

ENTERTAINING THE HALLELUJAH WAY

# Back to the Garden

Teaching Health from a Biblical Perspective

Sept./Oct. 2006  
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Published by  
Rev. George H. Malkmus  
& Hallelujah Acres

*The Doctor's Gave  
Him 10 Months – The  
Hallelujah Diet Gave  
Him Hope*

Faith and The Hallelujah  
Diet. Read how he beat  
the odds.

**The Solution to the SAD State  
of America's Declining Health**

**Is Hallelujah Acres a  
Business or a Ministry?**  
*Rev. Malkmus reveals the path he  
took to build Hallelujah Acres into  
the worldwide ministry it is today.*





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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.

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# Reap the Harvest

Traditionally, it's the time of year when farmers reap the harvest of their long tended and nurtured crops. In years past, those crops had to sustain a family through the harsh, barren winter. Those crops were abundant at the festive Thanksgiving and Christmas holiday tables. Those crops were preserved for journeys afar. Today, if we run low on veggies or fruit, we take a short drive to the supermarket, but preserving foods is still a wonderful way to enjoy summer or fall vegetables in February.

While we appreciate the savory bounty of God's earth this fall season, we can also reap the harvest of good health that we have worked so hard to achieve—good health that we will preserve by committing totally to the Hallelujah Diet & Lifestyle.

This issue is filled with information and inspiration to help you reap your own harvest of good health.

You're sure to draw strength and enlightenment from Lauren Baker's powerful Featured Testimony.

Vice President of Health at Hallelujah Acres, Olin Idol, N.D., C.N.C goes one on one with the Standard American Diet in his article, *The Solution to the SAD State of America's Declining Health*.

What exactly is Hallelujah Acres? Is it a business solely for profit? Or is it a legitimate ministry dedicated to helping people attain health? Products that are essential or beneficial to the lifestyle are advertised in *Back to the Garden*. Why is that? Rev. Malkmus takes on the debate, demonstrating why Hallelujah Acres is, indeed, a ministry.

And in a preview of the workshop she'll be teaching at the upcoming Women's Retreat, Gerene Butterfield, Manager of the *Get Healthy!* Resource Center in Shelby, offers ideas on *Entertaining The Hallelujah Way*, including some dishes everyone will enjoy.

As always, be blessed! Be healthy!

  
Rev. George Malkmus, Olin Idol, and Paul Malkmus  
Hallelujah Acres' Board of Directors



# NEWS FROM THE ACRES

Issue #40

News & Happenings from Hallelujah Acres International Headquarters

September/October 2006

## MAY I HAVE YOUR AUTOGRAPH, PLEASE?

Rev. Malkmus probably heard that request many times, after the release of his new book, *The Hallelujah Diet*, brought him book-signing appearances in local bookstores, as well as larger venues, such as Barnes & Noble. At one such appearance at a Barnes & Noble in Hickory, NC, Rhonda joined him to sign copies of her book, *Recipes for Life*. Not only were the signatures flowing, but Rev. Malkmus and Rhonda were also privileged to hear many moving testimonies from eager book buyers. In July, he appeared at the Family Christian Bookstore in Hickory, as well.

## JUDY FLEMING NAMED DIRECTOR OF OPERATIONS CANADA

Visitors to the Toronto area *Get Healthy!* Resource Center may witness Judy Fleming switching hats as often as once every few seconds. In addition to her responsibilities as Manager of the Resource Center, she's taken on the job of Director of Operations of Hallelujah Acres Canada. Among the many responsibilities that keep this former elementary school teacher and church administrator busy are making arrangements to speak at community area clubs and health-related trade shows to promote Hallelujah Acres and the Resource Center, giving quarterly workshops for Canadian Health Ministers to keep them up to date, teaching culinary classes, and much more.

For more information about our Canadian location visit: [www.hacres.ca/gethealthy](http://www.hacres.ca/gethealthy) or email Judy at: [gethealthy@hacres.ca](mailto:gethealthy@hacres.ca)

## GIVE ME LAND, LOTS OF LAND!

Paul Malkmus, President of Hallelujah Acres is pleased to announce the purchase of 102 acres of land just across the highway from Hallelujah Acres Headquarters. Plans are in the works to expand the current Headquarters to include a 72-room hotel, conference and media center, gym for guests, and permanent homes and condominiums.

## FRONT PAGE NEWS

It's not too often good "healthy" news makes it to the front page! We're thrilled that Hallelujah Acres made the headlines when The Shelby Star ran a feature article about the land purchase on Wednesday, May 17, 2006.

## A HEALTHY WAKE-UP CALL

*Wake up and Get Healthy!* That was the theme of our big summer health conference held from Thursday, August 10 through Saturday, August 12, 2006. People traveled from near and far to learn about the Hallelujah Diet & Lifestyle, taking part in presentations that combined practical tips and advice with enlightening information. Speakers included Rev. Malkmus, Rhonda Malkmus, Olin Idol and many others. Topics included how to overcome diet and spiritual challenges, how to deal with friends and relatives who are not on the diet, how to stay on the program when traveling, and much more. Our next gathering will be The Women's Retreat Thursday, October 12 through Saturday, October 14. There's still time to sign up! So make your reservations today.

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**GET HEALTHY! STAY BALANCED**

**One workshop. Four ways to participate. Thousands of healthy, happy, vibrant people.**

**Learn how to overcome, and even avoid, health issues. Understand what to feed your body so you can heal. Soothe your mind and spirit for health inside and out.**

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At a Get Healthy! Resource Center • [www.hacres.com](http://www.hacres.com) • 1.866.295.7794

For Canada • [www.hacres.ca/gethealthy](http://www.hacres.ca/gethealthy) • 1.905.853.7014

At Hallelujah Acres headquarters • 900 South Post Road • Shelby, NC • 1.800.915.9355

Locally with your area Health Minister • Go to [www.hacres.com](http://www.hacres.com) to find the one nearest you.

**Go to [www.hacres.com](http://www.hacres.com) for more details.**

**Lose weight. Detoxify your body. Get Healthy! Stay Balanced.**

\*The Get Healthy! Stay Balanced program is a prerequisite for Health Minister Training.

# The Doctors Gave Him 10 Months... The Hallelujah Diet Gave Him Hope.

*Lauren Baker*

Lauren with his wife in front of Hallelujah Acres headquarters,  
here for our Get Healthy! Stay Balanced classes.



*The year 2004 was not a good year for me. I was age 67 and had always been in good health. In fact, I had only been in a hospital one day of my entire life and that was at the age of 12 to have my tonsils taken out. In early spring 2004, I started having stomach pains. After going to two different doctors and having numerous tests done, in October 2004, Dr. Juan Tayler told me that I had a tumor in my pancreas.*

Dr. Tayler then scheduled me to go to the University of Maryland Hospital for a biopsy. I have a niece who is a medical doctor in Lakeland, Florida, so I decided in the meantime to send her a copy of my CAT scan to get her opinion. Her husband is also a surgeon and he phoned me the next day and told me to come to Lakeland at once. My wife and I were on a plane the next day and the biopsy was performed the day after that. After the biopsy, my nephew sat my wife and I down to explain that the tumor was malignant, and I had less than a year to live. They could not operate because of where the tumor was located; it had already attached to the main artery and I would die immediately if they tried to remove it.

For a second opinion, my nephew took me to the Moffit Cancer and Research center in Tampa, Florida where I saw Alexander S. Rosemary II, MD. After looking at the CAT scan,

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## PERSONAL STORIES OF HEALING AND INSPIRATION

### LEUKEMIA GONE! – CANCER FREE

"I was diagnosed with a rare form of LEUKEMIA in 2002. My doctors told me that I had about 5-years to live and that, unfortunately, there was no effective treatment for my leukemia. After two years had gone by, still no effective treatment had become available for me, and I was feeling sicker and weaker by the day. As a devout Christian, I prayed to the Lord to guide me. In March 2004, during one of the many on-line searches to understand the progression of my rare leukemia, I came across the Hallelujah Acres web page. I read about the importance of eating live food because our bodies were made up of live cells. It seemed so right, so I immediately embraced The Hallelujah Diet. I began juicing twice a day, primarily dark leafy-green organic vegetables mixed with organic carrots. *Within four months I felt unusually healthy. I didn't feel weak or fatigued. My depression disappeared.* I told my husband, who is an ordained minister, that I felt quite well for a person who had been sentenced to death. When I went to the doctor that week, he told me that there was something odd in my blood test/flow cytometry. I was concerned! He then told me that he *couldn't find the Leukemia!* He wanted me to have another bone marrow biopsy, but I wasn't ready. (I had already had two in the past, and the results of the second were worse than the first.) I told him that I wanted to wait a little longer. He agreed. Four months later he insisted that I have the biopsy, because again, *my blood showed no signs of cancer.* This time I said 'yes.' Two weeks later I had my third bone marrow biopsy. A week later the doctor called me to his office and told me *that there were no signs of Leukemia in my bone marrow!* Teary eyed I praised God! He added, that in all of his years practicing medicine, he had never seen a patient go into remission without treatment! I told him about this blessed Hallelujah Diet, and this is what he responded: 'Whatever you're doing, keep

doing it!' Reverend, I am listening. I will never leave this diet. May God continue blessing this ministry!"

Darlene

### GOD'S ANSWER FOR DIVINE HEALTH

"Dear Rev. Malkmus, a friend shared The Hallelujah Diet with me. However, I did not give it serious consideration until my results for blood sugar, cholesterol, and triglycerides, came back from the lab and were nothing short of horrific. I am sharing my story so that people who have VERY, VERY HIGH READINGS will know there is hope. Although I am not out of the woods yet, and I too struggle as I see my friends eat pizza, gooey cinnamon rolls, and cheeseburgers with fries, I know The Hallelujah Diet is the way to go. Not only does it work, but I also believe it is God's answer for divine health. To be honest, my doctor told me that I had a one-in-a-million chance that the diet would work. But as you can see, the Lord proved him wrong in just the first four weeks on The Hallelujah Diet. Before starting The Hallelujah Diet I weighed 157 pounds. I had a fasting blood sugar of 392, triglycerides of 4890 (this is not a typo), and a cholesterol reading that registered well over 500. Just four weeks after adopting The Hallelujah Diet, I weighed 147 pounds, had a fasting blood sugar of 191, my triglycerides were down to 128, and my cholesterol had dropped to 379. I was a heart attack and stroke waiting to happen! I also had what the doctor called 'raging diabetes,' but had refused the expensive medications and chose rather to go on The Hallelujah Diet. As I searched the testimonies on the Hallelujah Acres website before beginning the diet, I could not find where anyone who had been helped by The Hallelujah Diet had blood sugar, triglyceride, or cholesterol readings as high as mine, so I was not sure if the diet would work for me. But, *Praise God it did!* "May Jesus Christ be praised."

Pamela



Testimonies are a great encouragement to all those who are searching for a better way to regain and to keep their health. If you would like to submit a testimony, please email it to [testimonies@hacres.com](mailto: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**  
and for Canadian residents:  
**Hallelujah Acres Canada**  
**130 Davis Drive**  
**Box 36, Unit 4**  
**Newmarket, ON**  
**L3Y 2N1**

# The Doctors Gave Him 10 Months. The Hallelujah Diet Gave Him Hope.

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he advised that I was terminal and had only 10 months to live. This was late October 2004.

Not knowing what to do, I returned home and started chemo and radiation at the John Marsh Cancer Center in Hagerstown, MD. After three months, I had lost 30 pounds and was so weak that I could hardly walk from my bed to the living room. My wife had sent a Christmas card to a dear friend in Florida, and told her about the cancer. This friend phoned me a few days before Christmas 2004, and told me about The Hallelujah Diet. Two other friends had mentioned the diet to me, but I was just not interested in a diet because I was losing so much weight already. Thank God, this friend ordered some books and tapes on The Hallelujah Diet and sent them to me. I started reading and watching the tapes, and by January 20, 2005, after my last day of radiation, I decided to try it God's way. I told the Doctor I was not taking any more chemo, which he strongly suggested, and that I was going on The Hallelujah Diet. He told me he was familiar with this diet and he had no problem with me doing it.

In November 2004, the doctor did a CA19-9 test to find my blood marker. It was 382.

By February 2005 just one month after starting the diet, this marker dropped to 271 and the tumor had shrunk by 30%. By May 2005 it dropped to 94 and the tumor had shrunk by 70%. By September 2005 the blood marker was down to 24! Below 37 is considered normal, so the doctor told me I had a perfect blood test, and all of the 30 other tests that he performed were also perfect. I had a final blood test and physical on January 3, 2006, and the blood marker had dropped again to 22, and all other tests were perfect except that my cholesterol was only 104 which is low. Within a week of starting the diet, I stopped taking the morphine, oxycodone and oxycontin that I had been on since the tumor was discovered. Since I started The Hallelujah Diet on January 20, 2005, I have not taken one pill, not even an aspirin, and I have not been sick one day, not even a headache. I just turned 69 last week and I feel wonderful!

My wife and I drove to Hallelujah Acres in April 2005, and attended the seminar

with Rev. Malkmus. This was very helpful as we were not exactly sure of what we were doing. I really had no problem starting The Hallelujah Diet, as I was so sick from the chemo that I could hardly eat anything. So not eating meat, sugar, coffee, etc. was very easy for me. I drank eight glasses of carrot juice and stuck with the diet 100% for the eight months it took to eliminate the cancer. I also ate everything organic.

I am now drinking four glasses of carrot juice and eating my fruits and vegetables and having a wonderful life. Thanks be to God.

I am now retired and working hard keeping up with 5 acres of grass and

weeds. I am active again in our local church and have given my testimony in 3 different churches. Through my testimony, approximately 100 other people are on The Hallelujah Diet. Not all are doing what I did, but at least they are improving their health. My wife and I have had couples come to our home where we go over the complete program and show them how we juice. Some will listen, but sadly, some won't, so I have had to attend several funerals in the past year.

I recommend The Hallelujah Diet to everyone, even if you are healthy. I am eating better than I ever have in my life. I have had several people say, "I can't" which really means, "I won't" so they are still sick and popping their pills. This is God's way to natural health and, I, again, want to thank God for our friend in Florida who called me and told me about The Hallelujah Diet. She, too, is on the diet and doing very well. You just can't do better than God's plan as found in Genesis 1:29. ■

# Bring the Message Hope and Healing to Your Church

**Do you feel the call to start a health ministry in your church? Would you like to bring this program to the attention of your pastor?**

Visit our website [www.hacres.com/programs/churchhealth.asp](http://www.hacres.com/programs/churchhealth.asp) and send for our **FREE** DVD, *Pastor to Pastor: A Message of Hope and Healing*.

Explore our website:

- View a Sample of the *Pastor to Pastor* DVD
- Refer a **FREE** Copy of *Pastor to Pastor* to pastors you may know
- Send for your **FREE** copy of the DVD, *Pastor to Pastor*
- Read Pastor McCluney's Blog—an online journal of what's happening in the Church Health Ministry, and much more.

There's no obligation, just information and education.



[www.hacres.com/programs/churchhealth.asp](http://www.hacres.com/programs/churchhealth.asp)

# NEWS FROM THE ACRES

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## WELCOME NEW HEALTH MINISTERS

The July Health Minister Training session saw over 100 men and women study hard and become prepared to carry on the message of good health. Congratulations to our newest Health Ministers.

## DISTILLED WATER RESEARCH FINDINGS

Hallelujah Acres believes that distillation is the best method of producing safe, purified water. However, recent studies suggest that the lack of certain minerals in distilled and other low mineral waters can

have an adverse effect on health in the long term.

Michael Donaldson, PhD, chief scientist for the Hallelujah Acres Foundation, conducted research in the area. He states in his report, which can be found at [www.hacres.com/diet/research/water.pdf](http://www.hacres.com/diet/research/water.pdf), "My conclusion here is that distilled water can be used if you make up for it with a high

mineral intake ... Distilled water, and other low mineral water, is not a neutral water; it actually takes away from you, whereas water with optimal concentrations of minerals in it actually supply your body with good building material."

Stay tuned for further information and research in this area in the upcoming months, as we continue to explore this issue.

### **And the Winner is...**

Congratulations, GreenStar Juicer Winners for our Weight Loss Survey!

**Jun Roca of North Port, FL**  
Winner of the sweepstakes drawing

**Darrell & Rita Myers of Maryville, TN**  
Health Minister with the most clients entered

While the sweepstakes is over, the Weight Loss Survey continues! So, if you haven't already participated, please share your input with us.

If you have lost at least 30 pounds and kept it off for at least 1 year, visit [www.hacres.com/surveys/weightlosssurvey.asp](http://www.hacres.com/surveys/weightlosssurvey.asp) and fill out the survey.



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# Is Hallelujah Acres A Business Or A Ministry?

*by Rev. George Malkmus*

The best way I know to begin answering the question,  
is to share some of the events leading up to its establishment...



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# Be a Part of a Life Changing Experience

## Hallelujah Acres Lifestyle Centers



"Words cannot express what a wonderful time we had being with you. It was everything we expected and more. You have no idea how important coming to the Lifestyle Center was to us. It was what we needed to get going on The Hallelujah Diet®."



"Beautiful, welcoming, relaxing atmosphere. Felt at home from the moment we stepped through the door. We came away with a new lifestyle and new friends."

Shannon & Spencer W.



"We all learn best from first-hand experience, caring teachers, and God's Word. That's what our Lifestyle Centers are meant to do, help you immerse yourself in The Hallelujah Diet & Lifestyle..."

Rev. George Malkmus



"We originally came here for me, but my husband is sold and has made positive changes and feels great! I never thought I'd get my husband in the kitchen. That's yet another miracle born here at the Hallelujah Acres Lifestyle Center Tennessee." - Wendy R.



"I have gained a renewed mind on how I think about food for my family and myself." - C. J.



"It has been almost two months since my visit, and I feel great. We are expecting again and I can honestly say that I feel the best out of all my pregnancies. I have so much energy I couldn't believe that I was actually pregnant. My mother is doing quite well also. Her balance problems have cleared up, and she can walk quite a distance now. We are still very grateful for our time with you." - Lori Y.

**HALLELUJAH  
ACRES**  
*Lifestyle Centers*

[www.halifestylecenter.com](http://www.halifestylecenter.com)

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Lake Lure, NC (877) 743.2589

Plant City, FL (866) 757.1771

Stanton, KY (877) 220.0005

Spend five or ten days in a great get-away location surrounded by nature as you live first hand The Hallelujah Diet & Lifestyle.

You will:

Prepare delicious, healthy meals • Cleanse your body • Learn the benefits of juicing  
Fellowship with like-minded people • Watch live food demonstrations • Take field trips  
Listen to health lectures • Have morning devotions

**You will go home: renewed and healthier, equipped to live this lifestyle, and your testimony will help heal others.**

# Is Hallelujah Acres A Business Or A Ministry?

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In 1957, at the age of 23, I became a Christian. Almost immediately, God started working in my heart to dedicate my life to Him, and to serve Him with the rest of my life. Not many years later, I moved my family and myself (wife and one child at the time) to Word of Life, a Christian Camp and Ministry, located in Schroon Lake, New York, run by Jack Wyrtzen. For two years I was employed as Caretaker of their three camps. While at Word of Life, I became very active in a local church, and started the first Word of Life Bible Club, under the direction of Paul Bubar, which later became a worldwide Bible Club movement.

