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The Hallelujah Acres Story

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

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

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

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

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

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

In an effort to share his knowledge and healing experience with as many people as possible, Rev. Malkmus wrote his first book, *Why Christians Get Sick*, in 1989. It has been very well-received—as letters from all over the world attest—and more than 250,000 copies are in print. Rev. Malkmus also holds seminars in churches and before civic groups all over the United States and in Canada. It has been very exciting in recent years to see Rev. Malkmus' teachings substantiated by new studies in how nutrition and lifestyle relate to our wellness.

But in the early years of Hallelujah Acres, walking into Christian churches with a message encouraging people to give up their meat, junk food, etc., and switch to a vegetarian diet of mainly raw foods was not a popular position. In those early years of the ministry, Rev. Malkmus' message was shunned by most Christians, even those in poor health who so badly needed to make these dietary changes. He won very few converts in those early years.

But those few converts who listened, changed their diet, and healed themselves of heart disease, cancer, arthritis, diabetes, and other serious diseases soon became powerful testimonials for all around them to see.

Their wellness became contagious. In the small town of Rogersville, Tenn., throughout the country, and around the world, wherever people who were sick began sincerely applying the dietary program taught by Hallelujah Acres, they usually regained their health, and others saw their results.

Rogersville (population 5,000) is a good example of how word travels fast in a small town. Rev. Malkmus opened Hallelujah Acres restaurant and health food store in Rogersville on Feb. 12, 1992—first in a small store front, 11 feet wide, that had a seating capacity of 16.

People came in ever-increasing numbers to obtain better food and to hear his health message. The restaurant and health food store had to be relocated March 1, 1993 into a larger building with a capacity of 56.

The Hallelujah Acres restaurant was successful because it showed people a diet that is healthy and also tastes good. In fact, the restaurant was so successful that Rev. Malkmus closed it on March 28, 1994.

The problem was that while he was reaching thousands of people by conducting seminars all around the country, writing a new book, and publishing *Back to the Garden*, the enterprise that was taking up the majority of his time was running the restaurant.

After closing the restaurant, Rev. Malkmus and Rhonda relocated Hallelujah Acres back to their 50-acre farm in Eidson, about 12 miles northwest of Rogersville. From there they refocused their goal on reaching the masses through seminars, books, *Back to the Garden* newsletters, video and audio tapes, radio and television appearances, and *Back to the Garden* Health Ministries (see page 10). People involved in this exciting ministry came to Tennessee from across the country to learn more about God's way of eating and healing sickness, and took that information back to their communities to reach even more people.

Rev. Malkmus' second book, *God's Way to Ultimate Health*, published in 1995, is the most complete compilation of information on how to maintain or regain your health in accordance with God's natural laws. More than 200,000 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

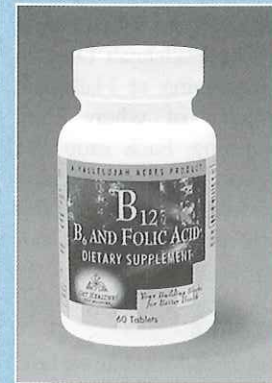
Teaching Health from a Biblical Perspective

Published by the Rev. George H. Malkmus and Hallelujah Acres • P.O. Box 2388 • Shelby, NC 28151 • (704) 481-1700 • Summer 2003 • Issue No. 24 • \$3

Vegan Diet Damages Baby's Brain – Sensationalism!

by John McDougall, MD, page 9

Vitamin B-12 - Essential Vitamin for Optimal Health



For more information on Vitamin B-12 see page 14

New!

Fiber Cleanse

Hallelujah Acres' contribution to cleansing the body and creating a healthy colon, page 12



The DARK SIDE of Animal Protein

Olin Idol, N.D., C.N.C.

Discover the Superiority of a Vegan Diet!

See page 7

Incredible! Osteoporosis, Arthritis, Pre-Cancer Lesions and Fibroid Tumors...Gone!

By Carla Curry, Health Minister

My testimony begins in 1958 when I was involved in a serious hit and run accident. It injured my spine severely and at the time, the doctors told me I should have surgery a.s.a.p.

Being that I was three weeks from my wedding, and the surgery would involve one year in a body cast, I opted to go without surgery as long as I could. I was advised not to get pregnant because of the condition of the injury. Nine years and three pregnancies later, I awoke one morning to legs that could not move. I was hospitalized for three months and acquired a rebuilt spine of grafted bone and stainless steel wire.



"Thanks to Hallelujah Acres and Dr. George and Rhonda Malkmus, I have control over my body and mind and have dedicated them to the Lord once again."

home to care for my three children. Due to this, my back never healed properly. I was never without pain, and as the years progressed, the pain got worse and arthritis began to set into my spine.

In 1977, I faced an immediate and complete hysterectomy due to several tumors in my ovaries. I was 38 years old! My body's reaction to this was violent, and I ended up being diagnosed as MANIC-DEPRESSIVE and put on Lithium in combination with other tranquilizers and anti-depressants for NINE YEARS! The results were devastating. I lost my hair, several jobs, and most of my sanity.

—Continued on Page 5

23

EXERCISE FOR HEALTH!

#601 — **REBOUNDER** — This high-quality mini-trampoline can offer one of the best indoor low-impact aerobic workouts ever devised. It's a great foul-weather alternative to walking or jogging. Includes a 40-inch diameter heavy-duty metal frame, six spring-loaded legs (removable for easy storage), and it folds in half to fit into its own carrying bag. The mat for the soft bounce is guaranteed for five years and the springs for ten years. (\$209.00, including shipping)

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

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

#602 — **FIT 10** — FIT10 helps you take personal responsibility for your fitness by establishing an exercise habit that is easy to fit into your everyday routine. Now exercise can become as important an element in your daily routine as brushing your teeth. With Fit 10, ten minutes a day is all you need. It is safe and effective regardless of age. Little chance of boredom is seen with only 10 minutes of exercise. You can start with only ounces of resistance and work your way up. If you have a door you have a gym. Now you can exercise anywhere, whenever and wherever you travel. (\$124.85)

TEA TREE OIL PRODUCTS

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

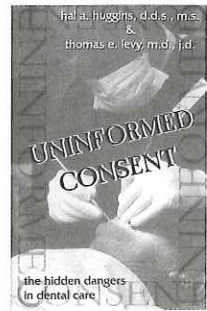
#751 — **DESERT ESSENCE TEA TREE OINTMENT** — A natural blend of pure oils and herbs that soothe the skin. (\$7.95)

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

#753 — Same as Item #752 but in a 7-oz. tube. (\$6.95)

#316 — **TEA TREE OIL GUIDE** — lists 101 uses, conditions, and suggested treatments using Tea Tree Oil, a first aid kit in a bottle. (111-page paperback, \$6.95)

INTERESTING ITEMS



#210 — **UNINFORMED CONSENT** — presents cases of toxic poisoning—of depressed immune systems and inexplicable illnesses—all easily traceable to the toxins leaching into the bloodstream from the heavy metals in dental materials. Book - 278 pages (\$14.95)

#801 — **HIGH ENERGY DIET VIDEO** — Dr. Doug Graham offers a simple explanation of anatomy, biology, and chemistry to help explain why our body is designed to function on a vegetarian diet of mainly raw foods. Dr. Graham demystifies the concept of proper food combining and provides many other healthy dining tips. His 50-minute lecture is followed by 25 minutes of delicious raw food recipes. (75 min., \$21.95)

#802 — **DIET FOR A NEW AMERICA VIDEO** — John Robbins (former heir of Baskin Robbins) presents the hard facts on the insanity of a meat-based diet. He provides a caring look at our planet and proves that there are loving, healthy choices for us to make that could do much to heal the earth. Excellent! (60 min., \$19.95)

#308 — **DON'T DRINK YOUR MILK!** — by Frank A. Oski, M.D., presents frightening medical facts about this over-rated dairy product. Dr. Oski concludes that only calves should drink cow's milk. Dr. Oski is Director, Departments of Pediatrics, Johns Hopkins University School of Medicine. (92 pages, \$7.95)

#310 — **THE CHOICE IS CLEAR** — Dr. Allen Banik explains how water functions in the body, effects of pollutants in drinking water, their contribution to disease, how to obtain real pure water. (\$2.50)

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

#350 — **ENZYME NUTRITION** — Dr. Edward Howell explains why eating food in its unprocessed, natural state is so vital to the maintenance of good health and reveals what's lacking in our modern diet that makes us so susceptible to degenerative diseases. (Paperback, \$8.95)

#366 — **EXCITOTOXINS** — An excitotoxin is a substance added to foods and beverages that literally stimulate neurons to death, causing brain damage of varying degrees. This book by Dr. Russell Blaylock is detailed and well-researched contribution to the understanding of the brain. It shows the relationship between food and brain health. Also, you become aware of the need to protect the brain from the assaults that come from various health problems and diseases. (\$17.95)

#369 — **MAD COWBOY** — Author Howard Lyman, former cattle rancher, shares his insider view of the danger of Mad Cow Disease and his revelations about the beef industry. He shows his journey from meat-loving cowboy to vegetarian environmental activist who tells the whole truth about the catastrophic consequences of an animal-based diet. This book is persuasive and full of good humor. It is an inspirational story of a personal transformation and a convincing call to action for a plant-based diet. (\$24.00)

ESPECIALLY FOR WOMEN

#363 — **WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT MENOPAUSE** — This is the latest and most comprehensive book by Dr. John R. Lee on menopause and other female problems. Subtitled "The Breakthrough Book on Natural Progesterone," this 372-page book, written for a non-medical audience, contains a wealth of information on PMS, menopause, premenopause, endometriosis, fibrocystic breasts, & other problems that can be helped by natural progesterone. Dr. Lee is considered the world's leading authority on estrogen-progesterone balance. (\$12.99)

#443 — **BALANCE WOMAN** — Finally, a safe way for women to "handle" menopause, PMS, and osteoporotic conditions without the expense, dangerous side-effects, and ineffectiveness of Estrogen Replacement Therapy. For free information on this product, send us a self-addressed stamped envelope. (2-oz. jar, \$24.95)

#806 — **NATURAL PROGESTERONE: A REMARKABLE HORMONE** — A two-cassette audio presentation by Dr. John R. Lee, just over two hours. (\$9.95)

PAPERBACKS BY DR. NORMAN W. WALKER

#311 — **FRESH VEGETABLE AND FRUIT JUICES** — by Dr. N.W. Walker lists fruit and vegetable juices, explains their elements, and provides suggestions for treatment of special ailments. (\$7.95)

#312 — **BECOME YOUNGER** — (\$7.95)

#335 — **THE NATURAL WAY TO VIBRANT HEALTH** — (\$7.95)

#337 — **COLON HEALTH: KEY TO A VIBRANT LIFE** — (\$7.95)

#338 — **NATURAL WEIGHT CONTROL** — (\$7.95)

