your hosts, Bev and Chet Cook, have designed programs that will guide you throughout your day's activities. "Hands-on" is always the best way to learn, and your hosts will provide an environment allowing you to fully absorb all the great things they have to share.

### The Hallelujah Lifestyle Center is a mountain retreat where you will:

- Reconnect with God's original diet
- Fellowship with like-minded people
- Let go of life's stresses and re-group
- Learn how to cleanse the body
- Rebuild a healthy body, soul and mind
- Draw closer to God in nature

You will realize so much more; the blessings are endless... If you are looking for a place to experience The Hallelujah Diet and Lifestyle first hand, then give the Hallelujah Lifestyle Center a call at 877-743-2589 and receive our free brochure.



## BarleyMax™ Nutritional Profile

Testing by independent labs. Profile will vary from crop to crop.  
Testing completed October 15, 2002

Calories	376.2	Kcal/100 g
Calories From Total Fat	22.32	Kcal/100 g
Total Fat	2.48	g/100 g
Saturated Fat	0.64	g/100 g
Cholesterol	<1.0	mg/100 g
Sodium	1050	mg/100 g
Total Carbohydrate	60.09	g/100 g
Dietary Fiber	7.21	g/100 g
Sugar Content	18.36	g/100 g
Protein	28.2	g/100 g

### Vitamins

Vitamin A (Beta Carotene)	27,531	IU/100 g
Vitamin B1 (Thiamin)	0.70	mg/100 g
Vitamin B2 (Riboflavin)	2.60	mg/100 g
Vitamin B6	1.8	µg/100 g
Vitamin B12 **		
Folic Acid	756	µg/100 g
Niacin	13.16	mg/100 g
Pantothenic Acid	2.8	µg/100 g
Vitamin C	182.64	mg/100 g
Vitamin E	1,598	IU/100 g

### Minerals

Calcium	674	mg/100 g
Iodine	9.26	µg/100 g
Iron	17.70	mg/100 g
Magnesium	388	mg/100 g
Copper	1.02	mg/100 g
Manganese	3.77	mg/100 g
Chromium	0.119	mg/100 g
Potassium	3,280	mg/100 g
Phosphorus	493	mg/100 g
Zinc	2.070	mg/100 g

### BarleyMax Amino Acids Profile

Alanine .....	2.62	Methionine *	
Arginine .....	3.36	Phenylalanine .....	1.82
Aspartic Acid .....	3.20	Proline .....	2.14
Glutamic Acid .....	4.22	Serine .....	1.75
Glycine .....	1.96	Threonine .....	1.84
Histidine .....	0.765	Tyrosine .....	1.49
Iso-Leucine .....	1.33	Valine .....	1.89
Leucine .....	2.79	Total .....	33.715
Lysine .....	2.54	* Requires special test for analysis	

### Enzymes

Tests by Dr. Donaldson, Ph.D., Hallelujah Acres Foundation

Catalase (Peroxidase)	26.80	U/g
α-mannosidase	1.75	U/g
α-glucosidase	0.115	U/g
acid phosphatase	96.53	U/g
Polyphenol oxidase	3300	U/g
Antioxidant Potential	225.3	mM Uric Acid Equivalents /g

\*\* Not tested - Assay does not differentiate between real B12 and an analog

## How BarleyMax Got Started

For several years prior to starting Hallelujah Acres in 1992, Dr. Malkmus had been adding freshly extracted wheat grass juice to his daily regimen. Then he learned about BarleyGreen, and had been personally using and promoting it for the past 10 years, as a vital part of The Hallelujah Diet.

Toward the end of 2001, he had growing concerns with the quality of BarleyGreen and asked Dr. Donaldson at Hallelujah Acres Foundation to do laboratory testing. We were astonished at how poorly BarleyGreen performed against some of the other products on the market. We shared these results with our former supplier and were relieved to hear that they were developing a new product.

Our initial test of their new product was favorable, and we were excited. But as we continued our research we soon realized that there was another product that warranted serious consideration (we now know this product as BarleyMax).

