

Back to the Garden

Teaching Health from a Biblical Perspective

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The entire Gibson family have all experienced for themselves the wonderful healing power of the body when they switched from the Standard American Diet (S.A.D.) to The Hallelujah Diet. Here is their story.

"My wife Dorothy, our two teenage daughters, and I have been on The Hallelujah Diet since 1997. That same year we also became Health Ministers. Next to the Lord, I owe you, Reverend Malkmus, my life!

"In July of 1997, Dorothy was watching the 700 Club when you were a guest. When she heard you talking about lifestyle change and its role in restoring, maintaining, and achieving health, she called me to watch. After listening to Reverend Malkmus, we immediately started

on The Hallelujah Diet. You see, I had been diagnosed with Ulcerative Colitis, an incurable disease, and was told by the medical establishment that I would never get well.

"Well, God is a God of miracles. In time, on The Hallelujah Diet, I was completely healed of the Ulcerative Colitis. I was also healed of some kind of arthritis in my leg, which had plagued me since my early to mid-thirties, and every other ache and pain. Today, I never get sick!

"My wife Dorothy, no longer had need of her glasses after three years on The

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How to Eliminate Sickness

Seminars are **FREE** of charge, open to the public and begin at 10 a.m. on the 1st Saturday of each month. *No registration needed.*

How to Eliminate Sickness Seminars

June 5 • July 3
Aug. 7 • Sept. 4 • Oct. 2
Nov. 6 • Dec. 4

2004

Health Ministry Training:

Applications Required

July 21-24

Aug. 11-14 (Hallelujah Acres® Canada)

Nov. 17-20

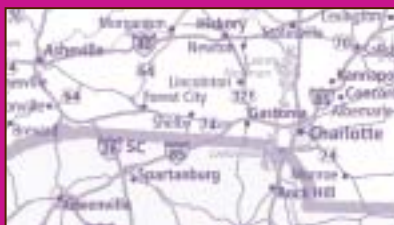
2004 Women's Retreat

June 24-26

All events held in Shelby, NC unless otherwise indicated.



Rev. George Malkmus



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

WHAT'S HAPPENING

Free How to Eliminate Sickness Seminars

Join Rev. Malkmus at the Hallelujah Acres® headquarters in Shelby, NC for a lively seminar the first Saturday of every month. (See the list of dates in the column to the left). At each How to Eliminate Sickness seminar, Rev. Malkmus will cover the basics for living a healthy Hallelujah Acres® lifestyle. These free seminars begin at 10 a.m. and last about two hours, 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.

2004 Health Minister Training Sessions

Rev. George Malkmus and the team at Hallelujah Acres® will teach you how to effectively share the good news that *You Don't Have to be Sick!* with people in your church and community. This training will help you start your own life-changing health ministry. The next Health Minister training programs to be held at the Hallelujah Acres® headquarters in Shelby NC will be July 21-24 and Nov. 17-20. In addition there will be a Health Ministry training held at Hallelujah Acres® Canada in Shallow Lake, ONT on August 11-14. Call (704) 481-1700 in the U.S. or (519) 935-9999 in Canada for an application and information.

2004 Womens Retreat

Women from around the world will come to Hallelujah Acres® headquarters in Shelby, NC for the sixth annual Women's Retreat taking place on June 24-26, 2004. This is an exciting time for women to gather together to enjoy a wonderful time of fellowship and to learn how to implement The Hallelujah Diet® into their lives and that of their families. This year's speakers include Dr. Francisco Contreras, General Director of the Oasis of Hope Hospital in Tijuana, Mexico, and Bible teacher and motivational speaker, Jannie Wilcoxson. Registration is required. Call (704) 481-1700 for more information.

Birthday Celebration

In February 2004 Hallelujah Acres® celebrated two very special birthdays. On February 12, Reverend George Malkmus celebrated his 70th birthday with an exciting surprise birthday party. On the same date in 1992, Hallelujah Acres® was born and it has been an exciting and thrilling ride with our Lord ever since! Thank you, Rev. Malkmus and Rhonda, for sharing your dream with the world.

New CarrotMax™

We know that nothing can beat the benefits of freshly extracted juice. But there are times when juicing is simply not an option. That's why we created CarrotMax™.

See page 12 for more details.

The Raw Truth About Health Radio Program

This new, 1-hour radio show is recorded at Hallelujah Acres® every Wednesday during the lunch hour, Noon to 1 p.m. EST. For more information call 1 (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, this is your constitutional right, but the editor and publisher assume no responsibility.

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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 they know that 12 years later there would be multitudes 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 us how this simple diet change has eliminated many of their physical problems.

When Hallelujah Acres® began its ministry, very few 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

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 (704) 481-1700 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. Also featured is a timely health topic discussion. To receive the free weekly electronic publication, visit our web site at www.hacres.com, and click on *health tips*.



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.



Michael Donaldson, Ph.D.
and his family.

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 (704) 481-1700.

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.

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.

Hallelujah Acres® Foundation

In 1998, we established the non-profit Hallelujah Acres Foundation, headed by

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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 web site with others.

The Hallelujah Acres Story

Hallelujah is a biblical word used to express praise, joy, and thanksgiving.



Rev. George & Rhonda Malkmus

Rev. George Malkmus chose this word to thank God after he was healed of colon cancer following his change to a natural, Bible-based 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, and today they operate Hallelujah Acres®.

From his background of 20 years as a pastor, Rev. Malkmus felt a compelling need to share that the typical American diet and lifestyle created sickness, and that changing from a nutritionally poor diet would help the body heal. Scientific studies confirmed the advantages of a raw fruits and vegetables diet. For decades, strong evidence has shown that a diet consisting of meat, dairy, eggs, sugar, table salt, white flour, processed foods, and chemical additives results in the manifestation of many diseases. By following a diet eliminating these harmful substances, we nourish our bodies with foods that can enable the body to reverse disease.

Sadly, Christians and other people were not getting this information. Rev. Malkmus helped show that the body of modern medical science supporting this wisdom has been there for decades. In early years, walking into Christian churches encouraging people to switch to a vegetarian diet of mainly raw foods was not popular. But those who listened, changed their diet, saw their bodies begin to heal, and soon after offered powerful testimonials.

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

Rev. Malkmus wrote his first book, *Why Christians Get Sick*, in 1989, to share his knowledge and healing experience. Currently there are over 1 million copies in print! He has held seminars all over the United States, in South Africa, Australia, and in Canada.

Rev. Malkmus opened the 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.

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 the 50-acre farm in Eidson, TN, Rev. Malkmus and Rhonda concentrated on reaching a wider audience using media tools and public appearances. People came from across the country to learn and share their knowledge in their own communities.

Rev. Malkmus published his second book, *God's Way to Ultimate Health*, in 1995. More than 200,000 copies of this best seller are in print!

In November 1997, Hallelujah Acres® moved to 17 beautiful acres in Shelby, North Carolina. The Hallelujah Acres® Foundation was founded to document the healing power of The Hallelujah Diet®.

In 1998, Dr. Michael Donaldson, a chemical engineering graduate from Cornell University, became head of research for the Foundation. There was also a new book, *Recipes for Life...from God's Garden* by Rhonda Malkmus, released. That same year, the first annual Health Minister's Reunion took place, and Hallelujah Acres® Canada opened in Shallow Lake, Ontario. In addition, a new School of Natural Health began, and the first Women's Retreat was held. The ministry has since introduced the Get Healthy! Stay Balanced® program.

The future holds great promise for the Hallelujah Acres® ministry as we continue to teach the whole world that

**“You Don't
Have to be Sick!”**

Thank you to all who have submitted testimonies as to the wonderful results experienced when changing to The Hallelujah Diet®.

The testimonies are a great encouragement to all those who are searching for a better way to regain and keep their health. If you would like to submit a testimony, please email your testimony to testimonies@hacres.com. Please put the type of testimony on the subject line. You may also mail your testimony to:

Hallelujah Acres®
P.O. Box 2388
Shelby, NC 28151

In addition, there is a testimony hotline set up for you to call in a 60 second testimony at **(704) 481-1700** Ext 707. Whichever way works for you, we would love to hear your story!

Hallelujah Acres®, The Hallelujah Diet®, Back to the Garden®, Get Healthy! Stay Balanced®, and BarleyMax® are all registered trademarks of Hallelujah Acres®.

STAGE IV CANCER

“There aren't words to express how much my family and I thank you for your years of labor and research to get us the truth about nutrition in your book: ‘*God's Way to Ultimate Health*.’ Your book was given to me by a client and friend. It has to be the most important and valuable gift I have ever received, and second only to my Bible. It has been nearly a year since my mother had CANCER in the fourth stage – in lungs, liver, lymph, and blood. It had metastasized from her side where her kidney had been removed eleven years ago. She is 84, and through God's healing power and this Hallelujah Diet & Lifestyle, she is pain free, still keeping house, and taking care of my dad. Your message has touched

my entire family, and now many are juicing. It just snowballs! How wonderful to beat sickness and premature death! How wonderful to take care of this body, God's Temple, His House! . . . Thank you Rev. Malkmus for serving God, by serving people!"

Deloris P.

IN A NURSING HOME AND SAYING HALLELUJAH!