#340 — **WATER CAN UNDERMINE YOUR HEALTH** — (\$7.95)

DR. LORRAINE DAY'S VIDEOS

#803 — **CANCER DOESN'T SCARE ME ANYMORE** — (\$21.95)

#807 — **DRUGS NEVER CURE DISEASE** — (\$21.95)

#808 — **SORTING THROUGH THE MAZE OF ALTERNATIVE MEDICINE** — (\$21.95)

#805 — **DISEASES DON'T JUST HAPPEN** — (\$21.95)

#804 — **YOU CAN'T IMPROVE ON GOD** — (\$21.95)

BOOKS ON JUICING

#318 — **DRINK YOUR TROUBLES AWAY** — (\$4.95)

#320 — **JUICEMAN'S POWER OF JUICING** — (\$5.99)

#321 — **THE JUICING BOOK** — (\$8.95)

#371 — **JUICING FOR HEALTH** — (\$8.95)

GARDENING BOOKS

#305—**HOW TO GROW MORE VEGETABLES**—by John Jeavons. With this method a backyard gardener can grow a year's supply of fruits & vegetables in less than 200 square feet of soil per person with about 10 minutes a day required for upkeep. It teaches the Biodynamic/French Intensive technique ... a totally natural approach to gardening. Highly recommended! (Paperback, \$16.95)

#306—**SQUARE FOOT GARDENING**—by Mel Bartholomew shows his revolutionary system of planting in square foot sections to boost vegetable yields. Excellent—Rev. Malkmus has used this system successfully for years and would never go back to the old row method for most of his garden! (\$16.95)

Back to the Garden Health Ministry

Our Health Ministry training program began in August of 1994, when 25 received certificates of completion. Since then, over 4,000 have gone through our training. These trained Health Ministers are located in every state in the United States as well as 27 foreign countries. For more information on this exciting ministry and how you can become a part, turn to page 15.

Health Ministers Reunion 2003

The Sixth Annual Health Ministers Reunion is scheduled for April 24 – 26. At the time of this writing, we have over 500 Health Ministers registered to attend. Speakers for this year's reunion include Dr. T. Colin Campbell, author of "The China Project," and Dr. Leonard Horowitz, author of "Emerging Viruses: AIDS & Ebola – Natural, Accident or Intentional." Call 800-915-9355 for information on next year's reunion.

Woman's Retreat

The Fifth Annual Woman's Retreat is scheduled for August 21-23, 2003. Speakers include Dr. George H. Malkmus, Rhonda Malkmus, Beverly Cook, Dr. Helen Allen, Olin Idol, C.N.C, Anna Britt, Theresa Yohn and Shawn Pallotti, D.C. Last year, over 300 women from across America and Canada attended. Won't you join us for this upcoming Woman's Retreat? Call 800-915-9355 for more information.

Get Healthy, Stay Balanced

Hallelujah Acres now offers a 9-lesson program administered exclusively by our trained Health Ministers that is being offered in churches and communities around the world. Visit www.gethealthystaybalanced.com for information on this new and exciting program.

Hallelujah Lifestyle Center

Over the years there have been many requests from people who wanted to come to Hallelujah Acres to stay for a week (or longer) to learn our program. We are thrilled that Health Ministers, Bev and Chet Cook, have taken on this challenge. They have a lovely home in western North Carolina where people can come and live in their home with them, while actually having hands on experience of how to live The Hallelujah Diet and Lifestyle. For more information see page 16.

Total Health Spa & Retreat

Are you tired of Cookie Cutter programs that do not address your needs as an individual created by God? At the Total Health Spa, all of

our services are custom tailored to meet the needs of our clients. We partner with you in choosing the best path for overall health. Our spa director has over eleven years of experience in utilizing various therapies to purify and cleanse the body. Every participant receives a free evaluation to ensure your session is of the most benefit to you. This is a 3-day program. For more information, see page 5.

Hallelujah Acres Foundation

In 1998, we established the Hallelujah Acres Foundation, headed by research scientist Michael Donaldson, Ph.D., to scientifically document the benefits of a vegan diet. Dr. Donaldson has already completed some incredible scientific projects. Don't miss the summarization of this research on www.hacres.com

Hallelujah Products

In September 2002, Hallelujah Acres introduced its first privately labeled product, BarleyMax. It was an immediate success, as orders started pouring in from around the world! In this issue of Back to the Garden, we are introducing two more privately labeled products, Fiber Cleanse and a sublingual vitamin B-12 supplement (methylcobalamin) that includes B-6 and folic acid. Because we have our own research department, and are not tied to any particular company for our products, we are able to search the world for the very best products available.

Mail Order

Mail Order is how we support the ministry. Currently we have over 30 employees on the payroll, hundreds of thousands of free pieces of literature that are printed and mailed, and 46,500 square feet of building space to pay for and maintain. All this, and much more, takes money! These monies are provided by the profits we obtain from the sale of the products we sell. Each time a person makes a purchase from Hallelujah Acres, they are helping to support this ministry.

To those who purchase products and send in donations, we thank you from the bottom of our hearts. No matter how dedicated we are, or how hard we work to get the health message out, the message would not go forth without adequate financing. Also, please continue to remember us in your prayers. With the ministry growing so rapidly, we need wisdom from someone greater than ourselves in our daily decision-making.

It is so exciting to realize that by simply returning to the original diet God gave to



In This Issue Features

Cover Story - Incredible Recovery!

How Carla Curry recovered from her life of disability

12 The Hallelujah Diet SM

Discover the powerful steps to eliminating sickness

7 The DARK SIDE of Animal Protein

Close look at Dr. Joel Fuhrman's new book "Eat to Live"

9 Deficiencies in a Vegan Diet?

Dr. John McDougall addresses criticisms of a Healthy Vegan Diet

12 Cleansing the Body

Fiber Cleanse - Hallelujah Acres' contribution to maximum colon health

6 Green Barley Grass for MAXimum Health

One of nature's most nutritional gifts – Barley grass!

Departments and other information

4 The Mailbag

14 Schedule of Events

11 Pastor Gary Morris

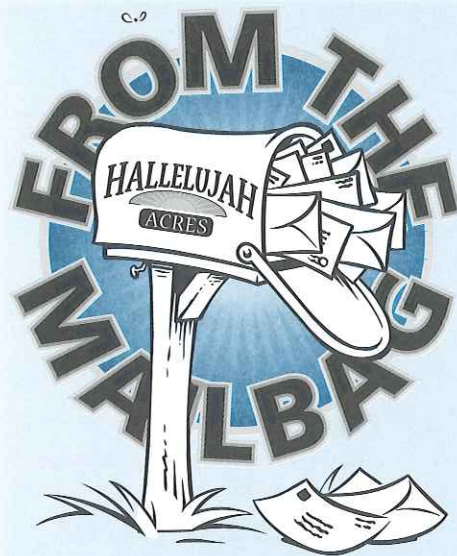
15 Back to the Garden

Health Ministry

19 Feature Presentations

23 Ordering

mankind in Genesis 1:29, that we can eliminate practically all sickness from both the Christian and non-Christian communities. Thank you for your love, prayers, and encouragement. Words are not adequate to express our appreciation for all your support. May the Lord abundantly bless each of you as together we proclaim to the world **"You Don't Have to be Sick!"**



"I was diagnosed with BREAST CANCER, for the second time, on May 31, 2002. I had previously had BREAST CANCER nineteen years ago. This time, I decided against traditional treatments, against my oncologist's recommendation, and chose rather to go on The Hallelujah Diet. I have been on The Hallelujah Diet for eight months now, and have NO SIGN OF BREAST CANCER! Praise the Lord! Since making the diet change, I have also gone FROM A SIZE 14/16 to a SIZE 8, and have no more BACK PAIN or STIFFNESS."

-Caroll, Upstate New York

"Betty, my sweet wife of 21 years, and I, started The Hallelujah Diet in early August 2002. Betty had been put on OXYGEN in June and WASN'T ABLE TO WALK any great distance. In fact, to go to the Tabernacle, which is about a block from our house, I would have to put her in the car and drive to the services. We always took the oxygen along. Well, we made the diet change in early August, and by early September, she was able to QUIT THE OXYGEN, and HASN'T NEEDED THE WHEELCHAIR since Labor Day. As for me, I wasn't able to do much because of the radiation I received in 2000, and was VERY WEAK. I too went on The Hallelujah Diet in early August 2002, and was able to go to work by September 3.

I have a standing order at the lab for complete blood testing every six months. This last testing showed my Cholesterol had dropped from 300 to 175, while my Triglycerides had dropped from the high 200's to 150. I saw my doctor this week, and he was

real pleased. My skin looks good, and my joints are returning to normal. Betty and I have both dropped 25 pounds since making the diet change. We are very grateful for The Hallelujah Diet!"

-George Timblin

"Dr. Malkmus, I was diagnosed with BREAST CANCER some 5 1/5 years ago. My doctors wanted me to have radiation and chemotherapy, but I elected to adopt The Hallelujah Lifestyle instead. TODAY, I AM CANCER FREE!"

-Nancy, Sarasota, Florida

"Dear George, Thanks so much for your wonderful ministry! The Hallelujah Diet has cured my RHEUMATOID ARTHRITIS! I am following The Hallelujah Diet to the letter. I adore my Green Star juicer and look forward to carrot/spinach juice every morning."

-Amy

"I started The Hallelujah Diet in July 2002. I had several health issues. After 5 months on your program, I went to my endocrinologist for comprehensive blood work. I was nervous when I went, because I had taken myself off most of my medications. I just knew my doctor would give me a lecture on 'fad diets' and put me back on the meds. Imagine my surprise when my BLOOD PRESSURE was NORMAL for the first time in decades (without drugs), and so was my potassium, and calcium."

-Karen, Florida

"Hi Dr. Malkmus, I got serious about The Hallelujah Diet in May 2002. Since then, my RHEUMATOID ARTHRITIS has gone into remission, and I am off Methotrexate. Also, my periodontal gum disease has gone into remission. Because I have been on medications for cardiovascular heart disease I am monitored every six months, and according to the latest readings, my entire system is in the process of cleaning out. More horrible diseases are disappearing."

-Roxanne

"Max's doctor ordered a blood test 3 months ago because, he could not believe how great she looked and was off all medications, and had been for over 12 months. The tests showed her B12 and iron down a little. He told her she needed to eat red meat and take some iron tablets and retest in 3 months. She just re-tested, and he was astounded to find her levels of B-12 and iron was just off the clock. He said 'wow, you

must have been eating a lot of meat, huh?' 'No she said.' 'Then a lot of iron tablets?' She answered, 'Oh, no, not at all.' 'Then what?' he asked. She replied, 'I just went home and read my books and added spinach juice to my carrot juice.' He could not believe she could get so much iron from spinach. Neat hey?"