We learned of a company that had been growing organic barley and processing it without any heat for 15 years. We obtained samples of this product that revealed through testing that it had the highest enzyme, antioxidant, and mineral count of the eight powdered barley products we tested.

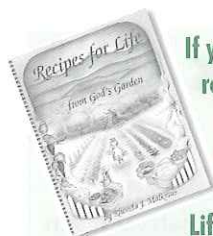
As we began to realize that the Lord was leading Hallelujah Acres to its own barley product, we felt compelled to take a hard look at our previous product's formula. We discovered that the brown rice and kelp were both cooked ingredients. The patent indicates that these two ingredients are added for product stability instead of nutritional benefit. Obviously, with the new processing, maltodextrin, brown rice and kelp are not required or beneficial.

Rev. Malkmus feels it is vital for Hallelujah Acres to offer the very best barley product available. In light of what Hallelujah Acres has learned the past few months, Hallelujah Acres could not promote a barley juice product as being the best, when it didn't test the best and it included ingredients that does not enhance the nutritional profile.

People turn to Hallelujah Acres when they are in great physical need, and we want to do all that we can to give them the very best opportunity in their quest for optimal health. We take this responsibility very serious.

Those who have followed Hallelujah Acres know that we are constantly researching and are willing to make adjustments regardless of the cost, when scientific research deems them beneficial.





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 21 for ordering information.

### SQUASH SUPREME

1/2 cup onion, chopped  
6 cups winter squash, peeled and chopped  
3 cups tomatoes, peeled and chopped  
2/3 cup celery, chopped  
1/2 teaspoon parsley, minced  
1/8 teaspoon dried basil, minced  
1/8 teaspoon Italian Season (optional)  
Herb seasoning as desired  
Dry roast onion over low heat until translucent and slightly browned in a large skillet. Add remaining ingredients and cover and simmer for about 25 minutes or until squash is soft. Serve immediately with a nice salad and fresh homemade bread.

### PASTA WITH BROCCOLI AND PINE NUTS

8 ounces of spinach pasta (fettuccini, angel hair, etc.)  
2 cups broccoli florets and stems  
3 cups chopped tomato  
2 tablespoons pine nuts (or pecans, almonds, etc.)  
2 cloves garlic, minced  
1 tablespoon extra virgin olive oil  
Celtic Sea Salt to taste  
Pinch of cayenne to taste  
In a large pot bring water to boil and cook pasta until tender. Break broccoli into florets and slice tender stems into thin rounds. In a large pan combine broccoli, tomatoes, pine nuts and garlic and cook over low to medium heat for 5 to 10 minutes (add some distilled water if necessary). Remove from heat and add olive oil, Celtic Sea Salt and cayenne. Serve over cooked pasta and enjoy! Makes a nice meal when served with a crisp green salad.

Continued from page 7

willing and faithful to share with all who will hear. I am planning to attend Health Minister training in Sacramento, California this October...

Following is a letter from **Odella**, who is 66 years of age and lives in Lafayette, Indiana: "Dear Rev. Malkmus: I have been receiving your weekly health newsletters for a long time, but only fairly recently decided I needed to be starting The Hallelujah Diet. I had been told I had Type 2 diabetes, and the doctor put me on 2 pills of Glucophage daily. I still tried to watch what I was eating, but it didn't have much effect on my blood sugar readings. I also had several other medical problems that were attacking my body, so now was the correct time for me to start on the correct diet to help my body.

"I started The Hallelujah Diet on December 27, 2001. I stopped one diabetic pill on January 13, 2002, which reduced my medication to only one pill a day. On January 16, 2002 I stopped all medication for diabetes. I waited until March 2002 to make my doctors appointment for blood tests and to talk with the doctor. I had the blood tests done first, then had the appointment with the doctor to find out the results of the blood tests.