"I had friends order my Hallelujah Acres Starter Kit and three books for me. I am in a Nursing Home and on Medicaid, but I am very interested in getting on board with your ministry . . . I am not even fully on The Hallelujah Diet program and my severe chronic fatigue syndrome of 50 years is gone! Praise the Lord."

Louis H.

FORMER SKEPTIC NOW ENERGETIC VEGAN

"I want to thank you for writing about the book, *Eat to Live* by Dr. Joel Fuhrman in your email Health Tips. I was very skeptical about much of what I had read about the vegan lifestyle. It seemed very extreme to me. Then I read the book, *Fast Food Nation*, an expose of the beef and poultry industries in our country. On the heels of that book, I read *Eat to Live*. It is well written and well documented. I found it so convincing I became a vegan myself one-month ago and have NEVER FELT BETTER. Once I changed my heart and mind, it was no longer a battle of will power trying to stay away from refined white flour, sugar, dairy and other animal products. I feel so much better without those things that my desire for them is gone. My husband and I are doing a lot of running and we both have a LOT MORE ENERGY now that our diet has changed. The menu plans and recipes are great, too. Thank you so much for telling us about this important book."

Rosanne H.

KIWI PASTOR WITNESSES HEALING FROM CANCER

"I am not a Health Minister, but strongly promote The Hallelujah Diet to our church folk through your books and putting excerpts into our church newsletters. Most Kiwis (New Zealander's) have been raised on SKD (standard Kiwi Diet). To get folk to understand that the cooked food diet is not the best is a challenge. A few years ago, one

of our church fold was diagnosed with CANCER, and given six-months to live. He discovered The Hallelujah Diet, and LIVE HE DID! Four years later, he is still preaching/teaching, and traveling the world. Praise God, and praise The Hallelujah Diet! I recall the raw food meals our congregation had at his place and how amazed we all were as to how tasty and nutritious these meals were. Personally, I am not yet 100% on The Hallelujah Diet, but I am getting there and WOW, what a difference the raw foods and juices make to my day. At 52, I feel sharp and on to it. I play sports twice weekly, and we are blessed with two beautiful children. Thanks, and may God continue to abundantly bless you in your ministry."

Pastor Allan C., New Zealand

TOO MUCH ENERGY TO RETIRE!

"Even though I am past 72 years of age, The Hallelujah Diet has done so much for me that I have reactivated my Florida Real Estate Brokers License after having it inactive for 21 years, and I have gone back to work full time!"

Health Minister Rex Eaton, Florida

WEIGHT LOSS

"My Husband and I started The Hallelujah Diet 5 weeks ago. We were both overweight, hadn't been eating well, and were just feeling sluggish, tired, and worn out. I am happy to report that I now love the taste of our own fresh carrot juice, and I have already lost 10 pounds and lots of inches in just 5 weeks. My husband has experienced the same weight loss. We are already feeling better and looking better. Prior to going on The Hallelujah Diet, I had tried many weight loss diets, but hadn't been able to lose any weight. I was so happy when I got on the scale and started seeing the pounds shed away after going on The Hallelujah Diet. This diet change is the best thing we have ever done! We both know it was God leading us to The Hallelujah Diet. Our prayers have once again been answered! Thank you so much!"

Karen O

NEEDLE-LIKE, PRICKLING SENSATIONS GONE!

"Thank you so much for your faithful writings! Reading them encourages me to continue swimming upstream against the

current of modern thinking regarding our precious and to-be-protected health. I pass on your email Health Tips and *Back to the Garden* newsletters constantly. So many people are ignorant, and I have found your publications are the closest to the heart of how to be healthy and stay that way in the simplest (but not easy) form. May God bless you in all the endeavors He opens up for you! One tidbit that helped me tremendously was the information on the B-vitamins. I had been irritated by prickling and needle-like sensations on the bottoms of my feet, accompanied by heat that would keep me awake at night. Reading your article in *Back to the Garden* regarding B-12 spurred me to read more, and I found that a deficiency of B12 could cause prickling sensations. As soon as I started using the B12, B6, Folic Acid, I had ordered from Hallelujah Acres, the sensation stopped, and I am a happy person. Thank you again for your valuable information that spurs us on to maintain our health and for the superior products you provide to help us. We, too, can tell the difference in BarleyMax. It is power packed with nutrients! I also appreciate the recipes in your e-mail Health Tips, and I love Rhonda's Recipes for Life...from God's Garden recipe book. The recipes are really so amazingly good!"

Sandra, Minnesota

BLOOD PRESSURE AND MORE IMPROVED

"My husband and I started on the [Hallelujah] diet in February 2003. Since making the diet change, I have been able to cut my blood pressure medicine in half, my arthritis and fibromyalgia are greatly improved; and I feel better all over . . . Thank you for the good work you are doing."

Anne I., South Carolina

IBS, HEADACHES AND SINUS PROBLEMS GONE

"I was introduced to The Hallelujah Diet quite a number of years ago but was never seriously involved. My brother-in-law is a Health Minister with Hallelujah Acres, and he and his family inspired me to start on this diet. One of the health

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Fats — *Friend or Foe?*

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

While Americans have been on a low-fat – reduced-fat diet craze for years, the rate of obesity in the U.S. has become epidemic.



Over 60 percent of Americans are overweight or obese. The National Health and Nutrition Examination Survey (NHANES) 1999 indicate that an estimated 61 percent of U.S. adults are either overweight or obese, defined as having a body mass index of 25 or more. In 2000, 31 percent (38.8 million) of the adult population in America was classified as obese. (Reuters Health, January 8, 2004). According to a December 23, 2003 UPI article, ***Fat is a killer***. The U.S. Surgeon General, Richard Carmona and the Center for Disease Control (CDC) estimate obesity contributes to 300,000 preventable deaths a year. Interestingly, in 1950, the U.S. ranked 7th among the top 21 industrialized nations in the world in life expectancy. The U.S. health care expense by far exceeds that of any other country in the world. Yet, in 1990, the U.S. ranked 18th among the same 21 industrialized nations in life

expectancy. (Bionutrition, Ray D. Strand, M.D.) Not only do we rank near the bottom in life expectancy, any real quality of life is almost non-existent for the majority of those who reach old age. Misinformation abounds and the toll on health is devastating, undoubtedly, the low fat diet craze is certainly not the answer to the obesity epidemic.

Fat has always been a vital part of human nutrition. Just a few decades ago, prior to the commercial production, processing, and preservation of our food supply, a plant-based diet with a good variety of nutritionally dense, unrefined foods provided an ample supply of not only fats, but protein, carbohydrates, vitamins, minerals, micro nutrients, antioxidants, and a whole host of plant chemicals yet to be discovered. Unfortunately, today in spite of our best efforts, we often find ourselves



Fat has always
been a vital
part of human
nutrition.

eating foods that are grown under less than optimal conditions. These foods supply less than a full range of optimal nutrients leaving us vulnerable to nutritional deficiencies. This is the reason you find BarleyMax®, vitamin B-12, Fiber Cleanse, fresh vegetable juices, and a source of essential fats as an integral part of The Hallelujah Diet®.

Essential Fatty Acids are exactly that, fatty acids required by the body, but not made by it in sufficient amounts to meet the physiological needs. The body can make all but two of the fatty acids required for optimal health – linoleic acid (a member of the Omega-6 family) and linolenic acid (the primary member of the Omega-3 family). These must be supplied in the diet, and for optimal health must be in balance. When the diet contains ample linolenic acid, it can make the required eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). These are essential for normal growth and development, especially for the brain and the retina of the eye.

EFAs are used to maintain the structural parts of cell membranes and in the production of many hormone-like substances such as eicosanoids, which help regulate blood pressure, blood clot formation, and immune response to injury and infections.

Up until the 1800s, the human diet contained about equal parts of omega-3 and omega-6 fats. With the Industrial Revolution and the drastic changes in food processing, including that of vegetable oils and the readily available fast foods, most Americans now consume fifteen to twenty times more omega-6 fats than omega-3 fats which has resulted in a general imbalance of essential fatty acids. Although an excessive intake of harmful fats (especially animal fats) has been shown to contribute to serious health problems, an imbalance in essential fatty acids may also be a factor in such long-term

Most leafy green
vegetables, and
most nuts and seeds
are good sources
of omega-6s.

problems as cancer, heart disease, behavioral disturbances, liver and kidney degeneration, impaired vision, impaired brain development and function, arthritis, and a whole host of other problems. Some early signs of an imbalance or deficiency in this area may be: loss of hair, brittle nails, dry skin, eczema-like symptoms, excessive weight loss, hormonal issues, and behavioral changes.

For most people, the reduction of processed foods and processed vegetable oils in the diet will help reduce the overabundance of omega-6s. Foods rich in omega-3s that help restore the optimal balance are: flax seed, flax seed oil and walnuts. Most leafy green vegetables, and most nuts and seeds are good sources of omega-6s and help maintain a good intake of the omega-6 family of essential fats. Udo's Choice Oil Blend contains a variety of different healthy oils, combined in such a way as to provide the needed EFAs in the necessary ratios to achieve the most benefit for those folks who have eliminated practically all processed foods and processed vegetable oils from the diet. Those who are still maintaining some processed foods and the use of some vegetable oils in the diet would most likely do well with the pure flax seed (freshly ground) or flax seed oil as these are richer sources of omega-3s.