-Health Ministers Chris & Marilyn (Max) Smith, Australia

"Dear Dr. Malkmus, I have 4 children, one was breastfed for 10 months while I was on The Hallelujah Diet. In fact, all of us have been on The Hallelujah Diet for 10 months, and have seen amazing results. My husband, who has been plagued with terrible STOMACH PROBLEMS for years, was able to go off Prilosec, which the doctors had told him he would be on the rest of his life.

Since making the diet change, my daughter has been able to go off all ALLERGY AND ASTHMA medication; my son is off all of his DERMATOLOGY medications, and no longer has the UPPER RESPIRATORY problems he used to have. I was diagnosed last January with a DEGENERATIVE KNEE condition the doctors said would never get better - only worse - climaxing in knee replacement surgery later in life. Well, I am thrilled to report that my knees are getting progressively better, not worse! In fact, I am able to walk up stairs again, virtually pain free. I have also seen a reduction in my prescription for eyeglasses.

I haven't felt this good since I was 20-years-old. I am 35 today. None of us have been sick during the entire time we have been on The Hallelujah Diet. And that baby, who was 20 months old when we started the diet, is incredibly healthy. In fact, he's ABOVE all of our other three children for his age and development. Our other three children were raised on the SAD diet.

I could literally go on and on telling of what the Hallelujah Diet has done for us. Let me just close by saying that when we were sick, literally all the time, I cried out to God for help and He answered me in a big way. The Hallelujah Diet was the answer to that prayer. We have never felt better! Thank you so much for your ministry and letting God use you in such a big way. I look forward to becoming a Hallelujah Acres Health Minister as soon as I can arrange it."

-Lori, South Carolina

Hallelujah Diet Essentials

#441 — BARLEYMAX — is a barley juice product, which is grown from specially selected seeds on fields that are certified organic in a pristine area of the USA where the soil is high in minerals and the air is pure. For more information on BarleyMax visit www.barleymax.com. Two-months supply 240 grams (\$34.95)

#443 — FIBER CLEANSE — Hallelujah Acres has created Fiber Cleanse to cleanse the colon and restore normal bowel activity. Fiber Cleanse has combined selected herbs and fiber for maximum contribution to the daily diet. We suggest that Fiber Cleanse be used the first 2-3 months on the diet to ensure timely and efficient elimination of toxins. It contains 28 different herbs in a psyllium base. Each herb is placed in the blend for a specific purpose (e.g., black walnut hulls kill eggs of parasites and expel parasites; pumpkin seed is good for

prostate problems; licorice root is a tonic for the intestinal tract, stimulating enzymes and peristaltic action; slippery elm coats the digestive tract and aids in healing inflammation.) Fiber Cleanse comes in a 16-oz. container. (\$32.95)

#433 — 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. Ideally begin with a daily serving of 1 tablespoon and increase to 1/4 cup. (10 lb bag, \$11.20)

#582 — FLAX SEED GRINDER — To use flax seed, it needs to be ground. This small grinder by Braun offers the needed power and speed to prepare all the needed flax seed for the day. (\$18.45)

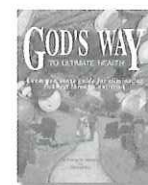
#450 — VITAMIN B-12 — is unique among the vitamins in that it is produced by bacteria and other one-celled organisms in the small intestines and is not readily found in a primarily raw vegan diet. Since adequate production and conversion of this vital nutrient is often impaired in many individuals, wise supplementation is prudent. 60 ct. Veg. Capsules (\$14.95)

#427 — UDO'S CHOICE PERFECTED OIL BLEND — Udo's Choice is a cold-pressed, organic blend of flax seed, sunflower seed, and sesame seed oils, as well as oils from wheat germ, oat germ, and rye germ. We recommend this over flax seed oil alone for long-term use. One tablespoon a day provides essential Omega-3 and Omega-6 fatty acids. (17-oz bottle, \$19.95)

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 21 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 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 — book is the nation's number-one best-selling 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)

Protect Your Home from Toxic Cleaning Supplies!

Hallelujah Acres proudly presents a unique line of environmentally safe cleaning products for virtually every need around the house.



#760 Vegetable Wash 8 oz. concentrate: Great to wash your fruits and veggies. Effective at removing waxes, oils and chemicals. \$16.00

#761 Carpet Cleaner 16 oz. concentrate: Ideal for cleaning rugs and carpets. It is safe on all modern carpeting, including: nylon, rayons, acetate, acrylic, wool, polyethylene, polypropylene, cotton, etc. \$5.00



#762 Glass & Surface Cleaner 8 oz. concentrate: Cleans glass & hard surfaces without streaking or spotting. \$5.00

#763 Laundry Solution 16 oz. concentrate: Enough for 16 average size loads. Laundry solution and fabric softener in one. It's also hypoallergenic, so it's kind to the skin. \$7.00



#764 Kitchen & Bathroom 16 oz.: Super-concentrated cleaner for use on toilets bowls, sinks, counter tops, tubs and showers. \$6.00

#765 Furniture Polish 8 oz. concentrate: Great for dusting and polishing. It protects all hard surfaces in one easy application. \$14.00



#766 All Purpose Cleaner 8 oz. concentrate: Excellent all purpose cleaner. Quickly emulsifies grease, dirt & oils from soiled surfaces. \$10.00

Juicers, Dehydrators & 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. 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. With a large feed tube, whole fruits and vegetables can be easily processed. (\$245.00, including shipping)

#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. (\$349.95, including shipping)

#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, including shipping)

#5900DS — THE WATERWISE 9000 DISTILLER

— Produces high-quality water by steam distillation. Kills bacteria, germs, and removes foreign particles. Easy to use and easy to clean. Contemporary Euro-style design. Manual fill — no water hookups. New, non-leaching, food grade, removable plastic boiling tank for easy filling and cleaning. Recessed heating base reduces scale buildup. External heating element for long life. One year warranty. Totally automatic. Produces 1 gallon in 4 1/2 hours. Retail for \$489. (We sell it for \$349.00, including shipping)



#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, including shipping)



#584 — THE PERSONAL BLENDER

Personal Blender PB200 As versatile as it is portable, the Personal Blender delivers an impressive 200 watts

of ice-crushing, smoothie-making, seed-grinding power wherever you plug in. Compact and smartly designed with a clear and high-impact polycarbonate container for blending and serving that closes tight with a lid for easy storage. In under a minute, enjoy anywhere hundreds of the nutritious and delicious recipes that healthy people on the go want today. (\$89.99)

"Dear Rev. Malkmus: I was diagnosed with LEUKEMIA in March 2001, at the age of 52. The diagnosis was a difficult one for me as I was used to leading an active professional and personal life. My family and friends were alarmed and scared for me. However, being a registered nurse, I immediately started researching every medical and nursing journal and website I could find.

One day, while walking through a Christian bookstore, I picked up a book on chronic illness and learned of The Hallelujah Diet. That evening I remembered the name of the diet and typed it into my computer search engine. I found your Web site and read all I could about the diet. Something told me that this was my hope for recovery.

In May of 2001 I went on an altered form of The Hallelujah Diet. I started feeling better within three weeks and found my energy returning and feeling much like my former self. On my next visit to my oncologist, my blood tests were much improved. My oncologist told me to continue doing what I was doing. It was at this point, I told my doctor that I did not intend to have cancer much longer, and was going to beat it with my new diet. He picked up my lab tests and waved them in my face and said, 'Jackie, this is a malignant process, and I have never seen anyone defeat cancer with a diet. But if you do, tell me first, and I'll write it up and we'll both be famous.' I will someday remind him of that remark.

I finally got smart and went on the TOTAL Hallelujah Diet regime on March 1, 2002. I am feeling stronger every day, and although I have not beaten this disease yet, I have absolute faith that God is with me every step of the way and will lead me to wellness.

I wish I could tell every person, who is ill, about The Hallelujah Diet. I do find that so many of my peers are skeptical. One of my physicians recently asked me if I was still on that 'Bible Diet?' I hope to become a Health Minister once I am back to normal again and will definitely go on the bandwagon for The Hallelujah Diet. The medical and nursing professions need to understand this approach, and teach it as a preventative measure in routine care, to avoid illness in the first place. Thank you for opening the door to continued hope and wellness for me. I will always be grateful."

—Jacquelin, RN

Incredible! Osteoporosis, Arthritis, Pre-Cancer Lesions and Fibroid Tumors...Gone!

Continued from Page 1

In 1989, I had to apply for disability as the pain and immobility made work impossible. I now had advanced OSTEOPOROSIS! Chest pain was present most of the time and at times it was so severe it felt as though I was having a heart attack.

In 1991, due to the death of my only son, I became the adopted mother of my two little grandsons ages two and three. I was 52 years old and had an aching body that was anything but ready to take on child-rearing. I was also caring for my husband who was in his second battle with cancer.

In 1994, the Lord called me to the mission field. I had been on anti-depressants for over 30 years. I thought the Lord was joking and put the thought aside. We were just completing the fifth year of my husband's prostate cancer fight. In the fall of that year, my husband died. In 1995, the call to the mission field came again and I was obedient.

In 1998, after four years of widowhood, I married a missionary I had met in 1996 during missionary training. At this time, I was trying my best to ignore the pain and immobility.

In 1999, we came in contact with the Hallelujah Acres plan through a small church in Lindale, Texas. We immediately started the diet. Healing began, but stopped abruptly when we went to the mission field and had no facilities to prepare our own food. My pain was constant now, and I would sometimes have to climb stairways practically on my knees. I could not sleep, and was taking as many as 16-18 Excedrin a day. I became very angry with God for not healing me. The Lord answered me very quietly saying, 'I have already shown you the way to healing!' I knew immediately in my spirit that He was referring to The Hallelujah Diet I had been introduced to several months earlier. I started The Hallelujah Diet that very day, by taking 3 glasses of powdered barley drink and 3 eight-ounce glasses of purchased carrot juice. When I started the diet, the PAIN in my body was almost intolerable and taking so many painkillers was

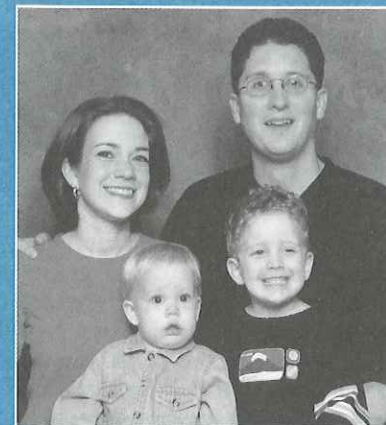
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Our spa and retreat is a great way to begin The Hallelujah Diet and Lifestyle.

New 3-Day Program!

Here at The Total Health Spa & Retreat located next to Hallelujah Acres in Shelby, NC we offer a wealth of services to help you with your search for optimal health. Services we offer include:

- New 3 Day Program - Only \$297
- Doctor of Naturopath Now on Staff
- Enhanced Health Evaluations



Sean Zwiernikowski, Director of Total Health Spa and his family.

