

Back to the Garden

Teaching Health from a Biblical Perspective

Published by the Rev. George H. Malkmus and Hallelujah Acres • P.O. Box 2388 • Shelby, NC 28151 • (704) 481-1700 • Fall 2003 • Issue No. 25 • \$3

Are Toxins Hiding in Your Home?

Hallelujah Acres reveals the potential Harmful Effects of Common Household Cleaners



and what we are doing to HELP.

See page 9 for details

Four **NEW** Products from Hallelujah Acres



Learn more about our newest Hallelujah Acres products. See page 14 for details

Hallelujah Acres Digestive Enzyme

Is your Enzyme bank running on empty?

Olin Idol N.D., C.N.C. explains the vital role of enzymes in nutrition.

See page 7 for details



www.hacres.com

Pastor Experiences Miraculous Healing in The Hallelujah Diet!

By Dr. Craig Bailey, Health Minister

I started The Hallelujah Diet at the insistence of a member of my church. I had severe allergies requiring prescription medication, and an acid reflux problem that had resisted all prescribed medications.

After a painful herniated disc erupted in my back, a neurologist prescribed 800mg of Motrin for pain. My digestive system immediately got worse, not just with indigestion, but through cyclical bouts of diarrhea and constipation. The cycles became so unpredictable that I did not know if I could finish a sermon at times without running to the restroom.

My doctor recommended a gastroenterologist, who wanted to solve my problem with surgery. By taking out a section of my small intestine and wrapping it around my esophagus, he hoped to stop the upward churning of stomach acid so that I could sleep. Even with this radical surgery (which he claimed to have performed many times), he



Dr. Craig Bailey

Within six weeks of going on The Hallelujah Diet, I WAS A NEW MAN!

could not guarantee that I would not still need prescription medications for the rest of my life. Had it not been for a courageous woman in my church who was willing to confront me with The Hallelujah Diet, I would have submitted myself to this unnecessary surgery.

Out of a desperate desire to avoid surgery, I tried The Hallelujah Diet. Within six weeks of going on The Hallelujah Diet, I was a new man! I have followed the diet for three and one-half years, and am still free of all prescription drugs for indigestion, and have not had to take as much as a Tums in that entire time. I sleep through the night without the reflux problems that used to keep me awake, and I have had no instances of indigestion. To think these people wanted to do surgery on me with no guarantees, when all I had to do was change what I ate!

—Continued on Page 5

What's Happening at Hallelujah Acres

What's Happening NOW at Hallelujah Acres

By Rev. George Malkmus

Woman's Retreat 2003

Our Fifth Annual Woman's Retreat is August 21-23, 2003. We already have more than 300 ladies registered to attend from across America and Canada. This is always an exciting "exclusively ladies" event featuring many outstanding speakers. For information call **800-915-9355**.

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Subscriptions are free!
Just send us your name & address.

The nutritional and health information in this newsletter is based on the teachings of God's Holy Word—the Bible—as well as personal experiences and research. We do not offer medical advice or prescribe the use of diet as a form of treatment for sickness without the approval of a health professional.

Because there is always some risk involved when changing diet and lifestyles, we are not responsible for any adverse effects or consequences that might result. Please do not apply the information in this publication if you are not willing to assume the risk.

If you do use the information contained in this newsletter without the approval of a health professional, you are prescribing for yourself, which is your constitutional right, but the editor and publisher assume no responsibility.

Hallelujah Acres Products

We recently introduced our first private-label product, **BarleyMax™**. It was an immediate success, as orders started pouring in from around the world for BarleyMax. In our last issue, we introduced three more products; **Fiber Cleanse**, a line of **Hallelujah Acres Cleaning products**, and a sublingual vitamin **B-12, B-6 and Folic Acid** supplement. In this issue, we proudly introduce four more new products produced by Hallelujah Acres including **Digestive Enzymes**, a **Probiotic** formula, a **Children's Probiotic formula**, and **Intestinal Balance** (see page 14 for more information). Also, be preparing for the exciting announcement of our two new super juice powders, **CarrotMax™** and **BeetMax™**, which will be released in our next issue.

Having our own research department and research scientist allows us to search the world for the very best products, making them available exclusively from Hallelujah Acres, our Health Ministers, and participating Health Food stores.

Health Minister Training Held in Canada

The Hallelujah Acres Canadian division will hold its annual Health Ministry Training in Shallow Lake, Ontario, Canada August 6-9 2003. Rev. George Malkmus will be hosting this exciting time where you will be taught how to effectively share the health message and start your own life changing Health Ministry. For more information please call **519-935-9999**.

2003 Schedule of Events

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

No registration needed.

How to Eliminate Sickness Seminars:

Saturday, August 2, 2003
Saturday, September 6, 2003
Saturday, October 4, 2003
Saturday, November 1, 2003
Saturday, December 6, 2003

Health Ministry Training:

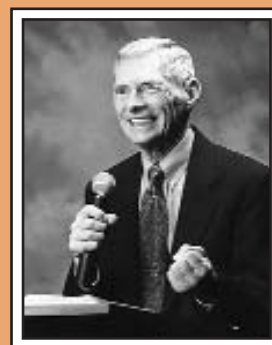
July 16-19, 2003

Aug 6-9, 2003
(Held in Canada)

November 12-15, 2003

Women's Retreat:
August 21-23, 2003

All events held in Shelby, NC unless otherwise indicated.



Take Hwy 74 West from Charlotte to Shelby. Turn left on South Post Road (Hwy 180) and go .08 mi. to 900 South Post Road. You'll see our signs!

Hallelujah Acres

YOUR GOOD HEALTH RESOURCE

When Hallelujah Acres started on February 12, 1992, Rhonda and George Malkmus dreamed of telling the whole world that "You Don't Have to be Sick!" Little did we know that 11 years later there would be as many as two million people worldwide following our program.

Today, Hallelujah Acres is revolutionizing the lives and health of people around the world. Tens of thousands have written to tell how the simple diet change we teach has eliminated all their physical problems.

When we began this ministry, no one wanted the Bible based health message we were proclaiming! But gradually a few people listened, applied what we were teaching, and got well. Their testimonies inspired others to try The Hallelujah Diet. Today, the testimonies pour in every day from all around the world. We encourage you to read all the testimonies in this issue. If you are not on The Hallelujah Diet, we hope these testimonies will inspire you to give it a try.

Our ministry is diverse and broad, and includes the following:

Free Back to the Garden Newsletter With a current circulation of 300,000, our Back to the Garden newsletter is mailed at no cost to anyone requesting it in the United States and Canada. Those who purchase the products we sell help support this free publication. Many order Back to the Garden in large quantities to share with others. If you live in the U.S.A., call 1-800-915-9355 for more information, or to have a free copy sent to a friend or loved one. If you live in Canada, call 519-935-9999.

Free Weekly Health Tip Each week Rev. Malkmus sends an email Health Tip to more than 55,000 subscribers around the world. Each email includes a healthy recipe, testimonies, a Hallelujah Acres update, and an itinerary of Rev. Malkmus' speaking locations. Each issue also features a timely health topic discussion. To receive the free weekly electronic publication, visit our website at www.hacres.com

Free Saturday Seminars On the first Saturday of each month, Rev. Malkmus holds a free "How to Eliminate Sickness" seminar at our International Headquarters in Shelby, North Carolina. This free seminar lasts about two hours and is followed by an hour long question and answer session. Attendance currently ranges

between 200-300 each month, with people usually coming from at least a dozen different states. It is not unusual for someone to fly in from the west coast to attend. These free seminars are changing and saving lives.

Free Hallelujah Acres Online We continue to take our health message to the world via Hallelujah Acres Online. At www.hacres.com, there are more than 100 hours of nutritional information from a Biblical perspective. Take advantage of the wealth of information and share our free website with others.

Back to the Garden Health Ministry Our Health Ministry training program began in August 1994, when 25 received certificates of completion. Today, more than 4,000 are certified; they are located in every state in all 50 States and 27 foreign countries. For more information on this exciting ministry, see page 15.

Health Ministers Reunion 2003 More than 500 Health Ministers attended last April's reunion to receive updates and get re-energized. They came from as far away as England, New Zealand, Lebanon, Ghana, Puerto Rico, Canada, and from across America. Call 800-915-9355 for information on our 2004 Health Ministers Reunion. (*Attendance limited to previously trained Health Ministers.*)

Get Healthy! Stay Balanced This nine-lesson program, administered exclusively by our trained Health Ministers, is offered in churches and communities across America and around the world. Visit www.gethealthystaybalanced.com for information on this exciting program.

Hallelujah Acres Foundation In 1998, we established the non-profit Hallelujah Acres Foundation, headed by research scientist Michael Donaldson, Ph.D., to scientifically document the benefits of a vegan diet. See the summarization of this research at www.hacres.com Dr. Donaldson is also helping Hallelujah Acres formulate excellent new products. For more information, or to make a tax-exempt donation, call 1-800-915-9355.

Mail Order We support our ministry through mail order. Today, we have more than 30 employees, hundreds of thousands of free pieces of literature that are printed and mailed, and a 46,500 - square foot building space to pay for and maintain. All this takes money: money provided by profits from the sale of our products. Each time you make a purchase from Hallelujah Acres, you help support this ministry.

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Garden
Teaching Health from a Biblical Perspective

Issue No. 25

In This Issue Features

- 6 TEMPERATURE'S EFFECT ON LIFE**
Life begins to die at 107 degrees - Rev. George Malkmus explains why and how LIVING foods keep you ALIVE!
- 7 Got Enzymes?**
Olin Idol N.D., C.N.C., clarifies the vital role of enzymes and their importance to digestion and proper nourishment.
- 9 What You Don't Know About Household Cleaners May Seriously HURT You and Your Loved Ones**
You work hard to rid your body of toxins through your diet, now see how cleaning products in your home can expose you to toxins every day!
- 12 10 Steps to Better Health**
Discover the powerful steps to eliminate sickness.
- 14 Introducing FOUR New Hallelujah Acres products!**
Four great products to help with your quest for ultimate health — all from a name you trust!

Departments and other information

- 4 The Mailbag**
- 2 Schedule of Events**
- 11 Pastor Barry Mello**
- 15 Back to the Garden Health Ministry**
- 19 Feature Presentations**

We are grateful to those who purchase products and make donations, because this important health message could not go forth without adequate financing. 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.