Hallelujah Acres® carries both Udo's Choice Oil Blend and Barlean's Flaxseed oil. For more information turn to the product section on page 7.

Living Too Short & Dying Too Long

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

In the early 1900s, people were dying from infectious diseases. "The four leading causes of death in the U.S. back then were pneumonia, tuberculosis, diphtheria, and influenza, and people had a life expectancy of a little more than forty-three years." (What Your Doctor Doesn't Know About Nutritional Medicine May Be Killing You, Ray Strand, M.D.)

Today the major causes of death are chronic degenerative diseases such as coronary artery disease, cancer, stroke, and diabetes. And although during this past century U.S. life expectancy has increased dramatically, the quality of life from mid to latter years has declined. People today are not concerned with the number of years as much as the quality of life in those years. With over fifty percent of our population dying from cardiovascular disease, and another thirty plus percent of cancer, the masses, do not know how to add quality of life back into those years and thus as Dr. Myron Wentz, a noted micro-biologist and immunologist expressed in a speech, we are essentially "living too short and dying too long."

Oxidative stress (resulting from free radical damage) is thought to be the underlying cause of most all of the chronic degenerative diseases. As we breathe in the oxygen so vital for life, it is ultimately transported by the red blood cells to every cell in the body. The red blood cells contain the mitochondria (known as the "powerhouses"), which produce ATP (adenosine triphosphate). ATP transfers the energy produced during the catabolic reactions (breaking down larger molecules into smaller ones) to power the

anabolic reaction (where small molecules are put together to build larger ones). This break down and rebuilding process occurs throughout our lives.

"As our bodies use oxygen in metabolic reactions, sometimes the oxygen reacts with body compounds and produces highly unstable molecules known as free radicals (oxidative stress). Also, environmental factors such as radiation, pollution, tobacco smoke, and a high fat diet contribute to free radical damage.

"A free radical is a molecule with one or more unpaired electrons. An electron without a partner is unstable and highly reactive. To regain its stability, the free radical quickly finds a stable but vulnerable compound from which to steal an electron.

"With the loss of an electron, the formerly stable molecule becomes a free radical itself and steals an electron from another nearby molecule. Thus, an electron-snatching chain reaction is under way. Antioxidants neutralize free radicals by donating one of their own electrons, thus ending the chain reaction. When they lose electrons, antioxidants do not become free radicals because they are stable in either form.

"Free radicals often are highly destructive, attacking fatty acids in lipoproteins and in cell membranes, and disrupting the transport of substances into and out of cells. They also damage cell proteins, altering their function, and DNA, creating mutations.

Cancers often develop when DNA is damaged.

"The body maintains a line of defense against free radical damage, which is dependant upon minerals such as selenium, copper, manganese, and zinc. Vitamin E, vitamin C and beta-carotene are vital antioxidant vitamins. If the diet fails to supply the necessary components of this defense system, the body's line of defense weakens.

"The primary source of antioxidants is a diet rich in fruits and vegetables. Numerous studies link chronic degenerative disease with a diet low in fruits and vegetables and high in animal products. There is an inverse relationship between DNA damage and vegetable intake and a direct relationship with beef and pork intake. (*Understanding Nutrition* eighth edition, Eleanor Whitney & Sharon Rolfes)

To maximize the body's defense, a person must replenish these antioxidant nutrients regularly. If dietary intake of these vital antioxidants is not adequate with a diet high in raw plant foods and freshly extracted vegetable juices, supplementation may be a wise choice. An abundance of research demonstrates the wisdom of antioxidant supplementation in regards to preventing and dealing with chronic degenerative disease.

If you are searching for a way to supplement your body with a high-quality antioxidant, see the product section in the back of this publication or contact your local Health Minister for more information.

HALLELUJAH HEALTH FOR THE WHOLE FAMILY

(continued from front page)

Hallelujah Diet. Her sciatic nerve problems completely cleared up, her countenance changed, her PMS, as well as her mood swings lightened up. Today, she is never sick!

"My youngest daughter Amy, who was seven at the time we started on The Hallelujah Diet, had terrible colon problems, extreme constipation, her fingernails were soft and weak, and she was very sickly. Today, her colon is normal, her fingernails are strong, and she is as healthy as a lark!

"My other daughter Laura, who started The Hallelujah Diet at age ten, was plagued with stomachaches, headaches, and often came down with the flu before adopting The Hallelujah Diet. Now she is also totally healthy and strong. Today, after six and a half years on The Hallelujah Diet, all four of us are extremely healthy, strong, and telling everyone we can that *You Don't Have to be Sick!*

"For anyone who says that your body begins breaking down after four or five months on The Hallelujah Diet, I have to say that I haven't seen any evidence of that in our family. We have taught The Hallelujah Diet for several years, and have seen many healed of many diseases. For instance, take the McHale family. Patsy was documented as having been healed of Diabetes on The Hallelujah Diet®. Her husband George was healed of Sleep Apnea. George told his brother Bill about The Hallelujah Diet, and he was healed of Ulcerative Colitis and is now also a Health Minister. (Bill McHale's testimony was featured in *Back to the Garden® #23*)

Reverend Malkmus, I am eternally grateful to you for the seed you planted in my family and me way back there on the 700 Club in 1997. Since then, I have been slowly working out of the construction business, and Dorothy and

(continued on page 20)



THE HALLELUJAH LIFESTYLE CENTER

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

If you are serious about learning or experiencing the benefits of The Hallelujah DietSM and Lifestyle you may want to consider the Hallelujah Lifestyle Center (HLC).

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.

RECONNECT WITH GOD'S ORIGINAL DIET

FELLOWSHIP WITH LIKE-MINDED PEOPLE

LET GO OF LIFE'S STRESSES AND RE-GROUP

LEARN HOW TO CLEANSE THE BODY

BEGIN TO REBUILD A HEALTHY BODY, SOUL AND MIND

DRAW CLOSER TO GOD IN NATURE

Spring/Summer Schedule:

May 23 - 28 • May 30 - June 4 • June 6 - 11 • June 20 - 25 • June 27 - July 2
July 11 - 16 • July 25 - 30 • Aug. 1 - 6 • Aug. 8 - 13 • Aug. 22 - 27 • Aug. 29 - Sept. 3

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.

(877) 743-2589 • www.hlc4health.com



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 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 website at: www.hacres.com/school.asp

WHERE'S GOD IN OUR TIME OF SICKNESS?

by Reverend George Malkmus

"And God said, Behold I have given you every herb (vegetable) bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat." (Genesis 1:29)

My dad was born in the year 1900. When I was born in 1934, dad was already 34-years old. At age 42, my dad suffered his first heart attack, which was followed by numerous heart attacks and strokes over the next 20-plus years, all the while under the care of medical doctors. Finally dad died of a massive heart attack at age 64. My mom was diagnosed with colon cancer, and after receiving medical treatments for years in an effort to stop the cancer, mother died. I offered many, many prayers for mom and dad during their years of sickness and failing health.

Where's God in Our time of Sickness?

After becoming a Christian in 1957, I went off to school for four years to prepare for the ministry. Upon graduation, God led me to my first church. One of the first things I was confronted with as Pastor, was physical sickness among members of the church. I quickly realized that though I had received training on how to meet the spiritual needs of the people I was pastoring, I had received no training as to how to help the people in my church regarding their physical needs! Because I had received no training as to how to minister to the physical needs of the people in my church, I was forced to rely on what I had seen others do in times of sickness – and that was turning to prayer. But time and time again, in

spite of fervent prayer by others and myself, I saw many whose health began to deteriorate. They continued to get sick, and then sicker, and then finally die.

Where's God in Our time of Sickness?

I remembered what my own mom had told me repeatedly during my childhood: "When you get sick, you go to the doctor, and you do what he says." And so after prayer had seemingly failed, I would encourage the people in my church to go to the doctor. And I would find myself praying to God, asking Him to give the doctor wisdom as to which drug to give them. Yet time and time again, the doctor could not help them, they died, and I had to perform the funeral.

Where's God in Our time of Sickness?

Then in 1976, at the age of 42, I was told I had colon cancer. What should I do? Should I pray? Should I go to the doctor? Or, should I possibly look for an alternative way of dealing with my sickness. Well, I did pray! I asked the Lord to take the cancer away if that was His will, but I also prayed and asked the Lord if there was something I could do to help rid myself of the cancer.

And so it was that God led me to Evangelist Lester Roloff in 1976. Brother Roloff encouraged me to not go the medical route for my cancer as mother had done, but rather to turn to the Bible, and adopt the Genesis 1:29 diet. So overnight, I eliminated all animal products from my diet, along with all manufactured foods, including refined

sugar, refined white flour, table salt, and caffeine. And for the next year, my diet consisted of a pure raw vegan diet, including one to two quarts of carrot juice daily. Within a year, my baseball-sized tumor had disappeared without any medical intervention, as had all the other physical problems I was experiencing at the time I made the diet change.

Where's God in Our Time of Sickness?