The Total Health Spa & Retreat

What was a great value is even better!

For more information please call us at (704) 484.9552 or visit us on our website at www.healthretreat.com

Schedule:
April through December 2003
April 2-5
April 30-May 3
June 4-7
July 2-5
July 30-Aug. 2
Sept. 3-6
Oct. 1-4
Oct. 29-Nov. 1
Dec. 3-6



Green Barley Grass for MAXimum Health

by Fred Farmer, Health Minister

Growing up most of us had mothers telling us to eat our green vegetables. In some cases, mothers' comments may have been a stern warning.

Because of our childhood experiences many Americans do not like green vegetables and do not eat them, yet we still feel we should. There is a "green food guilt" that sort of hangs over our heads. Even those who do like green vegetables sometimes feel they cannot afford to eat them on a consistent basis or they feel they don't have the time to prepare them. Dehydrated barley grass is a convenient whole food which people in today's society have turned to eat as a green vegetable. Excellent choice! In September of 2002 Hallelujah Acres introduced BarleyMax, a barley grass and alfalfa product that aids in the quest for the green foods the body needs for nutrition. The barley grass in BarleyMax provides nature's best raw material for maximum health and well-being. All the minerals, vitamins, amino acids and enzymes found in the barley grass provide the rings of balance within the body. While we do not think that barley grass should replace eating a big bowl of spinach and broccoli, as green vegetables go, barley grass is one of the most nutritious. And for those who tend not to love the more conventional green vegetables or do not have the time for preparation, a serving of high-quality barley grass is extremely convenient.

For just a few days out of their entire growing cycle plants like alfalfa and barley reach their peak content of nutritional power.

What is barley grass? When the barley plant is young its appearance is similar to lawn or field grass. It has a deep green color. For over 70 years researchers have seen that the barley plant, at this young green stage contains enormous amounts of vitamins and minerals, many times more than that of the mature plant. In just a small window of time out of the entire growing cycle, the plant develops an amazing amount of nutrient power. For just a few days the plant has its peak content of chlorophyll, vitamins and minerals. This happens just prior to the jointing stage of the plant. The jointing stage is the point at which the leaf begins to elongate, forming a stem. After jointing, the nutritional level drops rapidly.

"...the leaves of cereal grasses provide the nearest thing to the perfect food that this planet offers." - Y. Hagiwara

In Japan, Yoshihide Hagiwara studied the dietary benefits of cereal grasses of which barley is a part. Dr. Hagiwara found that "...the leaves of cereal grasses provide the nearest thing to the perfect food that this planet offers." In Dr. Hagiwara's book, *Green Barley Essence*, he wrote, "...we must take advantage of the tools available to us to eliminate toxins from our body and to sustain the essential ingredients of life in their proper balance. I believe the best tool we have to accomplish both goals is a well-balanced nutrition program based upon the creative power of the green leaf. This thesis became my incentive for an investigation covering more than ten years, during which I searched for a food that would promote health as well as maintain

the vitality of the body. I reached the conclusion that green juices of vegetables would best meet these requirements and that the best of these was the humble barley plant."¹

In the book *Barley Grass Juice*, the author writes, "The wholeness of barley grass is what makes it such an effective food and healing remedy. The individual components such as enzymes, minerals and vitamins work together in this living, enzyme-active food in synergistic manner (the whole is more than the sum of its parts). The result is the intensification of their positive effects on our health."²

Science is continuing to reveal what nature and wisdom have already revealed to us. Our mothers and our ancestors knew the value of eating green vegetables and the health giving properties within them. Now their intuitive senses are being validated through scientific studies of green foods. Through this scientific research we now can specify which nutrients are abundant in green grasses and how they contribute to good health and disease prevention: nutrients like Beta-Carotene for a healthy immune system, vitamin C to help with stress, vitamin B6 to help with the nervous system, iron for antibody production as well as a list of other vitamin and minerals.

Barley grass has been an essential part of the human diet for thousands of years. Today, we are able to understand more of the reasons why people see such positive results. Even with all we have learned, we may only be beginning to understand why green foods are so good for us.

¹ Hagiwara, Y. 1985 *Green Barley Essence*. Keats Publishing, New Canaan, CT

² Lotus Press/Shangri-La 2001 *Barley Grass Juice*. Lotus Press, Twin Lakes, WI 53181

Feature Presentations from Back to the Garden

Teaching Health from a Biblical Perspective



AND FEATURED PRODUCTS



#450 — Vitamin B-12 — is unique among the vitamins in that it is produced by bacteria and other one-celled organisms in the small intestines and is not readily found in a primarily raw vegan diet. Since adequate production and conversion of this vital nutrient is often impaired in many individuals, wise supplementation is prudent. Vitamin B-6 and Folic acid have been added to this supplement as research has indicated that this combination is effective at prevented elevated levels of homocysteine which leads to heart disease. 60 ct. Veg. Capsules (\$14.95)



#444 — Maple Nut Royale — This wonderful living food snack is the first creation of the Genesis Living Food Snack Company. The Maple Nut Royale, which is dehydrated to preserve the living enzymes, is made of 100% Pure Maple Syrup and 100% Real Nuts with no fillers. This delicious snack is great for all occasions. (\$1.39), #444-5Bar (qty 5, \$6.95), #444-Box (qty 20, \$25.00)



#445 — Fiber Cleanse — Hallelujah Acres has created Fiber Cleanse which is a combined selected herbs and fiber for maximum contribution to the daily diet. We suggest that Fiber Cleanse be use the first 2-3 months on the diet to ensure timely and efficient elimination of toxins. Comes in a 16-oz. container. (\$32.95)



#443 — BALANCE WOMAN — Finally, a safe way for women to "handle" menopause, PMS, and osteoporotic conditions without the expense, dangerous side-effects, and ineffectiveness of Estrogen Replacement Therapy. Several experts in the field of natural health have recently recognized the benefit of a progesterone cream made from Wild Yam extract for women troubled by PMS, menopause, and osteoporosis. This all-natural cream moisturizes the body with vitamin E, avocado oil, carrot oil, and aloe vera oil. For free information on this product, send us a self-addressed stamped envelope. (2-oz. jar, \$24.95)

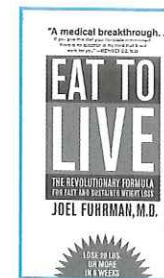
BarleyMax™



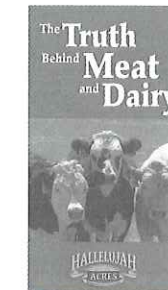
BarleyMax is a barley juice product, which is grown from specially selected seeds on fields that are certified organic in a pristine area of the USA where the soil is high in minerals and the air is pure.

#440— One-month supply, 120 grams (\$21.95)
#441— Two-months supply, 240 grams (\$34.95)
#442— 240 Veg. Capsules (\$29.95)

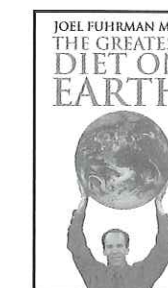
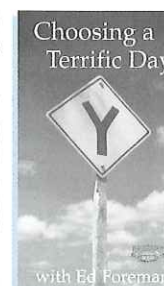
#276 — EAT TO LIVE — Dr. Joel Fuhrman has written a book about achieving optimal health and weight that ends all physiological controversy about dieting. This accurate and helpful book provides scientific nutritional information that will challenge you to make an impact on your health. The content of this book includes being overfed, yet malnourished, the dark side of animal protein and how nutritional wisdom makes you thin. Book - 292 pages (\$23.95)



#274 — THE TRUTH BEHIND MEAT AND DAIRY — Howard Lyman speaks at the 2001 Hallelujah Acres Health Minister's Reunion concerning the problems of the beef industry. He tells of his journey from a cattle farmer to vegetarian environmental activist. His discussion is humorous yet very eye opening. Lyman calls for a major transition to a plant-based diet for the good of humanity and the planet. Video - 65 minutes (\$19.95)

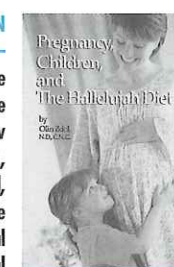


#268 — CHOOSING A TERRIFIC DAY — Join 500 enthusiastic people as they learn how to laugh, love and live their way to the GOOOD Life! This is a challenging time for many in America... and Ed Foreman shows you the way to overcome today's challenges and become victorious in the arena of life. The enthusiasm is contagious and is guaranteed to positively influence the lives of everyone who sees it. Video - 60 minutes (\$39.95)



#275 — THE GREATEST DIET ON EARTH — Dr. Joel Fuhrman specializes in preventing and reversing disease through nutritional and natural methods. In this video, he talks about how you can achieve fast and sustained weight loss; prevent and reverse serious diseases; and push the envelope of Human Longevity. Video - 1 hr., 50 minutes (\$21.95)

#209 — PREGNANCY, CHILDREN AND THE HALLELUJAH DIET — 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 ensure the nutritional requirements are met. This book is a must read for anyone already with child or contemplating conception. Book - 77 pages (\$9.95)



The Hallelujah DietSM ...Explained

by Rev. George Malkemus

The Hallelujah Diet, once understood, is very simple to prepare and apply. Breakfast is simply BarleyMax powder! Lunch is a vegetable salad or some fruit, while dinner consists of a raw vegetable salad followed by some cooked food.

Carrot Juice is the in between meal snack. We try to follow a ratio of 85% raw and 15% cooked food each day, with the cooked food usually coming only at the end of the evening meal.

The 85% Portion

This is the "Hallelujah" portion of The Hallelujah Diet! An abundance of God's natural foods, uncooked (raw), and unprocessed. The dense living nutrients found in raw foods and their juices are what meets and satisfies the cells nutritional needs, so that a person no longer needs to struggle with uncontrollable hunger. Live foods are also what produce abundant energy and vibrant health.

Following are items from each category that fit into the 85% portion of each day's food intake:

Beverages: Freshly extracted vegetable juices, BarleyMax, and distilled water.

Dairy Alternatives: Fresh almond milk, creamy banana milk, as well as frozen banana, strawberry or blueberry "fruit creams."

Fruit: All fresh, as well as unsulfured organic dried fruit. Limited to no more than 15% of daily food intake. (Fruit juice would be included in this 15%, while fruit juice is never recommended in large quantities.)

Grains: Soaked oats, millet, raw muesli, dehydrated granola, dehydrated crackers, and raw ground flax seed.

Nuts And Seeds: Raw almonds, sun-flower seeds, macadamia nuts, walnuts, and raw almond butter or tahini. Consume sparingly.

Oils And Fats: Extra virgin olive oil, Udo's Choice Perfected Oil Blend, Flax seed oil (the oil of choice for people with cancer), and avocados.

Seasonings: Fresh or dehydrated herbs, garlic, sweet onions, parsley and salt free seasonings.

Soups: Raw soups.