While at Word of Life, God placed it in my heart to attend Moody Bible Institute in Chicago, in preparation for full-time MINISTRY. In order to go to Moody, it was necessary to sell almost everything we owned, and off I went with my wife and child, with all our earthly belongings packed into a small U-Haul trailer pulled behind a friend's car.

During my senior year of preparation for the MINISTRY, while still going to school and while still working a full time job, God called me to found and pastor a church which grew from 17 people to about 135 members - starting salary, \$35.00 a week. Later, I pastored two other churches. The church in Glens Falls, New York grew from just my family to over 600 members.

During my almost 20 years in preparation for the MINISTRY, and in pastoring, I never received a salary of more than \$150.00 per week. Obviously, my motivation through all those years was not the making of a lot of money, but MINISTRY!

In 1976, while pastoring the church in Glens Falls, New York, I was told I had cancer. Most of you are familiar with my healing experience from that cancer, after being introduced to the Genesis 1:29 diet by Evangelist Lester Roloff. As I personally experienced the tremendous healing power found in the living foods, as contained in the Genesis 1:29 diet and in raw vegetable juices, God started to lay on my heart the need to bring this Health Message to the

Christian Community.

During this time, I had learned not only from personal experience, but also from the Scriptures and from the testimonies of others, that all the sickness I had experienced during the first 42-years of my life, and almost all the sickness being experienced by the Christian Community, could be eliminated, and ultimate health usually obtained, through a simple Biblical diet change. I was so excited about learning this good news, that I wanted everyone to know THAT YOU DON'T HAVE TO BE SICK!

However, from 1976 until 1991, no matter how hard I tried to proclaim the healing power of God's living foods, I was met with nothing but resistance from fellow preachers and the Christian Community in general. It was very hard for me to understand why preachers and fellow Christians would become sometimes even hostile towards me, as I tried to share God's Original Diet Plan with them.

These were very difficult years for me, not only because the Health Message I was trying to proclaim was being rejected, but also my wife (since deceased) had left me in 1986. Then, in 1989, fire destroyed my home and everything I owned, including the first printing of my book, Why Christians Get Sick. Without the money to replace my home, I was able to only scrape together enough money to build a cinder block basement with a large sheet of plastic stretched over the top for a roof, in which to live. By 1991, my life had been reduced to living in a block basement with a piece of plastic over my head for a roof and a 5-gallon bucket for my toilet.

## GOD PROVIDES ME WITH A PARTNER AND THE MINISTRY BEGINS

Then when everything seemed to be falling apart, and the prospect of ever developing a MINISTRY to reach the Christian Community with God's Health Message seemed so remote, something dramatic happened in my life.

As I look back on these difficult years, I am amazed I still had hope, and had not yet lost the vision God had given me for a Health MINISTRY. It was in 1991, before Hallelujah Acres began in 1992 that I started holding a few Health Seminars in a hotel lobby in Rogersville, Tennessee.

It was at one of those early seminars, that a young lady named Rhonda attended. Rhonda had become a Christian at a youth camp as a teen. She had recently moved to Rogersville from Wisconsin, in an effort to escape the long cold winters, which aggravated her severe rheumatoid arthritis. But Rhonda had more problems than just debilitating arthritis! Her husband (since deceased) left her and this resulted in the loss of her home.

Rhonda had spinal meningitis as a child, and then in 1981 had been hit by a train at an unprotected railroad crossing – an incident that should have killed her. Instead, it left her with severe rheumatoid arthritis in every joint in her body. When she attended my seminar in 1991, she could hardly walk, could only turn her head a half inch in either direction, had to soak her body in hot water each day to loosen her joints sufficiently to partially function, was on as many as 4-6 Ibuprofen an hour for the pain, and had gained a lot of weight because of her immobility.

That was Rhonda's background and condition when she attended my seminar in 1991. Notice the similarity of her physical problems, marital situation, and living conditions to mine. At the seminar, she listened to the Health Message I was proclaiming and determined in her heart that she had to give The Hallelujah Diet a try. She did not have a problem with making the diet change, but a part of The Hallelujah Diet is a lifestyle change, which includes bodily movement (exercise), and she could hardly move her body because of her arthritic condition.

Well, she did make the diet change, and she did start a walking program, in spite of the pain experienced when she walked. But next comes a great big HALLELUJAH! Within one year of making the diet change, and each day trying to walk a little farther a little faster, she was speed walking four miles in less than an hour without pain, all her arthritic pain and symptoms were gone, and she had lost 85 pounds.

During that first year on The Hallelujah Diet, Rhonda was working in a store across the street from where I was a store manager, which had consignment booths. One of those booths was mine, and it contained a few health products. Rhonda would come to my store during her lunch hour for

continued on page 20

## The Hallelujah Diet®

By Reverend George Malkmus

**Breakfast:** Upon rising, take one serving of BarleyMax®, either in capsule or powder form. (Take the powder dry, dissolving it in the mouth, or mix it in a few ounces of distilled water at room temperature.) Do not eat cooked food, or foods containing fiber at this meal, as these hinder the cleansing process while the body eliminates accumulated toxins.

**Mid-Morning:** Drink an eight-ounce glass of fresh vegetable juice (2/3 carrots and 1/3 greens). If fresh juice is not available, the next best choice is a combination serving of CarrotJuiceMax™, and BarleyMax® or a piece of juicy, fresh fruit. About 30 minutes later is an ideal time to use Fiber Cleanse as directed, B-Flax-D™, or freshly ground flaxseed to help maintain optimal bowel function.

**Lunch:** Before lunch, have another serving of BarleyMax®, taken as at breakfast. Thirty minutes later, eat either a raw vegetable salad or raw fruit. This also is an all-raw meal, as cooked food is limited to the evening meal. Fruit should be limited to no more than 15% of total daily food intake.

**Mid-Afternoon:** Drink an eight-ounce glass of carrot/vegetable juice. If juice is not available, a serving of CarrotJuiceMax™, BeetMax, or some carrot or celery sticks are second best.

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

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

# The Hallelujah Diet® Explained

The Hallelujah Diet®, once understood, is very simple. We follow a ratio of 85% raw and 15% cooked food each day, with the cooked food usually coming only at the end of the evening meal.

## The 85% Portion

This is an abundance of God's natural foods, uncooked (raw), and unprocessed. The dense living nutrients found in raw foods and their juices are what meet and satisfy our cells' nutritional needs, so that a person no longer needs to struggle with uncontrollable hunger. These live foods are also what produce abundant energy and vibrant health. The following are items from each category that fit into the 85% portion of each day's food intake:

**Beverages:** Freshly extracted vegetable juices, BarleyMax®, CarrotJuiceMax™, BeetMax, and distilled water

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

**Fruit:** All fresh, as well as unsulphured organic dried fruit  
(Limit fruit to no more than 15% of daily food intake.)

**Grains:** Soaked oats, millet, raw muesli, dehydrated granola, dehydrated crackers

**Beans:** Green beans, peas, sprouted garbanzos, sprouted lentils, and sprouted mung

**Nuts and Seeds:** Raw almonds, sunflower seeds, macadamia nuts, walnuts, raw almond butter or tahini, and raw ground flaxseed (Consume sparingly.)

**Oils and Fats:** Extra virgin olive oil, Udo's Choice Perfected Oil Blend, flaxseed oil (the oil of choice for people with cancer, except men with prostate cancer, who may be better served meeting the essential fat needs through freshly ground flaxseed), and avocados

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

**Soups:** Raw soups

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

**Vegetables:** All raw vegetables

## The 15% Portion

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

**Beverages:** Caffeine-free herb teas and cereal-based coffee-like beverages, along with bottled organic juices

**Beans:** Lima, adzuki, black, kidney, navy, pinto, red, and white

**Dairy:** Non-dairy cheese, rice milk, and organic butter (Use sparingly.)

**Fruit:** Stewed and unsweetened frozen fruits

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

**Oils:** Mayonnaise made from cold-pressed oils

**Seasonings:** Same as the 85% portion plus unrefined sea salt (Use sparingly.)

**Soups:** Soups made from scratch without fat, dairy, or table salt

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

**Vegetables:** Steamed or wok-cooked fresh or frozen vegetables, baked white or sweet potatoes, squash, etc. While this list at first appears limiting, there are hundreds, if not thousands, of exciting recipes that meet these criteria.

See our selection of recipe books for additional ideas.

## Foods to Avoid

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

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

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

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

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

**Meats:** Beef, pork, fish, chicken, turkey, hamburgers, hot dogs, bacon, sausage, etc. (All meats are harmful to the body and a contributing cause of most physical problems.)

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

**Oils:** All lard, margarine, shortenings, and anything containing hydrogenated oils

**Seasonings:** Refined table salt, black pepper, and any seasonings containing them

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

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

**Vegetables:** All canned vegetables with added preservatives, or vegetables fried in oil

# Hallelujah Acres Events Calendar

## September/October/November, 2006

### Shelby, N.C.

900 South Post Road • Shelby, NC

#### How to Eliminate Sickness Seminar - FREE

Whether you're battling a life-threatening disease, or you simply want to attain optimal health, this free 3.5 hour seminar presented by Rev. George Malkmus will enlighten you and inspire you to take that first step to self-healing.

**Sept. 2 • Oct. 7 • Nov. 4 • Seminar Starts: 10 am**

#### How to Eliminate Sickness Seminar in Tacoma, WA - FREE • Oct. 28 • 10 am-1 pm

Guest Speaker: Olin Idol, N.D., C.N.C., Vice President of Health, Hallelujah Acres • **Life Center Church**, 1717 South Union Ave. Contact: Jerrod or Nikki Sessler • 206.551.6100  
RSVP at [www.hope4health.org](http://www.hope4health.org) to register to win a juicer!

#### Get Healthy! Stay Balanced Class

In this lively 9-lesson course, you will learn to achieve vibrant health in body, mind, and spirit.

**Oct. 2-6 • Nov. 13-15**

#### Health Minister Training

Spread the healthy word! This course teaches you how to have total health and how to manage your own local ministry. See page 27 for more information.

**Wednesday-Saturday: Nov. 15-18**

#### Hallelujah Acres Culinary Academy 2-Day Course

Find out just how creative, and delicious raw food meals can be! Take this intensive 2-day course and learn to prepare everything from the basics to mouthwatering gourmet delights!

**Sept. 22-23 • Oct. 10-11 • Oct. 27-28**

**Nov. 20-21 • Class Hours: 10 am-6 pm**

#### Hallelujah Acres Culinary Academy 2-Hour Course

Spend a fun 2 hours every month learning a variety of food preparation techniques and recipes! These lively classes are taught by Rhonda Malkmus, and are held the Friday night before the FREE monthly Saturday seminar taught by Rev. Malkmus. In fact, Rev. Malkmus has been known to don an apron, and take on the role of Rhonda's kitchen assistant! So have a healthful weekend, and join us for both!

**Sept. 1 • Oct. 6 • Nov. 3 • 7-9 pm**

#### Hallelujah Acres Culinary Academy - Special

**1-Day Author's Class** These fun food prep classes start shortly after Rev. Malkmus' FREE seminar! These entertaining and practical 6-hour classes are taught by some of Hallelujah Acres' most popular recipe book authors. So join us for both.

**Sept. 2 - The Graff's, Thanksgiving Dinner the Hallelujah Way**

**Oct. 7 - Julie Wandling, The Hallelujah Diet for Kids & Athletes**

**Nov. 4 - Julie Wandling, The Hallelujah Diet for Kids & Athletes**

**Class Hours: 2-8 pm**

Additional announcements will be made in future issues of *Back to the Garden*, or, for the latest news, check our website: [www.hacres.com](http://www.hacres.com).

Programs in Shelby, N.C. are held at The Hallelujah Acres International Headquarters, 900 South Post Road.

Hallelujah Acres Culinary Academy classes are held at 834 South Post Road. (Get Healthy! Resource Center.) Schedules are subject to change.

#### How to Eliminate Sickness Seminar in Kettering, OH - FREE • Sept. 9 • 9 am

Whether you're battling a life-threatening disease, or you simply want to attain optimal health, this free 3.5 hour seminar presented by Rev. George Malkmus will enlighten you and inspire you to take that first step to self-healing.

**Prince of Peace Church of the Brethren**, 800 East David Rd

Contact: Brent McKinley • 937.626.4578

## Women's Retreat!

900 South Post Road • Shelby NC

**October 12-14**

Register now! This popular conference fills up fast!

### Newmarket, ON, Canada

Get Healthy! Resource Centre • Newmarket Plaza, Unit 4, 130 Davis Drive • Newmarket, ON Canada • 905.853.7014

**Get Healthy! Stay Balanced Class** In this lively 9-lesson course, you will learn to achieve vibrant health in body, mind, and spirit. There are many wonderful recipes prepared in the food prep part of the course. This course is offered each month; please call to set up a schedule.

**Culinary Academy** Learn how to prepare healthy raw soups, salads, appetizers, main courses, and desserts. Classes feature a wide variety of nutritious recipes, copies of recipes for you to take home and try in your own kitchen along with sampling recipes created during our buffet lunch.

**Sept. 2 • Sept. 9 • Oct. 7 • Oct. 21 • Nov. 4 • Nov. 11**  
**These classes go from 11 am-2 pm**

**New and Expectant Moms** Enjoy educational lectures, videos, food preparation classes and a wonderful take home package to start that great beginning of healthy living for your baby and yourself. Menu planning, exercises, raw foods and their importance, plus much more. Call for details.

**Sept. 27 • Oct. 25 • Nov. 29**

#### NEW Workshop! In the Kitchen with Judy

This class is offered as a 2 or 4 hour class, Monday through Friday, during the lunch or dinner hours. Visit [www.hacres.ca/gethealthy](http://www.hacres.ca/gethealthy) to learn more about these exciting programs.



# THE SOLUTION TO THE SAD STATE OF AMERICA'S DECLINING HEALTH

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

Those of us living in America have enjoyed a lifestyle envied by many people living in the less industrialized nations of the world. America, the land of freedom and opportunity, draws people from all around the world as they make their way to a new start in life, an opportunity for success, prosperity, and affluence. While taking advantage of "the good life" is a gift, there is a high price to pay in terms of physical health, when they adopt the American diet and lifestyle.

Most of us who were born in this country accept the subtle addiction to the American diet and lifestyle that, all too often, begins in infancy. We assume the physical afflictions we encounter along life's journey are just normal aspects of aging.

## America, The Sick

We look around this great country and find nursing homes overflowing with those no longer able to care for themselves. The government-run sickness

*continued on next page*

# HALLELUJAH HEALTH TIP

Every week,  
more than  
65,000 people  
receive Rev.  
Malkmus' FREE  
email health tips.

Join them and get news  
about what's happening in  
health and nutrition, read  
uplifting testimonies, learn  
to make delicious healthy  
recipes, and more.



Go to [www.hacres.com](http://www.hacres.com) and  
subscribe for FREE today!

## Study Health & Nutrition at Your Convenience!



Maybe there isn't a Health Minister in  
your area, or you live far from Shelby.

**If you have access to the  
internet, you can still take  
our classes—in the comfort  
of your home.**

Our online programs include:

- **Get Healthy! Stay Balanced Course**
- **Certificate of Natural Health**
- **Certificate of Natural Living**

No need to wait for a new semester!  
So sign up today!

**Classes begin on your schedule!**

**For more information  
or to enroll, visit:  
[www.hacresu.com](http://www.hacresu.com)**

# The Solution to the SAD State of America's Declining Health

*continued from previous page*

care system for the elderly is exhausting the funds almost as quickly as they extract them from the working citizens of the country in a never-ending battle against illness and disease. Younger and younger people are being afflicted with ill health formerly seen only in the population of the aged.

As CBS news reported recently, 16 million Americans are sandwiched between two generations – families caring for their own children while, at the same time, taking care of aged parents dealing with chronic debilitating health challenges that have left them unable to care for themselves. These caregivers will, all too soon, find themselves receiving like care from their children if the vicious cycle isn't broken.

The United States far outspends other countries in the area of health care.

According to the Organization for Economic Co-operation and Development (OECD), in 2003, in dollar-adjusted terms, the United States ranked 1st among 30 countries on total combined public and private expenditures on health, outspending its nearest competitor Norway by a full 25%.

Again relying on the 2006 OECD Factbook, for all the money spent on healthcare in the United States, using life expectancy at birth as a measure, the United States ranked 21st, near the bottom among the same 30 countries.

<http://lysander.sourceoecd.org/vl=2992482/cl=15/nw=1/rpsv/factbook/10-01-01-g01.htm>

## Tipping the Scales

One general indicator of the overall health of the people of any nation is the percentage of the overweight and obese population, as compared to the population that is in the healthy weight range. According to the data supplied by the U.S. Department of Health and Human Services in their 2005 Chartbook on Trends in the Health of Americans, 65 percent of the population between the ages of 20 – 74 were overweight in the years of 1999 – 2002. 31.1 percent were considered obese. Also

among children ages 6 – 11, 15.8 percent were overweight. And, as per a report at MSNBC.com it was recently reported that 2 million U.S. children ages 12 – 19 have a pre-diabetic condition linked to obesity and inactivity that puts them at risk of diabetes and cardiovascular problems.

## SAD Takes its Toll

The vast majority of physical problems and deaths in this country are directly related to our diet and lifestyle. While our citizens generally live longer, their quality of life in later years is greatly diminished. People look forward to retirement age with the dream of enjoying more time with their family and loved ones and doing the things they previously didn't have the time or money to enjoy. Unfortunately, for most people, their dreams begin to vanish as they near retirement age and find themselves on a wide range of medications to treat physical problems that have become all too common with age. The financial resources that were to enable them to enjoy those later years in retirement are being exhausted on drugs and doctor visits that insurance and Medicare don't cover.

Not only are our seniors seeing their finances eroded with the high cost of medical care, but as drugs and medical care skyrockets, employers are being asked to pick up the tab on ever increasing medical insurance premiums. In 2003, the United States spent \$1.7 trillion on health. This averages out to \$5,671.00 per person (Health, United States, 2005, table 119). Folks, I haven't, personally, spent a dollar on medical expenses or drugs in over ten years, so someone else is spending my \$5,600 plus annually on medical care.

Rather than spending quality time with their loved ones, our retired population now finds itself dependant upon their children to look after them as their quality of life and financial resources have diminished dramatically.

## Enjoy the Health God Intended for You

Is there a better way? Can the hopes and dreams of those living in a country noted for its freedom, prosperity, and opportunities be realized later in life? Absolutely!

The important role of diet and lifestyle has become common knowledge. Government agencies are now recommending we include

more fruits and vegetables in our diets along with more physical activity. *Dietary Guidelines for Americans 2005* published by the U.S. Department of Health and Human Services recommends 2 cups of fruit and 2 1/2 cups of vegetables per day for those with a 2,000-calorie daily intake.

While these guidelines are a move in the right direction, they are far too liberal and non-specific. If we, as citizens of this great country, desire to avoid the ills of the SAD and to reach old age full of life and vigor as Moses did in the Old Testament (Deuteronomy 34:7), we must nourish our bodies with a diet comparable to that which God designed them to run on. The Hallelujah Diet is a plant based diet founded upon the principles of Genesis 1:29.