“Hello George & Rhonda and all at Hallelujah Acres. This month is my third anniversary since being diagnosed with BREAST CANCER, and I AM STILL ALIVE AND VERY MUCH WELL! I have never been for surgery or chemotherapy—only been on The Hallelujah Diet. Hallelujah! Praise God!”

**-Health Minister Merle du Rand,
South Africa**

“Five years ago I had heart surgery for a BLOCKED ARTERY. I knew a diet change was in order, so I tried the heart diet of no fat and cutting out most red meat. My cholesterol was lowered, but not to where the doctor wanted it. Zocor was prescribed, but after reading the side effects of this drug, I decided to not take it. I started The Hallelujah Diet and no longer have any cholesterol problem. My last blood test revealed, in every test performed, that I was in the perfect range. I have also LOST 45 POUNDS on the diet and feel great! I NO LONGER HAVE ANY PAIN IN MY JOINTS, and can work longer and harder than the young people I work with. I believe The Hallelujah Diet gives me a brighter future and I look forward to each new day. How I wish others would at least try it. I am a Health Minister and teach the ‘Get Healthy! Stay Balanced’ classes. Thanks for sharing the good news with us!”

**-Health Minister Pat Miller,
Pennsylvania**

“I started suffering from severe MIGRAINE HEADACHES at age 11. I was told that it was hereditary and because my mother and sisters suffered from

migraines, I should expect them. My sisters suffered from especially severe migraines during their early months of pregnancy. The first four months of pregnancy with my first child brought severe migraine headaches. Two months before Imogen, my first child was born, my husband and I discovered The Hallelujah Diet, and I saw a big change. I started losing some of the weight I had gained during pregnancy. During the early months of my second pregnancy, I waited for the severe migraines to return, but guess what? Not a one! And I am so thankful! My sisters, who still eat the same foods, continue to suffer from migraines. To me, the solution to migraines seems quite simple – change your diet! I thought you might also be encouraged to know that both my children have only known the Hallelujah Way of eating. Praise God! They are so healthy. It is wonderful to see a two-year-old who gets excited when she sees mummy getting the BarleyMax juice drink ready, and whose favorite drink is carrot juice!”

-Sara, Perth, Australia

“I have CHRONIC FATIGUE and several other related problems, including PSORIASIS. Since I began The Hallelujah Diet several months ago, I have had MORE ENERGY than ever before, my PSORIASIS has almost totally faded, and I have LOST AT LEAST 30 POUNDS in five months. God really did mean man to live the Genesis 1:29 lifestyle! I thank God and His Son for Hallelujah Acres, and everything you folks have done!”

-Kevin Long, Texas

“I have known about The Hallelujah Diet for several years, but a year ago I reached a point where I was willing to give the diet a try. At the time I started The Hallelujah Diet, I was experiencing CHRONIC DAILY MIGRAINES, EXTREME MENTAL FOGGINESS, and HORRIBLE DEPRESSION. To get rid of the headaches, I was on nine-ten different medications which added to my unclear thinking, and did little to alleviate the migraines. I had also ballooned to 210 pounds and was feeling terrible. Well, here it is exactly one year since I started The Hallelujah Diet, and I can’t tell you how wonderful it is to wake up in the morning HEADACHE FREE, and I HAVE LOST 75 POUNDS! As the last part of my ‘health improvement plan’ I have started

exercising. I used to be an avid swimmer, and now I am again. Now, in an hour, I can swim 3,000 yards, three-four times a week, and am keeping up with people 10 years younger than myself. A year ago, I couldn’t even put my head under the water for fear it would trigger an even more intense migraine. I plan on swimming in my first competitive swim meet in 24 years. Thank you so much for being persistent about spreading the word. My life would be in shambles today if it were not for The Hallelujah Diet. Instead, I am happy, clear thinking, and healthy!”

-Molly, Texas

“I just wanted to say ‘thank you’ for your ministry. God and The Hallelujah Diet have cured my wife of CANCER! We are both seminary graduates and intend to use The Hallelujah Diet in our ministries.”

-Steve Neff, Tennessee

“Have been on The Hallelujah Diet for 10 months and have LOST 70 POUNDS in weight and am OFF MY INSULIN. Thanks!”

**-Jack Laws, member Inspirations
Southern Gospel Singing Group**

“Six years ago, Health Minister and Evangelist J. C. House came to Victory Baptist Church and gave his testimony of how the Lord healed his THROAT CANCER with The Hallelujah Diet. I bought your book God’s Way to Ultimate Health and decided it was time for me to go on The Hallelujah Diet. I have now been on The Hallelujah Diet for six years, and it has helped me so much. Before, I could HARDLY WALK, and had RHEUMATOID ARTHRITIS. Three weeks after starting the diet, I had LOST 20 POUNDS. I am 89 years old! I walk, exercise, drive my car to church three times a week, visit for my church, and live by myself. Thank you, Rev. Malkmus and Rhonda. I pray for your good work. P.S. Before The Hallelujah Diet, my BLOOD PRESSURE would go so high I would have to go to the hospital to get it down. Since the diet change, it never goes up.”

-Mildred, Texas

“In February 2001, a co-worker mentioned The Hallelujah Diet to me, and I was intrigued enough to give it an honest try. When I first learned about it, I had a list of health problems: OVERWEIGHT; GENERAL LETHARGY; SLEPT TOO MUCH; TERRIBLE ALLERGY and

SINUS PROBLEMS; several bouts with suspected KIDNEY STONES; CHRONIC CONSTIPATION; and IRRITABLE BOWEL SYNDROME. I had really been into alternative medicine since my late teens and taken supplements off and on for most of my adult life (I'm now 34). After reading Rev. Malkmus' book *Why Christians Get Sick* and viewing some other material, I gave away or threw out all my supplements except for the B12 and never looked back. I purchased a juicer and started drinking fresh carrot juice and tried to eat 75-85% raw. Coming from someone who had pretty much covered the full spectrum of diets from junk food to eating healthy, from no supplements to large amounts of supplements I can honestly say that under The Hallelujah Diet I feel the best I can remember! My ENERGY increased, I can now BREATHE through my nose, and although I hate to use the term 'cured,' I would say my IRRITABLE BOWL SYNDROME and CHRONIC CONSTIPATION are at least 75-85% better. I went from having a horrible time going to sleep and then not being able to wake up, to being able to drop off to sleep quickly and waking up much more easily, and actually feeling refreshed. And one of the biggest changes is that EXERCISE went from something I had to force myself to do, to something I actually wanted to do, while my weight went from a high of 253 to 144, making a total loss of 109 pounds.

I must admit that I was skeptical of The Hallelujah Diet when I first heard about it, but I felt like I was going downhill fast and had nothing to lose by trying it. After all, all Rev. Malkmus was asking me to do was eat a lot of vegetables and fruits and drink some carrot juice. What a change it has made for better in my life! In my early 20s I read a book on vegetarianism that said there were two ways to go – raw or cooked. At that time, I chose cooked and never gave it a second thought. Now I wonder what a difference ten extra years of feeling better would have made in my life if I had gone basically raw way back then?"

-Jay Banks, Texas

"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

—Continued on Page 17

Pastor Experiences Miraculous Healing in The Hallelujah Diet!

Continued from Page 1

Other bonuses of The Hallelujah Diet have been a loss of over 30 pounds, increased energy, and the disappearance of those nasty allergies. Not only have I been free of the prescription drugs for allergies and indigestion, but also, I haven't needed so much as a Tylenol for a headache. My back pain also mysteriously disappeared, while my strength and stamina returned. My health is great, and I find the time and energy to play on the church softball team. The only way I have been able to serve two ministry positions as a Pastor and a church growth/health consultant is the energy I have derived from my changed diet.

I have continued to share my story with others, many of which have bought your book and are on The Hallelujah Diet. Sometimes I find special people who respond with enthusiasm to my story and have similar results. One couple in particular is Irvin and Linda Green who live in Georgia. On a trip to Valdosta in 2002, we found Irvin suffering from similar problems with reflux.

Overweight and miserable, Irvin responded to my challenge to try The Hallelujah Diet. In a short period of time, he found the weight coming off and the acid reflux disappearing. He had "tried everything" to combat the churning acid, but by returning to God's pattern for his diet, solved his problem and made the Greens a living testimony. Dr. Malkmus, please keep telling the truth about the destructive American diet, which is the source of too many of our health problems.

Dr. Craig Bailey is Pastor of the Park Place Baptist Church in Snellville, Georgia. He also is Director of Church Health for the Stone Mountain Baptist Association.

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



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

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**

Schedule:

July – December 2003

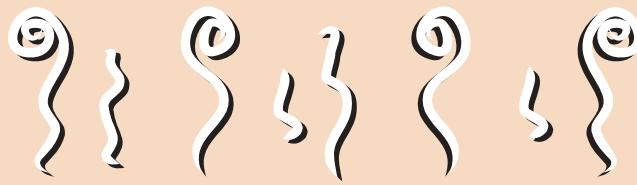
July 30 - Aug. 2

Sept. 3 - 6

Oct. 1 - 4

Oct. 29 - Nov. 1

Dec. 3 - 6



TEMPERATURE'S EFFECT ON LIFE

By Rev. George Malkmus

After being diagnosed with colon cancer back in 1976, evangelist Lestor Roloff advised me to change my eating habits from the Standard American (meat-based) Diet (SAD) of the world, to the LIVING FOODS Genesis 1:29 diet of the Bible.

Almost immediately I started to get well! Within one year of making that diet change, my baseball-sized tumor had disappeared, as had all the other physical problems I was experiencing. This experience started a search that continues to this very day (27 years later), learning all I can about this physical body God has given me, and how to gain and maintain optimal health.

My journey for optimal health knowledge has been interesting, and at times difficult, although the foundation has always been very simple, clear cut, and sure! From the very beginning of my search, I learned that my body was a LIVING organism, comprised of LIVING cells, designed by God to be nourished with LIVING (RAW) FOODS! So the LIVING FOODS Genesis 1:29 diet God had given to mankind in the very beginning fit perfectly with what I was learning, and made absolute sense. I also realized that every wild animal creation of God, whether carnivorous or vegetarian, had consumed its food in its NATURAL, RAW state ever since creation.

I want to tell you about the TEMPERATURE of the foods we eat, because TEMPERATURE can make the difference between LIFE AND DEATH. Notice that in the preceding paragraphs, I emphasized the words "LIVING" and "RAW!" Of all the things I have learned over the past 27 years, nothing has greater importance than whether the foods I eat are in a LIVING (RAW), or dead (cooked) form!