He has been right there in the Scriptures, directing me in the way I should go, as He has been and is for anyone who will turn to His Word today. You see, God made a marvelous, self-healing body. He placed within each one of us a self-healing mechanism, in the form of an immune system. Because of the world's diet, which does not provide the body with proper nutrients to keep our bodies strong, our immune system has become weak and incapable of handling all the toxins we put into our bodies. But when we stop putting in the toxic diet of the world, and start putting the high quality and high-density nutrients found in raw vegetables and their juices, the immune system rebuilds itself, and then seeks out the trouble areas within our body, and usually heals itself of whatever the physical problem had been.

Most of the world, including the Christian Community, has turned to the world's way of nourishing their physical bodies, and then dealing with the resulting sicknesses. Why do we have to deal with ever increasing amounts of sickness? It's because we have turned more and more

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Back to the Garden



NEXT HEALTH MINISTER TRAINING

July 21-24, 2004

November 17-20

(Canada) August 11-14

HEALTH MINISTRY

An important part of our ministry at Hallelujah Acres® is our **Back to the Garden® Health Minister**. Health Ministers receive comprehensive training at Hallelujah Acres® to enable them to share the health message with those searching for an alternative to the world's way of dealing with illness and disease. Health Ministers come from a variety of places and a variety of backgrounds. Today there are more than 5,000 certified Health Ministers in all 50 states, 8 providences in Canada and in 31 other countries. Many come to our training from various professional health fields. This is not surprising when you realize that 75% of the medical schools in America do not require a single course in nutrition for graduation from medical school. Our Health Ministers include 43 medical doctors, 9 dentists, 5 optometrists, 75 chiropractors, over 200 registered nurses, and a number of dietitians and nutritionists.

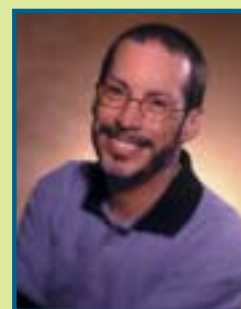
We also have more than 700 pastors, missionaries, and evangelists who are Health Ministers, as well as homemakers, construction workers, business leaders, retirees- and many others, all wanting to help share the good news that **You Don't Have to be Sick!**

Health Minister training includes four days of intensive learning and sharing. Educational resources and materials are provided to help Health Ministers be effective communicators of health and nutrition. We also have a tremendous program called **Get Healthy! Stay Balanced®**, which we provide to our Health Ministers to make it easier for them to present the health message. Included with this program are videos, journals, student manuals, and lectures to help teach the course which covers all aspects of The Hallelujah Diet®.

Ongoing continuing education through monthly conference calls, a quarterly Health Ministers Newsletter, and special training opportunities, such as our yearly Health Minister Reunion, are other resources available to Health Ministers. To find a Health Minister near you, go to **www.hacres.com** and click on Health Ministers.

We receive inquiries on a daily basis from those who are interested in beginning their own health ministry. If you are interested in becoming a Health Minister in your own community or church, please call Hallelujah Acres® at **(704) 481-1700**. On our website, you can go to **www.hacres.com/healthministrytraining.asp** follow our links to download the Health Ministry application.

Health Minister Spotlight: Dr. Rowen Pfeifer, D.C.



Dr. Rowen Pfeifer, D.C.

Dr. Rowen Pfeifer, D.C., began searching health, nutrition, diet and exercise in 1974. But, although he did the research and even went to Palmer Chiropractic College, he wasn't following

what his research taught him. He was diagnosed with, what the medical community refers to as incurable, ulcerative colitis. Because of the seriousness of his condition, he was literally at death's door. He ended up in the hospital for 7 days, due to the loss of blood and explosive diarrhea. After one year of following his medical doctor's recommendations, medications such as Prednisone, and being told that what he ate would have no bearing on his colitis, he was frustrated and wanted some answers. Finally, he felt God telling him that he just needed to do what he already knew to do! He threw out his medications, went on a six-day distilled water fast followed by an all raw fruits and vegetables diet with lots of carrot juice. Within two months, all symptoms were gone! It was a couple of years later that someone first gave Dr. Pfeifer Issue #3 of *Back to the Garden®*, he called and spoke with Reverend Malkmus and was excited to hear someone teaching the same thing that he had found in his own research. He went on to attend the first ever session of Health Minister's training in 1994. To find out that he wasn't alone in his findings for a better way of life was exhilarating and challenged him to share the message with those around him.

To find out that he wasn't alone in his findings for a better way of life was exhilarating and challenged him to share the message with those around him.

Since that time, Dr. Pfeifer has continued to promote The Hallelujah Diet® & Lifestyle to his patients, his fellow chiropractors, and to his community. He teaches the *Get Healthy! Stay Balanced®* program, has a lending library in his office, and even has a rebounder in his office for patients to try! He enjoys using the *Get Healthy! Stay Balanced®* program because it provides continuity since it comes from Hallelujah Acres®, and it offers a variety of speakers as well. The food show videos are also great in that they get people to see that there are wonderful foods to eat. Eating healthy can taste good – there is a learning curve, but it is worth it! Yes, you are giving up something – fatigue, disease, pain, discomfort, and obesity – things that we are all anxious to be rid of. We are gaining, health, strength, energy, and peace of mind. The benefits are worth it – all of the side effects to this diet are good! Although, not all of his patients follow Dr. Pfeifer's recommendations, those that do make the lifestyle changes see many benefits to their health.

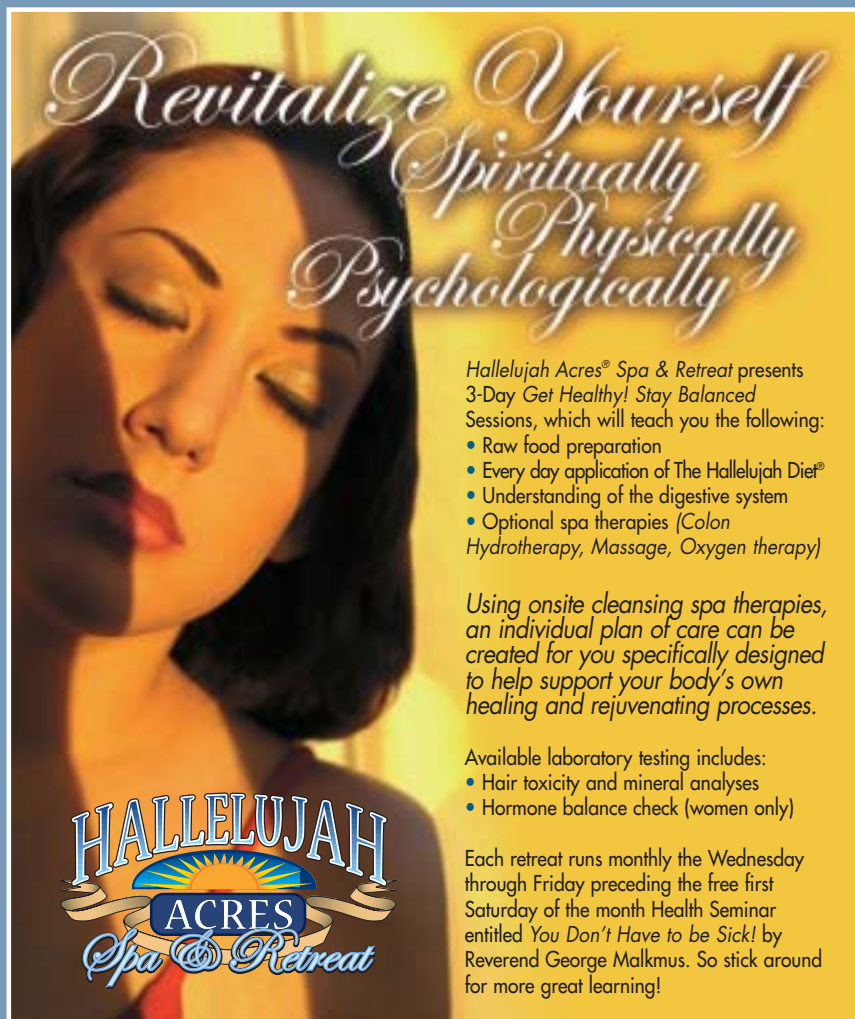
Recently Dr. Pfeifer became part of an Alternative Health Groups Foundation

with the purpose of benefiting not only any patient interested in alternative /wellness care, but also every health care provider that wants the freedom to help their patients with sound, safe, and effective health care. This group strives to bring together patients, health care providers, physicians, and other interested people that have similar views on alternative wellness, and complimentary care issues. According to the *British Medical Journal*, Oct. 5, 1999, Vol. 303; 798 – less than 15% of any medical treatments are backed by solid scientific research. In addition deaths from the side-effects of pharmaceutical drugs have become the fourth leading cause of death

in the industrialized world, surpassed only by heart attacks, cancer, and strokes (*Journal of the American Medical Association*, April 15, 1998).

The group wants to be able to have attorneys that will represent physicians and other practitioners who want to use non-traditional means of treatment. They want to also hire lobbyists to keep track of legislation so that patients maintain their right to choose the type of care they desire. In addition, they want to keep these serious issues in front of the public – to keep them aware of what is happening in the health care arena and what their options are when it comes to making choices for health care.