Over the past decade plus, I personally have read hundreds of testimonies from individuals who adopted this predominately raw, plant-based diet, regained the health they had lost to heart disease, cancer, diabetes, etc., and are now on their way to fulfilling those life-long dreams that can only be experienced when one is in a state of good health.

God designed a marvelous, self-healing body - A body that desires to and is designed to maintain an optimal level of health if we, as

stewards of these miraculous bodies, supply the proper raw materials that enable them to function as God intended. If we want to live as free of disease as possible, avoid becoming a burden to our loved ones as we near the end of our life, enjoy a life of well-being and vigor well into old age, and fulfill those dreams we have for our later years, we must begin now. To enjoy optimal health we must:

- Nourish our body with the raw materials that build health – The Hallelujah Diet
- Be able to eliminate toxins in a timely and efficient manner
- Get ample sunshine for the production of vitamin D
- Get abundant exercise
- Get an abundance of purified water

- Deal with any stress in a positive manner
- Maintain a proper relationship with God
- Maintain good emotional health

The best of your life may be just ahead. I encourage you to get started today!

All of these important, life-saving principles are taught in depth, in the nine-session Get Healthy! Stay Balanced course, where you can learn to apply them to your own life, and make the healthy changes necessary for excellent health. The best of your life may be just a head. I encourage you to get started today!



Olin Idol, N.D., C.N.C. is Vice President of Health at Hallelujah Acres and author of the book, *Pregnancy, Children & the Hallelujah Diet*.

*Organization for Economic Co-operation  
and Development Factbook Online Resource Healthcare Cost:  
[lysander.sourceoecd.org/vl=2992482/cl=15/nw=1/rpsv/factbook/10-01-04-g01.htm](http://lysander.sourceoecd.org/vl=2992482/cl=15/nw=1/rpsv/factbook/10-01-04-g01.htm)*

#### *Life Expectancy at Birth:*

*[lysander.sourceoecd.org/vl=2992482/cl=15/nw=1/rpsv/factbook/10-01-01-g01.htm](http://lysander.sourceoecd.org/vl=2992482/cl=15/nw=1/rpsv/factbook/10-01-01-g01.htm)*

*Hope is on  
the Horizon  
Just across the border...*



*The Hallelujah Acres Clinic is a state-of-the-art alternative medical treatment facility for patients suffering from cancer and other chronic diseases. Both alternative and conventional treatments are available onsite.*

During the holistic three-week program, patients:

- Are monitored daily by physicians who are qualified cancer specialists, using state-of-the-art medical diagnostic equipment
- Focus on all aspects of health to cope with their disease
- Attend classes to learn about the Hallelujah Diet & Lifestyle and how they can easily incorporate it into their lives when they leave the clinic
- Receive spiritual support through Bible study, prayer, and devotions
- Enjoy fresh air, sun, rest, exercise

For more information, call 1.800.842.4163 or visit [www.hacres.com](http://www.hacres.com).

# When It Comes to Health Ministry, It's a Family Affair

For Wendy McCown, The Hallelujah Diet is a passion that runs in the family. A hairstylist for the past 14 years, and a salon owner with a staff of 12 for the past 10, Wendy's approach to diet and nutrition was typical of many successful business owners. "I have always been on the run eating whatever, whenever I had time to gulp down a few bites." Healthy eating simply wasn't a priority, especially since Wendy didn't think she had any health issues.

On the other hand, her father, Wendell White, a construction company owner, was gravely ill. He suffered from Atrial Fibrillation and Tachycardia. His heart was beating to a dangerous abnormal rhythm.

In his and his wife Darlene's testimony, they write, "After 3 weeks in the hospital and going through an ablation procedure and having 70 plus places ablated or cauterized in his heart, Wendell was

far from being well. The expensive and serious medications he went home to take did no good either. Wendell was really worse off after the procedure than before! This was a tough time for our family not to mention how tough it was

for Wendell. We prayed a lot and as a family we discussed what would be the best thing to do next."

The decision was taken out of their hands. Wendy recalls, "A few days after the procedure, a Health Minister walked into my salon. She was telling me about

this whole Hallelujah lifestyle." Wendy bought a copy of Rev. Malkmus' book, *Why Christians Get Sick*. "My dad read it, and since he was exhausted and only getting worse with the medical route, he decided to do the lifestyle change."

Wendell would not have to make this journey alone.

At the start of a new 9-week *Get Healthy! Stay Balanced* course, Ellie Stalker, the Health Minister who planted the healthy seed on her fateful visit to Wendy's hair salon, was surprised to see the entire

family—seven in all—sign up, serious in their endeavor and eager to support Wendell in his quest for health. They committed themselves 100 per cent, simply to be there for Wendell. Wendy looks back, "Little did we know it would change all

of our lives." She continues, "...I would never stop to think about what I was doing to myself by not properly nourishing my body. I believe that's the problem with most people...we just don't think about it. If we're hungry, we eat whatever we can find that tastes good. But when we, or someone extremely close to us, get sick, that is when we begin to start thinking."

Another opportunity was about to be revealed to Wendy and her family. Health Minister Training was being held exactly a week after they would be completing the *Get Healthy! Stay Balanced* course, so the family packed their bags and hit the road, driving 14 hours to the Hallelujah Acres Headquarters to fulfill the call to spread the healthy message they'd all learned. Wendy says, "We are all on the lifestyle and loving it. It was a BIG change for us since we have a "Cajun culture" background, and are fast-pace people. Initially, we did this to support our dad, we had no idea it would change all our lives. We all feel great and love sharing with others."

The family holds four *Get Healthy! Stay Balanced* courses a year, one per quarter. Katie, Wendy's sister, teaches all the classes. Darlene, her mom does all the food preparation and demonstrations. Wendy says, "We all do different parts to make it all come together."

About being a Health Minister and bringing the message of health to people in need, Wendy shares, "Already it has been amazing at how this has touched so many people."

People are sick and tired of being sick and tired!!! It encourages us to hear all the testimonies everyday."

Wendy and her enthusiastic family will be touching more lives soon. Wendy says, "We've been praying about this for about a year and we have all felt led to



Wendy McCown

**"If we're hungry, we eat whatever we can find that tastes good. But when we, or someone extremely close to us, get sick, that is when we begin to start thinking."**

open a store as a part of our health ministry. A place to teach our *Get Healthy! Stay Balanced* classes, culinary classes, and a place to sell everything needed to support the Hallelujah lifestyle in a vibrant Christian atmosphere that will draw people in.” Kudos to Wendy and her family with this new venture! Not only will she and her family bless many in their community, but we know they will get blessed as well! ■

Wendy McCown (and family) lives in Iowa, Louisiana, and can be reached at [wendymccown@aol.com](mailto:wendymccown@aol.com)

Katie White can be reached at [pure.health@hotmail.com](mailto:pure.health@hotmail.com)

**“We did this [The Hallelujah Diet] to support our dad, we had no idea it would change all our lives. We all feel great and love sharing with others.”**

GET INFORMED! GET ENCOURAGED! GET HEALTHY!

## Hallelujah Diet & Lifestyle Support Group Meetings

*Meeting every month for a lifetime of health!*

**Join your fellow Hallelujah Diet & Lifestyle enthusiasts every month for inspiration, encouragement, fabulous food, and more.**

**Learn how you can prevent illness, make great-tasting living foods, and enjoy the great health God intended for you.**



Sept. Harvest Time

Oct. Exercise Your Troubles Away

Nov. A Time to Give Thanks

Dec. The Gift of Health & the Gift of Life

Contact your local Health Minister for the dates and times of the Support Group Meetings near you.



Wendy and her family pictured from left to right: Katie, Lacie, Darlene, Wendell, Gareth, and Lensi.

### A Family Portrait

Wendy's sister, 30 year-old Katie lost 30 pounds. A pharmacist, and pharmacy manager at Walgreens, she believes food should be your medicine, not drugs.

Another sister, 21 year-old college student, Lacie White lost 35 pounds, and is still losing. She's studying nutrition and is incorporating The Hallelujah Diet into her studies.

At 54, Darlene, his wife has lost 25 pounds, looks and feels great. Wendy calls her “The bestest mom ever,” and says, “She always wants the best for her family, so this was so exciting to her.”

Today, Wendell White, at age 55 shows no signs of heart disease or arthritis, and feels like a 25 year-old.

At age 32, Wendy says about her health, “Now I have SO much more energy and feel absolutely GREAT! This lifestyle has helped me feel even more energetic than I already was. I think clearer and actually feel less stressed out.”

Like Wendy, her husband, 35 year-old Gareth McCown, who works with Wendell, didn't think he had health issues. But now, Wendy reports, he's lost 30 pounds, and he feels so much better.

The third sister, 19 year-old college student, Lensi White was not on the diet entirely until she discovered a cancerous mole. Now she is drinking six 8 oz. glasses of carrot juice a day. Pleased, with her sister's decision to commit wholly to the diet, Wendy says, “She used to eat raw cookie dough, but now eats raw veggies.”

# Is Hallelujah Acres A Business Or A Ministry?

*continued from page 11*

encouragement with her new diet, and a friendship began.

So here we had two lonely people, who had both previously experienced traumatic physical, marital, and financial problems, but had also seen their health restored by applying The Hallelujah Diet. I began to court her - very, very slowly at first - because I didn't want to do anything that was stupid or out of God's will. In fact, I wrote down a list of prerequisites anyone I was going to marry had to be able to meet: that person had to be a Christian first and foremost, and second, she had to be on The Hallelujah Diet. That person had to be of good character, have integrity, be loving, kind, considerate, frugal, and have a desire to support and help me in proclaiming the Health Message. She passed all prerequisites with flying colors, and on April 11, 1992, we were married.

## HALLELUJAH ACRES MINISTRIES HAS ITS BEGINNING

Now I had a partner! Someone who had not only experienced physical healing on The Hallelujah Diet, but also someone who had a burden to help others know that they too could be freed from their physical problems by simply changing what they ate. Thus, Hallelujah Acres began in the hearts of two lonely people who had previously lost almost everything, including their health and earthly possessions, but they still had Jesus in their hearts. And they had a burden to share God's Health Message with the world.

Two months prior to our being married, on February 12, 1992, Rhonda and I started Hallelujah Acres in an 11-foot wide store front in Rogersville, Tennessee. Using my 1986 Mazda pick-up truck as collateral, I borrowed \$1,000 to finance its beginning. This gave us the money to start a brand new MINISTRY that God had laid on our hearts, and that we prayed would hopefully help us someday reach the world, and especially the Christian Community, with

what we considered God's Health Message. In those early days, our entire source of income came from the tips we received in our restaurant (about \$25.00 per week), while every penny made from the sale of the food served in our restaurant and the items sold from the shelves of our store were reinvested. From that first day when we started Hallelujah Acres, until this very day, neither Rhonda nor I have ever taken a salary from Hallelujah Acres for our labors. Why? Because, to us, Hallelujah Acres is a MINISTRY!

## SO IS HALLELUJAH ACRES A BUSINESS OR A MINISTRY?

Before I answer that question, let me provide a little more information that will help to further explain my answer: During my years as a pastor, I learned that when God calls someone into the full-time Gospel MINISTRY, support (financial income) was necessary in order to be able to support oneself and family in that MINISTRY. Pastors would be supported by a salary from the church, provided by the offerings of the people, while missionaries would go on what we called deputation in order to raise support so that they would have the finances necessary to go to the mission field.

My problem with starting a Health MINISTRY was that no pastor or church that I could find was interested in helping to support such a ministry. In fact, pastors and Christians in general, were often hostile to such a ministry. So it was in those early days, I realized that if a Health MINISTRY was to become a reality, Rhonda and I had to personally raise the finances to support such a MINISTRY.

And so, we agreed that we would sell products to support the MINISTRY, but never take a salary from the products that we sold. And so it was, that from that original \$1,000 loan on my pick-up, we rented a storefront for a month, bought some tables and chairs, and some groceries for the restaurant and shelf items to sell. Every dime from the sale of those items was used to purchase more items, and gradually we started to have some capital with which to grow the MINISTRY.

Later, the primary source of income to grow the MINISTRY came from the bonus checks received from an MLM (Multi-Level Marketing) company that provided us with

a green barley powder product, which we sold. In 1994 we had sold so much barley powder, we won a new Cadillac. But rather than accepting the new car for our personal use, we asked if they would give us the cash money instead, so that we could construct a building in which to house the Health MINISTRY. They granted our request, and with future income from this MLM, we were able to have the finances to start taking the Health Message to the world as well as to pay our personal bills.

Then in 2002, we found a superior barley grass powder product available from another source, and because integrity required we start offering this superior product, we lost our income from the MLM Company. Changing products wasn't a hard decision to make, because we have always wanted to provide those following our teachings with the very best products available. But, it was a very scary decision, because it meant we had to find a new way to support the MINISTRY, and it looked as though our decision could possibly destroy Hallelujah Acres financially. But GOD DIDN'T LET US DOWN!

God so blessed that step of faith, that the sale of our new barley product (BARLEYMAX), in the first two months, exceeded the sales of the MLM product of the previous entire year. Also, our affiliation with an MLM company had been an impediment to the growth of the MINISTRY for a number of years, but now, free of this impediment, the MINISTRY started to grow exponentially.

Friends, to Rhonda and myself, we consider Hallelujah Acres to be a MINISTRY! Yes, Hallelujah Acres does sell products, but it is for the sole purpose of raising sufficient money to support the MINISTRY! So technically, Hallelujah Acres is a business, but neither Rhonda nor I are involved in the sale of products. Rather, everything we do for Hallelujah Acres, from holding seminars, to writing articles and Health Tips, to teaching Culinary Classes, etc., is done without receiving a salary from Hallelujah Acres, because to us, Hallelujah Acres is a MINISTRY!

(I am sure that many reading the above, would like to ask the question, "If you do not take a salary from Hallelujah Acres to pay your personal bills, how do you financially support yourselves?" Through the years, God has given us the burden and ability to write and place in book form the

Biblical Health Message we proclaim. Royalties from these books have more than met our financial needs, and allowed us to have more materially than we have ever had before in our entire lives. In some ways, I feel like we have previously been living most of the chapters of the book of Job, but are now experiencing the last chapter of the book.)

## SERVICES OFFERED BY HALLELUJAH ACRES AT NO COST

Next, I want to show how the burden Rhonda and I have to share the Health Message translates into how we operate Hallelujah Acres, and what we do with the monies received from the sale of the products.

The sale of products by Hallelujah Acres is how we support the Ministry! Every time a person purchases a product from us, they are helping us bring the Health Message to more people. We purchase products at

wholesale, and sell them at retail. The difference between the cost of the product and what we sell the product for provides us with the finances needed to pay for the services Hallelujah Acres provides to anyone desiring those services.

Hallelujah Acres' trained Health Ministers purchase products from Hallelujah Acres at a very small mark-up, only slightly above what we pay for a product, so that they in turn can sell the product at retail, and thus obtain funding for their respective Ministries.

Without the sale of products, neither Hallelujah Acres nor our Health Ministers would be able to have the funding needed to minister to others. This method of funding has worked extremely well since Hallelujah Acres began in 1992. Of course, we have our critics and detractors who tell us that if Hallelujah Acres is a Ministry, it shouldn't sell products.

Through the sale of products, Hallelujah Acres has been able to build or purchase

buildings to house the Ministry, pay the electric, heating/cooling, and telephone bills, postage costs, as well as the salaries of those who labor with us in spreading the good news that YOU DON'T HAVE TO BE SICK. We currently have 50 full-time employees, plus Rhonda and myself, and many of our employees have nothing whatsoever to do with generating income for Hallelujah Acres. It is also through the sale of products that we hope to obtain financing so that we can, in the future, reach ever more people with the Health Message.

So now, I would like to share with you some of the things, in addition to operating costs, Hallelujah Acres does with the monies generated by the sale of products, and let you determine whether Hallelujah Acres is a business or a ministry:

1. **FREE BACK TO THE GARDEN MAGAZINE** Currently, it is a FULL COLOR, 48-PAGE publication going out to

*continued on next page*

# How to Eliminate Sickness Seminar

**Join us and discover...**

- **Why your diet can make you sick.**
- **How you can restore your health.**
- **Tens of thousands have done it.**
- **You can too!**
- **Which are the perfect foods that God gave to mankind.**
- **Attend this FREE 3.5-hour seminar the first Saturday of every month, starting at 10 am!**

**(No reservation required)**

**Seminar also available on DVD, VHS, and CD**

### Presenter

Rev. George Malkmus,  
Founder of Hallelujah  
Acres and Author of

*Why Christians Get  
Sick, God's Way  
to Ultimate  
Health, The  
Hallelujah Diet  
and You Don't  
Have to be Sick!*

Stay for the question-and-answer session with Rev. Malkmus after the seminar. And join us for a delicious and healthy salad bar lunch too, only \$5.00!



# Is Hallelujah Acres A Business Or A Ministry?

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between 110,000 and 120,000 recipients bi-monthly, and has been sent FREE to whomever requests a subscription if they live in the U.S. or Canada, since the first issue in 1994.

**2. FREE HALLELUJAH HEALTH TIP**  
Since the very first issue in 1976, we have sent out some 450 consecutive issues, at absolutely no cost to the subscriber, while the number of subscribers receiving this weekly Health Tip has increased from only a few to a current 65,000 subscribers. Currently, each week, some 400 new people send us a request to be added to our mailing.

**3. FREE WEB SITE** Hallelujah Acres maintains a 'State-of-the-Art' website with many hundreds of hours of nutritional information for which there is no charge. At this site, in the archives, you can read all previous issues of the Hallelujah Health Tip, along with testimonies from many hundreds of people reporting over 100 different physical problems being eliminated by adopting The Hallelujah Diet. Also on our website, visitors will be kept up to date on what is happening here at Hallelujah Acres, this editor's speaking schedule, recipes, and so much more.

**4. FREE MONTHLY SEMINARS** For the past 14-years, Hallelujah Acres has offered a FREE First Saturday-of-the-Month seminar at its headquarters, first in Tennessee, and for the past 9-years, in Shelby, North Carolina. You would think that this seminar would become less attended over time, yet this has not been the case. For the first 6 First Saturday-of-the-Month seminars in 2006, attendance has almost filled our 400-seat auditorium. We never cease to be amazed at not only the number of people who come for these seminars, but the distance people travel in order to attend a THREE-HOUR SEMINAR. Following these three-hour seminars, we not only offer a question and answer session, but also a juicer demonstration, while Rhonda and I are available till the last person leaves to answer questions, and of course, always without charge.

**5. FREE HOW TO ELIMINATE SICKNESS**

**SEMINARS AWAY FROM SHELBY** Over the past 14-years, I have given many hundreds of seminars in Australia, South Africa, Canada, as well as most states in the United States. I have never charged for these seminars.

**6. FREE CUTTING EDGE RESEARCH INFORMATION** Hallelujah Acres, through the Hallelujah Acres Foundation, employs a full-time research scientist, to constantly evaluate the diet for any weaknesses, or ways to improve it. Those who receive our FREE bi-monthly Back to the Garden publication, our FREE weekly Health Tip, or regularly visit our FREE web site, are kept up to date on these findings.