"When the doctor came into the room to tell me about the test results, his words were 'Your blood tests are great, whatever you have been doing, just keep it up!' I said 'OK, but how great are my results?' He told me that my blood pressure was perfect, and that my diabetic sugar test had dropped over 100 points. I then told him the dates I had stopped taking the medication and he said 'you mean you haven't taken any medication in two months?'

"I then said, 'would you like to know how I changed my lifestyle that turned my life around?' 'Of course,' he said, 'I would like to know what you are doing!' Then I proceeded to tell him about The Hallelujah Diet, which he said was the first time he had heard of anything like that. He questioned me about the diet and agreed that it would be wonderful if I could continue eating this way. I said: 'I have no problem continuing on this diet, because this was a way of life for me now and I feel so much better eating this way.'

"I have now been on the diet for seven months and my blood sugar readings remain between 94 and 118, my blood pressure remains perfect, and I have lost a total of 32 pounds!

"I tell people that this diet is now a way

of life for me. I do believe that the taste buds get accustomed to the new foods, and I do not have any desire to go back to eating the old way. I have cut out all meat, dairy products, and all sweet desserts! I feel good and know in time that the rest of my medical problems will be just fine also. I have passed The Hallelujah Diet on to several people and have shared with them my experience with the diet.

"I have found a new, fresh, and vibrant lifestyle, and thank Rev. & Mrs. Norman Allender, missionaries to Old Mexico, for introducing you and Hallelujah Acres to me. I forward your newsletter on to people who believe in your work and love to read the newsletters. Thank you so much for my new way of life! May God bless you and your work for Him!"

This testimony comes from **Margaret** who lives in Canada: "Today is Wednesday, August 21, 2002. This past Sunday I attended the presentation by Rev. Malkmus in St. Catharines, Ontario, Canada. In my purse were the instructions for how to take quinine for my pain . . . severe pain from all my FIBROMYALGIA symptoms . . . including progressive ARTHRITIS, PLANTAR FACITITIS, CALCIUM DEPOSITS, BONE SPUR, ACID REFLUX, to name a few. Thank God my dear friend invited me to attend the seminar. At the seminar, I made a commitment to start The Hallelujah Diet.

Well, I just came down to the kitchen to peel some carrots and put on my praise tapes. But instead of peeling carrots, I ended up doing almost 20 minutes of sidesteps, kicks, arm stretches, and twists. I haven't been able to raise my arms or kick like that in years, and I did it without pain. Something wonderful is happening to me! Praise God! I had been walking with a cane since Christmas, and at the end of April had to retire early from teaching as I couldn't take the pain and fatigue anymore.

"I have been praying for a healing AND IT HAS STARTED! I once heard a speaker say that 'we have to ACT — to make God REACT!' Well, starting this Hallelujah program was my action, and already God is reacting with all the marvelous goodness in these foods. I still have a long way to go, but this start is sooo amazing. And in addition, since I started The Hallelujah Diet, I haven't taken a pill. I had been on Losec for over 8 years, and Immovane for 9 years. Now I don't need any more pills. Thank you, and God bless you!"

# 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 resources to help you be effective as you share the health message. Health Ministers are able to utilize the Get Health, Stay Balanced! training program throughout their ministry. We will do what we can to help you and support you with seminars throughout the country.

We now have approximately 4,000 people who have been through training here at Hallelujah Acres. These people are spread out across America in all 50 states, as well as 24 other countries. Many are coming to our training from professional health fields: 40 medical doctors, 8 dentists, 5 optometrists, 68 chiropractors, over 200 registered nurses, along with a number of dietitians and nutritionists. This large number of health professionals coming to us for training is more understandable when you realize that 75% of the medical schools in America do not require a single course in nutrition for graduation from medical school.

We also have over 600 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:

**Kayla Bullard** is 36 years old, lives in the Bahamas, holds a Masters Degree in Technology Education, and is currently a high school teacher. "In the last year, five of my friends have developed breast cancer. And based on what I have learned, I know that cancer is avoidable. Someone has to sound the alarm here in the Bahamas, and I have decided that it might as well be me. Prior to going on The Hallelujah Diet, I was losing my short-term memory and was unable to function. I started on The Hallelujah Diet in June 2001 and now have regained 80% of my memory and have lost 40 pounds."