Here's why. Our body's temperature is approximately 98.6 degrees Fahrenheit. If the temperature of a loved one goes

above 104 degrees, we get very concerned, and rightfully so! At 107 degrees our brain cells start to die, and when the internal temperature reaches 108 degrees, that person is usually DEAD!

On July 31, 2001, AP ran the following story: "Korey Stringer, a 335-pound Pro Bowl lineman collapsed during training camp. His body temperature was measured at 108.8 degrees. He died of heat stroke early the next morning."

In many of my seminars, I tell the true stories of two mothers who left their children in their automobiles on a hot, sunny, summer day. When the first mother rushed her child to the hospital, the child's internal temperature was 107 degrees. The child lived, but suffered permanent and severe BRAIN DAMAGE. The second mother found her child unconscious, but still breathing. After rushing the child to the hospital, the child's internal temperature was found to be 108. The child DIED!

Why do I share these sad accounts? Because as much as TEMPERATURE affects the physical LIFE of the human body, TEMPERATURE also affects the LIFE of the foods we eat! At approximately 107 degrees Fahrenheit, the enzymes, the LIFE FORCE in food, starts to break down and the enzymes start to die. At approximately 122 degrees, all enzymatic activity ceases, and the food becomes dead! In other words, the heat has destroyed its LIFE FORCE.

In Deuteronomy 30:19, we read: "I call heaven and earth to record this day against you, that I have set before you LIFE and DEATH, blessing and cursing: therefore CHOOSE

LIFE, that both thou and thy seed may LIVE:"

Remember that our body is a LIVING organism, comprised of LIVING cells designed by God to be nourished with LIVING (RAW) food. The diet God gave to mankind in Genesis 1:29 was a LIVING, RAW FOOD DIET! How do I know that? Fire had not yet been discovered, and we know mankind did not have an electric range, or gas stove, or microwave oven for cooking. The foundation of The Hallelujah Diet is that we eat the majority of our foods in their NATURAL, RAW, LIVING FORM, as served up by NATURE. This is the KEY to PHYSICAL LIFE!

This is true not only in the foods we eat, but also in the nutritional supplements we consume. Hallelujah Acres is currently developing a line of products processed at very low temperature. The first such product to be developed by Hallelujah Acres is a dehydrated barley/alfalfa juice powder product called **BarleyMax™**.

BarleyMax™ is grown organically from organic seed, at an elevation of over 5,000 feet, in a pristine area of the United States. It is harvested at its nutritional peak, run through a juicing machine, and then the juice is reduced to a powder without heat. As a result, BarleyMax contains the highest levels of antioxidants, enzymes, minerals and vitamins of any powdered green food on the market. We receive testimonies daily from people telling us about the physical improvements they have experienced using this LIVING FOOD product.

The label on the container of BarleyMax states: "A HALLELUJAH ACRES LIVING FOOD!" Please look for other products



carrying the Hallelujah Acres "LIVING FOOD" label.

See page 19 for order information.

The Vital Role of Enzymes

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

Most people find eating a source of pleasure, enjoyment, and a significant social event, but the primary function of food is to provide nourishment. You would certainly never guess this from the so-called “foods” you see people putting into their body these days. If everyone approached eating with the objective of providing their body with ideal nourishment (*from a primarily raw plant-based diet*) the economy would take a tailspin as the “food giants” crumbled from lack of consumers buying these lifeless, nutrient-depleted processed “foods.” For the “food giants” to produce “foods” with a long shelf life, they must destroy the life force, the enzymes, within the raw foods with heat, which also depletes nutrients and takes a toll on consumers’ health and well being. **What is the role of these life-giving food enzymes typically destroyed by cooking, and is there anything we can do about it when we eat cooked foods?**



Once food (*ideally raw food*) is introduced into the mouth, the digestive system begins breaking it down into usable proteins, carbohydrates, fats, vitamins, minerals, and thousands of other substances. The human digestive tract is a flexible muscular long tube with many loops and bends extending from the mouth, through the esophagus, stomach, small intestine, large intestine, and rectum to the anus. A host of activities begin the moment food is introduced into the mouth.

At the thought of eating or the smell of food, the salivary glands begin secreting saliva into the mouth. The principle enzyme found in saliva is a carbohydrate-digesting enzyme that immediately mixes with the food as it is masticated thoroughly in the mouth. This is where the digestive process begins, and it continues throughout the stomach and small intestine. If it’s a raw food, it also contains its own enzymes to help break down the different macronutrients (*proteins, fats, and carbohydrates*) for assimilation. This takes some of the digestive load off of the body.

Dr. Edward Howell, in *Enzyme Nutrition*, theorized that the body is born with a bank account of enzyme potential. Because digestion and every other body function require enzymes, he believes as enzyme potential nears exhaustion chronic disease becomes inevitable and ultimately death occurs. Dr. Howell found that eating

raw foods conserved the body’s enzyme potential as the enzymes inherent in each food helped break down the nutrients in that specific food, helping the body produce fewer digestive enzymes. When cooked food is consumed, the enzymes have been destroyed by heat (*enzymes begin to die at 107 degrees and when the temperature reaches 122 degrees all enzyme life is destroyed*) and the body must produce all digestive enzymes required for the digestive process.

Thanks to Dr. Howell’s solid foundation, we know much more about enzymes today. By supplying the body with supplemental plant-based digestive enzymes, much of the stress placed on the body to produce all of the digestive enzymes can be relieved. Supplemental digestive enzymes enhance digestion and assimilation while conserving the body’s enzyme potential.

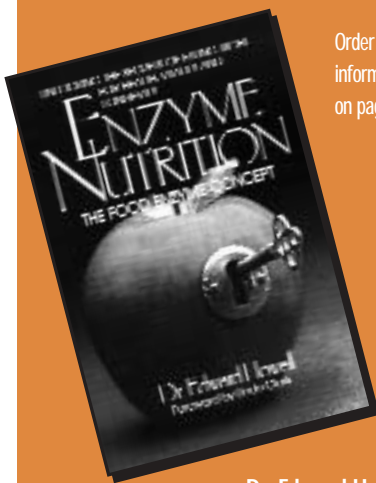
A good plant-based digestive enzyme that has survived the transit into the small intestine is instrumental in optimizing the digestive process and helping assimilate vital nutrients. This supplemental enzyme also relieves the body of much of the digestive load from eating enzyme deficient cooked food.

Why do we suggest plant-based digestive enzymes?

The pH range of the digestive tract varies widely, from the very acidic stomach environment to the more alkaline small intestine environment. An enzyme supplement can only be beneficial if it survives the digestive tract’s pH range and

—Continued on Next Page

“Enzyme Nutrition” By Dr. Edward Howell



Order
information
on page 23.

Dr. Edward Howell explains in this paperback book why eating food in its unprocessed, natural state is vital to good health maintenance. He also explains how lack of proper nutrition leaves us susceptible to degenerative diseases. This book reveals everything you ever wanted to know about enzymes and nutrition.

The Vital Role of Enzymes

Continued from Page 7 —

breaks down the vast array of food components. Carbohydrate break down begins in the mouth in a more alkaline environment. As the food moves into the stomach's acidic environment (*where protein digestion begins*), carbohydrate digestion is suspended until the bolus of food pass into the small intestine's more alkaline environment. The proteins in food require the release of hydrochloric acid in the stomach to uncoil the proteins, exposing them to the enzymes and making them available for digestion. Both the stomach acid and an enzyme are necessary for this reaction. By the time the food bolus leaves the stomach and enters the small intestine, the digestion of proteins, fats, and carbohydrates is underway and gaining momentum.

Some nutritional benefit is still derived from cooked foods. Ideally, try to minimize cooking with high heat to allow for greater nutrient retention. The less heat used in cooking and the less processing involved in the foods we eat the greater their nutritional value. Supplemental enzymes can enhance the breakdown, digestion, and assimilation of these nutrients.

Plant-based digestive enzymes are vitally important when consuming cooked foods, and they may also benefit even when eating raw foods. Too often commercially available produce is grown in nutrient-depleted soil and harvested days before we actually consume them, thus they lack optimal enzyme activity. We may realize greater benefit from even our raw foods and juices by using a good plant-based digestive enzyme, thus sparing our own body's enzymes.

Using digestive enzymes may be especially beneficial during times of illness or chronic disease. The body needs to conserve enzyme potential for other vital functions while maximizing nutrients from foods consumed.

A good plant-based digestive enzyme contains a broad spectrum of digestive enzymes in significant quantities for maximum benefit. One to two capsules

per meal achieves optimal digestion. The capsules should be vegetarian. There are additional benefits if the digestive enzyme supplement also contains a broad spectrum of friendly bacteria (*probiotics*). Probiotics also play an important role in digestion and in maintaining a healthy gastrointestinal environment.

Please note that anyone dealing with stomach ulcers should avoid using a digestive enzyme that contains protease as this may irritate the ulcer.

Enzymes
begin to **DIE**
at 107 degrees.

When the
temperature reaches
122 degrees
all enzyme life
is **DESTROYED!**

Hallelujah Acres' Digestive Enzyme

Enzymes are an integral part of the digestive process. They are found in food and in the body. All raw food naturally contains the enzymes necessary for digestion, but most food enzymes are essentially destroyed when foods are cooked and processed. If you eat cooked or processed foods, you need enzymes. Nutritional enzyme supplements assist the digestive process and relieve the stress placed on your body. These supplements are especially important as you transition to The Hallelujah Diet.



See page 19 for order information.



What You Don't Know About Household Cleaners May **Seriously HURT** You and Your Loved Ones

By Fred Farmer, Health Minister



We were **shocked** at what we found while doing research on household cleaning products. We realized we had a false sense of security, and the more we found out, the more eager we were to share this information with you.

At Hallelujah Acres we deeply care that you live a toxic-free, healthy, long life. We worked with industry experts to help you empower yourself and make informed decisions. Please read this guide and pass it on to friends and family.

Three Common Misconceptions About Household Cleaning Products:

- **Misconception One:** If they're in the store they're safe, because surely cleaning products are tested for health effects.
- **Misconception Two:** Designating products as environmentally safe, green, natural, or nontoxic, means they are also safe to use.
- **Misconception Three:** Using environmentally friendly, user-safe products means less effective products, at double the price of national brands.