**7. FREE COUNSELING VIA PHONE AND EMAIL** Hallelujah Acres pays the salaries of three employees who spend much of their time answering questions. We have been offering this service ever since Hallelujah Acres had its beginning, and have never charged even one time for this service.

**8. FREE COUNSELING BY HEALTH MINISTERS** Hallelujah Acres has trained over 6,000 Health Ministers, who are currently located in every state in the United States, as well as in 40 foreign countries. Many, but not all, of these Health Ministers are available to the people in their communities for counseling and encouragement at no charge for their services.

**9. FREE PASTOR-TO-PASTOR PROGRAM** Hallelujah Acres employs a full-time Pastor to develop and administer this program. Through this program, we share with pastors how to develop a Health Ministry within their respective churches. Then we offer FREE scholarships to pastors or designated members of their church to attend Health Minister training, so that their church can offer its members a Health Minister to assist those in their church who are dealing with physical problems or seeking a healthier lifestyle. Here at Hallelujah Acres, we think it is very sad indeed, that many churches have Youth Ministers, Visitation Ministers, Music Ministers, Ministers to the Senior Citizens, etc., but have nothing but prayer to offer those in the church who are suffering from physical problems. We are trying to correct that situation at no cost to the church, so any church desiring a Health Minister to minister to the physical needs of its members can have one.

**10. FREE GET HEALTHY, NOW!**

**PROGRAM** This is a brand new program we developed for Health Ministers to use in making Service Club presentations. This program, which contains a power point presentation and a beautiful, full color, 24-page magazine, is provided to Health Ministers making presentations, to give to attendees. In addition, Hallelujah Acres has hired a full-time staff member to coordinate and administer this program. The cost to Hallelujah Acres, just to develop this program, exceeded \$100,000.

## SERVICES OFFERED BY HALLELUJAH ACRES, MOST AT LITTLE OR NO PROFIT TO HALLELUJAH ACRES

Next, I will share some of the other services, in addition to the ten FREE services, Hallelujah Acres offers with the monies generated by the sale of products, by sharing services we provide, most at little if any profit, and then let you determine once again whether Hallelujah Acres is a business or a MINISTRY.

**1. HALLELUJAH ACRES CONFERENCES**  
Every year, Hallelujah Acres offers various conferences for the unbelievable cost of only \$99.00 per person. These fees cover great speakers, delicious food, great music, instruction on how to prepare healthy food, and so much more. Why does Hallelujah Acres hold these conferences at such little cost? Because we want to encourage those desiring to adopt The Hallelujah Diet an opportunity to experience it and gain more information.

**2. HALLELUJAH ACRES LIFESTYLE CENTERS** Hallelujah Acres currently offers Lifestyle Centers in four locations. At these Lifestyle Centers, people have the opportunity to be totally immersed in The Hallelujah Diet for a week or two. Those visiting a Lifestyle Center live in a beautiful home, while they live out The Hallelujah Diet & Lifestyle and are shepherded by trained Hallelujah Acres Health Ministers.

**3. HALLELUJAH ACRES RESOURCE CENTERS** In January 2005, Hallelujah Acres opened its first Get Healthy Resource Center in Shelby, North Carolina. A second Resource Center was opened in Toronto, Canada a few months later. These Resource Centers offer nutrition classes, culinary classes, support group meetings, and a

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# Entertaining the Hallelujah Way

by Gerene Butterfield,  
Health Minister and Resource Center Manager

*Just because you have changed your diet does not mean that you have to become a hermit thinking that I can't eat their food and I know they will not eat mine. So I will just stay home alone.*

While it is true that we no longer desire to eat the Standard American Diet, it does not mean that people will not want to eat the delicious food that we enjoy on the Hallelujah Diet & Lifestyle. The secret is not to tell them that they are eating healthy food.

When I first began the Hallelujah lifestyle, I was running a retail business. When I did any in-house events such as Christmas Open House, etc., I always served healthy foods. The tables were decorated as usual, and the food looked just like it normally did but instead of feeding them "chemical cocktails," known as the Standard American

*continued on next page*

Gerene Butterfield is a Health Minister, and Manager of the Get Healthy! Resource Center at Hallelujah Acres' Headquarters in Shelby, NC.



# Entertaining Hallelujah Way

continued from previous page

Diet that I had served in the past, it was all healthy, wonderful food. I was swamped with requests for recipes for the Apple Cake, Cheese Ball and other foods that I was serving.

Even then I did not make a big deal about the recipes being healthy. I just passed on the recipes with a big smile on my face. There were so many requests that I finally just printed them off and had them ready when they checked out at the register.

I love my family, friends and customers so why would I continue to feed them the very foods that will destroy their health and eventually their bodies? My motto is: If I don't eat it, I will not serve it to my friends. I made turkey dressing the Hallelujah way for three years before the extended family finally caught on that there was NO turkey or anything to do with a turkey in it.

To change any recipe to a Hallelujah recipe, I simply use the conversion charts in the front of Rhonda's book *Recipes for Life*. It is amazing what you can do.

## How to turn any buffet meal, into an "event!"

Always make your table pretty and inviting. It is amazing what a little bit of fabric and a few flowers or candles can do to an ordinary meal. It can make any occasion a Special Occasion.

If you are fixing a buffet table, never just set the food flat on the table. Grab an extra tablecloth or a piece of fabric (does not even have to be hemmed), a couple of empty bowls or pans, or a potted plant and maybe a few candles and you are set. Your potted plant or flowers will be your

focal point and should be the highest thing on the table. Take your deepest bowl or pan, turn it upside down and place it in the center of the table. Find the center of your tablecloth or fabric and place it over your bowl and place the flower on top.

## You are an artist, and your medium is living food!

Now look at the food you are going to serve. Anything that is thin or has a sauce is best placed flat on the table. The other foods should be placed on top of the bowls/pans at different levels. Ideally no two elevations would be at the same height. To create levels, just swirl the fabric over the bowls/pans and onto the top of the table. If you are using pieces of fabric that is not hemmed, tie the ends into a knot, hiding the raw edge, and let them hang off the end of the table or simply turn the raw edges under and no one will ever be the wiser.

Place the plates on one end of the table and have the beverage served at the other end or on a separate table so that they would be the last items picked up.

Next, sprinkle in your candles. It's always best to use globes over the candles so that there are no open flames. Also be careful not to place candles where someone would be reaching over them. It is all too easy for an article of clothing to get too close to the flame.

You can apply the above principles to everything from a Baby Shower to a Backyard Bar-B-Que, a Dinner Party, or Wedding Reception. So put on those thinking caps and let's invite some people over this weekend.

I do hope that you are all making plans now to come to the Women's Retreat on October 12-14, 2006. I look forward to meeting each one of you in person and

## SPICEY BAKED POTATO

### Topping:

1/2 to 1 large onion chopped  
1 stick of celery  
1 clove of garlic  
1-2 red pepper (optional)

Sauté in distilled water until tender

### Add:

1 16 oz can tomato sauce  
1 teaspoon to  
1/2 tablespoon honey  
(optional)  
Little sea salt  
Basil, oregano or any of  
your favorite spices

Simmer on stove until sauce has thickened, 15-30 minutes.

Scrub baking potatoes and bake potatoes in oven for 1.5 hours. Cut potatoes in half and score. Spoon thickened tomato sauce over potatoes. Add a little rice cheese. Put potatoes back into oven and let "cheese" melt.

will be doing a presentation, incorporating many of the ideas, tips and techniques I've written about here, on Entertaining The Hallelujah Way.

See you in October,  
Gerene

*Gerene Butterfield is a Health Minister, and Manager of the Get Healthy! Resource Center at Hallelujah Acres' Headquarters in Shelby, NC. You may contact Gerene via email: [gbutcherfield@hacres.com](mailto:gbutcherfield@hacres.com).  
Website:  
[www.hacres.com/programs/ghrc.asp](http://www.hacres.com/programs/ghrc.asp)*

## INSTANT CREAM OF TOMATO SOUP

- |     |                               |
|-----|-------------------------------|
| 1   | 8 oz can no salt tomato sauce |
| 1/2 | cup rice milk                 |
| 1/4 | teaspoon oregano              |
| 1/4 | teaspoon basil                |
| 1   | teaspoon onion powder         |

Mix and simmer for 3 mins. Do not boil.

## PINEAPPLE PUDDING

### Crust

- |     |   |
|-----|---|
| 1   | cup Brazil Nuts, soaked for 12 hours, drained and dehydrated for 12 hours |
| 1   | cup Almonds, soaked for 12 hours, drained and dehydrated for 12 hours     |
| 1/2 | teaspoon sea salt   |
| 5   | Medjool dates, pitted   |
| 1   | teaspoon vanilla powder   |

Place all ingredients in a food processor and process well into crumbles. Cover bottom of a 9x12 pan with 1/3 of the crust.

### Pudding

- |       |  |
|-------|--|
| 1     | cup Filtered Water   |
| 1     | cup Macadamias soaked 8 hours  |
| 12-15 | large Medjool dates pitted, soaked in the 1 cup filtered water for 2 hours |
| 2     | inches vanilla bean or 1 Teaspoon vanilla                                  |
| 1/2   | teaspoon sea salt  |
| 3     | cups pineapple   |
| 1     | tablespoon psyllium  |

Place water and macadamias in blender and blend until smooth. Add dates, vanilla, and salt to blender and blend until smooth. Add 1/3 of the pineapple and psyllium. Blend well, let sit for 5 minutes to thicken, then blend again.

### Layering

Cover bottom of the pan with 1/3 of the crust. Place 1/2 the pineapple on top of the crust. Layer 1/2 the pudding. Cover the pudding with the other 1/3 of the crust. Place the other 1/2 of the pineapple on top of the crust. Layer the rest of the pudding mixture on top. Top with remaining 1/3 of the crust.

## CHUNKY CHILI

- |       |  |
|-------|--|
| 1     | large onion, chopped                               |
| 1     | red bell pepper, chopped                           |
| 1     | teaspoon minced garlic                             |
| 1/3   | cup vegetable broth                                |
| 2     | 15 oz cans organic stewed tomatoes                 |
| 2     | 15 oz cans organic black beans, drained and rinsed |
| 1     | 15 oz can organic kidney beans, drained and rinsed |
| 1     | 15 oz can pinto beans, drained and rinsed          |
| 1 1/2 | tablespoon chili powder                            |
| 1     | tablespoon honey                                   |
| 1     | teaspoon ground cumin                              |
| 1     | teaspoon dried oregano                             |
- Dash of sea salt.

Place the onion, bell peppers, garlic and vegetable broth in a large pot. Cook over medium heat stirring frequently for 10 minutes. Add remaining ingredients, mix well and bring to a boil. Reduce heat and simmer for 30 min., stirring occasionally. Serve in a bowl with some bread on the side or over cooked brown rice.

## APPLE CAKE

- |     |  |
|-----|--|
| 2   | cups mashed bananas or grated zucchini |
| 1   | cup honey                              |
| 3/4 | cup applesauce                         |
| 2   | teaspoon vanilla                       |
| 1/2 | teaspoon sea salt                      |
| 1   | teaspoon cinnamon                      |
| 2   | teaspoon baking soda                   |
| 2   | cups whole wheat flour                 |
| 3   | cups diced apples                      |
| 2   | cups walnuts                           |

Cream bananas, or grated zucchini and honey and applesauce. Add vanilla, salt, cinnamon and soda. Beat until well blended. Gradually add flour. Fold in apples and walnuts.

Pour into a 9x13 inch glass, baking dish. Bake at 350 for 30 – 45 mins.

Since the inception of the Ministry up until this publication date:

- ▶ **16 million** Health Tip emails have been sent
- ▶ **3.5 million** Back to the Garden magazines have been mailed
- ▶ **385** on the road *How to Eliminate Sickness* Seminars have been presented, attended by approximately **81,250** attendees
- ▶ **242** on site, at headquarters, *How to Eliminate Sickness* Seminars have been presented, attended by approximately **48, 400** attendees

Shelby, offers a beautiful, mostly organic salad bar, Monday-Saturday, for an unbelievable cost of only \$5.00, while employees are not only offered a discount on this cost, but FREE carrot juice is provided as well. We are currently serving some 100 people each day the Café is open.

**7. HALLELUJAH ACRES ORGANIC GARDENS** Hallelujah Acres employs a full-time gardener and grounds keeper. Organic produce, raised in our gardens, is often available through our Health Food Store and in our Café.

**8. HALLELUJAH ACRES HEALTH FOOD STORE** Hallelujah Acres offers the public a first-class store where people can purchase Hallelujah Acres products as well as quality products from other manufacturers. This is a retail store, and the sale of products through the store help us offset the FREE services we talked about earlier, as well as the other services we offer at little or no profit.

**9. HEALTH MINISTRY TRAINING** Hallelujah Acres held its first Health Ministry Training in August of 1994. Since then, we have conducted forty-six Health Ministry Training classes, and over 6,000 have gone through training. Those who go through our Health Minister Training program not only receive their meals and training, but take home with them items and training materials to use in their respective ministries, worth more than what they paid for their training. In special cases, Hallelujah Acres even provides partial and occasional full Scholarships for those who cannot afford to attend.

**10. HEALTH MINISTER REUNION** Each April, we invite all previously trained Health Ministers back to Hallelujah Acres. At these reunions, we feed them wonderfully delicious and nutritious food. In addition, we bring in top-notch speakers to lecture. Those attending pay only \$99, for all that is offered, and for those Health Ministers who meet certain requirements in ministering to others, we waive the fee, and they come as our guests.

**11. FREE MONTHLY HEALTH MINISTER NEWSLETTERS** Plus FREE monthly conference calls for Health Ministers and FREE materials to use in their Support Group meetings and Accountability Meetings.

**12. Our GET HEALTHY! STAY BALANCED** program was developed a few years ago as a resource for Health Ministers

to use in helping others. There is a charge to the Health Minister for this program, which is offset by the fees the Health Minister charges to those who attend the nine-week Get Healthy Classes the Health Minister teaches. This "Get Healthy – Stay Balanced" program is also offered through The Hallelujah Acres University. The cost to Hallelujah Acres to develop this program exceeded a half-million dollars.

**13. HALLELUJAH ACRES CLINIC** Is a state-of-the-art alternative facility for patients suffering from cancer and other chronic diseases, where patients can be monitored by Christian Doctors, and provide medical help if warranted. Of course, there is a charge for these services, but we know of no other place in the world where a person can go and receive The Hallelujah Diet, while having the availability of Christian doctors, if warranted.

As we come to the end of this article, I trust that you have a better picture of what Hallelujah Acres is all about. Also, I believe that what has been shared, should also help you better determine in your own mind whether Hallelujah Acres is a Business or a Ministry. Actually, as I have said previously, it is both, with the income from the business providing the finances to support the MINISTRY.

As we come to the end of this article, I trust that you have a better picture of what Hallelujah Acres is all about. Also, I believe that what has been shared, should also help you better determine in your own mind whether Hallelujah Acres is a Business or a Ministry. As I said previously, it is both, with the income from the business providing the finances to support the MINISTRY. While we may eschew the ways of the world, we still must function in it. And no business, non-profit organization, church or ministry can survive without funding. Know that the monies spent on Hallelujah Acres products, classes, seminars and events go toward reaching those desperately in need of our health message, a message that changes lives, indeed, saves lives. That is not only thanks to Hallelujah Acres staff and Health Ministers, but also thanks to you. ■



Rev. George Malkmus is the founder of Hallelujah Acres and the author of *The Hallelujah Diet*, among many other books. A respected and popular speaker, he has guided tens-of-thousands back from serious illness, including himself, through *The Hallelujah Diet*, based on the teachings in Genesis 1:29.

# **HEALTH MINISTRY**

## *When You Hear the Call, Answer It*

Over 6,000 people in the U.S. and 40 countries all around the world have already responded to that subtle (or sometimes very loud) voice that urges them to minister to people in dire need of health and nutrition counseling. They include doctors and nurses, pastors and teachers—from airline pilots to accountants—people from all walks of life. Anywhere from 100 to 150 people, on average, travel from all over the U.S. and the world, as far off as Australia and Nigeria, to attend training at the Hallelujah Acres Headquarters in Shelby, NC. Many have attained optimum health, and in some cases, experienced miraculous recoveries from life-threatening diseases with the help of The Hallelujah Diet®. But, beyond their own personal achievements, these giving individuals have the strong desire to spread the message and share their knowledge as Hallelujah Acres Health Ministers.

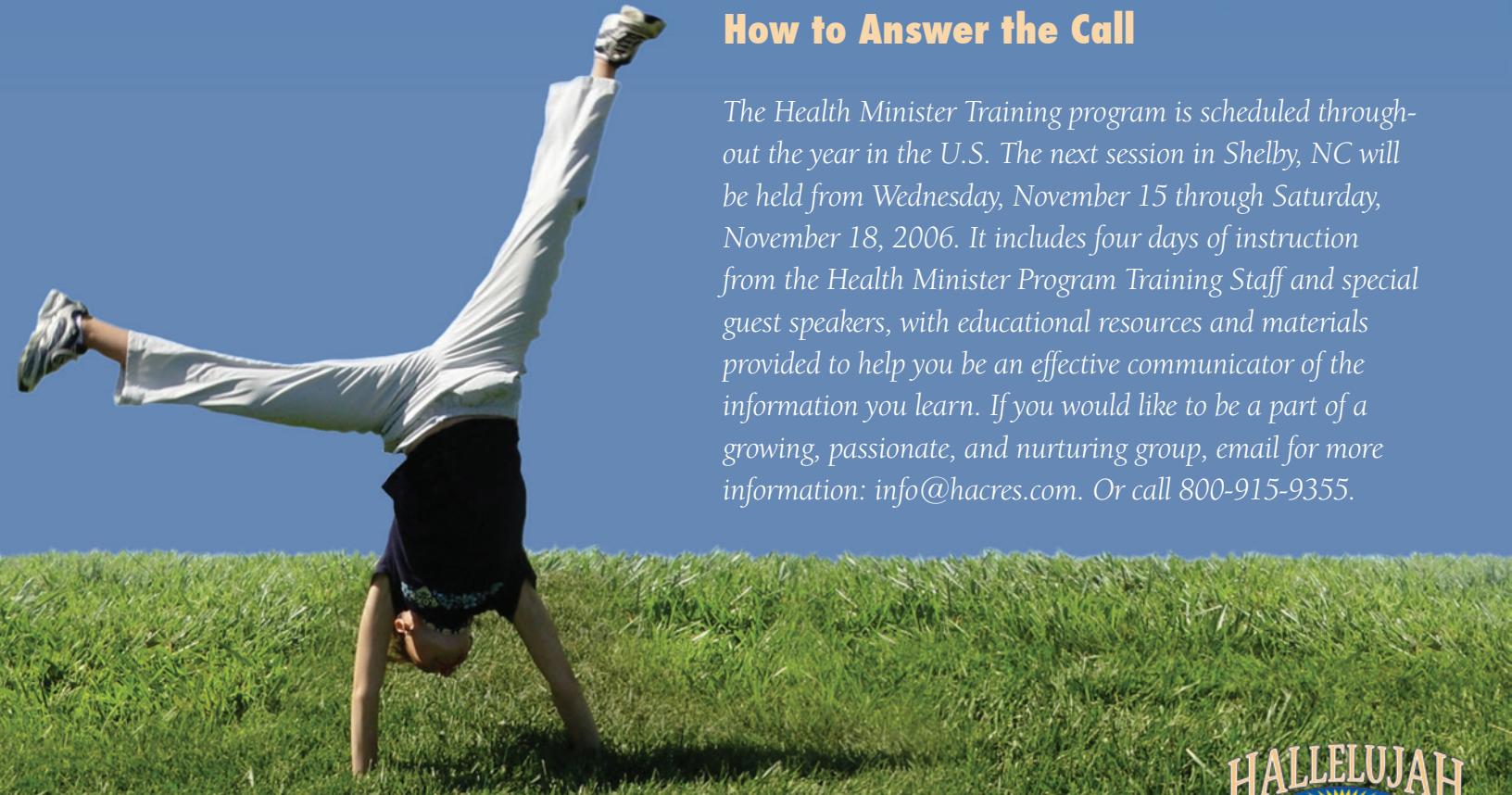
Ron West at Hallelujah Acres says, “Hallelujah Acres changed my life by teaching me a simple way to change my diet, so I wouldn’t have to be sick. They have been teaching the same lifestyle for 14 years. This wasn’t and isn’t a fad. That impressed me. What they taught me, I could teach others who wanted to feel better.” No special talent or innate skill is needed to become a Health Minister, but each person usually possesses common qualities. Ron notes all that is needed is “...an interest in helping others to become healthy by teaching The Hallelujah Diet.”