**Bennett Moe** is 81 years old, retired from NASA, and lives in Spring Valley, California. "My church is filled with people needing help with their diet and lifestyle. My pastor has encouraged me to pursue this study and is offering me several settings in which I could present this program to our church. I was diagnosed with prostate cancer in 1994, rejected surgery and radiation and opted for 'watch and wait.' Started The Hallelujah Diet in 1999. I have a PSA every 3 months and since starting the diet, each has been below normal. Went off my medicine in 2000. I have lost 20 pounds, am able to walk 5 miles, play golf twice weekly, and swim often.

Nasal drip has vanished and eye examinations indicate better vision."

**Terri Hanna** is 36 years old, is a small business owner, and lives in Hoover, Alabama. "Your literature and organization saved me. You gave me hope to a bright new future, and gave me a new view of God as 'the great Physician.' You helped me put all the pieces together, and I would like to share this health message with others. I feel God is pulling at my heartstrings to join the mission. Before starting The Hallelujah Diet, I had terrible, chronic allergies and was on Allegra and Flonase every day. I was sick with sinus infections, and took antibiotics at least 6 months out of the year. Had extreme fatigue, mood swings etc. Since making the diet change, I have lost 20 pounds and have no more allergies or any other problem. Thank God, I am free!"

**Alix Tomlin** is 43 years old, lives in Florissant, Missouri, and has been an RN for over 20 years. "Nursing is my ministry and purpose. I want to do nursing on the 'preventative' mode, not constantly trying to 'fix it' mode. I don't belong in the allopathic arena any more. I'm in the 'God's Way' and 'alternative way' that is not invasive. Since adopting The Hallelujah Diet, I have seen high blood pressure problems and bad sinus problems disappear."

**Joni Peterson** is 45 years old, lives in Porter, Texas, and is self-employed. "I am touched deep in my soul every time I read the Hallelujah Health Tips, and want to do something to help people. I feel led by God's divine guidance that your ministry is what I am to do to help those who desire to heal themselves of disease, illness, obesity, and drugs. It is your knowledge and training I feel I need to move forward with wisdom and confidence. Since starting The Hallelujah Diet, my eyesight has improved, have lost 40 pounds, carpal tunnel is nearly none existent. Back problems (herniated, bulging disc, constant pain & stiffness) rarely affect me anymore. Sluggishness,

Continued on next page



"Why People" continued from page 13.

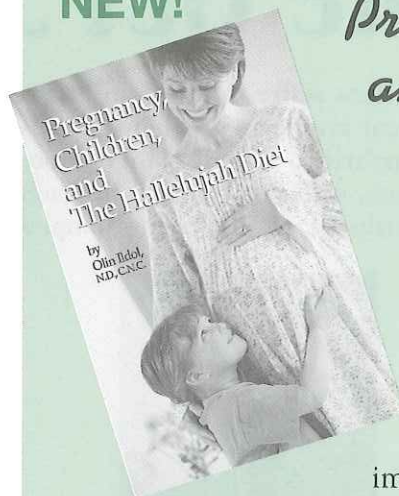
teaches today is bringing a new awareness and hope to the Christian community, as well as restoring health to millions of people around the world!

At Hallelujah Acres, we teach health from a biblical perspective. We teach how God designed us to be nourished according to the Bible in Genesis 1:29. This teaching may sound 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! In fact, it works so well that if all the people of the world would adopt this diet we could practically eliminate sickness from the world.

Due to the simplicity and incredible rapid results most people obtain, we have seen the number of people following The Hallelujah Diet increase from just me and Rhonda in 1992 (when we started Hallelujah Acres) to an estimated million plus people today, while tens of thousands of people have taken the time to write and tell us that all of their physical and even emotional problems just simply went away after applying the principles we teach here at Hallelujah Acres.