Sweets: Fruit smoothies, raw fruit pies with nut/date crusts, date-nut squares, etc.

Vegetables: All raw vegetables.

The 15% Portion

The following foods make up the 15% portion of The Hallelujah Diet. These are the cooked foods that follow the raw salad at the evening meal. This cooked food portion can be very delicious, and actually proves beneficial for those trying to maintain body weight.

Beverages: Caffeine free herb teas and cereal coffees, along with bottled organic juices.

Dairy: Non-dairy cheese, rice milk, and organic butter, all sparingly.

Fruit: Stewed and unsweetened frozen fruits.

Grains: Whole-grain cereals, breads, muffins, pasta, brown rice, millet, etc.

Oils: Mayonnaise made from cold-pressed oils.

Seasonings: Herb seasonings, Light Gray Celtic Sea Salt (Use sparingly)

Soups: Soups made from scratch with-out fat, dairy, or table salt.

Sweeteners: Raw, unfiltered honey, rice syrup, unsulfured molasses, stevia, carob, pure maple syrup, date sugar. (Use very sparingly.)

Vegetables: Steamed or wok cooked fresh or frozen vegetables, baked white or sweet potatoes, squash, etc.

Foods To Be Avoided

These foods are what create most of the physical problems we experience, and are not a part of The Hallelujah Diet. They should be eliminated from the diet as quickly as possible.

Beverages: Alcohol, coffee, tea, cocoa, carbonated beverages and soft drinks, all artificial fruit drinks, including sports drinks, and all commercial juices containing preservatives, salt, and sweeteners.

Dairy: All milk, cheese, eggs, ice cream, whipped toppings, and non-dairy creamers.

Fruit: Canned and sweetened fruits, along with non-organic dried fruits.

Grains: Refined, bleached flour products, cold breakfast cereals, and white rice.

Meats: Beef, pork, fish, chicken, turkey, hamburgers, hot dogs, bacon, sausage etc. All meats are harmful to the body and the cause of up to 90% of all physical problems.

Nuts And Seeds: All roasted and/or salted seeds and nuts. Peanuts are not a nut, but a legume and very difficult to digest.

Oils: All lard, margarine, and shortenings. Anything containing hydrogenated oils.

Seasonings: Table salt, black pepper, and any seasonings containing them.

Soups: All canned, packaged or creamed soups containing dairy products.

Sweets: All refined white or brown sugar, sugar syrups, chocolate, candy, gum, cookies, donuts, cakes, pies, or other products containing refined sugars or artificial sweeteners.

Vegetable: All canned vegetables, or vegetables fried in oil.

HEALTH FROM A BIBLICAL PERSPECTIVE

By Pastor Gary Morris

Continued from Page 11 —

Could I reverse Jesus' words for the sake of this discussion? Jesus did not deny that God made the outside, but rather, He confirmed it! The Pharisee's of old neglected the spiritual aspect of a relationship with God. The church of today, with few exceptions, is neglecting the physical side. Why is it that we have to neglect either one? The Pharisees also were meticulous about tithing, even the leaves from their garden. Jesus said, "You tithe the smallest leaves from your garden, but you neglect the weightier matters of the law — such as love, mercy and faith, these things you should have done and not leave the other undone."

I believe Jesus would have the same words for the church of today. The Bible says that: "We should glorify God in our body, and in our spirit, which are God's." This neglect of our physical body is so wide spread that many church people will think you are a nut if you try to warn them against foods that will harm their God made physical bodies. I ask you again, why should we neglect any part of our being?

Let me say that I certainly agree, being saved from sin by faith in The Lord Jesus Christ, is the single most important thing in life. I am not diminishing that in any way. What I am saying, however, is that it is God's will we be whole in body, soul and spirit. When the paralytic was let down in front of Jesus, he said: "Son, thy sins be forgiven thee." Here, Jesus ministered to the spiritual part of man! But He didn't stop there! Jesus then went on to say: "Rise, take up your mat, and go home." In other words, after Jesus had ministered to the spiritual, He went on to minister to the physical. Jesus showed by this, and in many other instances, that He was concerned with the physical as well as the spiritual.

This is why I am a part of Hallelujah Acres. I love the emphasis that is placed on the authority of scriptures by Hallelujah Acres. Right up front, you will find that Bro. George uses the Word of God in his seminars and literature. In this day of political correctness and fad diets, it is like a breath of fresh air. I believe as we build on the solid foundation of scripture we will be blessed in our efforts to build both spiritual and physical health in ourselves, as well as others.

The DARK SIDE of Animal Protein

by Olin Idol N.D., C.N.C.

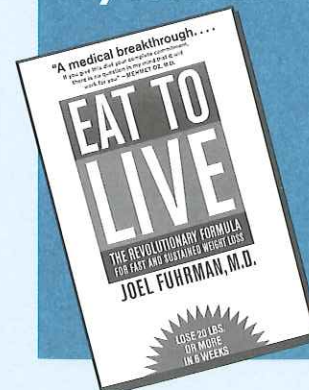
The Dark Side of Animal Protein is the title of chapter 4 of Dr. Joel Fuhrman's new book, "Eat to Live" which was released for sale early in January 2003. Dr. Fuhrman, a board-certified family physician, specializes in preventing and reversing disease through nutrition and natural methods. With a massive eighty-nine footnotes for this one chapter he dispels, through scientific research, any doubt about the superiority of a vegan diet in meeting the body's nutritional needs as well as preventing disease.

He begins with a discussion of the China-Cornell-Oxford Project (the China Project) and points out that this "Grand Prix of all epidemiological studies" is the most comprehensive study on the relationship of diet and disease in medical history. "It studied populations with a full range of dietary possibilities: from a completely plant-food diet to diets that included a significant amount of animal foods." pg. 69

In many of the 65 countries people live their entire lives in the towns where they were born. The dietary effects researchers studied were present for the entire life of the subjects. "Cardiovascular disease rates varied twenty fold from one place to another, and certain cancer rates varied by several hundredfold." pg. 69 We don't see this dramatic difference in rates of disease in America because most Americans eat the same basic way from one state to the other.

Researchers found huge differences in disease rates depending upon the amount of plant foods eaten and the availability of animal products. They found that as the amount of animal products increased, even in very small amounts, that the rates of cancer increased in direct proportion. "Most cancers occurred in direct proportion to the quantity of animal foods consumed."

"Eat to Live" By Joel Fuhrman, M.D.



Achieving optimal health and weight that ends all physiological controversy about dieting

Order information on page 19



In other words, as animal food consumption approached zero, cancer rates fell. Areas of the country with an extremely low consumption of animal food were virtually free of heart attacks and cancer. An analysis of the mortality data from 65 countries and 130 villages showed a significant association with animal protein intake (even in relatively low levels) and heart attacks, with a strong protective effect from the consumption of green vegetables.

All animal products are low (or completely lacking) in the nutrients that protect us against cancer and heart attacks — fiber, antioxidants, phytochemicals, folate, vitamin E, and plant proteins. They are rich in substances that scientific investigations have shown to be associated with cancer and heart disease incidence: saturated fat, cholesterol, and arachidonic acid.

"These findings indicate that even lowfat animal foods such as skinless white-meat chicken are implicated in certain cancers." pg. 70

Dr. Fuhrman further discusses the impact even small amounts of animal products have on heart disease and finds in his practice that many people do not see a dramatic drop in cholesterol levels unless they eliminate ALL animal products from their diet. He states that coronary artery disease and heart attacks, the number one killer of all Americans, is almost 100 percent avoidable. The China Project verifies that among those who consume a life-long vegetarian diet, heart attacks are virtually non-existent.

He examines the conflicting and confusing Nurses Study in Boston, which showed no decrease in breast cancer rates in American women who reduced their fat intake. These women on a lower fat diet consumed 29 percent

of their calories from fat, which is still high by Dr. Fuhrman's standards. This compares to 6 percent of calories from fat for those in the China study with lowest fat intake. These same women consumed just as much if not more calories from animal protein as those on a higher-fat diet.

The researchers in the China Project concluded: "There appears to be no threshold of plant-food enrichment or minimization of animal product intake beyond which further disease prevention does not occur." pg. 73

The National Cancer Institute reported on 337 different studies all of which showed the same basic information: vegetables and fruits, when consumed in large enough quantities, protect against all types of cancer; raw vegetables exhibit the most powerful anti-cancer properties; the use of vitamin supplements get mixed reviews, with some showing that taking isolated nutrients are harmful, and that beans in general have additional benefits against reproductive cancers. pg. 74

"All animal products are low (or completely lacking) in the nutrients that protect us against cancer and heart attacks."

It is important to keep in mind that simply being on a vegetarian diet may not be adequate. Some vegetarian diets are high in processed grains and other processed foods, and low in nutrient-rich plant foods and they are inadequate to offer protection against cancer and other diseases.

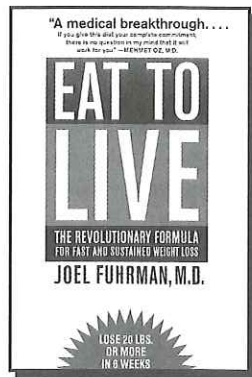
Dr. Fuhrman goes on to discuss longevity of vegetarians and then moves into a discussion of the development of cancer. He points out the importance of establishing healthy dietary practices for children as unhealthy practices set the stage for cancer many years later.

In regard to breast cancer, the consumption of animal products, and the China Project, Dr. Fuhrman observes that "As animal-food intake increased from about once a week in the lowest third to about four times a week in the highest third, breast cancer rates increased by 70 percent. Of note is that the only difference among the diets was the addition of meat in varying amounts. Consumption of fresh vegetables in all groups was about the same,... There was a strong

—Continued on Next Page

"Eat to Live"

By Joel Fuhrman, M.D.



(Now Available)

First Reviews

Dr. Fuhrman comes from a practice of medicine with an excellent knowledge of nutritional science. He has superbly bridged the gap between the highly technical world of science and the real world of everyday health practice. This book is both readable and reliable.

T. Colin Campbell, Ph.D.
Jacob Gould Schurman Professor
Emeritus of Nutritional Biochemistry
Cornell University
Division of Nutritional Sciences

"Eat To Live" is outstanding, clear, accurate and helpful. If you want or need to lose weight, this book will be of enormous practical value to you, showing you exactly what to do to become trim and healthy for the rest of your life. There are a lot of weight-loss books out there that aren't worth the paper they're printed on. This is the rare and priceless exception. It's a jewel. Get it. You'll be very glad you did.

John Robbins,
Author, The Food Revolution, and
Diet For A New America

"Eat To Live" is the best diet book I've ever seen. Over ten years as a vegetarian and I wish I could have read a book like this when I started down this road. My advice is to buy the book, read it, adopt the plan and enjoy life as it should be, I am.