During training, candidates delve deeper into the finer points of the Hallelujah Diet & Lifestyle. They learn how to start and operate a successful health ministry and how to teach the courses and lead the groups that will help spread the message *You Don’t Have to be Sick*.

To qualify for training, candidates must be on The Hallelujah Diet for at least three months prior to training, and have completed the *Get Healthy! Stay Balanced* course, either at Hallelujah Acres, through a local Health Minister, or via the internet.

### **How to Answer the Call**

*The Health Minister Training program is scheduled throughout the year in the U.S. The next session in Shelby, NC will be held from Wednesday, November 15 through Saturday, November 18, 2006. It includes four days of instruction from the Health Minister Program Training Staff and special guest speakers, with educational resources and materials provided to help you be an effective communicator of the information you learn. If you would like to be a part of a growing, passionate, and nurturing group, email for more information: info@hacres.com. Or call 800-915-9355.*



Hallelujah Acres presents the...

# Culinary Academy

Where the art of food prep is made easy!



## 2-Hour Intensive

Sept. 1 • Oct. 6 • Nov. 3

These lively classes are taught by Rhonda Malkmus, and are held Friday night before the FREE monthly Saturday seminar taught by Rev. Malkmus.

So have a healthful weekend and join us!

## Special Courses

These fun food prep classes start shortly after Rev. Malkmus' FREE seminar!

Sept. 2

The Graff's, *Thanksgiving Dinner the Hallelujah Way*

Oct. 7 • Nov. 4

Julie Wandling, *The Hallelujah Diet for Kids & Athletes*

## 2 Day Course

Sept. 22–23 • October 27–28

Nov. 20–21

Join the Graffs in this intensive 2-day course and learn to prepare everything from the basics to mouthwatering gourmet delights!

## Culinary Academy – Canada

Sept. 2 • Sept. 9 • Oct. 7

Oct. 21 • Nov. 4 • Nov. 11

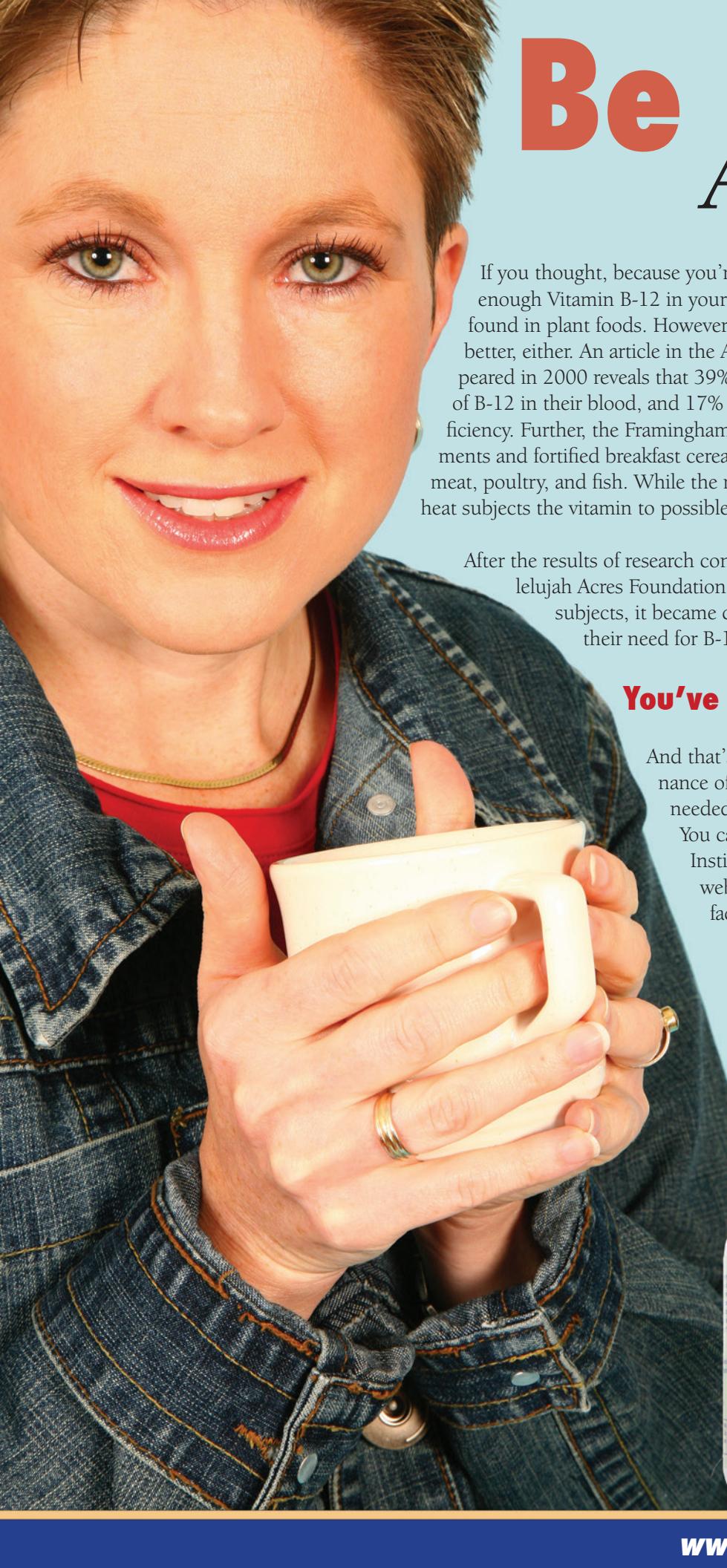
### PLUS

**In the Kitchen with Judy, 1-day intensive,**  
see Events Calendar for dates and times.

For all Culinary Academy Dates and details please see our  
Events Calendar on page 14.



# Be Smart About B-12



If you thought, because you're a vegetarian or vegan you're not getting enough Vitamin B-12 in your diet, you'd be right, since the vitamin is not found in plant foods. However, our meat-eating cousins are not faring much better, either. An article in the American Journal of Clinical Nutrition that appeared in 2000 reveals that 39% of individuals tested had low-to-normal levels of B-12 in their blood, and 17% had levels low enough to cause symptoms of deficiency. Further, the Framingham Offspring Study suggests that B-12 in supplements and fortified breakfast cereal is more efficiently absorbed than the B12 in meat, poultry, and fish. While the meat sources are rich in the vitamin, cooking heat subjects the vitamin to possible degradation and loss.

After the results of research conducted by Dr. Michael Donaldson of the Hallelujah Acres Foundation revealed low levels of B-12 in 47% of the 54 subjects, it became clear that it is wise for everyone to be aware of their need for B-12, regardless of their diet.

## You've Got a Lot of Nerve!

And that's a good thing! B-12 is essential for maintenance of healthy nerve cells and red blood cells. It's also needed to make DNA, the genetic material in all cells. You can read more about the vitamin on the National Institute of Health, Office of Dietary Supplements website: <http://dietary-supplements.info.nih.gov/factsheets/vitaminb12.asp>.

According to James Balch, M.D. and Phyllis Balch, C.N.C. in their book, Prescription for Nutritional Healing, not only is B-12 needed to prevent anemia, but it plays a role in a whole host of metabolic processes. They write,

"This vitamin is also required for proper digestion, absorption of foods,

the synthesis of protein, and the metabolism of carbohydrates and fats. It aids in cell formation and cellular longevity."



#450  
Vitamin B12, B6,  
and Folic Acid  
60 Vegetarian Tablets  
**\$14.95**

# Hallelujah Diet Essentials



## BarleyMax®

This blend of two of nature's most nutritionally dense foods - raw organic barley and alfalfa grass juices - is a convenient powder form of those juices that gives you one of the widest spectrums of naturally occurring nutrients available in a single source. BarleyMax offers a high level of enzymatic activity, which is necessary for building new, strong, healthy and vital cells in your body. Now even better, because of nutrient increases in the soil, BarleyMax has more protein, vitamins A and E, Folate, Zinc, Manganese, and Potassium! The result is a denser powder, so you can use less per serving—only 1 level teaspoon—to get the full nutritional value! And you get value for your money, too. The new size is just 29¢ per serving when you buy the 8.5 oz. bottle. Because the powder is denser, there's less air. Less air means we can use a smaller canister. So don't let the smaller size fool you. You're still getting superior nutrition. Available in powder; vegetarian capsules; and an alfalfa-free powder.

#441 8.5-oz powder (two-month supply)	\$34.95
#440 4.2-oz powder	\$21.95
#442 240-ct vegetarian capsules	\$29.95
#453 AF (Alfalfa Free) 8.5 oz powder	\$34.95

## CarrotJuiceMax®

For those times when you simply can't juice fresh carrots and leafy green vegetables, you can use this convenient juice powder, made from organic carrots, to give you practically all of the nutrients available from fresh carrots. High in nutrition and naturally sweet, with no artificial ingredients, CarrotJuiceMax is the perfect fresh juice substitute.

#452 16-oz powder	\$39.95
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## BeetMax

Another great fresh vegetable juice substitute you can use is BeetMax, a juice powder made from organic beets, which are a rich source of two powerful antioxidants: betacarotene and Vitamin C. BeetMax contains no artificial ingredients and gives you the best of this fresh organic juice in this convenient powder form.

#451 8.8-oz powder	\$32.95
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## Shaker Cup

This handy 7" tall shaker cup holds 16 oz. of liquid, and is perfect for mixing any of our powder products, like BarleyMax or B-Flax-D, with your favorite juice or distilled water. To make measuring easy and convenient, ounces are shown on the side of this white frosted cup with a green Hallelujah Acres logo.

#404 16-oz Shaker Cup	\$2.95
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## Hand Mixer

Our hand mixer is perfect for mixing any of our Max powders easily and conveniently. It uses just two AA batteries, is small enough to bring with you practically anywhere, and blends BarleyMax, CarrotJuiceMax or BeetMax into a smooth, tasty treat.

#403 Hand Mixer – White	\$5.95
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## Eliminate Toxins from Your Body

### Promotes GOOD Colon Health!



## Fiber Cleanse

Contains 28 herbs in a psyllium and flaxseed base to help you cleanse the colon, restore optimal bowel function, and ensure timely elimination of toxins from the body - a must for achieving optimal health. Use Fiber Cleanse during the first 2-3 months on The Hallelujah Diet. Not recommended for pregnant or lactating women, or for long-term use. Available in powder and vegetarian capsules.

#445 16-oz powder	\$29.95
#445-C 240-ct vegetarian capsules	\$29.95

## Ensure an Adequate Level of B12 in Your Body

### Vitamin B12, B6 and Folic Acid

If you are following The Hallelujah Diet, you should consider taking a supplement to ensure an adequate level of B12 in your body. The body is designed to produce B12 in the intestinal tract under optimal conditions, but this nutrient is not readily found in a primarily vegan diet. Unfortunately, today's diet and lifestyle does not allow for optimal production of B12 in many individuals. The Hallelujah Acres sublingual vegetarian B12 tablet includes vitamins B6 and Folic Acid to give you additional health benefits. A must for pregnant women.



#450 60 vegetarian tablets	\$14.95
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### B-Flax-D®

This multi-nutrient powder contains stabilized ground flaxseed, a valuable source of soluble and insoluble fiber as well as essential fats (Omega 3's); Vitamin B12, which has been shown to prevent nerve damage; Vitamin D, which assists the body in the absorption of important minerals like calcium; and seleno-yeast, a source of the mineral selenium, which has antioxidant activity that helps protect the immune system by preventing the formation of free radicals that can damage the body. B-Flax-D is formulated

specifically for long-term use, providing an easy transition for those who have been utilizing the Hallelujah Acres Fiber Cleanse product.

#456 3-lb powder \$19.95



### Light Grey Celtic Sea Salt

Celtic sea salt is treasured as the finest condiment in France and

many other countries outside the United States. Free of any processing, it is dried only by the hot summer sun and wind, and harvested by salt farmers who gather it from the marshes. Its gray color is attributed to the pure clay of the basins, which ionizes the many minerals in the salt, making it richer in electrolytes.

Because Light Grey Celtic Sea Salt is sun-dried, it retains the ocean's moisture, which helps lock in many vital trace elements.

#431 1-lb bag \$6.95  
#430 1-lb bag

Fine Ground for Salt Shakers \$12.95



### Udo's Choice Perfected Oil Blend

One tablespoon per day of this cold-pressed blend of organic flax, sunflower and sesame seed oils, combined with oils from oat and rye germ, will give you the essential omega-3 and omega-6 fatty acids the body needs to achieve and maintain good health. Recommended for long-term use. (Please note: we are unable to ship these glass bottles outside the 48 contiguous United States.)

#427 17-oz bottle \$21.95



### Flora Flax Oil

Get all the benefits of omega-3 and omega-6 essential fatty acids without consuming fish oil! EFAs contribute to immune system development, digestive support, healthy brain function, smooth skin, circulation, and anti-aging. Certified organic, Flora Flax Oil is unrefined and cold-pressed using a unique manufacturing technique that avoids light, heat and oxygen to protect the fragile essential fatty acids. To guarantee freshness, each bottle is shipped within one week of pressing and the completion of quality testing, and includes a "date pressed" and "best before" date. Shelf life is six months refrigerated, one year frozen.

#436 17-oz bottle \$16.95

### Eden Sea Salt Sea

Contains many essential trace elements such as magnesium and potassium! So

sprinkle this fine quality, French, hand-harvested salt to add a hint of flavor to your dishes!

#435 14-oz jar \$4.95



### BIOPRO Cell Chip

Make your Cell Phone a Safe Phone! Now BIOPRO Technology offers a way to safeguard you from detrimental EMFs with the revolutionary BIOPRO Cell Chip. Simply adhere it to your cell phone, and emissions are safely harmonized, so as to negate the harmful effects of the EMFs.

BIOPRO Cell Chips are: powered by BIOPRO's proprietary Energy Resonance Technology (ERT™), convenient and affordable, durable, and made to last the lifetime of your phone; flexible and features a strong adhesive for easy use maintenance free. And best of all, BIOPRO Cell Chip will not interfere with the normal functioning of your phone. Good for all electrical appliances and equipment. A chart showing proper placement of the chip on all devices is included with your order.

#850 BIOPRO Cell Chip \$27.95

### Survival Mix

This delectable blend of dehydrated enzyme-rich seasonal fruits and soaked nuts is a wholesome, natural treat whether you're off hiking in the woods or working hard at your desk.

#439	5 oz. bag	\$5.75
#439	6-Bag box (5 oz. each)	\$33.95
#438	1.5 oz. bag	\$2.65
#438	6-Bag box (1.5 oz. each)	\$15.35

### Living Food Survival Bar

This bar is one of the most amazing organic, kosher, vegan, and enzymatically alive super foods ever offered in a ready-to-eat bar. Gluten-free with no trans fatty acids. All ingredients are organic: almond butter; date paste; agave nectar; brown rice protein; raisins; flax, soy, and quinoa sprout powders; sesame seeds; and BarleyMax, CarrotJuiceMax, and BeetMax. Provides alkalinizing protein that helps reduce acid in the body. Excellent for those concerned with low carbs—has just 11% of the RDA. Contains 11.5 grams of Omega-3, -6 and -9 essential fatty acids (the “good” fats). Phyto-nutrients and organic vegan super foods help to support the body's overall health and resistance to disease. At 300 calories, it can be used in place of a meal.

#444-L	1 Bar	\$2.95
#444-L3BAR	3-Bar Sampler Pack	\$8.65
#444-L12BAR	12-Bar Box	\$33.95

### Maple Nut Royale Bar

Made with 100% pure maple syrup and nuts, this bar is one of the healthiest treats you can eat that will satisfy your sweet tooth.

#444	1 Bar	\$1.65
#444-5BAR	5-Bar Sampler Pack	\$7.95
#444-BOX	20-Bar Box	\$27.95

### Vanilla Nut Goodee Bar

The combination of nuts, vanilla, cinnamon, and spices in this great-tasting bar reminds us of fresh cinnamon buns – only this excellent snack bar is crunchy! Certified vegan, gluten-free, with NO trans-fats, added fillers, salt, sugar, chemicals, preservatives, artificial flavorings, or color. Contains 100% kosher maple syrup; raw almonds, pecans, and macadamia nuts; organic pure vanilla, agave nectar, cinnamon, and nutmeg. The Vanilla Nut Goodee has the Hallelujah Acres five-star rating. Yummy.

#444-V	1 Bar	\$1.65
#444-V5BAR	5-Bar Sampler Pack	\$7.95
#444-VBOX	20-Bar Box	\$27.95

*"I love these LIVING FOOD SURVIVAL BARS and eat them often! When I am away from home, and faced with nothing to eat that is healthy at mealtime, one of these Survival Bars becomes my meal."*  
Rev. George Malkmus



# Get Started on The Hallelujah Diet



## Silver Starter Kit

The Silver Starter Kit has the basic components for you to get started on The Hallelujah Diet, including BarleyMax, Fiber Cleanse, Flora Flax Oil, the book *The Hallelujah Diet* by Rev. George Malkmus, and Hallelujah Acres B12-B6-Folic Acid supplement. **You save almost 15% off the regular retail price with this kit,** and you get healthy at the same time! No substitutions, please.  
#KITSILVER 5-Piece Silver Starter Kit \$94.95



## Gold Starter Kit

The Gold Starter Kit includes everything in the Silver Starter Kit, plus a Champion juicer and the *Recipes for Life...From God's Garden* recipe book by Rhonda Malkmus. And **get more than \$50 in savings, compared to buying each item separately at the regular retail price.** Save money and get Gold! No substitutions, please.  
#KITGOLD 7-Piece Gold Starter Kit \$349.95



## Platinum Starter Kit

Our Platinum Starter Kit is the most extensive starter kit, and provides the most value for the money—**save over \$100 versus buying this kit's items individually.** It has all the components of the Silver Starter Kit, plus the Green Star juicer, a Juicing with Rev. Malkmus video, the *Recipes for Life...from God's Garden* recipe book by Rhonda Malkmus, and the *How to Eliminate Sickness* DVD. Upgrade to Platinum today! No substitutions, please.