In order to fund these ventures, they are encouraging anyone interested in maintaining and furthering our access to non-traditional health care to use the Alternative Health Groups Internet Service Provider. For just \$21.95/month you can have internet access, with the same great features available with other ISPs, customer service, and technical support. The advantage to using this service provider is that each month \$6.00 of your fee returns to Alternative Health Groups to support innovations in healthcare, including functional nutrition, preventative medicine, and a broad-based, nation-wide educational program. For more information go to www.4ahg.net and learn more about this opportunity to help further the acceptance of alternative health care.



Revitalize Yourself Spiritually Physically Psychologically

Hallelujah Acres® Spa & Retreat presents 3-Day *Get Healthy! Stay Balanced* Sessions, which will teach you the following:

- Raw food preparation
- Every day application of The Hallelujah Diet®
- Understanding of the digestive system
- Optional spa therapies (Colon Hydrotherapy, Massage, Oxygen therapy)

Using onsite cleansing spa therapies, an individual plan of care can be created for you specifically designed to help support your body's own healing and rejuvenating processes.

Available laboratory testing includes:

- Hair toxicity and mineral analyses
- Hormone balance check (women only)

Each retreat runs monthly the Wednesday through Friday preceding the free first Saturday of the month Health Seminar entitled *You Don't Have to be Sick!* by Reverend George Malkmus. So stick around for more great learning!

HALLELUJAH ACRES Spa & Retreat

2004 Retreat start dates:
April 28 • June 2 • June 30 • August 4 • September 1
September 29 • November 3 • December 1

What's for Dinner on The Hallelujah Diet®?



We have all asked, been asked, or asked ourselves this question numerous times. For some, this is an all-consuming thought. Their minds are continually on food, their stomachs, and how to combine the two. There are some people, who no sooner finish eating one meal and they are already beginning to plan what they are going to prepare for the next meal!

Incorporating The Hallelujah Diet® into your lifestyle can present some challenges to your thought processes concerning mealtime. Challenging, not because of the difficulty of preparing foods, but because we are changing the way we look at foods, and because of the different kinds of foods that we begin wanting to consume.

When making the lifestyle change from a diet consisting of the Standard American Diet (S.A.D.), to a lifestyle consisting of the foods that God directed us to eat in the Garden of Eden, it can seem fairly daunting at first. When spending your life eating foods that are highly processed, boxed, canned, or frozen; foods that are cooked until there is no enzymatic life remaining; foods that have very little nutritional value; foods that have been demonstrated in research to contribute to many different disease processes; it can seem overwhelming to switch over to a diet utilizing whole foods, fruits, vegetables, nuts, seeds, grains, and freshly made juices. *Where do you begin? Must you throw out all of those old family favorite recipes? Do you have to eat nothing but salad for the rest of your life?*

Let's first address how we look at food. Most of the time, people will eat to satisfy their stomach – the cravings that they associate with hunger– or we eat to satisfy our taste buds. Some people also eat just because the clock tells us that it is time to eat. When we can change the way we look at food, when we begin to identify it as the nourishment or fuel that

we need to build health in the body, then changing over to a healthy lifestyle becomes much easier.

Generally speaking, The Hallelujah Diet® is comprised of 85% raw whole foods- fruits, vegetables, nuts, and seeds – and freshly extracted juices, with the remaining 15% consisting of the above whole foods, including a small amount of whole grains, only in a cooked form. Some people have the cooked part at the evening meal; some people have it at the noon meal. There is no right or wrong time; the key is to find out what works best for you and your family. If your family likes to have the largest meal at lunch time and they are all together, you may want to have your cooked meal then. If you are all apart at lunch time and prefer to have your family eat the larger meal in the evening, then you may want to have raw foods for lunch and the cooked portion of foods (along with raw) in the evening. What works for one family, may not work for another, it is important for this to be as easy as possible. Don't try to force yourself into the mold of someone else, experiment with different meal times and discover which is right for you.

Did you realize that most families have only about 6-10 meals that they prepare, they simply rotate through the meals and repeat them over and over?

Switching to The Hallelujah Diet® allows for so much variety and the opportunity to experiment with foods that most people have never tried before. Just perusing the produce section of your grocery store can become a treasure hunt for you and your family. Encourage your children to go grocery shopping with you (being sure to stay only in the produce section) and then invite them to choose a different fruit or vegetable for the family to try.

Although The Hallelujah Diet® is 85% raw, that doesn't mean all that is eaten is salads. Eating a large salad with baby greens, and various types of deep green lettuces, different raw vegetables cut up in it – carrots, cucumbers, celery, bell peppers, kohlrabi, radishes, cauliflower, broccoli, etc., topped with a freshly made salad dressing, can be a very satisfying lunch or dinner on its own.

Back to the Garden

Some people may choose to process the vegetables in a food processor until chopped very fine, mix with some mashed avocado and spread over a large romaine leaf, top with some fresh sprouts, wrap like a tortilla and eat a romaine burrito. There are numerous raw dishes that are available. It can be quite exciting to experiment to find out what you like. There will be an occasional recipe that you may not care for – in that case, just mark that one off and move on to the next trial. Of course, there are also those who simply prefer to eat the vegetables cut up on a plate – nibbling on them during lunch time. That requires very little preparation time.

Many find the challenging part of the day to be the decision about the cooked portion of the meal. Here again, there are many different recipes from which one can choose. There are loaves and patties, made of grains, nuts, and vegetables that are extraordinary! There are recipes that utilize vegetables in place of pasta, whole grain pastas, stir-fry vegetables, casserole-type dishes and much, much more. Many people decide to keep things very basic and simply have a baked sweet potato, or maybe a regular baked potato with some cooked beans placed on top, always accompanied by that wonderful green salad.

Some of the family favorite recipes can be changed to healthy versions with some experimentation. Others will just need to

be replaced with different recipes that you will begin to enjoy just as much. It is a good idea to invest in a couple of recipe books that can give you a beginning point as you implement this lifestyle. Hallelujah Acres® has several fantastic books to choose from. One of the best is Rhonda Malkmus' book, *Recipes for Life... from God's Garden*. Not only does this book have tremendous recipes, both raw and cooked, but it is also loaded with wonderful and pertinent information about how to make the change to The Hallelujah Diet® for yourself and for your family, from the youngest to the eldest! Other recipe books available through Hallelujah Acres® that have great suggestions on meal plans, kitchen set-ups and tips for preparing meals for the family, include: *Thank God for Raw: Recipes for Health and Healthy 4 Him*, both by Health Minister Julie Wandling; *Everyday Wholesome Eating... in the Raw*, by Health Minister Kim Wilson, and *How We All Went Raw* by Charles Nungesser & Steve Malachi.

Just remember, the food choices you make today will determine the health you experience tomorrow. Keep it healthy and keep it simple. Food is something to nourish our body and can bring blessings to our lives as we revel in the bounty that God provides. It is God's desire that we be healthy in all ways, physical, emotional, and spiritual!

Cucumber & Tomato Salad

From *Recipes for Life from God's Garden* by Rhonda Malkmus

2 lg. cucumbers, peeled
1 red bell pepper
1/2 small red onion
3 large tomatoes
1 stalk of celery

Peel and chop cucumbers, chop tomatoes, onion and bell pepper, and dice celery. Mix together in a bowl and top with your favorite dressing or make a dressing of 2 blended tomatoes, 1 cup of your favorite veggies, combined with your favorite herb seasoning.

Basic Salad Dressing

Great on Tomato & Cucumber Salad

1/3 cup lemon juice
(one lemon juiced)
1/3 cup raw honey
1/3 cup Udo's blended oil
or flaxseed oil

Pecan Loaf – an excellent Meat Loaf Replacement!

From *Recipes for Life from God's Garden* by Rhonda Malkmus

2 cups pecans	1/4 tsp. garlic powder
1/4 tsp sage	1/2 cup celery
2 cups tomatoes	1 medium onion
2 cups whole grain bread crumbs	2 cups Basmati rice (cooked)
	1/2 tsp Celtic Sea Salt (optional)

Prepare rice by stirring into 4 cups boiling water, turn down heat, replace lid and cook for 30 minutes. Turn off and allow to sit 15 minutes with lid on (there will be extra rice). While rice is cooking, place pecans in a food processor or blender, grind to a fine meal and pour into a bowl. Chop tomatoes fine and add to the bowl. Dice and steam sauté onions and celery in a small amount of distilled water. Combine rice, onions, celery, tomatoes, seasonings and bread crumbs with pecan mixture and mix well. Spread into a lecithin-coated loaf pan and bake at 350° for 45 minutes. Remove from oven, spread homemade ketchup over the top and to bake an additional 15 minutes.

Ketchup/BBQ Sauce

From *Everyday Wholesome Eating in the Raw*

12 dates, pitted	8 sun-dried
1 fresh tomato	tomato halves
1 clove garlic	1/8 – 1/4 sweet
2 tsp vinegar	or red onion
1 tsp basil	2 Tbsp olive oil
1 tsp Celtic sea salt	2 pinches ground cloves

Presoak sun-dried tomatoes and dates in 1/2 cup water for at least 1 hour. Puree all ingredients (including soak water) in blender until smooth. Keeps for 2-3 days in refrigerator. Great served with nut loaves or burgers, or spread on them just before dehydrating.