Misconception One:

Did you realize there are no laws requiring manufacturers to test cleaning products for safety and health effects? There are no government agencies that review or approve ingredients before they are sold, and no laws require manufacturers to list exact ingredients on the package label.

According to the World Resources Institute, "of the 17,000 chemicals that appear in common household products, only 30% have been adequately tested for their negative effects on human health; less than 10% have been tested for their effect on the nervous system; and nothing is known about the combined effects of these chemicals when mixed within the body."

What's more, manufacturers often disguise ingredients by using trade names for chemicals with nasty reputations. Harsh and dangerous chemicals may be listed under "inert" (*not active*) ingredients, implying that these chemicals are not toxic or harmful. However, inert ingredients can sometimes be more harmful than the active ones. Even suspected carcinogens can be hidden under the label's inert designation.

Most shocking is what we found about the word "non-toxic" that appears on many consumer products. According to the federal definition, something can be designated non-toxic when only 50% or less of animals exposed to products through ingestion or inhalation die within two weeks. So, 49 animals could have died in those two weeks! Besides that, long-term or chronic effects are not considered in the nontoxic specification.

The fact that common household cleaning products don't produce immediate symptoms does not mean they are safe. One cigarette will not give you cancer, but repeatedly puffing cigarettes will. It is the long-term exposure to these toxins that degrades our immune systems and overloads the body's detox system. This makes the body more susceptible to getting sick.

Consider this: workers are often required to use respirators, gloves and goggles when using the exact same products we use at home. We use these chemicals with no protection or ventilation. What's the difference? Workplace safety is regulated.

Is There a Scientific Link Between Household Chemicals and Health?

The Consumer Product Safety Commission reported that "150 chemicals commonly found in homes have been linked to allergies, birth defects, cancer, and psychological abnormalities."

Research indicates that the dramatic rise in chronic health problems coincides with the increase in man-made chemicals in the home cancer rates. In 1900, cancer rates were about 1 in 50. Now one of three Americans will suffer from cancer. The number of nervous system disorders has increased. Asthma, once

very rare, is now extremely common.

Along with other factors involved, scientists and doctors now link many ailments to long-term exposure to chemicals. Perhaps our greatest exposure to chemicals is in our own homes!

According to the EPA, most homes have airborne concentrations of hazardous chemicals that are two to five times higher indoors than outdoors. In 1985, an EPA report concluded that toxic chemicals in household cleaners are three times more likely to cause cancer than outdoor pollution.

In one study conducted over a 15-year period, women who worked at home had a 54% higher death rate from cancer than women with jobs away from home. The study concluded that the increased death rate was due to daily exposure to hazardous chemicals in ordinary household products.

Mt. Sinai School of Medicine is Now Running Ads to Help Protect Children From The Effects of Toxic Chemicals in The Home

Mt. Sinai School of Medicine in New York published a series of ads in the New York Times alerting parents to the dangers and threats of toxic chemicals to children's health. These were not ads warning parents about children accidentally dying from swallowing household chemicals; they were ads linking brain cancer in children to toxic chemicals in the house!

Visit www.childenvironment.org part of the Mt. Sinai School of Medicine, to see specific scientific data linking household chemicals with illness. "Asthma, allergies, cancer, and a range of maladies from skin irritations to fatigue and behavior problems can be directly linked to chemicals in households," said Dr. Landrigan, of Mt Sinai Hospital.

In addition to long-term exposure dangers, there are millions of accidental poisonings of children every year that would not happen if people were using safe products.

—Continued on Next Page

*What You Don't Know
About Household Cleaners*
Continued from Page 9 —

What Can You Do To Protect Yourself and Your Loved Ones From These Health Threats?

With limited regulatory or testing requirements, consumers must find out if our laundry detergent is toxic or irritates the skin and lungs as some do. We need to know if the cleanser, furniture polish, or bathroom cleaner we use causes cancer, central nervous system disorders, liver damage or other problems.

Your best information source on potentially hazardous materials is on the container's label. When that is not available, (for example, when a product formulation is considered a proprietary trade secret) the next best source is the Material Safety Data Sheet (MSDS). MSDS are technical, but provide a wealth of information.

Use this website for MSDS information and toxicology reports on specific chemicals and a number of products by name: www.hazard.com/msds/, or type in the brand name followed by "+ MSDS" to find several interesting sources.

For example, the MSDS for Ethylene Glycol Monobutyl ether, a very common chemical used extensively in household and industrial cleaners, states **"Warning! Harmful if swallowed, inhaled or absorbed through the skin. Causes eye irritation. Affects central nervous system, blood and blood-forming organs, kidneys, liver, and lymphoid system. Combustible liquid and vapor. May cause irritation to skin and respiratory tract."**

Do you wear gloves when using your all-purpose cleaner? Is the room properly ventilated? Probably not. The easy solution is to buy a user-safe product in the first place.

Audit your household cleaning products, get rid of hazardous products, and replace them with environmentally friendly and user-safe products. We have simplified this process by providing you with Hallelujah Acres line of cleaning products that are truly non-toxic, and non-hazardous. (See ad on pg. 20)

The Hallelujah Acres label means you're getting the safest cleaning product possible; nothing is listed on the MSDS! And, you won't find "Danger", "Warning", or "Caution" signs on our label, because they're safe.

Misconception Two: Designating products as environmentally safe, green, natural, eco-friendly, or biodegradable means that they are safe.

There is much confusion over what these words mean. Natural cleaners are derived from renewable plant materials, and are inherently more user-safe and friendly to the environment, aquatic and animal life. Terms such as "all natural," "eco-friendly," "biodegradable," or "environmentally safe" are not legally regulated. Until standards are created, be aware that such terms can be simply marketing hype and not necessarily user-safe.

Just because a substance is derived from plant-derived materials, or biodegrades, is eco-

friendly or all natural doesn't automatically mean it is safe to use.

Are Citrus (Orange) Cleaners Safe?

The substance used in these cleaners is derived from orange peels and/or pine bark, commonly seen as D'Limonene or Terpenes. These ingredients are listed in most "natural" citrus cleaner brands, some concentrated and some not. Because they are plant-based, they are advertised as "green" and assumed safe. This EPA website, www.es.epa.gov/techinfo/facts/florida/terpcls.html tells us:

"Some salesmen [of citrus cleaners] are quick to point out that terpenes are 'generally recognized as safe' by the FDA and that they are found in a myriad of products, from food additives to toothpaste. Unfortunately, toothpaste is not often used for industrial cleaning. Yes, terpenes are safer to use than many solvents, but to compare a terpene food additive to a terpene paint stripper is not only misleading, it is reckless. Terpene cleaners are mildly neurotoxic. They are known to cause respiratory distress and/or irritation and that 'pleasant citrus fragrance' can very quickly become nauseating. There is a controversy about the carcinogenicity of D-Limonene."

Alternative, environmentally friendly companies and many national brand companies use this popular orange substance, giving the impression that it is safe because they are using a natural ingredient. The truth is, these companies are mixing a natural ingredient (or sometimes only an orange fragrance)

—Continued on Page 13



THE MIND-BODY CONNECTION TO DISEASE AND HEALTH

By Pastor Barry Mello

Hallelujah Acres does a tremendous job in teaching people to guard what goes into their mouths. However, that is not the whole picture. God wants wholeness for his people in spirit, soul, and body.

And the very God of peace sanctify you wholly; and [I pray God] your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ. (KJV) 1 Thessalonians 5:23

To be whole in spirit, soul, and body we must also guard what goes into our mind.

Keep [guard] thy heart [mind, thoughts] with all diligence [above all else] for out of it are the issues [wellspring] of life. (KJV) Proverbs 4:23

The health of our mental and physical lives is greatly determined by the condition of our hearts (*mind, thoughts*).

Many medical authorities believe that a high percentage of physical diseases are rooted in psychosomatic (*mind, body*) issues, meaning that the disease starts with a breakdown in the mind. An impaired mindset over a sustained period of time starts a chain reaction of events in one's body, contributing to malfunction and disease.

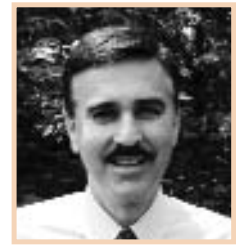
The number one killer in America is heart disease; many cases start from high blood pressure (*hypertension*). Our bodies become hyper tense because our minds are hyper tense. High blood pressure can come from habitually thinking the wrong thoughts, such as worry, anxiety, and fear, which stress our bodies physically. Hypertension is a stiffening of the cell walls, causing cell wall rigidity. This produces a vasoconstriction of blood vessels, forcing an increase of cardio output, which causes the blood pressure to rise. This is a classic example of the mind/body (*psychosomatic*) aspect of disease.

According to Jesus Christ, habitual worry, anxiety, and fear is sin.

Take therefore no thought [worry] for the morrow: for the morrow shall take no thought for the things of itself. Sufficient unto the day is the evil thereof. (KJV) Matthew 6:34

Jesus instructed us not to worry about tomorrow because each day has enough trouble. In other words, God created our minds to stay in peace as we discipline them to only handle what each day's challenges bring. Over time, if we continue to disobey God and project our thoughts into tomorrow, our

—Continued on Page 18



ABOUT THE AUTHOR

Barry Mello is Senior Pastor at New Creations Ministry. Pastor Mello is also a Hallelujah Acres Health Minister.

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 visit our website at www.hlc4health.com and request 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

Summer-Fall Schedule:

Aug. 3 - 8
Aug. 10 - 15
Aug. 24 - 29
Aug. 31 - Sept. 5
Sept. 7 - 12
Sept. 21 - 26
Sept. 28 - Oct. 3;
Oct. 12 - 17
Oct. 19 - 24
Oct. 26 - 31
Nov. 2 - 7
Nov. 16 - 21
Nov. 30 - Dec. 5
Dec. 7 - 12
Dec. 14 - 19

10 STEPS TO BETTER HEALTH

The Hallelujah Diet is quite simple, but not necessarily easy, especially if you have traditionally followed the Standard American Diet (SAD). The following steps will help you transition to better health and help stop America's Health Crisis.