#KITPLATIN 9-Piece Platinum Starter Kit \$559.95



## Hallelujah Acres Antioxidant

This broad-spectrum antioxidant formula protects you from most types of free radicals. It includes: vitamins A, C, and E; various minerals, botanicals, antioxidant nutrients, and other naturally occurring phytonutrients; select antioxidant enzymes, including GluSODin, the only orally effective form of SOD—known as the Master Antioxidant; and digestive enzymes that help maximize the delivery and absorption of the antioxidant ingredients.

**#455 60 vegetarian capsules \$27.95**



## Hallelujah Acres Intestinal Balance

This unique supplement contains a proprietary blend of ingredients that packs a powerful punch for your health. Special enzymes break down the outer shell of particular pathogenic bacteria in the intestinal tract, which can proliferate quickly and cause many health issues if not brought under control. Botanicals bring them under control with their antibacterial functions, and probiotics help your body to rebuild the friendly bacteria necessary for a healthy intestinal tract and strong immune system.

**#449 60 vegetarian capsules \$24.95**



## Hallelujah Acres Digestive Enzymes

Our Digestive Enzymes supplement contains live enzymes that help improve digestion and the absorption of nutrients from the foods we eat. If you eat cooked or processed foods, most of the enzymes in those foods are essentially destroyed, so it is especially important for you to take a supplement of living enzymes.

**#447 90 vegetarian capsules \$24.95**



## Hallelujah Acres Probiotic

A healthy intestinal tract is host to over 400 species of bacteria—both pathogenic and “friendly” flora—with the friendly flora being predominant. The Hallelujah Acres Probiotic is a well-formulated and stable probiotic supplement that (1) survives the acid/bile conditions of the intestinal tract

and (2) aids in maintaining a healthy balance of “friendly” flora. This helps inhibit the proliferation of pathogenic bacteria, produce B vitamins, and maintain overall optimal colon health. Everyone benefits from taking the Probiotic supplement, and we especially recommend it for pregnant and nursing mothers, individuals on antibiotics, anyone undergoing pelvic or abdominal radiation treatments, and those who suffer from gastro-esophageal reflux disease.

**#446 90 vegetarian capsules \$24.95**



## Hallelujah Acres Serrapeptase

From the pain and swelling of a sports injury to clogged arteries, let this enzyme “dispose” of scar tissue, cysts, plaque and inflammation! Used for over 25 years in Europe and Asia, serrapeptase, was originally discovered in the intestines of silkworms. Today, it's commercially produced through a fermentation process to assure its quality and consistency. Positive results have been reported in cases of varicose veins and other circulatory problems, arterial plaque, DVT and blood clots, post operative healing, lesions and cysts, lung diseases, and much more.

**#454 Serrapeptase \$24.95**



## Hallelujah Acres Curcumin

A powerful anti-oxidant and anti-inflammatory agent, curcumin is the active ingredient in the spice turmeric. In addition, studies suggest curcumin has anti-bacterial, anti-viral, and anti-tumor properties and may be used to fight infections, kidney stones and stomach and intestinal gas.

**#457 Curcumin \$39.95**



## Nutritional Essentials

Natural Choice Product's Nutritional Essentials is a great tasting, vanilla flavor, whole food supplement that provides a stable variety of essential nutrients. This includes highly concentrated antioxidant vitamins and pro-oxidant nutrients including tocotrienols, which have been found to exert powerful antioxidant, anticancer and cholesterol-lowering capabilities, and when combined with the 22 essential and non-essential amino acids and a superior form of B Complex create a synergistic effect that can provide up to 100 times more powerful an antioxidant function than either pycnogenols or grape seed extracts alone. This product is also a great liver detoxifier, a real help in today's toxic-filled world.

**#421 10 oz container \$29.95**



## Micro-Max

This supplement helps overcome the consequences of the increasing micronutrient deficiencies in our foods by providing the essential trace minerals necessary

for good health. The seaweed, a natural marine plant from which the micronutrients are derived, is harvested and dehydrated to exact standards in order to concentrate and to preserve maximum levels of the naturally occurring trace minerals.

**#432 100 capsules \$14.95**



## Microhydrin

This is a potent supplement that helps to improve the body's internal environment by safely increasing the alkaline level and the antioxidant potential of blood and body tissues, thereby

counteracting the typically unhealthy conditions we live with today. It enhances the absorption of nutrients, facilitates the flow of oxygen into cells, improves the chemical condition of body fluids, helps rid the body of toxins and free radicals, and restores energy and wellness to the body. After taking this supplement, Rev. Malkmus noticed an almost immediate increase in his stamina, strength, and energy.

**#434 60 vegetarian capsules \$39.95**

## Improve BRAIN Power!



### DHA

DHA is an essential fat that is necessary for optimal development of the brain and the retina of the eye and, therefore, is of utmost importance for the fetus during pregnancy and the

first year of life. DHA is available to breast-fed infants through mother's breast milk, but unfortunately, the amount found in mother's breast milk has decreased by 67% in the past 60 years. Because of the decrease, it may be helpful for nursing mothers to include a regular supplement during pregnancy and the first year of nursing or for a supplement to be included for babies who are not breast-fed. DHA is also becoming more recognized as a vital nutrient for adults as well. While there is limited conversion to DHA of the Omega 3's (ALA) found in flaxseed and walnuts, scientific evidence points to the benefits of supplementing with DHA. After months of research, we are pleased to make available the only Vegetarian Source DHA supplement we have found that meets our high standard of purity and potency.

**#426 60 veg. capsules 100 mg. each \$23.95**

# Books, Videos, and Audios by REV. GEORGE MALKMUS

**The Hallelujah Diet**

**The Hallelujah Diet Workbook**

**God's Way to Ultimate Health**

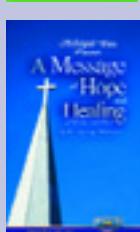
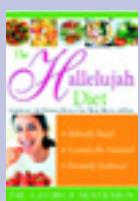
**Why Christians Get Sick**

**A Message of  
Hope and Healing  
A Christian Health Primer**

**A Response to the Maker's Diet**

**How to Eliminate  
Sickness Seminar**

**Juicing with Rev. Malkmus**



## The Hallelujah Diet

by Rev. George Malkmus

Whether you've been on the diet for a while, or you're just starting out, this new book by Rev. Malkmus is sure to guide, encourage and inform you on your journey to optimal health. In The Hallelujah Diet, Rev. Malkmus draws on thirty years of experience and research to give readers a complete, in depth picture of the diet and the lifestyle.

#215 Paperback, 378 pages \$14.95

## The Hallelujah Diet Workbook

The Workbook, a companion book to be used in conjunction with The Hallelujah Diet, will help you to thoroughly absorb the information you need to achieve optimum health. Each of the twelve-week programs focuses on a particular theme, and is divided into two distinct, yet complimentary parts: The **Study Guide** and the **Journal**. The Study Guide helps you delve into the text of *The Hallelujah Diet*, and extract the greatest benefit from the information. The Journal is an interactive element that gives you the opportunity to state your goals, chart your course, and keep track of your health and dietary progress.

#215W Paperback \$8.95

## God's Way to Ultimate Health

by Rev. George Malkmus with Michael Dye

Is the ultimate nutritional guidebook, and 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 modern science supports this Biblical wisdom. This cornerstone book of The Hallelujah Diet contains 282 pages of vital information and real-life testimonies—a book that many people say saved their lives.

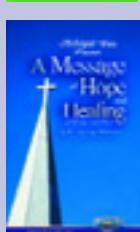
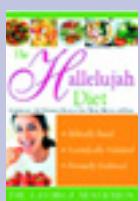
#202 Paperback, 282 pages \$18.95

## Why Christians Get Sick

by Rev. George Malkmus

Is the most important book Christians can read, after the Bible. It delves into the questions of why we get sick, and provides the Biblical answers. With more than 150 Bible verses, this book clearly shows how we can avoid sickness and disease and experience superior health through a natural diet and lifestyle. Also available in Spanish.

#201R Paperback, 159 pages \$13.95  
#201S Spanish version \$8.95  
#201K Korean version \$8.95



## Hallelujah Acres Presents A Message of Hope and Healing A Christian Health Primer

by Rev. George Malkmus

(formerly our *Your Don't Have to be Sick*)

Is an inexpensive booklet that summarizes The Hallelujah Diet & Lifestyle while answering Biblical health questions that Rev. Malkmus has received over the years. Personal testimonies and several famous studies on diet and nutrition are included as well.

Also available in Spanish.

#206 Paperback, 49 pages \$3.95

#206S Spanish version (original cover) \$3.95

## A Response to The Makers Diet

by Rev. George Malkmus

Backed by Biblical truths and scientific studies, Rev. Malkmus reveals its inaccuracies, and passionately refutes each of Rubin's 12 "myths," which include advocating the consumption of meat. Rev. Malkmus also exposes Rubin's contradictory accounts about which diet actually cured Rubin of Crohn's disease. A real eye-opener, Rev. Malkmus' rebuttal will help strengthen your commitment to attain the health and joy God intends for you.

#204 Paperback, 64 pages \$2.95

## New Release 2006! How to Eliminate Sickness Seminar

Understand the basics of why we get sick and how we can nourish our bodies in order to restore them to health. When you get the DVD, VHS, CDs, or audiotapes of the How to Eliminate Sickness seminar, you will change your thinking forever as to what nutrition is and what it is not.

#231 Audio Cassettes (2) \$12.95

#265 Audio CDs (2) \$12.95

#266DVD DVD Video (1) \$24.95

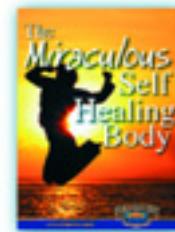
#266 VHS Video (1) \$24.95

## Juicing With Rev. Malkmus

Hear it straight from Rev. George Malkmus himself as he discusses the many aspects of juicing, and effectively answers the question, "Why juice?" He personally demonstrates how to assemble, use and clean the Green Life and Green Power juicing machines, as well as how to properly clean your veggies, and gives many helpful hints on the process of juicing. He also shows you how to make a delicious frozen treat that everyone will enjoy.

#269DVD DVD - 75 minutes \$12.95

#269 VHS Video - 75 minutes \$12.95



## The Miraculous Self-Healing Body

You can learn about the dangers of the Standard American Diet (SAD) and hear for yourself the evidence that

improper diet is the leading cause of almost every physical ailment. Five leading health experts, including Dr. Neal Barnard, Dr. Joel Fuhrman, Dr. John McDougall, Dr. Russell Blaylock, and Rev. George Malkmus, discuss all this and reveal the secrets to a healthy, vital, disease-free body. A very powerful video!

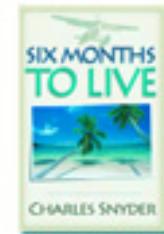
#219DVD DVD \$17.95  
#219 VHS Video \$17.95

## Examining The Hallelujah Diet

by Nathan Tracy, ND  
Dr. Tracy discusses the nutritional implications of The Hallelujah Diet in comparison to the

Standard American Diet (SAD), and addresses the effects upon the health of those who adhere to The Hallelujah Diet. This extremely informative book is easy to read and to understand, and shows you that the body will heal most diseases if given proper nutrition and protection from toxins.

#213 Paperback, 144 pages \$9.95



## Six Months to Live

by Charles Snyder

This is one of those books that you won't be able to put down! Health Minister Charles Snyder has written a combination Robinson Crusoe meets Genesis 1:29

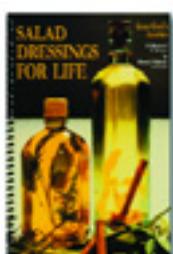
in an action-filled, fiction adventure that you hope will never end! Stranded on an unknown island, whether by shipwreck or plane failure, God has carefully assembled a very special group of people who experience the change of their lives. One by one, they undergo complete healing of their physical illnesses, all while encountering torrential storms, pirates, hidden caves, and, above all else, God's Grace. Snyder's own journey from debilitating arthritis to complete health was pivotal in the creation of his characters, who show us that God is not a respecter of persons, but of conditions.

#378 Paperback, 175 pages \$8.95



Recipe Books by  
**RHONDA MALKMUS**

Eating to Live, rather than Living to Eat.



**Hallelujah Holiday Recipes**

Holidays times with family and friends are some of the most cherished memories. But what do you serve and eat, if you want to stay true to your healthy lifestyle? Over the years, many people on the Hallelujah Diet have asked this very question. Now, in her cheerful and encouraging manner, Rhonda Malkmus shares over 300 recipes that will help you create new healthy holiday traditions. She also includes "Helpful Kitchen Tips" and a handy "Guide to Planning a Holiday Party." And in the spirit of giving, Rhonda has added a "Gifts to Share" section with many creative gifts you can make, including "Cookies in Jar," a "Mexican Bean Soup Mix," and a variety of cheerful basket arrangements.

#205 Spiral-bound, 272 pages \$19.95

**Recipes for Life... From God's Garden**

Put into practice what you learn from *God's Way to Ultimate Health*. With more than 400 nutritious and delicious recipes, you will see that healthy food really does taste wonderful! It also has important chapters on how to feed children, young adults, and even babies. Includes daily menu suggestions, index lists, and a glossary of ingredients.

#203 Spiral-bound, 358 pages \$24.95

**Salad Dressings for Life... From God's Garden**

Contains 117 great recipes that will make your salads livelier than ever. Includes healthy recipes for salad dressings of all types: oil-based; seed- and nut-based; vegetable-based; apple cider vinegar-based; fruit-based; and avocado-based. You can have lots of variety on The Hallelujah Diet, and Rhonda will show you how.

#208 Spiral-bound, 64 pages \$13.95

**Other Helpful Recipe Books**



**Hallelujah! Simple Weekly Meal Plans**

by Health Minister Marilyn Polk  
Is a handy month-long meal planner that will help everyone on The Hallelujah Diet & Lifestyle—from newcomers to seasoned followers!

Offering four weeks worth of menus, shopping lists, and recipes, this book is an excellent resource to help you transition to The Hallelujah Diet, or add new recipes to your repertoire. And with the menus and recipes for holidays and special occasions, you can make every day a Hallelujah day!

#214 Spiral-bound, 66 pages \$8.95



**How We All Went Raw**

by Charles Nungesser, Coralanne Nungesser and George Nungesser  
Teaches all about a raw-foods lifestyle, describes how to prepare great-tasting raw-food dishes, and is filled with

almost 80 raw-food recipes. Organized by ethnic foods, it includes recipes for Mexican, Italian, Chinese, Mediterranean, and American raw-food dishes, as well as those for desserts, smoothies and juices; also includes a section on sprouting and sprout recipes.

#375 Spiral-bound, 150 pages \$17.95



**Everyday Wholesome Eating... In the Raw**

by Health Minister im Wilson  
Helps you create quick, easy, delicious, and inexpensive meals using raw foods. Covers the basics of raw food—ingredients, tools, sprouting made

simple, and transitioning to raw food eating—with reliable, delicious recipes for juices, fruits, salads, dressings, sauces and condiments, dips and fillings, soups, entrees, snacks, desserts, and treats.

#374 Spiral-bound, 260 pages \$17.95

**Recipe Books  
by Health Minister  
**JULIE  
WANDLING****



**Healthy 4 Him**

Continues to bring you motivational information, the pros and cons of all-raw eating, tips and timesavers, and ways to implement The Hallelujah Diet on a shoestring budget. Includes more than 100 new and different recipes for cooked and raw foods.

#212 Paperback, 200 pages \$17.95

**Hallelujah Kids**

Julie Wandling has done it again, and this time for your kids! As a follow up to her successful Thank God for Raw and Healthy 4 Him recipe books, Hallelujah Kids provides a wealth of recipes for all occasions that will please even the pickiest of eaters.

#376 Paperback, 164 pages \$19.95

**Thank God for Raw**

Will show you how to prepare healthy meals your whole family will eat, even your kids! And if you want to lose weight in the process, and keep it off for good, you can with these recipes. You master the fine art of preparing raw foods in creative, tasteful ways with the more than 100 simple and delicious recipes, as you bring fun and flavor to those you love and serve. Inspiring personal testimonies will also uplift you.

#211 Paperback, 167 pages \$17.95

## Books by Dr. Norman W. Walker

### The Natural Way to Vibrant Health

#335 Paperback, 125 pages \$7.95

### Pure & Simple Natural Weight Control

#338 Paperback, 129 pages \$7.95

### Become Younger

#312 Paperback, 132 pages \$7.95

### Vegetarian Guide to Diet & Salads

#336 Paperback, 132 pages \$7.95

### Fresh Vegetable and Fruit Juices

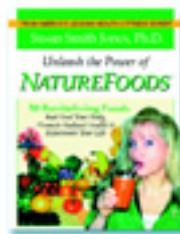
#311 Paperback, 115 pages \$7.95

### Water Can Undermine Your Health

#340 Paperback, 120 pages \$7.95

### Colon Health: The Key to a Vibrant Life

#337 Paperback, 118 pages \$7.95



**Unleash the Power of NatureFoods™**  
by Susan Smith Jones, PhD

Dr. Smith demystifies nutrition facts and shows you how to make appropriate food choices to:

- Reduce the risks of premature aging, heart disease, common forms of cancer, arthritis, diabetes, reduced vision and mental functions
  - Achieve healthy, permanent weight loss
  - Detoxify your body
  - Reduce inflammation
  - Bring more joy into your life
- Includes easy-to-prepare recipes  
#301 Paperback, 176 pages \$15.95



**The China Project**

by T. Colin Campbell, PhD

Is the most comprehensive study ever done on the relationship between diet and disease, contains groundbreaking scientific information

that can directly impact your health.  
#364 Paperback, 30 pages \$3.95

## The China Study

by T. Colin Campbell, PhD

Examines the source behind all of the confusion about nutrition and reveals the truth behind the powerful special interest groups, government

entities, and scientists that have taken us down a deadly path. It also details the connection between nutrition and disease and exposes much of the misinformation about food and health and how eating the right way can save your life.

#377 Hardcover, 288 pages \$24.95



### Vaccinations – Deception and Tragedy

by Michael Dye

If your child is about to receive a mandatory vaccination, then you need to read this book. It explains how God-

given natural immunity works, and how vaccinations may destroy this self-healing system. Discover shocking truths about vaccinations that the government, media, and medical establishment would prefer you didn't know. This book is must reading before you vaccinate.

#207 Paperback, 128 pages \$8.95

## Pregnancy, Children, & The Hallelujah Diet

by Olin Idol, ND, CNC

Infants and young children have special dietary needs that require special considerations. In Pregnancy, Children, and The Hallelujah Diet, Olin Idol, N.D., C.N.C., discusses these unique needs and provides practical advice to ensure their nutritional requirements are met. This book is a must read for anyone already with child or contemplating having one.