Coronary Artery Disease — Is it Inevitable?

Coronary Artery Disease, which causes heart attacks, remains the number one killer of men and women who eat the typical western diet.

However, epidemiological facts and newer research indicate that this disease need never exist and if it does exist it need never progress. It is not cancer. It is not an inevitable consequence of aging. It is a benign disease caused by eating animal products and oils.

Every 30 seconds someone in this country has a coronary event and every minute someone dies of that event.

Yet, coronary disease is unknown in 4 of the 5.5 billion persons on earth. Cultures without coronary disease have a normal cholesterol range of 90 mg/dL to 150 mg/dL. Coronary disease is an epidemic in the United States. Middle-aged Americans rarely have a cholesterol level less than 150 mg/dL. Studies of tens of thousands of patients confirm reducing cholesterol will diminish the rate of progression of coronary disease—the lower the cholesterol, the greater the benefit. Those people with cholesterol levels of 150 mg/dL to 200 mg/dL are responsible for 35% of the Coronary Disease. Rarely will Coronary Artery disease develop when total cholesterol is consistently maintained below 150 mg/dL. When the National Research council recommended that the upper limit of cholesterol be no greater than 200 mg/dL, they incorrectly assumed that most of the public would achieve a level of 150 mg/dL. Prior to 1915, heart attacks were rarely diagnosed and infrequently seen. However, today a toxic food environment surrounds us. It is delicious, colorful, tasteful, addicting, omnipresent and highly advertised. It comes in boxes, bags, bottles, cans, or is available in an instant wrapped as fish, chicken, and meat. The most aggressive purveyors have invaded our hospital cafeterias and would love to control the schools as well. At the most caring, memorable, and emotional events, birthdays, weddings, funerals, banquets, and holidays, the food business becomes richer and more harmful than ever. Milk mustaches from Michael Jordan and Larry King to Donna Shalala – what are we telling the American public? Nevertheless there is good news, lowering cholesterol and maintaining it below 150 mg/dL eliminates progression of Coronary Artery Disease and achieves selective regression.



Caldwell B. Esselstyn, Jr., MD
Preventive Cardiology Consultant
Department of General Surgery
Cleveland Clinic Foundation
Cleveland, Ohio

Since 1985 Dr. Esselstyn has conducted the longest running study which proves that heart disease can be arrested or reversed by a low fat, plant-based diet. Dr. Esselstyn was one of the featured speakers at the Health Minister's Reunion in April of 2004.

Cardiovascular Disease Facts You Should Know!

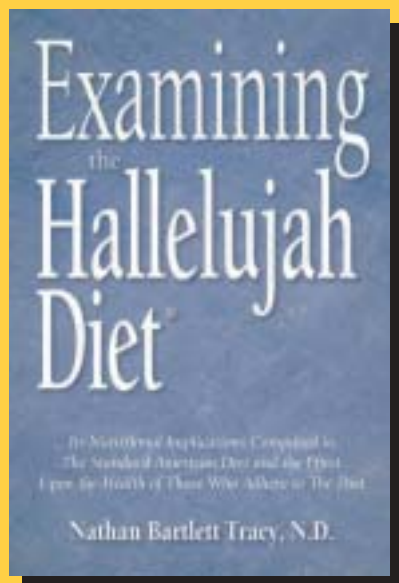
Heart disease and stroke—the principal components of cardiovascular disease—are the first and third leading causes of death for both men and women in the United States, accounting for nearly 40% of all deaths. Over 930,000 Americans die of cardiovascular disease each year, which amounts to one death every 34 seconds. Although these largely preventable conditions are more common among people ages 65 years and older, the number of sudden deaths from heart disease among people ages 15–34 has increased.

Deaths are only part of the picture. Over 64 million Americans (almost one-fourth of the population) live with cardiovascular disease. Coronary heart disease is a leading cause of premature, permanent disability in the U.S. workforce. Stroke alone accounts for disability among more than 1 million Americans. Over 6 million hospitalizations each year are due to cardiovascular disease.

The economic impact of cardiovascular disease on the U.S. health care system continues to grow as the population ages. The cost of heart disease and stroke in the United States is projected to be \$368 billion in 2004, including health care expenditures and lost productivity from death and disability.



Healthy Fats



Examining The Hallelujah Diet®

by Nathan Tracy, N.D.

In this new book, Naturopathic Doctor Nathan Tracy discusses the nutritional implications of The Hallelujah Diet® in comparison to the Standard American Diet. He also addresses the effects upon the health of those who adhere to The Hallelujah Diet®. Based on his dissertation initially presented to the faculty of Trinity College of Natural Health, this extremely informative book is easy to read and understand.

Dr. Tracy firmly believes that the body will heal most diseases if given proper nutrition and protection from toxins. His many years of experience dealing with medical issues as an insurance adjuster, has proven to him over and over again the dire need to spread the message of healing through nutrition. In addition to being a Naturopathic Doctor, he and his wife, Martha, are Health Ministers through Hallelujah Acres®, and currently reside in a small town in North Carolina.

Expected release date for this book is late-May 2004. Paperback, 150 pages.
#213 (\$9.95)

Barlean's Flax Seed Oil While a diet high in saturated fat has been linked to many chronic diseases, a diet low in saturated fat but high in essential fatty acids has been shown to prevent the very same diseases. For a general essential fatty acid supplement, flax oil may be the best choice for most people. Flax oil, rich in the Omega-3 oil, alpha-linolenic acid, is a remarkable food that can be easily incorporated into the diet at an affordable price. Barlean's take great care in making sure their flax oil provides all the benefits available by using 100% certified organic flaxseed and then expelling the oil with a special procedure that allows the oil to be expressed at a temperature below 96°F and protects the oil from the damaging effects of heat, light, and oxygen.

#425 (12 oz.)

(\$11.95)



Udo's Choice Oil Blend is a specially balanced combination of carefully chosen, all natural, unrefined oils and nutritional co-factors that help meet your daily essential fatty acid requirements. Formulated by renowned author and nutritionist Udo Erasmus, PhD, this blend contains oils from cold-pressed, certified organic, flax, sunflower, sesame seeds, evening primrose oil, and the bran of rice and oats. The "minor" ingredients in the oils from the grains also provide significant benefits. This oil blend is cold-pressed in a state-of-the-art low heat, light, and oxygen-free environment to maximize stability, nutritional value, and freshness to you.

#427 (17 oz.)

(\$21.95)



Fats that Heal Fats that Kill

by Udo Erasmus

Healing fats are required, together with other nutrients, to prevent and reverse so-called incurable degenerative disease: heart disease, cancer, and Type 2 diabetes. Healing fats help reverse arthritis, obesity, PMS, allergies, asthma, skin conditions, fatigue, yeast and fungal infections, addictions, and many other conditions. Good fats also enhance athletic performance, skin beauty, longevity, and energy levels. In this book, Dr. Erasmus exposes the manufacturing processes that turn healing fats into killing fats, explains the effects of these damaged fats on human health, and discloses the information that enables you to choose health-promoting oils. He also brings you

the research on common and less well-known oils with therapeutic potential: flax, hemp, olive, fish, evening primrose, borage, black currant, and even the much maligned snake oil. You may be shocked and surprised by what you learn. 456 pages
#348 (\$22.95)



PRODUCT SECTION

Water Distillers



Waterwise Model 8800 features steam distillation with carbon filtration for maximum purity...effectively removing up to 99% of unwanted impurities. You can enjoy 100% distilled water from the carafe anytime with the dripless stop-and-serve feature. The multifunction readout lets you know the time of day, when to change the filter, and has a programmable startup feature for when you are away. The Model 8800 produces a 1 gallon batch of clean, pure water in just 4 hours! Providing enough water for up to 4 people, it requires no assembly or installation and is as easy to use as a coffee maker. With its contemporary design and space-saving size, the Waterwise 8800 will complement any kitchen decor. The 8800 comes with a 1 gallon polycarbonate collector/storage carafe which fits easily inside your refrigerator. This unique design is ideal for RVs, campers, mobile homes and dorm rooms. The Waterwise 8800 virtually pays for itself when compared to bottled water purchases and eliminates the inconvenience of lugging cumbersome bottles home.

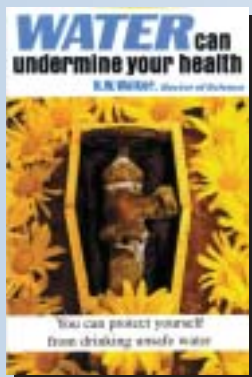
The Model 8800 water purifier/distiller effectively removes substances such as arsenic, aluminum, bacteria, chloride, chlorine, chloroform, copper, fluoride, lead, MTBE, mercury, nitrates, sodium, sulfate, trihalomethane (TTHM) and viruses.
#500US8 (\$250.00)



Waterwise 4000 Distiller a compact countertop distiller, produces a 1 gallon batch of clean, pure water in just 4 hours! Providing enough water for up to 4 people, the 4000 requires no assembly or installation and is as easy to use as a coffee maker.