1. Begin to reprogram your mind with education.

Today, toxicity or deficiency causes most physical problems. Unknowingly, many people fill their bodies with toxic poisons, simply by not paying attention to what they eat. Equally as true, most "food" people consume has little nutritional value, so they are not receiving sufficient or proper nutrients needed to nourish themselves. There is a wealth of information available today—books, video and audiotapes, seminars, and Websites—to help you learn more about proper nutrition and health. Visit our Website, www.hacres.com, to help begin your education process.

2. Increase your intake of living foods.

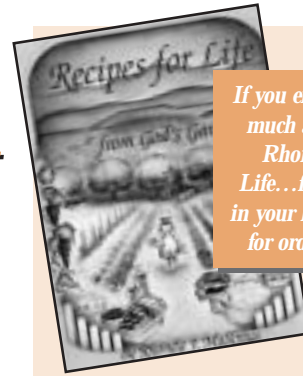
Living foods are those in a raw form—fresh fruits and vegetables. We recommend that you enjoy five to ten servings of these each day, and that you enjoy them uncooked. Why? Cooking destroys virtually all the life force in food, the vital enzymes and nutrients needed to achieve excellent health. We recommend that you consume more vegetables than fruit, and that you place emphasis on eating lots of dark green vegetables.

3. Start drinking live vegetable juices.

Live vegetable juices are loaded with the most abundant source of nutrients used by our bodies. Some 92% of the nutrients from juices reach the cellular level, the basic level at which we receive nutrition, while less than 35% of the nutrients of whole raw food reaches the cellular level. We caution against using canned or processed juices, as they do not contain the critical enzymes needed. There are convenient vegetable juice powders available (we offer BarleyMax™), that are specially prepared to preserve nutrients and enzymes.

4. Begin drinking lots of distilled water.

Water constitutes, regulates, flows through, cleanses, and helps nourish every part of our bodies. Some 70% of our bodies are composed of water. So it simply makes sense to consume it frequently. But most of the water we drink is filled with contaminants. That's why we recommend distilled water. Distillation is nature's way of purifying water. A rule of thumb is to drink a minimum of one-half ounce of water per pound of body water each day. This includes the live vegetable juices consumed.



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 22 for ordering information

RHONDA'S FAVORITE SMOOTHIE

- 2 ripe bananas, peeled and frozen 24 hours
- 4 - 6 cups organic dates, pitted
- 1 sweet apple (peel if not organic)
- 1 Tbls flaxseeds or small handful sunflower seeds or favorite nut
- 1 cup organic apple juice

Place all ingredients in Vita Mix or blender and process until smooth and creamy.

LINGUINI WITH PESTO

Pesto Sauce

- 1/4 cup cup pine nuts
- 2 ounces fresh basil leaves
- 2 cloves garlic
- 2 Tbls non-dairy Parmesan Cheese
- scant cup extra virgin olive oil

Lightly dry roast the pine nuts in a heavy skillet, stirring constantly until lightly browned. Rinse and pat dry basil leaves. Place in food processor with the S blade or Vita Mix or blender. Add the garlic cloves and pine nuts. Blend to a creamy paste and add non-dairy Parmesan. If using a food processor, drizzle oil into chute while running. If not, transfer to a bowl and slowly add olive oil using a wooden spoon until well mixed. Set aside. Cook the Linguini until tender. Stir in the pesto sauce and top with additional Parmesan if desired. Serve with a garden salad.

—Continued on Page 18

What You Don't Know About Household Cleaners

Continued from Page 10 —

with a questionable ecotox profile to give consumers the impression of safety, which is questionable.

Don't automatically assume a product is safe to use just because it seems good for the planet. Pick products that meet both criteria. The Hallelujah Acres line of cleaning products is both user-safe and environmentally friendly.

Misconception Three: Using environmentally friendly, user-safe products means less effective products at double the price of national brands.

When alternative products were first introduced, many were not as effective as their petrochemical counterparts. Thus environmental products have a bad reputation as being less effective. That's why it was important to us to offer products that equal or exceed the effectiveness of national brands, while remaining user-safe and environmentally friendly.

The Hallelujah Acres' line of cleaners is based on technically advanced formulas for exceptional cleaning, degreasing and polishing capabilities and overall safety to the planet and humanity.

Cost effective pricing was the other important criteria we had when looking for a manufacturer. We negotiated with the manufacturer, insisting that they provide products priced below or that were competitive with the price of national brands. We accomplished these pricing goals and are proud to introduce our line of cleaning products.

Our Eco-Friendly Concentrates™ Save You Money, and Preserve the Environment

We successfully compete with larger "brand names" through our unique **Eco-Friendly Concentrate™** and super-concentrated products. For example, we offer our glass cleaner (*which is twice as*

effective as the average cleaner because it doesn't leave a film on your window to re-attract dirt) for \$5.00 for an 8-oz concentrate. This 8-oz concentrate makes four, sixteen ounce bottles that costs only \$1.25 per bottle.

A 16-oz bottle of common window cleaner in the local grocery store was \$2.74, (120% more) and it contains some nasty stuff (*look up 2-Butoxyethanol or Isopropyl Alcohol on the MSDS website*). Another vegetable-based glass cleaner, a 32-oz ready-to-use spray bottle at \$4.17 in an online store, turned out to cost \$2.08 for 16 ounces, compared to our \$1.25—60% more.

Here's how our Eco-Friendly Concentrates™

work: The cleaner comes in self-measuring bottles that save you time and money. These small, specially designed containers let you squeeze out exact measures to make multiple bottles of ready-to-use cleaner. You simply add your own water (with national brands, you're paying for that water!). You can also re-use your spray bottles and lessen the impact on the environment.

What's The Difference Between Hallelujah Acres' Line And Other Companies Claiming To Be Safe?

As discussed earlier, there is controversy around the citrus/orange cleaners. There is no controversy about the Hallelujah line of cleaners. You can trust they are readily biodegradable and non-toxic. They do not contain harsh chemicals, abrasives, or solvents that contribute to waste and air pollution. They're non-corrosive to metals, non-flammable, non-fuming, non-caustic to the skin, non-reactive with other materials and contain no VOCs (*Volatile Organic Compounds contribute to air pollution/smog*).

Try the Hallelujah Acres line of cleaning products and see for yourself that you don't need to settle for less effective, toxic cleaning products at double the price.

Whether you use our line of products or some other company's products, please educate yourselves about the chemical threats to yourself and your loved ones. We have all worked so hard to cleanse our bodies of toxins with The Hallelujah Diet. Why counter all this work by unknowingly exposing ourselves to the long-term effects of household cleaners?

See Page 20 to order

Here's a Short Hit List of Ingredients To be Concerned About in Common Household Cleaners

Ammonia Eye irritant, can cause headaches and lung irritation. If mixed with chlorine, it releases toxic chloramine gas. Short-term exposure to chloramine gas may cause mild asthmatic symptoms or more serious respiratory problems.

Ethylene glycol (*all-purpose cleaners*) Causes eye damage, skin, nose, throat and lung burns.

Chlorine (*Sodium hypochlorite*) In cleaning products, chlorine bleach, or sodium hypochlorite, is a lung and eye irritant and if mixed with ammonia or acid-based cleaners (*including vinegar*), chlorine bleach releases toxic chloramine gas. Short-term exposure to this gas may cause mild asthmatic symptoms or more serious respiratory problems.

Sodium hydroxide (*bathroom cleaners*) Causes skin, nose, throat and lung burns.

Isopropyl Alcohol (*glass cleaners*) Causes central nervous system disorders, causes liver and kidney disorders.

Hydrochloric Acid or Sodium Acid Sulfate (*found in toilet bowl cleaners*) Can burn the skin or cause vomiting, diarrhea and stomach burns if swallowed; also can cause blindness if inadvertently splashed in the eyes.

Nitrobenzene (*found in furniture and floor polishes*) causes skin discoloration, shallow breathing, vomiting, and death; associated with cancer and birth defects.

Perchloroethylene or 1-1-1 trichloroethane solvents (*found in spot removers and carpet cleaners*) can cause liver and kidney damage if ingested; perchloroethylene is an animal carcinogen and suspected human carcinogen.

Phenol [job1] and Cresol (*found in disinfectants*) A corrosive that can cause diarrhea, fainting, dizziness, and kidney and liver damage.

Formaldehyde (*a preservative in many products*) Suspected human carcinogen; strong irritant to eyes, throat, skin, and lungs.

Diligent Research Leads to Four New Products

Many of you already know about our passion to help you achieve ultimate health.

Part of that ongoing commitment led us to establish the Hallelujah Acres Foundation; an organization devoted to finding the very best products and nutritional methods. When research results uncover new findings, we are willing to make changes, add products, or shift our thinking regardless of the cost.

The following four new products are the latest results of our research and development efforts.



Probiotic Dietary Supplement

The word probiotic is from the Greek language and means “for life.” Probiotics are beneficial bacteria that produce natural antibiotics to keep pathogenic bugs in check—helping prevent diarrhea and infections. They also produce B vitamins for use in the small intestine. Probiotics aid in food digestion, strengthen the immune system, help prevent food allergies, and improve mineral absorption.

We recommend probiotic supplements for everyone, but especially for those who are most susceptible to infections, who have problems with diarrhea, who take antibiotics, for pregnant and nursing mothers, and people undergoing radiation treatments of the pelvis or abdomen. The probiotic supplement we offer has undergone rigorous in vitro testing to assure it offers the most beneficial elements available.

Children’s Probiotic Supplement

Our **Children’s Probiotic** supplement contains a specific combination of probiotics, (*microorganisms found naturally in the mouth and lower intestine of healthy children*), for children up to age 12. This supplement—especially beneficial for children taking antibiotics—promotes healthy growth and boundless energy. Children’s Probiotics help achieve intestinal flora balance, contributing to a healthy gastrointestinal tract and a strong immune system. The supplement provides specific enzymes to assure effective probiotic adhesion and colonization, and contains a select botanical to provide food needed by the probiotics for growth and colonization.



Digestive Enzyme Dietary Supplement



Most people are unaware that without digestive enzymes, their cells would literally starve. As many as twenty million Americans suffer from various digestive disorders, and supplemental enzymes can improve digestion and help assure that the maximum level of nutrient absorption is attained.

Supplemental enzymes also help with the breakdown of all food groups. All raw food naturally contains the proper types and proportion of enzymes necessary to digest it. But most food enzymes are essentially destroyed at the temperatures used to cook and process food, leaving foods devoid of digestive enzyme activity. Placing the full digestive burden on the body, the body’s digestive process can become overstressed. As a result, digestive problems such as allergies, impaired immunity, fatigue, and poor wound healing can result.