#209 Paperback, 100 pages \$8.95



To order please call

**1.800.915.9355**

or visit our website at

[www.hacres.com](http://www.hacres.com)

## Just for Kids!

### Chelsea's Healthy Secrets

by Health Minister Sherry Schiavi

Fun and informative, this book teaches children about healthy cell secrets in a very simple and creative way. Children seem to love, and more importantly grasp, the healthy cell concept. Beautifully written by Sherry Schiavi, a Hallelujah Acres Health Minister and co-founder, Nutritional Counselor and Director of Living Waters Medical Center, along with her husband, Frank Schiavi, Jr. M.D., and colorfully illustrated by

#379 Hardcover, 44 pages \$14.95



### The Fruit Bowl and Vegetable Soup

by Dianne Warren, Susan Smith Jones, and Amy Sorvaag Lindman

Two picture books in one. This fun and educational children's book will help them learn the connection between what they eat and how they feel, look, and perform. Whether they are toddlers, pre-school, kindergarten, or primary age, this is a must-have

book to help them learn that "we are what we eat!"  
#304 Paperback \$14.95



# Hallelujah Acres Recommends Videos by Lorraine Day



Internationally acclaimed orthopedic trauma surgeon, renowned speaker, and best selling author, Lorraine Day, M.D. lived the proverb, "Physician, heal thyself," when she developed and overcame cancer by rebuilding her immune system and allowing her body to heal itself. She has appeared on such well-known television shows as *60 Minutes*, *Nightline*, *CNN Crossfire*, *The Oprah Winfrey Show*, *Larry King Live*, and *The 700 Club*, among many others.

## Cancer Doesn't Scare Me Anymore

#803 VHS      #803DVD DVD      2 hrs. 9 min.      \$21.95

## You Can't Improve on God

#804 VHS      #804DVD DVD      92 min.      \$21.95

## Drugs Never Cure Disease

#807 VHS      #807DVD DVD      2 hrs. 18 min.      \$21.95

## Diseases Don't Just Happen

#805 VHS      #805DVD DVD      98 min.      \$21.95

## Sorting Through the Maze of Alternative Medicine

#808 VHS      #808DVD DVD      2 hrs. 19 min.      \$21.95

Visit her website at  
[www.drday.com](http://www.drday.com)



**Price Cut!**

## Food Show Series

The full set of the eight videos in the Food Show Series will show you how you CAN follow The Hallelujah Diet, both in and out of your own kitchen (Titles listed below). Available in DVD and VHS formats. Titles also available individually.

#230DVD DVD – 8 Video set      Save \$20      ~~\$119.95~~      \$99.95

#230 VHS – 8 Video set      Save \$20      ~~\$119.95~~      \$99.95

Video 1 Let's Get Started (35 minutes)

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Video 2 Choices, Variety, and Convenience (34 minutes)

#223DVD DVD      #223 VHS Video      \$14.95

Video 3 Basics for Great Recipes (25 minutes)

#224DVD DVD      #224 VHS Video      \$14.95

Video 4 The Hallelujah Diet at Work and on the Road (21 minutes)

#225DVD DVD      #225 VHS Video      \$14.95

Video 5 Feeding Our Children (25 minutes)

#226DVD DVD      #226 VHS Video      \$14.95

Video 6 A Day on The Hallelujah Diet (34 minutes)

#227DVD DVD      #227 VHS Video      \$14.95

Video 7 Holidays and Special Occasions (53 minutes)

#227DVD DVD      #227 VHS Video      \$14.95

Video 8 Eating in the Outdoors (45 minutes)

#227DVD DVD      #227 VHS Video      \$14.95



Testimony Video Series

# Healing for Life

See and hear for yourself compelling testimonies from everyday people who have successfully dealt with various illnesses and experienced a renewed level of health while following the Hallelujah Diet & Lifestyle. Medical

authorities also provide scientific facts that corroborate the guidance given in the Bible about how to handle health issues and attain good health. Available in DVD and VHS formats; please specify your preferred format when ordering.

#293 5-Video Set (Retail value \$49.95) **SAVE \$20** \$29.95

Or order individually:

#293-1 Arthritis & Osteoporosis Only      \$9.95

#293-2 Cancer Only      \$9.95

#293-3 Diabetes Only      \$9.95

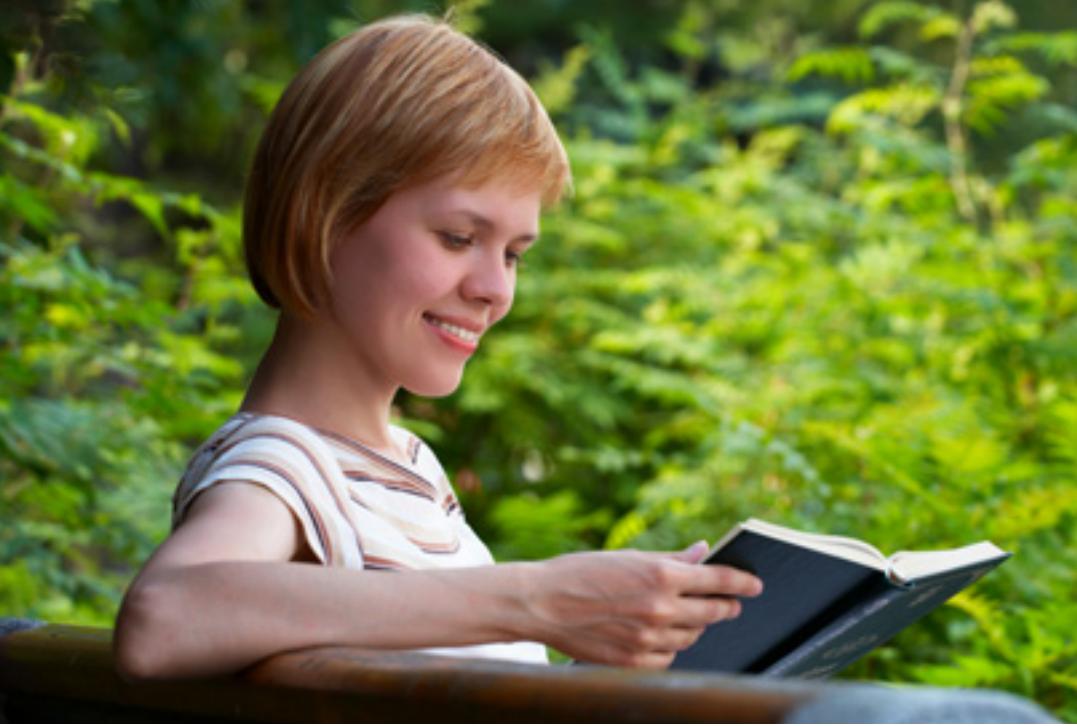
#293-4 Weight Issues Only      \$9.95

#293-5 Fibromyalgia & Lupus Only      \$9.95



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# Just for Women



## Hallelujah Acres Recommends...

### BOOKS

**Diet for a New America** by John Robbins

#303 Paperback, 448 pages \$14.95

**Don't Drink Your Milk** by Frank A. Oski, MD

#308 Paperback, 115 pages \$7.95

**Drink Your Troubles Away** by John Lust

#318 Paperback, 224 pages \$4.95

**Eat to Live** by Joel Fuhrman, MD

#276PB Paperback, 224 pages \$14.95

**Enzyme Nutrition** by Dr. Edward Howell

#350 Paperback, 175 pages \$8.95

**Excitotoxins – The Taste That Kills**

by Dr. Russell Blaylock

#366 Paperback, 320 pages \$17.95

**Fats That Heal, Fats That Kill** by Udo Erasmus

#348 Paperback, 456 pages \$22.95

**Food & Behavior** by Barbara Reed Stitt

#368 Paperback, 220 pages \$9.95

**Food Additives: A Shopper's Guide to What's Safe & What's Not**

by Christine Hoza Farlow, DC

#323 Paperback, 80 pages \$3.95

**How to Grow More Vegetables**

by John Jeavons

#305 Paperback, 175 pages \$16.95

**Mad Cowboy** by Howard Lyman

#369PB Paperback, 224 pages \$11.95

**Square Foot Gardening** by Mel Bartholomew

#306 Paperback, 347 pages \$16.95

**The Choice is Clear** by Dr. Allen Banik

#310 Paperback, 48 pages \$2.95

**Uninformed Consent**

by Hal Huggins and Thomas Levy

#210 Paperback, 278 pages \$14.95

### VIDEOS, AUDIOS & DVDS

**Diet for a New America** by John Robbins

#802 VHS Video, 60 min. \$19.95

**The Truth Behind Meat and Dairy**

by Howard Lyman

#274 VHS or DVD, 65 min. \$19.95

**The Greatest Diet on Earth** by Dr. Joel Fuhrman

#275 DVD, 90 min. \$21.95

**Choose a Terrific Day** by Ed Foreman

#268 VHS or DVD \$39.95

**Vaccines - The Risks, Benefits, Choices**

by Dr. Sherri J. Tenpenny

#809 Vaccines DVD \$24.95



### Balanced Woman

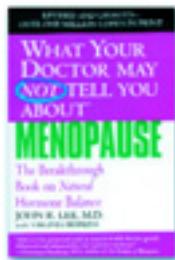
Many women experience hormonal imbalances due to a lack of progesterone and an excess of estrogen in the body. This all-natural progesterone cream, derived from wild yams, can help balance the hormonal system.

#443

2-oz dispensing pump  
\$24.95

### What Your Doctor May Not Tell You About Menopause

by Dr. John R. Lee



(Considered the world's leading authority on estrogen-progesterone balance) is the most comprehensive book on menopause and other

female problems. Subtitled "The Breakthrough Book on Natural Progesterone", this book contains a wealth of information on menopause, pre-menopause, endometriosis, fibrocystic breasts, PMS, and other problems that can be helped by natural progesterone.

#363 Paperback, 372 pages \$14.95

### Natural Progesterone

Presentation by Dr. John Lee

Learn about natural progesterone and its benefits in helping to balance hormones the natural way.

#806 Audio Cassette, 2 hrs. \$9.95



# Move & Strengthen Your Body & Spirit



## Make Me Ready Video

Start stretching and moving with low impact aerobics using this video featuring Health Minister Laura Lee Ryan. This superb beginner-level program will inspire you to move your body and strengthen your spirit with popular praise and worship music.

#222 80-minute VHS tape \$21.95



## Make Me Ready Stretch & Selah DVD

Praise God with your whole being as you exercise to contemporary Praise and Worship music! Working out is no longer drudgery when you consider it a way to honor God by keeping the body He gave you fit and healthy. Guided by the Holy Spirit, certified AFAA Aerobics, Pilates and Rebounding instructor Laura Lee Ryan created her invigorating choreography for a workout that is sure to raise your heartbeat and your spirit! She includes stretch time and periods of contemplative rest. Suitable for all levels.

#811DVD 99-minute DVD \$24.95



## Rebounding: Olympic Trainer

by Harry and Sarah Sneider

Is the most complete "how to" book on rebound exercise ever written. It includes programs for any age and any level of fitness from infants to adults to Olympic athletes. This over-sized book details how: to use rebounders; to incorporate hand weights; to do dance movements; to train for 17 different sports using rebounders and hand weights; and to personalize your own conditioning workout.

#343 Paperback, 160 pages \$14.95



## Needak Rebounder

Use this high-quality mini-trampoline for one of the best low-impact aerobic workouts ever devised. Includes a 40-inch diameter heavy-duty metal frame and six spring-loaded legs (removable for easy storage); folds in half to fit into its own carrying bag. The hard bounce contains more tension in the springs and membrane, and is recommended for people over 300 pounds, but is not guaranteed by the manufacturer; the soft bounce is recommended for people less than 300 pounds and is guaranteed for three years. Used every day by Rhonda and Rev. Malkmus. Stabilizing bar for better balancing and full goodies pack are also available.

#601 Rebounder (soft bounce) \$219.95  
(price includes shipping)

\$59.95

#604 Stabilizing Bar

#603 9-piece Rebounding Goodies Pack

This package contains the Rebounding: Olympic Training book, Air-O-Bics video, set of 2 lb. hand weights, set of 4 lb. hand weights, daily-dozen exercise poster, perfect-ten exercise poster, and Townsend newsletter on the subject of rebounding. (please specify VHS or DVD) \$69.95



## Green Star Juicer

The Green Star Juicer crushes fruits and vegetables rather than cutting them, and expels a drier pulp, which keeps the nutrients in the juice instead of the pulp. Also makes wheat grass juice, baby foods, nut butters, bean curd, fruit smoothies, and more. Pasta maker, rice cake maker, and soft fruit attachments are also available.

#549 White

\$514.95  
(price includes shipping)



## Champion Juicer

This is a masticating juicer, which breaks up the cells and fibers of food, forcing its nutritional value into the juice. In addition to juicing fruits and vegetables, you can make banana ice cream, baby food, nut butters, and more. Available in Almond, White and Black. Commercial model with a stainless steel shaft and heavy-duty winding in the motor to handle high-volume or high-frequency usage is also available.

#510AHA (Almond) #510WHA (White) #510BHA (Black) \$269.95  
(price includes shipping)

#511 Commercial Model (White Only) \$309.95  
(price includes shipping)



## The \*CitriStar™ Citrus Pro Juicer

Enjoy a tall glass of refreshing orange juice or a tumbler of tangy grapefruit juice. And be assured that it's fresh and full of the vitamins that may reduce the risk of heart diseases, high blood pressure and some forms of cancer—because you're not buying it packaged, you're making it yourself with the powerful CitriStar™ Pro Juicer. This quiet, yet powerful, compact juicer extracts the beneficial juices with minimal time and effort, so you and your family can enjoy your favorite fresh citrus juices anytime. Features a unique, high-clearance, stainless steel spout, which prevents clogging and ensures continuous operation.

#519 CitriStar™ Pro Juicer \$49.95

\* CitriStar™ is a trademark for Tribest, not Hallelujah Acres Inc.

## Mr. Peely Carrot Peeler

Peel large carrots and cucumbers like a pro! This new kitchen convenience is perfect for anyone on the Hallelujah Diet. It comes with a wall-mount unit so you can store it out of the way. Or if you prefer to keep it on hand at all times, you may purchase the optional counter stand.

#610 Mr. Peely

\$240.00  
(price includes shipping)

## Mr. Peely Optional Counter Stand

#610S Mr. Peely Counter Stand

\$120.00



## Learn More About Juice Combinations



### The Juicing Book

by Stephen Blauer Is an easy reference to learn which fruits and vegetables are helpful for various nutritional needs, and which juice combinations help the body to deal with a range of medical conditions. Also includes recipes.

#321 Paperback, 164 pages \$8.95



### Drink Your Troubles Away

by John Lust Lists fruit, vegetable, and herbal juice formulas with their medicinal value in over 70 remedies.

#318 Paperback, 224 pages \$4.95

# What really pure water is.



## Waterwise 9000

Steam Distiller

Produces pure water by steam distillation. Kills bacteria, germs, and removes foreign particles. Easy to use and easy to clean. Makes 1 gallon in 4 hours. New, non-leaching, food-grade,

removable plastic boiling tank for easy filling and cleaning. Recessed heating base reduces scale buildup. Fan-delayed start for improved efficiency.

#5900 White \$399.95  
(price includes shipping)

#5901 Carbon Filter \$5.95

#5901 Box of 6 Filters \$29.95



## WaterWise 8800 Deluxe Purifier

This is the newest model of the WaterWise water distillers. The Model 8800 features steam distillation with carbon filtration for maximum purity, and it effectively removes up to 99% of unwanted impurities. You can enjoy 100% distilled water from the carafe anytime with the drip-less stop-and-serve feature. The multi-function read-out lets you know the time of day, when to change the filter, and has a programmable start-up feature for when you are away. Makes one gallon of pure water in 4 hours.

#500US8 White \$299.95  
(price includes shipping)

#499 Carbon Filter \$5.95

#499 Box of 6 Filters \$29.95



## WaterWise KleenWise

This product will clean and de-scale your distiller for maximum distillation.

#502 40-oz \$13.95



## Waterwise 4000 Distiller

This compact countertop water distiller produces one gallon of pure water in four hours, perfect for everyday family consumption.

#5400 White \$269.95  
(price includes shipping)

#5401 Carbon Filter \$5.95

#5401 Box of 6 Filters \$29.95



## Water Can Undermine Your Health

by Dr. Norman W. Walker shows you how to protect yourself from the deadly bacteria, viruses, chemicals, parasites, and other toxic substances that are present in our public water supplies.

#340 Paperback, 120 pages \$7.95



## The Choice is Clear

by Dr. Allen Banik is a booklet that explains how water functions in the body, the effects of pollutants in drinking water, their contribution to disease, what really pure water is, and how to obtain it.

#310 Paperback, 48 pages \$2.95

# Hallelujah Acres recommends Food Preparation Essentials



## Tribest Personal Blender

Versatile, portable, and delivers powerful ice-crushing, smoothie-making, seed-grinding, sauce-blending functions wherever you plug it in. Compact and smartly designed, it is THE all-in-one, high-powered wonder. Comes with four single-serving Blend-N-Serve cups.

#584 Personal Blender

\$89.95

(price includes shipping)



## KitchenAid 12-Cup Food Processor

This model is stylish, powerful, versatile, and convenient. With 700 watts of power and 12-cup capacity, this food processor handles the most demanding jobs. Use the exclusive 4-cup mini-bowl and mini-blade as a mini-chopper, and the dough blade will mix and knead ingredients to perfect consistency. Includes a tall feed tube, two-piece food pusher, and accessory case. Bowls, blades and discs are dishwasher safe. This is THE food processor for every kitchen!

#609 KitchenAid 12-Cup Food Processor

\$199.95

(price includes shipping)



## Vita-Mix Turbo Blend 4500

The Vita-Mix 4500 is an excellent blender and food processor, useful in a variety of tasks from blending salads to preparing delicious raw soups. Note that it is not a juicer because it does not separate the juice from the pulp/fiber. However, it is an excellent tool for food preparation.

#4500 Vita-Mix Turbo Blend

\$389.95

(price includes shipping)

## Food Dehydration



### Excalibur® 2900 Food Dehydrator

Dehydration is the most nutritious way of preserving food. With proper temperature and airflow, fruits, vegetables, and herbs can be dried

so that enzymes and other nutrients are kept intact. This family-size economy model features an adjustable thermostat with a temperature range of 85° to 145° F, and provides even airflow throughout for consistent drying across all trays. Comes with nine trays and a total of 15 square feet of drying area. Sheets for making fruit rolls also available.

#580 Excalibur 2900

\$214.95

(price includes shipping)

#589 Fruit Roll (1-sheet)

\$9.95



## Evert-Fresh Green Bags®

Keep your carrots crunchy, romaine lettuce crisp, sweet bananas yellow...even fresh cut flowers perky! These revolutionary bags extend the life of your produce, retaining valuable vitamins, by 3 to 10 times longer—without chemicals. Only Evert-Fresh Green Bags® are made of a Japanese mineral that naturally absorbs the gases that produce enzymes, which cause vegetables to deteriorate. They also maintain a high level of humidity and reduce light. Celebrating a wedding or other special occasion? These bags will keep your flowers fresh days before the event.