If you are not already on The Hallelujah Diet, may I encourage you to give it a try?

NEW!



## Pregnancy, Children, and The Hallelujah Diet<sup>SM</sup>

by Olin Idol

There are many nutritional issues that need to be considered when raising healthy children. As one tries to transition from the Standard American Diet (SAD) to a more nutritional, plant-based diet its important to ensure that all the child's needs are met. In the book, Pregnancy, Children and

The Hallelujah Diet, Olin Idol shares the many things he has learned through years of research and fielding questions on this topic. Olin has a wealth of information and has written this book in a way that is easy to comprehend and understand.

In The Hallelujah Diet chapter, Olin shares information on Essential Fatty Acids, Vitamin B12, Probiotics, Vitamin D, Folic Acid (Folate), Protein, Calcium and Iron as well as broader information on toxicity and optimal nutrition. Other chapters include: Conception and Pregnancy, Getting off to the Right Start, Introducing Solid Food, Special Consideration for Children and Transitioning Children from the SAD to a Plant Based Diet.

Anyone caring for the nutritional needs of a little one should read this book. See page 19 for ordering information or call 800-915-9355.

## Schedule of Events

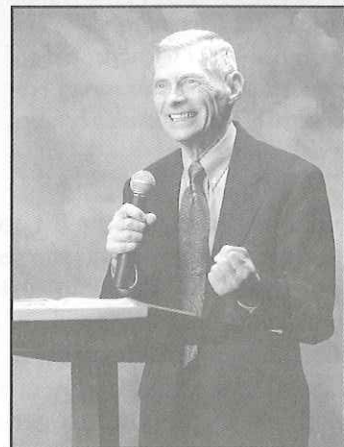
### "How to Eliminate Sickness Seminars"

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, November 2, 2002
- Saturday, December 7, 2002
- Saturday, January 4, 2003
- Saturday, February 1, 2003
- Saturday March 1, 2003
- Saturday, April 5, 2003

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/eventlisting.asp](http://www.hacres.com/eventlisting.asp)

### "Health Minister Training"

Hallelujah Acres, Shelby, NC

Wednesday- Saturday, November 13-16 2002

Wednesday - Saturday, March 12-15 2003

Please see page 15 for more information on Health Minister training.



Take Hwy 74 West from Charlotte to Shelby. Turn left on South Post Road (Hwy 180) and go 8/10 mi. to 900 South Post Road. You'll see our signs!

# Care for Your Body... Diligently

By Pastor Gary Morris

Dear Friends, I hope you are doing well and are blessed in body as well as in spirit. According to 3 John 1: 2, this is God's will for us. If this is so then why is the church not enjoying good health? I believe I know the answer to that question. I became a Health Minister in Nov, 1996. I was suffering with some serious physical problems that simply vanished after going on The Hallelujah Diet. I learned an important lesson in the process. Nothing really worthwhile comes easy. Jesus said, wide is the gate and broad is the way that leads to destruction and many there be that go in there at because straight is the gate and narrow is the way that leads to life and few there be that find it. Some will say that Jesus was speaking strictly of spiritual matters. I do not deny that He was, but I have also noticed a principal in what He said. Did not God make the physical as well as the spiritual? I want to draw a parallel here between the two. If there is struggle involved in receiving and maintaining spiritual health what makes us think that maintaining good physical health will be a walk through the park. Many Christians are sick today simply because they are not willing to pay the price for good physical health. They are not willing to make necessary dietary changes that will bring about better health. They don't have the willpower and determination to learn and change. The Bible says my people are destroyed and go into captivity for lack of knowledge.