Howard F. Lyman
Past President International Vegetarian Union
Past President EarthSave International

The DARK SIDE of Animal Protein

Continued from Page 7 —

increase in the occurrence of breast cancer mortality with increasing animal-product consumption." pg. 79

Dr. Fuhrman blames animal protein consumption with the unfavorable trend toward earlier maturity. He states, "... The slower a child grows, the slower he or she is aging. ... an unnaturally rapid growth and premature puberty are risk factors for cancers and other diseases later in life." Not only is animal fat a significant contributing factor but over the last ten years a number of legitimate nutritional researchers have implicated animal protein as well.

"Another recent study from Germany found colon cancer and rectal cancer decreased by about 50 percent in adult vegetarians. However, a significantly greater reduction of cancer and all-cause mortality (about 75 percent reduction) was related to being on a vegetarian diet for more than twenty years. The degree of protection correlated well with the number of years on a vegetarian diet. Other studies on vegetarian diets in different countries show almost the same thing. The causes start accumulating early." pg. 81

In regards to increasing chances of survival for those already dealing with cancer, Dr. Fuhrman points out that researchers looking for answers to this have found that saturated fat (found abundantly in animal products) in the diet promoted a more rapid spread of the cancer. Other researchers found similar results. For a woman who already has cancer, her risk of dying increased 40 percent for every 1,000 grams of fat consumed monthly. Studies also indicate that high fruit and vegetable intake improved survival, and fat on the body increases the risk of premature death." pg. 83

Animal Protein
Raises cholesterol
Cancer promoter
Promotes bone loss
Promotes kidney disease
Accelerates aging

Packaged with
Saturated fat
Cholesterol
Arachidonic Acid

Plant Protein
Lowers cholesterol
Cancer protector
Promotes bone strength
No effect
No effect

Packaged with
Fiber
Phytochemicals
Anti-oxidants

Chart on page 83 of "Eat to Live"

"Today the link between animal products and many different diseases is as strongly supported in the scientific literature as the link between cigarette smoking and lung cancer. For example, subjects who ate meat, including poultry and fish, were found to be twice as likely to develop dementia (loss of intellectual function with aging) than their vegetarian counterparts in a carefully designed study. The discrepancy was further widened when past meat consumption was taken into account. The same diet, loaded with animal products, that causes heart disease and cancer also causes most every other disease prevalent in America including kidney stones, renal insufficiency and renal failure, osteoporosis, uterine fibroids, hypertension, appendicitis, diverticulosis, and thrombosis." pg. 84

In addressing dairy products and osteoporosis, Dr. Fuhrman quotes Dr. T. Colin Campbell, head of nutritional research at Cornell University: "Ironically, osteoporosis tends to occur in countries where calcium intake is highest and most of it comes from protein-rich dairy products. The Chinese data indicates that people need less calcium than we think and can get adequate amounts from vegetable source plant foods." He indicated to the New York Times that there was basically no osteoporosis in China, yet the calcium intake ranged from 241 to 943 mg per day (avg. 544) while the US calcium intake is 841 to 1435 mg per day (avg. 1143), mostly from dairy sources, and, of course, osteoporosis is a major public health problem here." pg. 85

He goes on further to discuss the negative calcium balance and factors contributing to it. He states on page 86 that: "Published data clearly links increased urinary excretion of calcium with animal-protein intake but not with vegetable-protein intake. Plant foods, though some may be high in protein, are not acid-forming. Animal-protein ingestion results in a heavy acid load in the blood." pg. 86

In concluding comments on dairy, Dr. Fuhrman states: "... it is not essential for good health and carries potential health risks, especially products containing dairy fat such as butter and cheese." pg. 89

In the concluding paragraphs of his book, Dr. Fuhrman states: "Certain people have increased fat requirements, and the type of vegetarian diet they may have been on in the past was not rich enough in certain essential fats for them. This can occur in those eating a plant-based diet that includes lots of low-fat wheat and grain products. Frequently, adding ground flaxseed or flaxseed oil to the diet to supply additional omega-3 fats is helpful. Some, especially thin individuals, require more calories and more fat to sustain their weight. This is usually 'fixed' by including raw nuts, raw nut butters, avocados, and other healthy foods that are nutrient-rich and also high in fat and calories. Even these naturally thin individuals will significantly improve their health and lower their

—Continued on Page 13

Incredible! Osteoporosis, Arthritis, Pre-Cancer Lesions and Fibroid Tumors...Gone!

Continued from Page 5

tearing up my stomach and kidneys, but I had to continue taking them in order to be able to do the simplest of things. ARTHRITIS was rampant in every bone in my body. The extreme PAIN in my chest from OSTEOPOROSIS made breathing difficult. My HEADACHES were of MIGRAIN level.

On February 19th 2000, we purchased our Champion juicer, and went totally vegan, following Dr. Malkmus' personal diet to the letter. After only 19 days, I had ENERGY to spare and was sleeping like a baby and 60% of my bone and chest pain was gone. By May, I was 85% free from all pain and was able to run upstairs with only small knee pain, and not even out of breath. I also discovered that masses CYSTS in both breasts were GONE!

After less than 4 months on the Hallelujah plan, I noticed the LARGE

CYST on the right side of my back, which had been the size of a medium hen's egg was almost flat. I now use only the hormone cream (progesterone) recommended by Hallelujah Acres and am off ALL synthetic hormones. And I am now walking 2 miles a day, at a fast pace, and experiencing very little pain.

By October 2000, I noticed that a PRE-CANCEROUS LESION under my right eye, that had been there for many years was 90% gone, and today I can hardly find it. In December, I noticed the egg sized cyst I had had on my back could not be found.

It is now February 2003, and I recently celebrated my 3-year anniversary on The Hallelujah Diet. In summation, 3 years ago, when I started The Hallelujah Diet my condition was:

- Arthritis in every bone in my body
- Several fibroid tumors of various sizes

- Advanced Osteoporosis
- Severe depression
- Migraine headaches continually
- Pre-cancerous lesions on my face
- No energy, weak, and unable to breathe without exertion
- Very low blood count
- Dependent on anti-depressants and synthetic hormones
- Unable to think clearly, with much confusion
- Hands that wouldn't work
- Total loss of control over my body and mind.

Healing that has taken place since going on the Hallelujah Diet

- ARTHRITIS pain is 95% gone
- FIBROID TUMORS, some totally disappeared, others reduced by two thirds
- No sign of OSTEOPOROSIS
- OFF ALL MEDICATIONS
- ENERGY to spare and BREATHING normal in all activities
- BLOOD COUNT UP...stays in normal range
- STOMACH NAUSEA & CRAMPING gone
- IRRITABLE BOWEL problems have disappeared
- DEBILITATING HEADACHES are gone
- MIND is clear with quick thinking
- HANDS totally clear of all pain

Thanks to Hallelujah Acres and Dr. George and Rhonda Malkmus, I have control over my body and mind and have dedicated them to the Lord once again. I not only believe in Dr. Malkmus and God's healing answer, but also support it totally with my own testimony. My husband Richard and I attended Health Minister training in July 2001 so that we could provide this information to others. I am now nearing my 64th birthday. I hold down a full-time job at the local veggie market where I'm on my feet all day. I serve on my church's missions board, I am active in a 'Hallelujah Acres Support Group', and minister one-on-one to anyone needing help getting started on The Hallelujah Diet. Thank you again Dr. George and Rhonda Malkmus for your dedication to teaching God's plan for a life worth living, disease free.

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 local Health Minister or
Hallelujah Acres to find a class near you!
Also visit our website at
www.gethealthystaybalanced.com

Back to the Garden Health Ministry

Continued from Page 15 –

others. As you have said, 'Sick Christians do not make good servants for the Lord.'

Terry Tucker is a 53 -year-old Engineer who lives in Mooresville, North Carolina with his wife Judi. "We want to become Health Ministers so that we can share the truth we have learned with others that need so badly to be able to live in wellness. Since adopting The Hallelujah Diet, my high blood pressure has normalized and I have lost 65 pounds. My wife had chemotherapy prior to knowing about the Hallelujah Lifestyle. She adopted the diet at the same time as I did and is now in remission from Leukemia, and is having ongoing great blood work."

Kellie Glavin is a 34-year-old businesswoman, lives in Union City, New Jersey, and serves as Vice President of a software company. "My interest in the Hallelujah program stems from a

life-long attraction to the health care field. Years ago the Lord spoke to me that He was 'anointing my hands to heal.' I started college with nursing school in mind. But God brought my husband into my life so I decided that, for now, nursing or medical school had to be put on hold. But the desire to help my family, others, and myself is still very much in my heart, and I honestly feel the Hallelujah Acres ministry is God answering the Word He previously had spoken into my life. People will be healed through proper nutrition, lifestyle, and a relationship with Jesus Christ.

What I have already learned through my own experience on The Hallelujah Diet and research has become a living witness and a walking testimony of its benefits and I have shared my success with just about everyone that will listen. At my heaviest I weighed 188 pounds. Today, after adopting The Hallelujah Diet, I weigh 140 pounds."

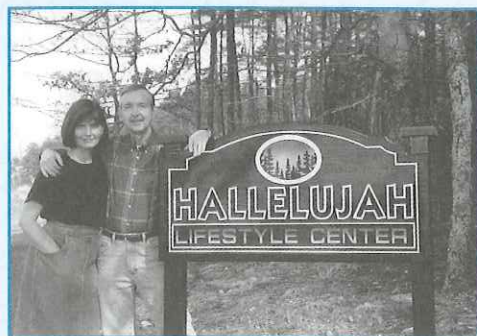
EDITOR'S NOTE: This is just a small sample of the reason people give for coming to our Health Ministry training and how The Hallelujah Diet has impacted their lives. We envision tens of thousands

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 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. Follow our links to our downloadable Health Ministry applications.

HALLELUJAH LIFESTYLE CENTER



You will realize so much more; the blessings are endless. . .

A free color brochure and information packet is available upon your request. Just call toll free at 877-743-2589 or send your request by email to bchealth@bellsouth.net and ask for your free copy.

If you are serious about learning or experiencing the benefits of **The Hallelujah Diet and Lifestyle** you may want to consider the Hallelujah Lifestyle Center. Nestled at the base of Western North Carolina Blue Ridge Mountains, the HLC sits in the perfect setting to enjoy this "hands-on" program of education and renewal. Bev & Chet Cook provide their guests with healthy food, stimulating lectures, daily exercise and wonderful fellowship while God provides the natural beauty in the area during the 5 or 10 day health programs.

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
- Begin to rebuild a healthy body, soul and mind
- Draw closer to God in nature

Spring-Summer Schedule:

April 27 - May 2
May 4 - 9
May 18 - 23
June 1 - 6
June 15 - 20
June 22 - 27
July 6 - 11
July 20 - 25
July 27 - Aug. 1
Aug. 3 - 8
Aug. 10 - 15
Aug. 24 - 29
Aug. 31 - Sept. 5

Vegan Diet Damages Baby's Brain – Sensationalism!