Simplicity by design makes the 4000 simple in operation! Just fill the stainless steel boiler with ordinary tap water and plug into any standard electrical outlet. Then push the start button and walk away. The 4000 stops automatically when the cycle is complete. With its clean lines, powder-white finish and space-saving size, the Waterwise 4000 will complement any kitchen decor. The Distiller 4000 comes with a 1 gallon polycarbonate collector/storage bottle which fits easily inside your refrigerator. For travel convenience, the bottle goes inside the distiller! This unique portable design is ideal for RVs, campers, mobile homes, and dorm rooms. The 4000 is available for all worldwide electrical requirements and includes a detachable power cord. The Waterwise 4000 virtually pays for itself when compared to bottled water purchases and eliminates the inconvenience of lugging cumbersome bottles home.

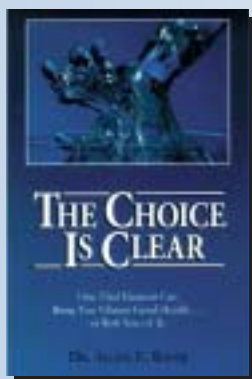
#5400 (\$229.00)



Water Can Undermine Your Health

by Norman Walker, D.Sc.

In this book, Dr. Walker discusses the benefits and hazards of different types of water. The minerals that are found in natural spring water and the dangers of the chemicals added to our tap water. He also discusses the role water plays in keeping us in good health. He presents the damaging effects that occur when we drink items such as soft drinks and alcohol. 107 pages, paperback. #340 (\$7.95)



The Choice is Clear

by Dr. Allen Banik

According to Dr. Banik, the world's greatest secret is distilled water. As he goes through the different types of waters available and the importance of pure water in our body, he presents very persuasive arguments about the need for us to choose pure, distilled water over any other kind. He links the water we drink to many different disease processes that many people experience. 48 pages, paperback. #310 (2.50)

Living Foods



New Living Food Survival Bar

The Living Food Survival Bar is probably the most amazing organic, kosher, vegan, and enzymatically alive super food ever to be offered in a ready-to-eat wrapper! And Gluten Free with No Trans Fatty Acids! This delicious bar contains Organic Almond Butter; Organic Date Paste, Organic Agave Nectar, Organic Brown Rice Protein, Organic Raisins, Organic Flax Sprout Powder, Organic Soy Sprout Powder, Organic Quinoa Sprout Powder, Organic Sesame Seeds, and BarleyMax®, CarrotMax™ and BeetMax™ from Hallelujah Acres® own supply source. It gives athletes the proper alkalizing protein they need in a form that helps reduce acid in the body resulting in less joint and muscle soreness, and reduced recovery time after exercise and workouts. For those "Low Carb" people, this provides only about 11% of their recommended daily value of carbohydrates (and this is almost all complex carbohydrates). For those who never slow down, this bar will help provide you with a convenient, healthful food while on the go. At 300 calories it can be used as a meal replacement. It contains 11.5 grams of the essential fatty acids – including the important Omega 3, 6, and 9. The alkalizing protein from the almonds and brown rice help aid in digestion and pH balance in the blood and cellular tissue. This bar's phytonutrients and organic vegan super foods help to support the body's overall health, immunity, and resistance to disease.

Whether you want it for travel, sports, or in the kid's lunch box, this will be a true asset to eating a healthful, living foods diet. Meal Replacement Bar, 2.4 oz (68g)
#444-L (single bar) (\$2.99)
#444-L12BAR (box of 12) (\$34.10)



New Vanilla Nut Goodee :

Enzymatically Alive Super Food! This great tasting bar has a flavor that reminds us of fresh cinnamon buns. The nut, vanilla, cinnamon, and special spice combination is a real hit with adults and children alike. The use of both 100% pure kosher maple syrup, and the new organic agave nectar have kept this bar diabetic friendly. Almonds are given pre-eminence in this bar because of their wonderful alkalizing food qualities. The addition of pecans and macadamia nuts give a wonderful fullness of flavor. Certified vegan, gluten free, no trans fats. No added fillers, salt, sugar, chemicals, preservatives, artificial flavors, or colorings. The only ingredients are 100% Kosher Maple Syrup, Raw Almonds, Raw Pecans, Raw Macadamia Nuts, Organic Pure Vanilla, Organic Agave Nectar, Organic Cinnamon, Organic Nutmeg. This bar is dehydrated at a controlled low temperature to preserve its enzymatic integrity. and is so delicious you will hardly believe that something so good could be so good for you! Be sure to keep plenty on hand for you and your family.

#444-V (single bar) (\$1.39)
(1.1 oz. 31g)
#444-V5BAR (box of 5) (\$6.45)
#444-VBOX (box of 20) (\$25.00)



Maple Nut Royale This wonderful living food snack bar is dehydrated at low temperatures to preserve living enzymes. 100% pure maple syrup and 100% real nuts with no fillers. Great for all occasions!

#444 1 Bar (\$1.39)
#444 5 Bar (qty 5, \$6.45)
#444 Box (qty 20, \$25.00)

HALLELUJAH HEALTH...

(continued from page 9)

I have recently jumped into the Health Ministry full time. Besides teaching our group and writing a weekly e-mail newsletter, we have a stand, once a week, at a large Farmer's Market, and do Festival and Craft Shows, where we share with many people that God does not want them to be sick. Our girls are involved, baking healthy goodies for the shows. They also stand strong for their beliefs in The Hallelujah Diet when criticized or condemned at their school – because they have experienced first hand the benefits. Our vision is to one-day see Northeastern Pennsylvania to be one of the healthiest places in America, next to your North Carolina, of course!"

The Gibson's may be contacted at by email at Gibson_md@hotmail.com.

Hallelujah Acres®, The Hallelujah Diet®, Back to the Garden®, Get Healthy! Stay Balanced®, and BarleyMax® are all registered trademarks of Hallelujah Acres®.

continued on from page 5

and Sinus problems. My first step was to cut out all dairy products. When I did, my headaches and sinus problems were greatly reduced. The next step was to cut out meat – I noticed a great reduction in pain in my colon. Now I very rarely suffer from what was almost a daily occurrence before. I am not totally on the diet yet (sugar is a big problem for me) but I can already eat salads and raw veggies, which I could not do before without problems. One of my prayers for so long was to be able to eat salads on a regular basis. That prayer has been answered. Thank you to all at Hallelujah Acres."

Tracy L., Florida



H a l l e l u j a h D i e t E s s e n t i a l s



BARLEYMAX® Blends two of nature's most powerful foods, raw organic barley grass and raw organic alfalfa grass juice to provide one of the widest spectrum of naturally occurring nutrients available in a single source. Offers high level of enzymatic activity, mixes easily, tastes fresh and it's a great value. For more information visit www.barleymax.com.

- #440 1 month supply, 4.2 oz./ 120 grams (\$21.95)
- #441 2 month supply, 8.5 oz./ 240 grams (\$34.95)
- #442 240 Veg. Capsules (\$29.95)

BARLEYMAX® Alfalfa Free

- #453 2 month supply, 8.5 oz./ 240 grams (\$34.95)

ORGANIC GOLDEN FLAX

SEED Flax Seed helps the body promote excellent colon health, and contributes to superb immune and cellular function and is an excellent source of Essential Fatty Acids, particularly the Omega Threes. Prior to use, grind (in a coffee grinder) the seed needed for daily use. Begin with 1 tablespoon daily and increase as desired, up to 1/4 cup.

- #433-1 (1 LB bag, \$2.15)

FLAX SEED GRINDER Flax seed must be ground before using. This small grinder by Braun offers the needed power and speed to prepare all the needed flax seed for the day.

- #582 (\$18.45)

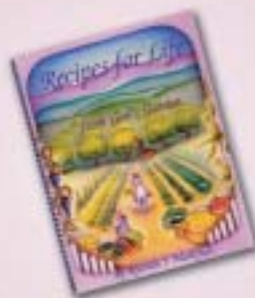
FIBER CLEANSE Helps the body cleanse the colon and restore normal bowel activity with selected herbs and fiber. Use the first 2-3 months on The Hallelujah Diet® to ensure timely and efficient elimination of toxins. Contains 28 different herbs in a psyllium and flax seed base. Each herb is placed in the 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.)

- #445 16-oz. container (\$29.95)

VITAMIN B-12, B-6 and Folic Acid

Produced by bacteria and other one-celled organisms in the small intestines, B-12 is not readily found in a primarily raw vegan diet. Since adequate production and conversion of this vital nutrient is often impaired in many individuals, wise supplementation is prudent. Vitamin B-6 and Folic Acid have been added to this supplement as research has indicated that this combination is effective at preventing elevated levels of homocysteine which lead to heart disease.

- #450 60 CT. Sublingual Tablets (\$14.95)



Recipes for Life from God's Garden

by Rhonda Malkmus

A perfect companion piece to *God's Way to Ultimate Health* because it begins where the theory and rationale for the diet leave off. More than 400 nutritious and delicious recipes; 8 1/2 by 11-inch spiral bound. Includes important chapters on how to feed children and young adults, menus, and a section on feeding babies. Detailed index lists recipes by chapter and alphabetically. Healthy food tastes wonderful, and this book proves it!