Intestinal Balance Dietary Supplement

This special formula contains a proprietary blend of enzymes, botanicals, and probiotics specifically blended to provide support for the intestinal tract while naturally strengthening the immune system. Intestinal Balance is especially effective at discouraging the colonization of Candida, an over growth of yeast that causes health problems such as emotional problems, hypoglycemia, hyper activity, constipation, intestinal pain, and depression.



This supplement provides good protection from over growth of yeast, but it is also important to reduce dietary and medical sources of yeast growth stimulants, such as antibiotics, hormones, and sugar. Introducing RAW foods into your diet (*we recommend 70-80% raw foods*) will also help prevent this type health problem.

All these new products were selected after careful research and consideration, and we offer them to help you achieve your goal of ultimate health. See page 19 for order information.

Back to the Garden

Health Ministry

By Rev. George Malkmus

Back to the Garden Health Ministries provides a vehicle to help you share our health message in your church or community.

We provide training and educational resources to help you be effective as you share the health message. Health Ministers use the “**Get Healthy! Stay Balanced**” training program throughout their ministry. We also support you through conference calls, a quarterly Health Ministers Newsletter, and special training opportunities.

We now have more than 4,000 certified Health Ministers in all 50 states and in 27 other countries. Many come to our training from various professional health fields: 41 medical doctors, 8 dentists, 5 optometrists, 75 chiropractors, well over 200 registered nurses, along with a number of dieticians and nutritionists have attended. This is 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 more than 700 pastors, missionaries, and evangelists who have become Health Ministers, as well as homemakers, construction workers, business leaders, retirees—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. Read on as a few share their reasons for wanting to come to Health Ministry Training:

Noreen Youngfleisch is a 48-year-old registered nurse with 12 years of nursing experience. She lives in Yorktown Heights, New York, and learned about The Hallelujah Diet through Health Minister, Phyllis Young.

“I believe that God has His hand in this Health Ministry. I feel I am being directed to

spread this healthy lifestyle to anyone with a willingness to listen. Since adopting The Hallelujah Diet, I have seen my lupus go into remission; my cholesterol level drop from 363 to 171, and my blood pressure decrease. I survived a major cardiac event in July 2002, and am doing well and feel great.”

Wendell Rochester is a 69-year-old retired teacher who taught for 35 years. He lives in Tulsa, Oklahoma, and learned about Hallelujah Acres from Health Minister, Dr. Charles Pack.

“I feel it is critical for every Christian to be aware of the spiritual warfare aimed at our bodies (*temples*). Care of our body temples is not taught in our churches or schools. Many Christians suffer needlessly and perish for a ‘lack of knowledge!’ I want to help educate people in my sphere of influence. Since adopting The Hallelujah Diet, my incontinence is gone; hypertension drugs have been reduced from 230-mg. to 50-mg.; while night cramping in my legs has stopped and I now have lots of energy.”

Michael & Tracy Cochran, ages 43 and 37, are managers/caretakers of a private gated community in Oklahoma. Michael writes:

“We applied this way of life in March 2002 after my wife was diagnosed with breast cancer. We feel that God led us to Rev. Malkmus. When we came across Hallelujah Acres, we agreed with everything we found. Tracy has been cured from breast cancer through natural means, and we feel strongly that the Lord wants us to share this information with others.” Michael also saw physical problems disappear on The Hallelujah Diet: “Recovered from most allergies, headaches, and hypoglycemic problems while losing 45 pounds.”

Devone Campbell, a 38-year-old physician’s assistant specializing in orthopedic problems, who lives in Fayetteville, North

Carolina, shares the following:

“As a health professional, I have seen the results of the typical American diet (*obesity, diabetes, heart disease, osteoarthritis, chronic back pain, etc.*). In the orthopedic field, 75-80% of patients in need of joint replacement are due to osteoarthritis and obesity. Sixty percent or more of those requiring surgery also suffer with diabetes, high cholesterol, high blood pressure, and heart disease. Most of these people see medical providers regularly and their problems are ‘managed,’ but not ever cured. I believe that ‘God’s Way to Ultimate Health’ is the only answer for true health and healing. Regarding his personal health, he writes: “After returning from Desert Storm, I suffered from chronic skin infections, fatigue and rashes, and after getting out of the army, weight problems developed. While looking for help with my physical problems, I found your book, God’s Way to Ultimate Health. In the six months since going on The Hallelujah Diet, I have taken off some weight, and my skin problems are improving.”

Lance Cansino, age 45, lives in Lubbock, Texas, and has worked as a securities broker for the past 20 years.

“I have been a vegan since 1988. I have been sharing the Hallelujah lifestyle with friends and family for years, after learning about The Hallelujah Diet through your book God’s Way to Ultimate Health. This last year, a friend from our church was diagnosed with prostate cancer, and on my advice he and his whole family have been living the Hallelujah lifestyle since February 2002, and his PSA is now normal. We started a Hallelujah support group in July 2002. I have seen at least 20 people in our support group lose weight, feel better, improve their health, while some are recovering from cancer, lupus, diabetes, and other physical problems. Personally on The Hallelujah Diet, I have recovered almost fully from a serious auto accident.”

Tonya Phillips, is a 34-year-old finance manager in Fremont, Ohio, who writes:

“Your paper publication, *Back to the Garden* has changed my life and people see the difference. I am already ministering to people about their health, and I want to help more people recover and take control of their sicknesses. I also know that God has used The Hallelujah Diet in my life to help me recover

—Continued on Next Page

Back to the Garden

Health Ministry

Continued from Page 15 –

from physical problems. In November 2001, I couldn't get out of bed or hardly even function. Since going on The Hallelujah Diet, I can function again and I am ministering to other people who are sick."

Rev. Donald DeCoursey, Jr., is 46 years old, and lives in Ravenna, Ohio.

"I was impressed with Dr. Malkmus' video tape 'How to Eliminate Sickness.' Many of the things he spoke about my wife and I were already doing, and we were looking for a way to learn more. We feel led by God to become Health Ministers. We started our own Healthy Ways Ministry in November 2002 and presently have approximately 12 people we are helping with health issues. My wife Doreen had breast cancer. At God's leading, she chose not to complete the chemo and radiation treatments the doctor recommended. By following The Hallelujah Diet and lifestyle, she is now cancer free. Doreen had stage 3 breast cancer. The tumor was 15-cm. long,

and the nodes were also involved. She was scheduled for eight chemotherapy treatments, but because of a bad reaction after the second treatment she stopped the treatments, changed her diet, and the rest is history."

Maggie McGonagle, age 47, lives in North Hills, Pennsylvania, and after 32 years in the restaurant industry is planning to open a Living Foods Café with her brother.

"I have been doing a lot of reading, studying, and working with recipes. I have been searching for a specialized ministry in my life and believe that the Lord is guiding me in the direction of a Living Foods Café. With the physical improvements we have seen in our own lives, we have a strong desire to share the Hallelujah lifestyle with others. Before going on The Hallelujah Diet, I always had stomach problems, along with depression and anxiety. Since making the diet change I have lost 30 pounds, and my depression and anxiety have lifted, while my stomach is calm and I feel peaceful. Also, my energy level has increased significantly. Praise God! My diet consists of mainly raw fruits and veggies, carrot juice, BarleyMax, flax oil, with some baked potatoes, whole grain pasta and steamed veggies. I consume no meat, dairy, sugar, coffee, alcohol, or drugs of any kind."

EDITOR'S NOTE: This is just a small sample of the reasons people give for coming to our Health Ministry training and telling us how The Hallelujah Diet has impacted their lives. We envision tens of thousands of Christians creating their own Health Ministries all around the world. Many individuals want to become involved, and every church should become a part for its own membership, and use this information in a community outreach ministry. Many pastors, missionaries, and evangelists are incorporating this health message into their ministries. Many pastors report dramatic decreases in sickness prayer requests among their people when they apply the biblical principles found in the Hallelujah Acres message.

HOW TO BECOME A HEALTH MINISTER

To learn more about how you can receive training and set up your own Health Ministry in your community or church, please call Hallelujah Acres at (704) 481-1700 in the U.S.A, or in Canada call (519) 935-9999. On our website, you can go to www.hacres.com/healthministrytraining.asp. Follow our links to download our Health Ministry application.



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



—Continued
from Page 5

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 like I used to."

Nancy, New York

"Hi George, I came to one of your seminars when you were in Perth, Western Australia, back in June 2000. After listening to you speak, The Hallelujah Diet almost straight away. I had previously had a HEART ATTACK at age 40. Well, anyway, after making the diet change, things started to improve. I dropped a lot of WEIGHT, and I recon my HEART has repaired itself

as I no longer get those horrible PALPITATIONS, and I feel fine!"

Rodney, Perth, Australia

"I too am concerned about doctor's supplying women with HRT (*Hormone Replacement Therapy*). My OB/GYN almost insisted that I take HRT, even when I had no 'medical signs of menopause.' Incidentally, I have been on The Hallelujah Diet for two years now! My doctor even wrote me a long letter detailing how much HRT would decrease my chances of acquiring the disease linked to calcium deficiency (*osteoporosis*). I think I really have her baffled, since I am healthy and not complaining of any problems linked with menopause since adopting The Hallelujah Diet. Thanks again for all your efforts. Please let women know that there is definitely a better way to deal with menopause problems than the HRT way. THE BETTER WAY IS - THE HALLELUJAH WAY!"

Helen

"I have seriously been on The Hallelujah Diet for approximately five weeks. Since making the diet change, I have LOST TEN

POUNDS, and my STOMACH PROBLEMS HAVE CLEARED UP! Before starting the diet I had severe stomach problems, and had been treated for H. pylori (the bacteria that causes ulcers.) I also had had gall bladder surgery during the past year and had been diagnosed with a sliding hiatal hernia. I had constipation continually. There was also a weakness in my ability to have a bowel movement after suffering a burst appendix three years ago. I woke up often at night with my stomach churning or sometimes choking because of gastric reflux. All my doctors wanted to do was give me medicine, which only made me sicker. Since following The Hallelujah Diet, I have had NO DIGESTIVE PROBLEMS, AND NO LONGER TAKE ANY MEDICATION. I also have ENERGY, energy that had been lacking for about three years. I AM SO THANKFUL FOR THE HALLELUJAH DIET, AND FEEL THAT IT HAS GIVEN ME MY LIFE BACK! Thank you Rev. Malkmus for following God's directive in sharing the way to good health. God bless your ministry!"