People Love to Hear GOOD NEWS
About Their BAD HABITS!



This article is by Dr. John McDougall, MD from the McDougall Newsletter. For a free subscription go to www.drmcDougall.com.

National news agencies carried a story about a January 31, 2003 report from the CDC on two young children who developed problems with brain development as a result of breast feeding from mothers on a vegan (pure vegetarian) diet. The cause was suspected to be vitamin B-12 deficiency and in both cases treatment with B-12 corrected most of their troubles.

Whenever a story surfaces condemning eating vegetables, especially when the focus is on those eccentric vegetarians, it makes front page news and is welcome reading for people longing to hear their meat- and dairy- centered diet is better than all that "health food nonsense."

Let me begin by acknowledging there is little truth in most stories that make the headlines – this one is no exception. The truth here is that a vegan diet (a diet with

no animal products of any kind), unless supplemented with B-12, is deficient in this vitamin, and has been found in very rare cases to result in problems of vitamin B-12 deficiency. B-12 is made by bacteria and is stored in the body parts of animals that eat these bacteria. If you search the medical literature carefully, you will find about a dozen cases ascribed to a vegetarian diet (search www.nlm.nih.gov) – and almost every one of these has made front page news. Compare this risk to 1.25 million heart attacks (half fatal) annually in the USA that get almost no media attention and are accepted as part of our modern way of life.

Furthermore, most reported cases of B-12 deficiency are not clear cut; they are surrounded with controversy because other factors are usually involved (like parental neglect, underlying diseases, and generally very poor nutrition). My reading of the case histories of the two children that generated this story leads me to believe that they were sickly and malnourished children for reasons other than simply a low supply of B-12 in their mother's breast milk. Read the report yourself and see what you think: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5204a1.htm>. Regardless, any diet I recommend will be adequate in all nutrients to ensure excellent health.

B-12 is the Only Legitimate Criticism of a Healthy Vegan Diet

There are no other nutritional deficiencies caused by a vegan diet of whole plant foods – in other words, there is no chance of calcium, amino acid, protein, vitamin D, essential fatty acid, zinc, or iron deficiency – except B-12 deficiency. To avoid controversy from the scientific community or any criticism of my recommendations, I have for the past 25 years made a clear, consistent recommendation in all of my books and tapes about B-12. This is what I have written: **If you follow our diet for**

more than 3 years or if you are pregnant or nursing, then take a minimum of 5 micrograms of B-12 a day. This recommendation avoids all risk of dietary-caused B-12 deficiency – the human body stores a 20 to 30 year reserve of B-12 in most people.

B-12 deficiency is usually accompanied by minor problems, like a well-tolerated anemia that is easily reversible with supplementation with the vitamin and/or changes in the nervous system, like tingling sensations (paresthesias) that are reversible until late stages. On very rare occasions more serious neurological consequences, like the poor development, have been reported. When the victims are children with brain damage, the emotional juices of the sensation-seeking public flow overboard.

A B-12 Sufficient Diet Causes Serious Illnesses for Billions of People

Weigh this risk of B-12 deficiency from avoiding all animal products against an opposing stand of assuring sufficient B-12 by eating lots of meat, poultry and dairy products – in other words, the Western diet.

For the unborn infant the consequences of mother following the Western diet are:

1) An abnormally large baby that is too big to fit through the mother's birth canal, and therefore requiring a cesarean section – the medical description is "failure of progression of labor."¹ Twenty-five percent of mothers deliver by this major surgery in the USA.

2) Thousands of birth defects annually, of which most are known to be due to too little folic acid in the expectant mother's diet.² Folic acid is from foliage, in other words, plants. Birth defects from folic acid deficiency include spina bifida (the spinal canal fails to close in

—Continued on Next Page

Vegan Diet Damages Baby's Brain – Sensationalism!

Continued from Page 9 —

development of the spinal cord, and when left exposed, often causes paraplegia), and anencephalia (where the child is born without a brain). Heart deformities, cleft palate, and many other birth defects are also caused by eating too few vegetables by the mother prior to and during early pregnancy. You will never see folic acid deficiency in a healthy vegan mother.

For the young child the Western diet causes:

1) The beginnings of atherosclerosis, known as fatty streak development. Children raised on cow's milk, meat, and other delicacies found on a typical B-12-sufficient Western diet show fatty streaks in their aorta beginning at 9 months of age and all children on this diet have this artery damage by age 3 years.³ These streaks evolve into well-known heart attacks and strokes in adulthood.

2) Obesity affect at least 25% of the children on the Western diet. Approximately 22 million children under 5 years of age are overweight across the world.⁴

If you have any doubts about the wisdom of a healthy vegan diet then look around your neighborhood. Children on B-12-sufficient diets with lots of ice cream, milk, hot dogs, egg muffins, and chicken nuggets are fat and sick. The obvious signs and symptoms are snotty noses, ear infections, stomach aches, and headaches. Get to know them better and you will find them constipated with bloody bowel movements. The pain and suffering inflicted on children by the American diet is so brutal that if it were administered with a stick, parents would be put in jail. Because the instruments of injury are a fork and spoon, everyone ignores the agony as if nothing was out of the ordinary, and nothing can be done to remedy the problems – you know so well that is not true.

For the Adult the Western diet causes:

In order to avoid a one-in-a-million risk of an anemia or neurological problem caused by a vegan diet alone, you risk a:

- 1 in 2 chance of dying prematurely of heart disease,
- 1 in 10 chance of breast or prostate cancer,
- 65% chance of being at least overweight,

22% chance of being obese
almost certainty of arthritis, indigestion and/or constipation.
(I could go on for several pages)

What to Do?

First, have faith that a low-fat vegan diet, based around unrefined starches, vegetables and fruits, is the healthiest diet for men, women and children (after the age of 2 years). From birth to 6 months babies should be exclusively breast-fed. After 6 months, solid foods in the form of starches, vegetables and fruits, are added in increasing amounts and breast milk is continued until at least 2 years of age. Failure to breast feed puts your child at a high risk of death and disease.¹ Follow my recommendations for B-12 (above) by finding a reliable B-12 supplement. If you have any question about your B-12 status you can have your blood checked for your body's B-12 levels. (Deficiency is a level less than 150 pmol/L).

You might ask, "Why would a diet so perfect in all other ways be deficient in a necessary vitamin?" Most likely the answer is that we live in an unnatural world these days. Remember, B-12 is made by bacteria. Our world is sterilized because of an irrational fear of germs. Once people consumed trillions of helpful B-12 producing-bacteria daily – they lived with their chickens, goats, and horses. Today everything is sanitized by hand-washing, antiseptics, antibiotics, mouth washes, and cleaning agents. To compensate, we must add back B-12, or possibly, live more naturally, like I do, with my B-12 producing dog, cat, and birds.

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Maple Nut Royale

Starting in 2000 the Grassle family in Illinois were working on great tasting snack foods that maintained the living food qualities recommended in The Hallelujah Diet: 85% raw, 15% cooked, no chemicals, properly combined and prepared. In early 2001, several samples were brought to Hallelujah Acres for taste and content testing. For the next year the taste testing and idea input was expanded to hundreds of Health Ministers with enthusiastic results.

In late July of 2002 the first gourmet quality snack (the Maple Nut Royale) was introduced for the open market to enjoy. Within five months over 200 Health Ministers became Genesis Living Food Dealers, and over 2,000 additional people that subscribe to The Hallelujah Diet were also given the opportunity to taste test this wonderful tasting bar.

One of the company's goals is to make these high quality "Living Food" snacks available to everyone in the world. There are now about 300 dealers in 38 states and 3 foreign countries with thousands of satisfied customers that have already enjoyed eating about 100,000 of these delicious and healthful bars.

For a snack that is both delectable and healthful for your family the "Maple Nut Royale" is a real treat. It is gourmet quality food at an affordable price.

See page 19 for more information or call **1-800-915-9355** to order. If you are interested in becoming a dealer you can read more at www.livingfoodsnacks.com or call **217-368-2290**.

Back to the Garden Health Ministry

By Rev. George Malkmus

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 Healthy, 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 over 4,000 people who have been through training by Hallelujah Acres. These people are spread out across America in all 50 states, as well as 27 other countries. Many are coming to our training from various professional health fields: 41 medical doctors, 8 dentists, 5 optometrists, 72 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 700 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:

Mark & Laurie Adams are in their early 50's, and live in Summerville, South Carolina. Mark has been a physician for 18 years while Laurie is a homemaker. They came close to buying a Health Food store in 1978: "so when we heard Rev. Malkmus' tapes and read about the Hallelujah Lifestyle, it resonated in our souls that what you were saying was right." They are coming to Health Ministry training because: "When we talk to people about changing to The Hallelujah Diet, we want all the information we can give them." Laurie concludes: "Before adopting The Hallelujah Diet I was .1 away from osteoporosis. Now I am high normal. Thank you, Rev. Malkmus for being a vehicle."

Christopher Einwechter is a 36 year old State Trooper and lives in May's Landing, New Jersey. "I believe I am being led by the Lord to start a Health Ministry in my church. So many people in my church and area are sick. As a deacon in my church, I pray for and visit many who are sick. I believe in The Hallelujah Diet because I know it works and that it is a biblical ministry blessed by God. Last year I developed a cyst and went to the doctor who prescribed a large dose of antibiotics. Instead of taking them, I threw them away and prayed, and God led me to The Hallelujah Diet. Within 12 days of making the diet change, the cyst was completely gone."

Rev. Mitchelin Williams is 58 years old, lives in Pompano Beach, Florida, and has served as a pastor and evangelist for 25 plus years. "Both my wife and I are totally committed instruments for LIFE in the service of

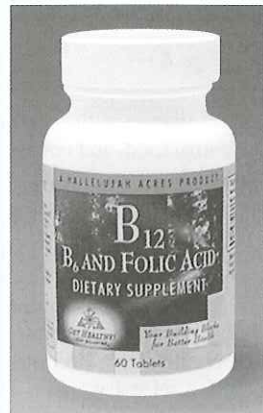
God, for BOTH spiritual and physical LIFE. It is our intention to make the Hallelujah Ministry our Life's work. It is the cry of our hearts. I have had a problem with high blood pressure for over 23 years, but since the diet change, it is gone! As is all the arthritis in my joints."

Nicholas Carbonard is a 47-year-old Evangelist who lives in Huntington Station, New York. "I have always been interested in health. As a Christian, what interests me is the fact that the Back to the Garden Health Ministries is bible-based. The Lord knows our bodies better than we ever could on our own, and applying His principles for healing makes total sense that will lead to better health and more useful years for His service. Since adopting The Hallelujah Diet I have lost 8 pounds, my mind is much more clear, and I have clearer skin."