- #203 (Spiral bound, \$24.95)

Nutritional Supplements

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.

#446 90 CT. Veg. Capsules (\$24.95)

Hallelujah Acres® Digestive Enzymes

Helps breakdown all food groups, improving digestion and increasing nutrient absorption. Especially important when eating cooked foods devoid of natural enzymes.

#447 90 CT. Veg. Capsules (\$24.95)

Hallelujah Acres® Children's Probiotic

Recommended for children up to age 12 and especially beneficial for children taking antibiotics, this probiotic supplement promotes a healthy gastrointestinal tract and a strong immune system.

#448 90 CT. Veg. Capsules (\$24.95)

Hallelujah Acres® Intestinal Balance

A proprietary blend of enzymes, botanicals, and probiotics that supports the intestinal tract and strengthens the immune system. Especially effective at discouraging the colonization of *candida*, an overgrowth of yeast that causes health problems.

#449 60 CT. Veg. Capsules (\$24.95)

Balanced Woman

A safe way for women to manage menopause, PMS, and osteoporotic conditions without the expense, dangerous side effects, and ineffectiveness of Estrogen Replacement Therapy. This all-natural progesterone cream derived from wild yams 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.

#443 2-oz. dispensing pump (\$24.95)

FEATURED PRODUCTS

CARROTMax™

A Hallelujah Acres® Living Food



New CarrotMax™

In 1936, Dr. Norman W. Walker published his landmark book, *Fresh Vegetable and Fruit Juices*. His major premise was that most sickness and disease is due to deficiency of vital organic minerals, vitamins and enzymes in our diet, and that consuming fresh vegetable and fruit juices is the best way to supply these vital elements. We know that nothing can beat the benefits of freshly extracted juice. But there are times when juicing is simply not an option. That's why we created CarrotMax™.

CarrotMax™ is a carrot juice powder made from organic carrots.

- Carrots used are grown on certified organic farms under rigorous conditions
- Juice is extracted and dried at low temperatures to retain critical heat sensitive nutrients and living enzymes
- No sweeteners or artificial ingredients
- Comes in convenient 16 oz container (454 grams)

Our manufacturer sets a new industry standard by utilizing a proprietary dehydration process, called BioVis™. This new drying process is capable of dehydrating, to a powder, with virtually no degradation of color, flavor, aroma, enzymes, and nutrition.

Suggested Use: Mix with water by shaking in a lidded container, or even better take it dry! With a natural sweetness, you surely will love the taste!

#452

(\$39.95 – 16 oz. container)

New Antioxidant

Hallelujah Acres® Antioxidant is a broad-spectrum antioxidant formula offering protection from all types of free radicals. Not only does it include the antioxidant vitamins A, C, and E in readily absorbable whole-food forms, and various minerals such as selenium, known for their antioxidant properties; it also includes a powerful combination of various botanicals and antioxidant nutrients including: alpha lipoic acid, L-glutathione, catechins from green tea, proanthocyanidins from grape seed, curcuminoids from turmeric, and countless other naturally occurring phytonutrients. Select antioxidant enzymes have been added including GliSODin™, the only orally effective form of SOD (also known as the master antioxidant). Also, as a result of the Microcluster® technology of Dr. Patrick Flanagan, MegaH™ has been included. Finally, digestive enzymes have been added to maximize the absorption and delivery of all these antioxidant ingredients. *We know of no other antioxidant formula on the market that offers a more complete and diverse assortment of antioxidant fortification!*

#455 (60 capsules)

\$27.95



WHERE'S GOD IN OUR TIME OF SICKNESS?

(continued from page 16)

to the world's way, and further and further from God's Way! There is also an emotional/spiritual factor that sometimes enters in as well, as we place our bodies under ever increasing stress.

What is the Solution?

All one must do to keep from getting sick or to eliminate most physical and emotional problems, even after they have manifested, is to return to the original diet God gave to mankind in Genesis 1:29. That is what I did in 1976 when I was told I had colon cancer, and within less than a year, my cancer was gone! And that is what tens of thousands of others have done with similar results!

So where is God when it comes to physical problems?

He is right there in the Scriptures and in each one of our lives trying to woo us back to Him and the diet that he originally gave to sustain mankind.

So my friend, there is a solution to this almost overpowering problem of disease, drugs, hospitals, surgery, astronomically high medical expenses, and premature deaths, that has so many people both inside and outside the church in its grasp today.

Many doctors are already moving in this direction and beginning to incorporate more information regarding diet and lifestyle changes in their recommendations to patients. Many pastors are starting to incorporate the health message into the teachings of the church. The public is much more aware of the benefits of healthful living, and the message is spreading every day.

Won't you join us here at Hallelujah Acres® and become a part of this great and exciting health revolution!



PRODUCT SECTION

Books, Tapes and Audios

HOW TO ELIMINATE SICKNESS VIDEO '02

These professionally produced video, audio tapes, and CDs 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 taught throughout the world. Covers the basics of why we get sick and how to nourish our bodies to restore them to health. It will change your thinking forever about good nutrition.

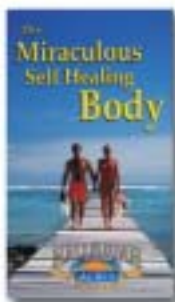
#266 (\$24.95)

Two audio tapes in binder.

#231 (\$12.95)

Two CDs

#265 (\$12.95)

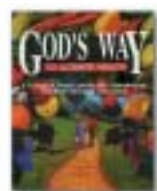


THE MIRACULOUS SELF-HEALING BODY

Five leading health experts discuss the dangers of the Standard American Diet in this video 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.

#219 (\$17.95)



GOD'S WAY TO ULTIMATE HEALTH

Authored by Rev. George Malkmus, includes everything you need to know to return to God's original plan for nourishing the human body. Read what the Bible says about diet, how this biblical wisdom is supported by modern science. Read hundreds of real-life testimonials. Includes section of recipes and tips by

Rhonda Malkmus on how to set up your own natural foods kitchen. Contains 282 pages of vital information that has changed the way people think about what they put into their bodies. Many people say this book has saved their lives.

#202 (Paperback, \$18.95)



**YOU DON'T HAVE
TO BE SICK:
A CHRISTIAN
HEALTH PRIMER** An inexpensive booklet perfect for introducing The Hallelujah Diet® and

Lifestyle. Summarizes the program while answering the biblical health questions Rev. Malkmus has received over the years. Makes a great gift!

#206 (\$3.95)

#206S (Spanish Version \$3.95)



SALAD DRESSINGS FOR LIFE FROM GOD'S GARDEN

Rhonda Malkmus' latest recipe book includes 117 great recipes that will make your daily salad livelier than

ever. Healthy recipes for oil based, seed & nut based, vegetable based, apple cider vinegar based, fruit based, and avocado based dressings. This is the second of Rhonda's recipe books. 64 sturdy pages, spiral bound.

#208 (\$12.95)



THANK GOD FOR RAW: RECIPES FOR HEALTH

by Julie Wandling Health Minister and Personal Trainer Julie Wandling

lost more than 125 pounds on The Hallelujah Diet® using these wonderful recipes. Book includes testimonies, food planning, and tips for helping children transition to the diet. More than 100 recipes including drinks, snacks, dips and spreads, meals, dressings and sweets. 173 pages, soft bound.

#211 \$17.95

Everyday T'ai-chi Eating in the Raw
Sylvia Kwan

Health Minister PIN#



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FROM OUR MAILBAG

MANY DISORDERS ERADICATED

"Dear Rev. Malkmus, I had been diagnosed with Fibromyalgia in 2002 and had tried every medication and treatment that the doctor had to offer. However, I was getting ready to resign my job, because the pain was becoming unbearable, and I felt I could not fight it any longer. I had also gained weight and had Irritable Bowl Syndrome (IBS). I am only 47-years old, and had been very active before the diagnosis, so I also became severely depressed, because I had no energy and could not do anything. I was on a website for Fibromyalgia when I first learned of The Hallelujah Diet®. What I read really made sense to me. I discussed The Hallelujah Diet with my doctor and his remark was, 'Well, give it a try!' That was in December 2002. I made the diet change in January 2003, and the first week was horrible. I had read on your website that this was normal as the toxins were being discharged from my body, so I stuck it out. About the end of the second week, I noticed a change in the pain. It wasn't as intense, and my energy seemed to increase a little. After a month on The Hallelujah Diet®, the IBS problem was totally gone, and I had lost about twelve pounds. At the end of February, I told the doctor how much better I was feeling and that I was not taking any pain medication, not even an aspirin! He was amazed, and told me that I didn't need to see him again, unless I needed him. I have now lost a total of 30 pounds, and the pain is almost totally gone! I have not even had a headache or upset stomach since January 2003, and my energy level is so much better. Needless to say, the depression is also better. Also, I have always suffered from seasonal allergies and would lose my voice several times every year. This past year was supposedly the worst allergy season we have had in years, and I have not even had a sniffle! Thank you so very much! You are truly a blessing!"

Cheryl N.

YOU DON'T HAVE TO BE SICK!