Lynn

"Lill (*my wife*) and I have attended two Health Minister's Training Programs and two Health Minister's Annual Reunions at Hallelujah Acres. We have used The Hallelujah Diet and Lifestyle close to 100% for the past three years, and have personally experienced, and seen many others RECEIVE OUTSTANDING HEALTH BENEFITS from The Hallelujah Diet. We actively promote the Hallelujah concept throughout our area, and in Canada and Australia."

**Health Minister
Retired Colonel Hank Lackey**

"Dear Brother George, I just wanted to write to you to let you know how grateful I am for your ministry. I was at Hallelujah Acres for Health Ministry Training in November 2002. After only three months on The Hallelujah Diet, my CHOLESTEROL was down and I have been waking up in the morning with NO MORE PAIN FROM ARTHRITIS. I also noticed that the two LUMPS that were on my left leg have DISAPPEARED. Praise the Lord! I just received permission from the church I attend to give a class on biblical nutrition. Please pray for me! I am of Lebanese origin, and on different occasions make vegetarian Lebanese foods. As a result, people are starting to ask me to write a cookbook. May the Lord bless you tremendously!"

Health Minister Lydia Eskander

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

10 STEPS TO BETTER HEALTH

—Continued from Page 12 —

5. Start some exercise and bask daily in sunshine.

Exercise doesn't have to be hard, just simply start moving! One technique Rev. Malkmus uses is to start walking and work up to completing a 15-minute mile, with a long-term goal of walking two-three miles per day. Sunshine is an excellent way to lower blood pressure, blood sugar, balance hormones, and restore a positive attitude. Try to get at least 10-15 minutes each day.

6. Eat more fiber.

Fiber is found in all raw foods. It acts as an intestinal broom to sweep things along in the colon. It is needed for optimal bowel movements, and to ensure proper elimination of toxins from the body. During the first 90 days of a diet change we recommend using Fiber Cleanse, a combination of herbs and fiber to help cleanse the colon and restore normal bowel activity.

7. Reduce or eliminate all animal products from your diet.

Yes, that includes all meat, dairy, and fish, and we know it may not be easy for many of you. But consider this: animal products are the cause of approximately 90% of all health problems in America, that's a fact backed by many scientific studies. You can receive an abundant amount of proteins, vitamins and minerals from plant sources. We strongly recommend you begin to reduce your consumption of meat and dairy products, with the ultimate goal of their total elimination from your diet.

8. Begin to eliminate processed foods.

Refined sugar and flour, table salt, caffeine, and fast foods are ruining our health! Refined flour has virtually no nutritional value, and sugar is an immune system depressant. Did you know that one can of soda contains 9 to 12 teaspoons of sugar? Diet sodas are worse. These other so-called foods cause significant health problems, and it's amazing how much better you'll feel once you quit consuming them.

9. Get adequate rest and resolve spiritual and emotional stress.

The best sleep occurs in the hours before midnight, so try to go to bed early. Continual thoughts and feelings of anxiety, stress, fear, bitterness, and envy trigger improper release of hormones and neuro-transmitters, which can cause physical disease. Focus on Godly thoughts of love, joy, peace, and faith to assure proper hormone secretions and to keep your body balanced.

10. Reach out for support.

There are people everywhere who are happy to support you in your goal of excellent health. Seek out a local Health Minister (see our Website, www.hacres.com, and click on Health Ministers), get involved in a *Get Healthy! Stay Balanced Program*, use our Website forum to converse with others about health issues, or join a support group. Pray for God's help in your journey.

We know the amazing healing benefits that you can realize with this healing process, and we pray for your commitment and success.

THE MIND-BODY CONNECTION TO DISEASE AND HEALTH

By Pastor Barry Mello

Continued from Page 11 —

minds will begin to break down from the worry, stress, and fear the thoughts bring. God created our minds to handle today. We are to trust Him with the days that follow.

Trust in the Lord with all thine heart and lean not unto thine own understanding (KJV)
Proverbs 3:5

This doesn't mean we can't think about tomorrow or plan for it, however we are not to lean on our own understanding regarding it. When we do, we are projecting into the future and trying to figure everything out. We then begin worrying because we can't tie down the future perfectly in our minds. Now we are leaning on our own understanding and are in disobedience to God.

We must trust God with tomorrow and lean on Him for it. This keeps us in peace, which keeps our physical bodies in balance. God will not do this for us. It is our responsibility to seek and obey Him. Chronic disobedience brings consequences to our physical bodies. When we are anxious or stressed our bodies are over secreting stress hormones (such as Cortisol), which over time are devastating to our physical health. God commands us to not be anxious.

Be careful [anxious] for nothing... (KJV)
Philippians 4:6

Look how easily many of God's people have their minds programmed to physically break down.

We must be sanctified in God's truth. The thoughts and emotions we carry around with us will either contribute to health or to disease in our lives.

My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them and health to all their flesh. (KJV)
Proverbs 4:20-22

God is our final authority. His words are life and health to our bodies. "Health" in Hebrew can also be translated "healing" or "medicine." The believer's responsibility is to sanctify God's word in his mind and heart. This is the key to wholeness in spirit, soul, and body.

Feature Presentations from Back to the *Garden* *Teaching Health from a Biblical Perspective*

#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** (qty20, \$25.00)



AND FEATURED PRODUCTS



#446 — Hallelujah Acres Probiotic — These good bacteria help prevent diarrhea and infections, aid in digestion, strengthen the immune system, and help prevent food allergies. Especially recommended for pregnant and nursing mothers, anyone on antibiotics, and those undergoing pelvic or abdominal radiation treatments. 90 ct. Veg. Capsules (\$24.95)

#447 — Hallelujah Acres Digestive Enzymes — help breakdown all food groups, improving digestion and increasing nutrient absorption. They are especially important to use when eating cooked foods devoid of natural enzymes. 90 ct. Veg. Capsules (\$24.95)



#448 — Hallelujah Acres Children's Probiotic — Probiotics are microorganisms found naturally in the mouth and lower intestine of healthy children. Recommended for children up to age 12 and especially beneficial for children taking antibiotics, this supplement promotes a healthy gastrointestinal tract and a strong immune system. 90 ct. Veg. Capsules (\$24.95)



#449 — Hallelujah Acres Intestinal Balance — This proprietary blend of enzymes, botanicals, and probiotics provides support for the intestinal tract and strengthens the immune system. Especially effective at discouraging the colonization of Candida, an over growth of yeast that causes health problems. 60 ct. Veg. Capsules (\$24.95)



#443 — BALANCED 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)



#600 Raised Garden Kit
(\$749.00 including shipping)

*“raised gardening”
finally an option for everyone*

presenting:
RAISED GARDEN KITS

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Toll Free in U.S.: 1-800-915-9355
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- made from 100% polyethylene
- look and feel of stone; easy to install
- bending reduced, no need for sore back and knees
- kit sizes: 4x4, 4x8, 4x12, 4x16, etc.

Protect Yourself and Your Loved Ones By Choosing Our User-Safe, Eco-Friendly, Effective Line of **Cleaning Products** From Hallelujah Acres

When considering the prices, please note how many bottles you'll be able to make. Proportional Concentrates™ save you money!



#760 Vegetable Wash 8-oz. concentrate makes eight 16 oz. spray bottles. Great for washing fruits and veggies. Effective at removing most waxes, oils and chemicals.
\$16.95 (only \$2.12 per ready-to-use bottle after you mix)



#761 Carpet Cleaner 16-oz. concentrate. Use in extraction-type carpet cleaning machines to clean rugs and carpets. It is safe on all modern carpeting. Requires only 1 oz. of cleaner per gallon of water. Can also be mixed as a stain remover or a pre-spotter.
\$5.95 (only \$.74 cents for a 2 gallon application)



#762 Glass and Surface Cleaner 8-oz. concentrate that makes four 16 oz. spray bottles. Does not streak or leave a film like other glass cleaners.
\$5.95 (only \$1.49 per ready-to-use bottle after you mix)



#763 Laundry Solution 16-oz. concentrate: Enough for 16 loads. Detergent and fabric softener in one. Hypoallergenic and safe for the skin. Detox your cloths. \$7.95 (only \$.50 cents per load)
Also comes in a 32-oz. concentrate \$11.95



#764 Kitchen and Bath 16-oz. Ready to use: You only have to use a little for huge cleaning action. For toilet bowl, sinks, counter tops, tubs, and showers. One of our most popular items! \$6.95



#765 Furniture Polish 8-oz. concentrate that makes four 16-oz. spray bottles. Great for dusting and polishing all hard surfaces in one easy application.
\$14.95 (only \$3.74 per ready-to-use bottle after you mix)



#766 All Purpose Cleaner 8-oz. concentrate that makes eight 16-oz. spray bottles of all purpose, or four 16-oz. heavy duty degreaser bottles. Quickly acts to emulsify grease, dirt, oils from soiled surfaces.
\$10.95 (only \$1.39 to \$2.74 depending on strength you mix it).



#767 Soft Scrubbing Cleanser 16 oz. Ready to use: Soft scrub that easily removes grime from all types of surfaces without leaving a messy residue. \$12.95

Hallelujah Diet Essentials

#441 - BARLEYMAX - is considered the best dehydrated barley juice product on the market. It blends together two of nature's most powerful foods, raw organic barley and raw organic alfalfa. Together they provide one of the widest spectrum of naturally occurring nutrients available in a single source. BarleyMax offers the highest level of enzymatic activity, it mixes easily, taste good and it's a great value. For more information on BarleyMax visit www.barleymax.com.