Jan Powell is a 41-year-old Home School Educator who lives in Inverness, Florida. "Applying Genesis 1:29 to our lifestyle has healed not only myself, but my husbands heart condition. My parents, other relatives, and my four children are also on the diet. My family and I are pioneers to this life-style change and we want to be a blessing to our extended family and friends and church community. This message also needs to be extended to the black community. Since adopting The Hallelujah Diet my skin problems have cleared, my hormone imbalance has healed, my severe cramps, dizziness, headaches, and PMS problems are all gone. I have also lost 30 pounds."

Neil Meyer is 52 years old, has a PhD in Agriculture, is an Extension Professor, and lives in Moscow, Idaho. "I was diagnosed with prostate cancer in March 2000, which had spread to the lymph system. I adopted The Hallelujah Diet. As a result, my cancer is in check; the black spot on my 10th rib is gone; I have lost 64 pounds; and have more energy than at any time in the past 10 years. I believe people can greatly improve their health by changing their diet. This training will help me be more effective in helping

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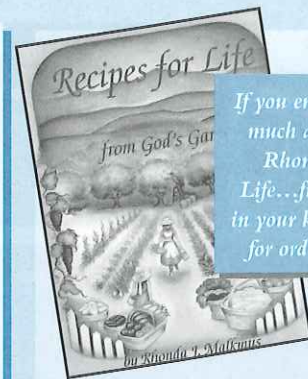


Vitamin B-12 is unique among the vitamins in that it is produced by bacteria and other one-celled organisms in the small intestines and is not readily found in a primarily raw vegan diet. Since adequate production and conversion of this vital nutrient is often impaired in many individuals, wise supplementation is prudent.

It is now known that a lack of B-12 may be important in many conditions including: anemia, cardiovascular disease, multiple sclerosis, neural tube defects (at birth), myelin protein deficiency, neuro-psychiatric disorders, depression, mood swings, memory loss, and optic and peripheral neuropathy.

Hallelujah Acres has created a vitamin B-12 to ensure The Hallelujah Diet is effective in providing the essential material the body needs to function optimally. Vitamin B-6 and folic acid have been added to this supplement as research has indicated that this combination is effective at preventing elevated levels of homocysteine which leads to heart disease.

See page 19 for ordering information
or call 1-800-915-WELL.



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

CHOW-CHOW

- 5 green bell peppers
- 5 red bell peppers
- 2 large green tomatoes
- 2 large sweet onions
- 1/2 small cabbage
-
- 1/4 cup Celtic Sea Salt
- 3 cups date sugar or 3 teaspoons stevia powder
- 2 cups apple cider vinegar
- 1 cup distilled water
- 1/2 - 1 Tablespoon mustard seeds
- 1 1/2 teaspoons celery seeds
- 3/4 teaspoon turmeric

Chop first 5 ingredients. Stir together chopped vegetables and sea salt in a large bowl. Cover and chill for 8 hours. Rinse well and drain; place in large pan and mix in remaining ingredients. Bring to a boil, reduce heat, and simmer for three minutes.

HEALTH FROM A BIBLICAL PERSPECTIVE

By Pastor Gary Morris

Health from a Biblical perspective carries great meaning for me. I have been a pastor for almost thirty years. My emphasis, up until 1996, was totally on the spiritual side of the Christian experience. Oh, I did think about health from time to time, but I never really did any research on the subject. Actually, I thought I was pretty healthy but boy was I ever wrong!

In August of 1996, I found myself suffering with two chronic physical problems I had not told anyone about – but God was about to answer my prayers for healing of these two problems in a way I never anticipated. This answer began when a lady in my church handed me a copy of "Why Christians Get Sick" by Rev. George Malkmus. I started reading the book with much skepticism, but the more I read, the more I became convinced of the truths it presented. So I decided to put this new information to the test, and within two months, both my problems were gone, and I had lost 34 lbs. It was at this point I knew I had to share these wonderful truths with God's people. In the past seven years I have seen many people blessed, and made physically whole, by simply adopting The Hallelujah Diet.

Do you remember what Jesus said to the Pharisees, the religious leaders of His day? He said: "Now you Pharisees make clean the outside of the cup and platter, but inside you are full of dead men's bones, and all manner of uncleanness." He said: "Did not He that made the outside also make the inside as well?" We in the Christian community have taken Jesus' words to the extreme. We have emphasized the spiritual, to the neglect of the physical! Let me ask you an honest question, "Do you think Jesus would approve of this?"

—Continued on Page 18



ABOUT THE AUTHOR

"Brother Gary Morris is pastor of Christ Ministries Church and heads up the New Life Health Ministry in Gadsden, Tennessee."

2003 Schedule of Events

All events held in Shelby, NC unless otherwise indicated.

Health Ministry Training:

July 16-19, 2003
Aug 6-9, 2003 (Held in Canada)
November 12-15, 2003

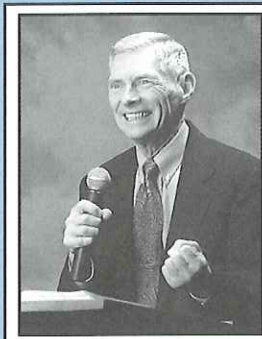
Women's Retreat:

August 21-23, 2003

How to Eliminate Sickness Seminars:

Saturday, May 3, 2003
Saturday, June 7, 2003
Saturday, July 5, 2003
Saturday, August 2, 2003
Saturday, September 6, 2003
Saturday, October 4, 2003
Saturday, November 1, 2003
Saturday, December 6, 2003

Seminars are FREE of charge, open to the public and begin at 10 a.m.



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!



HALLELUJAH ACRES SCHOOL OF NATURAL HEALTH

The Hallelujah Acres School of Natural Health offers two Certificates to 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 • Course Price: \$275

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 and Healing, Living Chemistry, Juicing/Cleansing Therapy, Food Therapy, and Enzyme Nutrition

Certificate in Natural Living • Course Price: \$275

The Certificate in Natural Living promotes natural health by following biblical principles and to the Certificate in Natural Health, 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 prerequisite requirements for either. If you wish to attain better health or to educate others in natural health you will enjoy these studies.

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

Contact Information

Call (704) 481-1700 or send an email to school@hacres.com, or view our Web site at: www.hacres.com/school.asp

The Hallelujah Diet SM

by Rev. George Malkemus

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

Fiber Cleanse: 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 B-12: 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.

New! FIBER CLEANSE



Hallelujah Acres has created Fiber Cleanse to cleanse the colon and restore normal bowel activity. Fiber Cleanse has combined selected herbs and fiber for maximum contribution to the daily diet. We suggest that Fiber Cleanse be use the first 2-3 months on the diet to ensure timely and efficient elimination of toxins.

Fiber Cleanse contains 28 different herbs in a psyllium base. Each herb is placed in the blend for a specific purpose (e.g., black walnut hulls kill eggs of parasites and expel parasites; pumpkin seed is good for prostate problems; licorice root is a tonic for the intestinal tract, stimulating enzymes and peristaltic action; slippery elm coats the digestive tract and aids in healing inflammation.) Fiber Cleanse comes in a 16-oz. container. See page 19 for ordering.



BarleyMax TM

A Dietary Supplement for Maximum Nutrition

In the Back to the Garden Newsletter Issue 23 Hallelujah Acres introduced BarleyMax and the response has been phenomenal. Here are just a few comments we have received from a recent survey of our Health Ministers.

"Like the taste, the cost and especially the great feeling of health when taking it."

"Better taste, better quality, better cost. Best of all more energy and stamina!"

"Tastes fresher. Looks and smells better."

"I like it, tastes better. Texture is such that it doesn't spill when taking it directly with a spoon. The combination of barley and alfalfa is an excellent choice."

"I look forward to taking it everyday. We even give it to our 12-month-old grandson."

"Gives me lots of energy. Mixes well. Just looks like 'life' when you look at the 'green.'"

"Superior! I love it. So glad we crossed over."

"I love BarleyMax and all my customers are now using BarleyMax. Praise the Lord!"

"We are extremely impressed with BarleyMax. We love the taste, especially when mixed with carrot juice."

"Very pleased with taste and texture. We are getting wonderful results."

"Best green powder yet!"

"It's great! It tastes good and no fillers. Plus it is organic!"

"BarleyMax is the best thing to come along since the juicers. We all need the greens and this combination is SUPER. It is like nothing ever before. I love it!"

"It's much tastier and it's so nice to know Hallelujah Acres is so concerned about giving us the best product!"

"I have been using the barley products about 5 years. I am so grateful for the BarleyMax. It is far superior in taste, cost and benefits."

"What can I say? It's GREAT!"

"I am so pleased with this product. What a blessing it was developed and made such a superior product."

"Tastes great – pure and rich. With no rice and maltodextrin, now I'm able to get a handle on candida. Praise God!"

"I love it. There is a difference like night and day."

"Keep it up!"

BarleyMax TM:

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

See page 19 to order. For nutritional information visit www.barleymax.com

The DARK SIDE of Animal Protein

Continued from Page 8 —

risk of degenerative diseases if they reduce their dependency on animal foods and consume more plant-derived fats, such as nuts, instead.

There is also the rare individual who needs more concentrated sources of protein and fat in his diet because of digestive impairment, Crohn's disease, short gut syndromes, or other uncommon medical conditions. I have also encountered patients on rare occasions who become too thin and malnourished on what I would consider an ideal, nutrient-dense diet. On such occasions, more animal products have been needed to reduce the fiber content, slow transit time in the gut, and aid absorption and concentration of amino acids at each meal. This problem usually is the result of some digestive impairment or difficulty with absorption. I have only seen a handful of such cases in the past ten years of practice. In other words, not even one in 100, in my estimation, requires animal products regularly in his diet. These individuals should still follow my general recommendations for excellent health and can accommodate their individual needs by keeping animal-product consumption down to comparatively low levels." pg. 244-245

Resources:

The following are available from Hallelujah Acres. Health Minister's receive HM pricing.

- 1) "The Greatest Diet on Earth" video by Joel Fuhrman
- 2) "Eat to Live" by Joel Fuhrman, M.D. will be available in late December or early January
- 3) "The Food Revolution" and "Diet for a New America" John Robbins

"Healthy Eating For Life for Children," PCRM with Amy Lanou, Ph.D., and Neal Barnard, M.D. available from – www.pcrm.org

"Fasting and Eating for Health" Dr. Fuhrman – available from www.drfuhrman.com,

The following are available from www.amazon.com

- 1) "Fell's Official Know It All Guide – Health and Wellness" Dr. M. Ted Morter, Jr.
- 2) "The Dietitian's Guide to Vegetarian Diets" Mark Messina and Virginia Messina
- 3) "The Scientific Basis of Vegetarianism" William Harris, M.D.
- 4) "Dr. Dean Ornish's Program for Reversing Heart Disease", Dean Ornish, M.D.
- 5) "The McDougall Program" John McDougall, M.D.

Web sites:

www.vegsource.com
www.pcrm.org
www.vegansociety.com
www.veganoutreach.org