I want to share a passage of scripture with you that I believe describes one of the reasons the church is in such bad health. I know many will probably think I am being mean for using this scripture but judge it for yourself. Prov. 24:30-34 (please read this for yourself as I need to save space) Solomon said he walked by the field of a man who was slothful and lacked understanding. He said it was grown over with thorns and the wall was broken down. This man was neglecting the most sacred heritage he had. In those days, God allotted certain portions of the land to the twelve tribes of Israel. This land represented God's blessing and provision for His people. You

will notice that God did not work the land for them. God did His part in giving the land they had the responsibility of working it and reaping its full potential. I see such a parallel in this story. God has given us a wonderful physical body. It is our most cherished earthly possession. How can we afford to be ignorant and indifferent about its maintenance and care? If we are, we will suffer the ravages of verse 34. Our poverty will come as one that travelleth and want as an armed men This speaks of poverty and want as principles that are very aggressive, in other words if you set around and do nothing about your physical life you will suffer the consequences. It is almost impossible to estimate the financial and emotional cost of neglecting the physical body. Our nation and the church are facing medical costs today that are becoming prohibitive. Over forty million Americans don't even have hospitalization insurance. Is there hope for our future? I believe there is. I believe the answer is in prevention in caring for the body and keeping it well and strong.

Solomon said the thoughts of the diligent tend only to plenteousness. Have you every looked up the meaning, of this little word diligence? It means pain staking. It means that you are pursuing something with all your heart and strength. I want to close with this word of advice, if you will be diligent about the care of your physical body) study and practice the principals of The Hallelujah Diet I believe you will find yourself on the road that leads to ultimate health. May God bless you. Brother Gary Morris



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

## Total Health Spa and Retreat

Whether you are looking to immerse yourself in The Hallelujah Diet and Lifestyle at our five-day Christian Health Retreat or relax and unwind at our state-of-the-art spa, we have the program for you.

### The Retreat

- Are you struggling to change your old habits?
- Is it difficult to find time to juice and prepare meals?
- Do you have little support from family and friends?
- Would you like to learn how to prepare nutritious raw foods?
- Do you need to get away to regain your strength and focus on your health?

If you answered yes, consider spending a week at the Total Health Retreat. Our retreat is a comprehensive program that will give you the practical support, knowledge and motivation to make The Hallelujah Diet a way of life for you and your family.

### The Spa

At The Total Health Spa all our services are custom tailored to the needs of our clients. We partner with you in choosing the best path for overall health. Our spa director has over eleven years experience in utilizing these therapies to purify and cleanse the body. Every participant receives a free evaluation to ensure your session is of the most benefit to you.

Here are the services we offer:

- Massage Therapies
- Clay Baths
- Colon Hydrotherapy
- Oxygenated Baths

For further information on the services we provide, please contact us at 704-484-9552 and on the Web at [www.healthretreat.com](http://www.healthretreat.com).



# The Hallelujah Diet<sup>SM</sup>

By Rev. George H. Malkmus

**Breakfast:** Upon rising, one teaspoon of BarleyMax 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 teaspoon of BarleyMax powder 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 dinner, another teaspoon of BarleyMax powder 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

**A Good Psyllium-based Fiber product:** 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.

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

**Vitamin B12:** To insure adequate B-12 intake, 1/2 tablet of a vegetarian, sublingual, methylcoballamin tablet three times a week. Vitally important for pregnant women.

**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 BarleyMax makes a dynamic duo in providing the body with high-octane fuel. As a maintenance program, consume at least two 8oz glasses of carrot juice along with two to three teaspoons of BarleyMax 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. BarleyMax powder 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 teaspoons of BarleyMax powder daily.

**BarleyMax:** The reason I supplement my diet with BarleyMax 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. BarleyMax 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 teaspoons daily. When starting, one teaspoon per day may be a good starting point, and then building up to two to three teaspoons to prevent too rapid of a cleansing reactions.

Please see page 18 for The Hallelujah Diet Explained.

*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. See page 21.

*Salad Dressings for Life – From God's Garden* by Rhonda Malkmus: Contains over 100 healthy salad dressing recipes to help you create delicious tasting salads for every occasion. See page 19.

# "Why People Get Sick"

Rev. George Malkmus

Sickness is no mystery to those who know how God made the human physical body, and how He designed it to be nourished. When God created this world and all that is within it, including the human physical body, He established natural PHYSICAL laws to govern His creation. Sickness, almost without exception, comes only as a result of violating natural PHYSICAL LAWS!