#525LG 10-Pack Large (21.1" H x 9.1" W x 6.6" D)	\$6.95
#525MD 10-Pack Medium (17.1" H x 7.1" W x 4.1" D)	\$3.95
#525SM 10-Pack Small (15.1" H x 5.9" W x 3.9" D)	\$2.95

## Braun Flaxseed Grinder

To get the benefits of flaxseed, you need to grind it before you consume it. Use this handy grinder to grind your flax and other seeds for salad toppings, as ingredients in crackers and other snacks, and to add a bit of zip to your smoothies.

**#582 Braun Flaxseed Grinder** \$18.95

## Fresh Sprouter

You can grow your own sprouts and cereal grasses, like wheatgrass, right in your own kitchen with the Fresh Sprouter. Made for indoor use only, in room temperatures of 65°F to 85°F, it features an automatic sprinkling system to produce fresh, nutritious, and tender sprouts.

The Fresh Sprouter is inexpensive to operate, easy to clean, and lets you enjoy nutritional natural food all year round.

**#606 Fresh Sprouter** \$99.95  
(price includes shipping)



## Spirooli

Jazz up your meals with this Hallelujah Acres favorite! Turns zucchini, beets, potatoes, fruits and other

vegetables into "spaghetti!" This 3-in-1 turning slicer features an interchangeable blade system that's fast, safe and easy to use, allowing you to shred, slice and chip veggies and fruits for family meals and snacks. The sturdy suction legs grip your kitchen counter. To use, simply insert your vegetable, turn the crank and shred away!

**#516 Spirooli** \$19.95



## Chop & Chop® Cutting Mats

Here's a new twist on a kitchen essential! These versatile cutting mats are flexible so you can cut all your juicy fruits and crisp veggies, then scoop up the sides of the mat to form a funnel and pour your

mixture into a bowl. No need to worry about losing bits and pieces off the side of the board! Choose from two convenient sizes, or get both!

#480L Large 18" x 24"	\$6.95
#480S Small 12" x 18"	\$3.95



## Salad Spinner

This salad spinner makes easy work of getting water out of your lettuce and leafy vegetables after you wash them. Simply place your cleaned greens in the basket, and the centrifugal force of spinning draws water off the greens and into the bowl, giving you drier, crisper veggies for your salads.

**#583 White** \$24.95

# Show Your True Colors



## "Got Carrots?" T-Shirt

We've brought carrots from the kitchen to the wardrobe with our bright orange "got carrots?" tee shirt. Simple and whimsical, it is made of 100% cotton, has short sleeves, and comes in Adult Small, Medium, Large, and X-Large, and Children's sizes Small, Medium, and Large.

#909AS	Adult Small	\$13.95
#909AM	Adult Medium	\$13.95
#909AL	Adult Large	\$13.95
#909AXL	Adult X-Large	\$13.95
#909CS	Child Small	\$13.95
#909CM	Child Medium	\$13.95
#909CL	Child Large	\$13.95



## Hallelujah Acres Baseball Cap

Have fun in the sun and make a fashion statement, too! This 100% brushed-cotton, hunter green baseball cap sports a beautifully embroidered Hallelujah Acres logo above the leather-covered brim. With its adjustable back, one size fits most.

**#914 Baseball Cap** \$14.95

## Hallelujah Acres Umbrella

**#791 Umbrella** \$10.95



## Hallelujah Acres Tote Bag

Our tote bag is handy and durable. Made of 600-ct denier denim, the 16"H x 12"W x 5"D bag has 14" long handles so you can throw it over your shoulder. Available in Forest Green/White.

**#200W Forest Green/White** \$14.95



## Hallelujah Acres Apron

This adjustable one-size-fits-all apron is perfect to wear when you are preparing your fresh juices and all of your Hallelujah dishes. Comes in Forest Green. Made of 65% polyester/35% cotton for easy washing.

**#790 Apron** \$19.95



## Hallelujah Acres Cleaning Products

### Conversion Pack

Includes all seven Hallelujah Acres Cleaning Products (small size only for laundry solution & fabric softner concentrate and soft scrub cleanser), plus four empty 16-oz spray bottles, at one low package price. Get the conversion pack and **save almost 20% off the regular combined retail price of \$68.45** while you rid your food, home, and more of harmful toxins.

#770 Conversion pack \$54.95

### All-Purpose Cleaner

#766 8-oz Concentrate \$10.95

### Kitchen & Bath Cleaner

#764 16-oz \$6.95

### Glass Cleaner

#762 8-oz Concentrate \$5.95

### Carpet Cleaner

#761 8-oz Concentrate \$5.95

### Furniture Polish

#765 8-oz Concentrate \$14.95

### Laundry Solution & Fabric Softener

#763-32 32-oz Concentrate \$11.95

### Soft Scrub Cleanser

#767-8OZ 8-oz \$7.95

### Spray Bottle

#772 16-oz Spray Bottle \$1.95

## Hallelujah Acres

# Personal Care

### Colema Board

#595 Personal Colema Board Kit \$279.95

### Hallelujah Acres Soaps and Body Bars – Individual Bars

#708 Carolina Pine – For Normal Skin	\$3.95
#702 Chamomile – For Normal to Dry Skin	\$3.95
#703 Coal Tar – For All Skin Types (Good for psoriasis, poison ivy, insect bites, etc.)	\$3.95
#706 Lavender – For Sensitive Skin	\$3.95
#704 Rose – For Normal to Oily Skin	\$3.95
#701 Rosemary – For Normal to Oily Skin	\$3.95
#705 Sweet Orange – For Dry Skin	\$3.95
#707 Ylang Ylang – For Normal Skin	\$3.95
#719 Gardener's Bar Soap	\$3.95
#714-I Invigorating Sample Pack (Sweet Orange, Carolina Pine, & Coal Tar)	\$9.95
#714-R Refreshing Sample Pack (Ylang Ylang, Rose, & Lavender)	\$9.95
#714-S Soothing Sample Pack (Chamomile, Rose, Lavender)	\$9.95

### Body Oils

#709 4-oz bottle Orange Oil	\$8.95
#710 4-oz bottle Lavender Oil	\$8.95

### Jewelweed Topical Ointment

#716 4-oz bottle Jewelweed Ointment \$6.95

### ShowerWise Filter with FREE Showerhead

Made by WaterWise, this device effectively removes chlorine from your shower water to enhance your health and skin, and conserves water at the same time.

#503 ShowerWise Filter with Showerhead (pictured)	\$49.95
#530 Replacement Filter Cartridge	\$29.95

### Lavender Garden Mist

#717 4-oz Lavender Garden Mist \$5.95

### Crystal Deodorant Stone

#721 Crystal Deodorant Stone	\$7.95
#721R Roll-on	\$5.45
#721S Pump	\$7.45

### 100% Pure Tea Tree Oil

#750 1-oz Bottle \$9.95

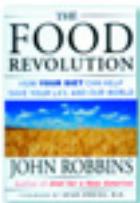
### Tea Tree Ointment

#751 1-oz Container \$7.95

### Bug-Me-Not Herbal Repellent

#715 4-oz Bug-Me-Not Herbal Repellent \$6.95

## CLEARANCE-Prices good while supplies last.



### The Food Revolution by John Robbins

Contains statistics and research that extol the benefits of plant-based nutrition and vegan diets for long life and good health. It asserts that animal products are responsible for obesity,

heart disease, cancer, and other illnesses, and that fad diets can be dangerous to one's health. Learn about the effects of the food you eat, and how you can extend your life and increase your vibrancy and vitality.

#370 340 pages (reg. \$17.95) SALE \$9.95



### Stop the Medicine by Cynthia A. Foster MD

Is the extraordinary story of how she, a medical doctor, abandoned the theories of modern medicine in order to heal herself and her patients. She reveals the hidden dangers of general and specialized medicine, and introduces concepts of natural healing, such as finding the root cause of a disease, the role that toxins play in ill health, and how herbal detoxification can aid in recovery.

#351 342 pages (reg. \$9.95) SALE \$4.95



### Hallelujah Acres Logo Denim Shirt

Our long-sleeve button-down denim shirt is made of 100% cotton and has the Hallelujah Acres logo

embroidered over the left pocket. Comfortable, durable and great looking, it comes in Small, Medium, Large, and X-Large.

#910S	Small (reg. \$27.95)	SALE \$15.95
#910M	Medium (reg. \$27.95)	SALE \$15.95
#910L	Large (reg. \$27.95)	SALE \$15.95
#910XL	X-Large (reg. \$27.95)	SALE \$15.95

### Travel Salt Shaker

The handy, wooden salt



shaker is compact enough to carry in your pocket or purse, and practical enough to pass around the table at mealtime. Etched with the Celtic Sea Salt logo and a line drawing of salt being harvested from the sea on one side, and the Hallelujah Acres logo on the other. Salt shaker measures approximately 3.5" L x 1" W x .75" D. Simply twist the top to open a small hole on the side, allowing you to shake salt out.

#406 Travel Salt Shaker (reg. \$9.95) SALE \$2.00

"My wife and I have been following the Hallelujah Diet for 3 years and 9 months. My brother is a Health Minister and he got us started. My motivation was turning 50, having my weight creep up to 230 lbs. over the years, from a normal weight of 180, and having almost zero energy at the end of each day. If you stick to the program, you'll lose the weight you need to lose. I believe that half or more of the 50 plus lbs. I lost, and have kept off, was water weight from the high sodium content of processed and fast foods. At the peak of my weight loss, I was losing 1 lb. per day. The entire amount was gone in about 3 months. The weight loss was great, don't get me wrong, but I only consider it a bi-product or side benefit of the Hallelujah Diet. The real value to me is the peace of mind I get from knowing I've found and am following the best program to promote human health."

Larry Phillips

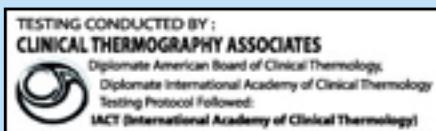
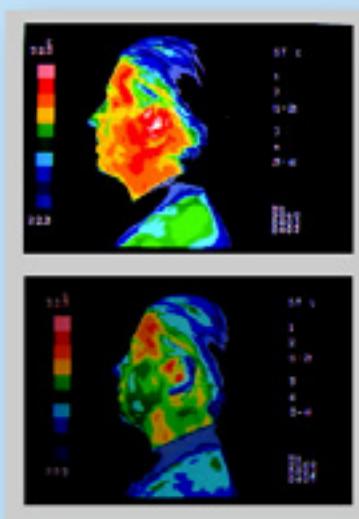
# Is Technology Making You Sick?



What do Microwaves, Cell Phones & Cordless Phones have in common? **They all emit dangerous microwave radiation!**

Your head and your brain **heat up significantly** when you talk on a cell phone or cordless phone. Want Proof? After **15 minutes of using a cell phone**, the orange, red and pink show significant, dangerous **HEAT!** Most heat is generated in your **ear canal, which is directly connected to YOUR BRAIN!**

After 15 minutes of using a cell phone **with BIOPRO Harmonization Chip applied to it** the green and blue areas show **cool tissue**. Your head's temperature remains normal providing you with the **protection you deserve!**



For ordering information, please refer to page 31 of this catalog.

# MANAGE the Snack Attack

It's that mysterious urge to munch. A craving for something to crunch. Just a little something to tide you over between your BarleyMax and lunch. The midnight summons from the fridge audible only to you. Call it what you will, in reality it's a snack. Is it possible to give in to your urge to snack, and still stay committed to your healthy lifestyle?

## Snack Healthy with Living Foods

Hallelujah Acres offers snacks that satisfy the taste buds while maintaining your healthy lifestyle. All snack products are living foods (with live enzymes), vegan, trans fat and gluten free, with no salt, sugar, preservatives, chemicals, artificial flavors, fillers, fats or coloring added. These tasty, gourmet-quality snacks are perfect for when you want a delicious treat, or you're on the go and don't have time for a meal.

**The next time you're looking for a treat, try any of these.**

### Goodee Eats!

Indulge your taste buds! The perfect snack for when you're on the go and yearn for a sweet treat! Goodee Bars come in two delicious flavors: Vanilla Nut and Maple Nut. Cold processed, not cooked, enzymatically-live food, no trans fats, good for you and delicious to boot!

### Survival of the Healthiest!

Survival Bar—Rev. Malkmus' favorite meal when he's on the road! Bars contain Hallelujah Acres' living food products, BarleyMax®, CarrotJuiceMax® and BeetMax. Cold processed, not cooked, enzymatically-live food, no trans fats and gluten free.

**NEW! Survival Mix**—This delectable blend of dehydrated enzyme-rich seasonal fruits such as apples, bananas, mangos, peaches, pears, organic raisins, with soaked nuts including, almonds, pecans and walnuts, is a wholesome, natural treat whether you're off hiking in the woods or working hard at your desk.

The fruit is dehydrated at 107°, and nuts are soaked to release and preserve the beneficial live enzymes. This tasty vegan snack is trans fat and gluten free, with no salt, sugar, preservatives, chemicals, artificial flavors, fillers, fats, or coloring added.

#444	Maple Nut Goodee Bar	\$1.65
#444-V	Vanilla Nut Goodee Bar	\$1.65
#444-L	Survival Bar	\$2.95
#438	Survival Mix 1.5 oz.	\$2.65
#439	Survival Mix 5.0 oz.	\$5.75

For more info  
see page 31.



[www.hacres.com](http://www.hacres.com)



# Customer Order Form

Name \_\_\_\_\_  
Address (mailing) \_\_\_\_\_  
Address (physical) \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone (\_\_\_\_\_) \_\_\_\_\_  
Email \_\_\_\_\_

If you are not on our mailing list, and would like a free subscription to Back to the Garden, please check this box.

Note: Prices in this Magazine are effective through October 31, 2006

Code: BTTG#40

## Health Minister PIN#

**Shipping Charges:** \$5.00 for all orders under \$50.00. For orders over \$50.00, add 10% for shipping and handling. Outside Continental U.S., call for foreign rates.

North Carolina & South Carolina residents, please add sales tax to entire order.

**Additional Charges** apply to shipments over 1 lb. (16 oz.) going to a P.O. Box. In order to avoid these additional charges, please provide a physical street address or call for a shipping quote.

**Express Service** Hallelujah Acres is pleased to offer UPS Next day, 2nd day, and 3rd day delivery service. To request one of our faster express services, please call for details. Any order requesting our express service that is received before 12:00 pm EST will be shipped the same business day. Any request received after this time will be shipped the next business day.

## Return Policy

**Return Policy:** All returns should include original copy of invoice. Equipment in new condition with the original warranty, there will be a 10% restocking fee. Equipment in new condition without warranty, 15% restocking fee. Equipment in used condition with the original warranty, 20% restocking fee. Customer may be required to pay return shipping on non-defective items. Once the item has been received by Hallelujah Acres, it will be inspected and appropriate credit issued. Refunds will only issued for items that Hallelujah Acres has received notification of within thirty (30) days of invoice date. Please allow 3 to 4 weeks for refund to be processed. Call (704) 481-1700 from 8 a.m. to 5 p.m. EST, Monday through Friday, to notify Hallelujah Acres of a return. Returns made without prior notification of Hallelujah Acres could delay processing of the return.

Help a  
Friend!

# Back to the Garden

Teaching Health from a Biblical Perspective

Would you like to send *[Back to the Garden](#)* to a friend? Fill this form out and return with your order and we will put your friend on our magazine mailing list. Enter their email address and we will also send them Rev. Malkmus' weekly email Hallelujah Health Tip.

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

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Telephone: (        )

Send The Hallelujah Health Tip to this email address  
Email:



P.O. Box 2388 • Shelby, NC 28151  
704.481.1700 • 800.915.9355  
[www.hacres.com](http://www.hacres.com)



We ask for your prayers as we continue our mission, and hope that you, too, will join us in spreading the joyful truth that

**You Don't Have to be Sick!**

# Restoring God's Temple Women's Retreat

October 12-14, 2006

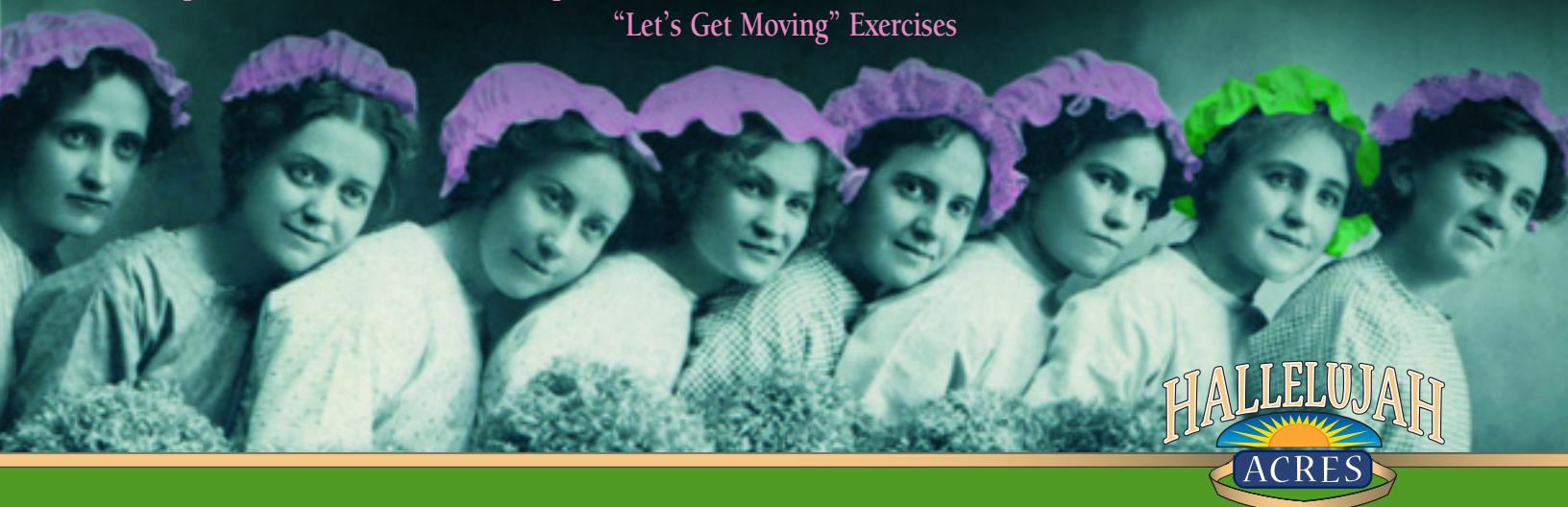
Join Hallelujah Acres for our 7th Annual Women's Retreat at our headquarters in Shelby, NC.

Topics Include:

*Beautiful from the Inside Out* • Tonya Zavasta Women's Health Issues

Beverley Lessane-Council, MD Family Relationships & The High Calling of Motherhood • Nancy Campbell plus

Entertaining on the Hallelujah Diet • Children and the Hallelujah Diet • Food Prep  
Special Music • Great Fellowship • Question & Answer Panel Discussion • How to Eliminate Sickness  
"Let's Get Moving" Exercises



Please call 800.915.9355 or log onto our website at [www.hacres.com](http://www.hacres.com) for more information or to register. Space is limited, so sign up today!