#440 - One-month supply, 120 grams (\$21.95)

#441 - Two-month supply, 240 grams (\$34.95)

#442 - 240 Veg. Capsules (\$29.95)



#445 - 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; slippery elm coats the digestive tract and aids in healing inflammation.) Fiber Cleanse comes in a 16-oz. container. (\$29.95)

#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. Tablets (\$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, \$21.95)



Juicers, Dehydrators & Other Useful Equipment



#549 - 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, including shipping)

#580 - EXCALIBUR 2900 DEHYDRATOR

Dehydration is the most nutritious way of preserving food. With proper temperature and air-flow, fruits, vegetables and herbs can be dried so that enzymes and other nutrients remain intact. This family-size economy model features an adjustable thermostat with a temperature range of 85 to 145 degrees. Standing 12.5" high, 17" wide, and 19" deep, it won't take up your entire kitchen. Comes with 9 trays, a total of 15 square feet of drying area. Comes with a one year warranty, including parts and labor. (\$215.00, including shipping)

#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)

#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)



#500US8 - 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)



#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)

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. (\$217.00, 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)

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 —

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 — is the perfect companion piece to "God's Way to Ultimate Health"

because it begins where the theory and rationale for the diet leave off. With more than 400 nutritious and delicious recipes, our prayer is that this huge 8 1/2 by 11-inch spiral bound book will eventually be treasured in every kitchen in the land. Healthy food tastes wonderful, and this book proves it! Has important chapters on how to feed children and young adults, along with menus, and even a section on feeding babies. Detailed index lists recipes not only by chapter but also alphabetically. (Spiral bound, \$24.95)



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

#266 — HOW TO ELIMINATE SICKNESS VIDEO '02 — These professionally produced, video and audiotapes were recorded at the Hallelujah Acres World Headquarters in Shelby, NC. This 2 1/2 hour seminar contains the newest information that Rev. Malkmus has found through his research and study. It is an up-to-date version of the seminar that the Hallelujah Acres founder has taught throughout the World 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. (\$24.95)

#231 — HOW TO ELIMINATE SICKNESS AUDIO '02 — 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 testimonies will open his heart to the truth of the power of The Hallelujah Diet. (\$14.95)

#281 — TESTIMONIAL VIDEO 2 — Filmed in 1999 at the Tulsa Bible Prophecy Conference, this compelling one-hour videotape features 10 men and women who remarkably healed themselves of various illnesses by simply adopting The Hallelujah Diet. This video contains testimonies by two medical doctors, a minister, and other folks from many walks of life, including a man who had lung cancer with a tumor the size of a grapefruit. Within 60 days the tumor had shrunk in size by 75 percent, and he shows the x-rays as proof. If you know people who are skeptical about the "You Don't Have to be Sick" message, this tape will open their hearts and minds by showing them positive proof of the body's self-healing power. (\$14.95)

#368 — FOOD AND BEHAVIOR — Can what people eat really affect the way they behave? The evidence says yes! Barbara Reed Stitt, a former Chief Probation Officer, clearly shows the link between food and behavior. The connection is so basic that parents, the school system, counselors and most of the medical profession, are overlooking it. Ask any hyperactive child, depressed, angry teenager, violent adult or criminal what they eat and you'll find they all basically eat the same thing. Learn what food abuses the mind, under nourishes the body and distorts behavior. Barbara's message is both enlightening and encouraging. This paperback contains 220 pages. (\$9.95)

#351 — STOP THE MEDICINE! — An extraordinary true story by Dr. Cynthia Foster, a medical doctor who abandoned the theories of modern medicine in order to heal herself and her patients. Dr. Foster has committed her life to teaching others about the body's amazing ability to heal itself. Rev. Malkmus considers this 350-page a must-read for those who want to have full understanding of the health care system. (\$15.99 - SPECIAL SALE PRICE: \$9.95)



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

#208 — SALAD DRESSINGS FOR LIFE - FROM GOD'S GARDEN — Finally! Rhonda's latest cookbook containing 117 great recipes that will make your daily salad livelier than ever. Healthy recipes for salad dressings of all types; oil based, seed & nut based, vegetable based, apple cider vinegar based, fruit based, and avocado based dressings. You can have lots of variety on The Hallelujah Diet and Lifestyle! Let Rhonda show you how. This is the second of Rhonda's recipe books. 64 sturdy pages, spiral bound. (\$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)

ESPECIALLY FOR WOMEN

#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 DietSM, Olin Idol, N.D., C.N.C. discusses these unique needs providing practical advise to ensure the nutritional requirements are met. This book is a must read for anyone already with child or contemplating conception. Book - 77 pages (Special price \$4.97)

#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 - BALANCED 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)

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

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#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, \$8.50)

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)

#274 - THE TRUTH BEHIND MEAT AND DIARY - 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 GOOD 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)

#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)

#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. (292 pages, \$23.95)

#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. (175 pages, \$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. (297 pages, \$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. (223 pages, \$24.00)

DR. LORRAINE DAY'S VIDEOS

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

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

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

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

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

Paperback by Dr. Norman W. Walker

#311 - Fresh Vegetables 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 - by Dr. N.W. Walker describes how you are never too old to become younger, eat right and re-build a brand new body. (\$7.95)

#335 - The Natural Way to Vibrant Health - by Dr. N.W. Walker lists the different glands in the body and how what you put in your body affects them. Also, listed are the essential trace elements from seawater that are important to vibrant health. (\$7.95)

#336 - The Vegetarian Guide to Diet & Salad - by Dr. N. W. Walker discusses organic foods, enzymes and the elements of fruits and berries and how they might be used in the body. How and why to eat correctly and also what foods are best combined and which ones are best consumed separately. There are also several recipes in this book. (\$7.95)

#337 - Colon Health: Key to a Vibrant Life - by Dr. N. W. Walker describes how the health of your colon determines the health of your entire body and the proper process of elimination is key to vibrant health. (\$7.95)

#338 - Natural Weight Control - by Dr. N.W. Walker lists over 50 fresh fruit and vegetable salad recipes and also some holiday menu ideas. Also, the book discusses why "man's artificial foods" are bad for the body. (\$7.95)

#340 - Water Can Undermine Your Health - by Dr. N.W. Walker breaks down the elements of many different kinds of water and discusses why distilled water is the best for the body. (\$7.95)

Books on Juicing

#318 - Drink Your Trouble Away - by John B. Lust describes the importance of drinking raw juices and some ailments with which this may assist. It has several different juice recipes and also some daily menus to follow to speed weight reduction. (\$4.95)

#320 - Juiceman's Power of Juicing - by Jay Kordich describes different fruits and vegetables to be used for juicing, what they're good for and what vitamins they contain. The book also lists different equipment that may be used and has several juicing recipes. (\$5.99)

#321 - The Juicing Book - by Stephen Blauer lists the different vitamins in the different vegetables and fruits and their benefits. The book also lists several juicing recipes and with what physical or mental conditions they may. (\$8.95)

#371 - Juicing for Health - by Joel Robbins includes more than 75 healthy, delicious juice recipes and a complete chart of juice remedies for common ailments. (\$8.95)



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The Hallelujah Acres Story

Hallelujah is a biblical word used to express praise, joy, and thanksgiving. Rev. George Malkmus chose this word to thank God after he was healed of colon cancer following his change to a natural diet and lifestyle in 1976. In 1986, he purchased a 50-acre mountain farm in Eidson, Tennessee, and added the word Acres. In 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 our diet and lifestyle create sickness. He also learned that by changing diet and lifestyle, these physical problems usually go away and stay away.

From his background of 20 years as a pastor Rev. Malkmus felt a compelling need to share this life saving information. Scientific studies confirmed the advantages of a raw fruit and vegetable diet. For decades, strong evidence has shown that meat, dairy, eggs, sugar, table salt, white flour, processed foods, and chemical additives are creating many diseases. By following a mostly raw diet and eliminating these harmful substances we nourish our bodies with foods that can prevent and actually reverse disease.

Sadly, Christians and other people were not getting this information. So Rev. Malkmus helped show that the body of modern medical science supporting the wisdom of the original diet of raw fruits and vegetables handed down to mankind by God in Genesis 1:29 has been there for decades.

Rev. Malkmus wrote his first book, *Why Christians Get Sick*, in 1989, to share his knowledge and healing experience. Today, more than 250,000 copies of this best seller are in print. Rev. Malkmus has held seminars in churches and before civic groups all over the United States, in South Africa, Australia, and in Canada.

In Hallelujah Acres' early years, walking into Christian churches encouraging people to switch to a vegetarian diet of mainly raw foods was not popular. In fact, most Christians shunned Rev. Malkmus' message. But those who listened, changed their diet, and healed themselves soon offered powerful testimonials.

Their wellness became contagious. Wherever people who were sick sincerely applied the dietary program taught by Hallelujah Acres, they usually regained their health, and others saw their results.

The small town of Rogersville, TN (population 5,000) demonstrates how quickly good news spreads. Rev. Malkmus opened Hallelujah Acres restaurant and health food store in Rogersville, TN in 1992—first in a small storefront, with a seating capacity of 16. People flocked to the ministry to obtain better food and to hear his health message. The restaurant and health food store was relocated in 1993 to a 56-seat space.

The Hallelujah Acres restaurant was successful because it showed people a diet that is healthy and also tastes good. However, the restaurant was taking the majority of his time, so he closed it in 1994 to better reach thousands of people with his message of hope.

Relocating to their 50-acre farm in Eidson, TN, Rev. Malkmus and Rhonda concentrated on reaching a wider audience through seminars, books, *Back to the Garden* newsletters, video and audio tapes, radio and television appearances, and Back to the Garden Health Ministries. People came from across the country to learn more, and took that information back to their communities.

Rev. Malkmus published his second book, *God's Way to Ultimate Health*, in 1995. It includes comprehensive information on how to maintain or regain your health in accordance with God's



Rev. & Rhonda Malkmus

natural laws. More than 200,000 copies of this best seller are in print!

In November 1997, Rev. Malkmus and Rhonda relocated Hallelujah Acres to a former Bible college on 17 beautiful acres in Shelby, North

Carolina, due to the tremendous growth of his ministry. Also in 1997, they established the Hallelujah Acres Foundation, an organization devoted to documenting the healing power of The Hallelujah Diet.

In 1998, Dr. Michael Donaldson, a chemical engineering graduate from Cornell University, joined the team as head of research for the Foundation. A new book, *Recipes for Life from God's Garden*, by Rhonda Malkmus, was released. The first annual Health Minister's Reunion was also held in 1998.

In 1999, Rev. Malkmus officially opened Hallelujah Acres Canada in Shallow Lake, Ontario. A new School of Natural Health began, and the ministry initiated its first Women's Retreat.

In recent years, the ministry introduced the Get Healthy! Stay Balanced Program, a nine-lesson health workshop, and a wonderful new juice powder **BarleyMax™**, filled with powerful natural nutrients.

The future holds bright promise and great dreams for the Hallelujah Acres ministry—a dream of reaching the whole world with the knowledge and message.

“You Don't Have to be Sick!”