So, if we are going to understand why people get sick, the very first thing we must realize is that there is always a CAUSE for sickness. In other words, sickness just does not happen all by itself, but occurs as a result of a physical law being violated!

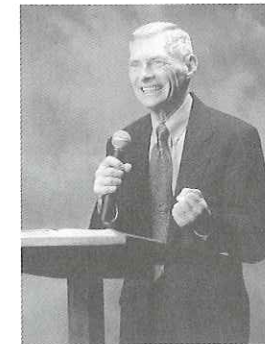
As a pastor of various churches for almost twenty-years, I was constantly frustrated by the poor health of the people in my churches, as well as the Christian community in general. I observed that Christians were just as sick as non-Christians, and that those I considered to be spiritual Christians were just as sick as those I considered not-so-spiritual.

For years I believed other Christians, who taught that sickness was the result of sin, or God was trying to get our attention, or God was trying to teach us something, or that it was for God's glory. And I do not doubt that some of the sickness that occurred during Jesus' earthly ministry was for some of these reasons.

But in 1976, when I was told I had cancer, I could not accept the above teachings as the reasons for MY cancer! So rather than passively accept this cancer as God's will for my life, I set out on a journey to find out 'why' I had cancer, and if possible, find a way to get rid of it and restore my health. What I found not only restored health to my own physical body, but also answered the question WHY PEOPLE GET SICK.

Today, multitudes of Christians are dying from heart attacks, strokes, and cancer, while the majority of

Christians suffer from a long list of physical problems—including colds, flu, arthritis, diabetes, high blood pressure, osteoporosis, acid stomach, hemorrhoids, poor eyesight, pimples,



... ONLY SMALL INTAKES OF ANIMAL PRODUCTS WERE ASSOCIATED WITH SIGNIFICANT INCREASES IN CHRONIC DEGENERATIVE DISEASES. AND EVEN MORE EXCITING, THE GREATER THE PERCENTAGE OF PLANT FOOD IN OUR DIET, THE LESS CHANCE OF GETTING THESE DISEASES."

—T. Colin Campbell, Ph.D., from his book "The China Project" (This is a Cornell-based scientific study of the most comprehensive survey ever conducted of the relationship between diet and disease.)

dandruff, body odor, and the list could go on and on. My friends, do you really believe that all these physical problems being experienced in the Christian community, as well as in the non-Christian community, are merely the result of God trying to get our attention or to bring glory to Himself—or could there perhaps be another reason?

SOME THINGS I HAVE LEARNED

To put it as simply as I know how: this physical body/temple we each dwell in is a LIVING organism, designed by God to be nourished with LIVING food! The Genesis 1:29 diet, given to mankind by God at creation, was a 100% RAW fruit and vegetable diet. This plan of LIVING food was the Author of Life's intended fuel for the marvelous human bodies that He created.

When we take a look at the physical body we each possess, we find that each of our bodies are comprised of approximately 100 trillion LIVING cells, designed by God to be nourished with LIVING food! In fact, every animal was designed by God to be nourished with LIVING food—even carnivorous animals. Look to nature if you want to know God's design and plan for his animal creations. Animals in the wild eat according to instinct, according to the programming God placed within them. And how do they eat? ONE HUNDRED PERCENT RAW!

Today, our instincts have been seared and are being overruled by INTELLECT when it comes to what we eat. We follow the guidelines of the American Dietetic Association, what our doctors tell us, and what everyone else is doing, while being influenced by the advertising of the food industry and the other interested parties of our day. In both the Christian and non-Christian community, we are eating the 'world's' way instead of 'God's way' and paying a very heavy penalty for this violation of God's natural laws.

As a person (Christian or non-Christian) changes his or her diet from the dictates of this world back to the simplicity of the Genesis 1:29 diet—a basically raw food diet—that person will almost always see a restoration of their health. Friends, what I have learned and what Hallelujah Acres

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