

# Back to the Garden

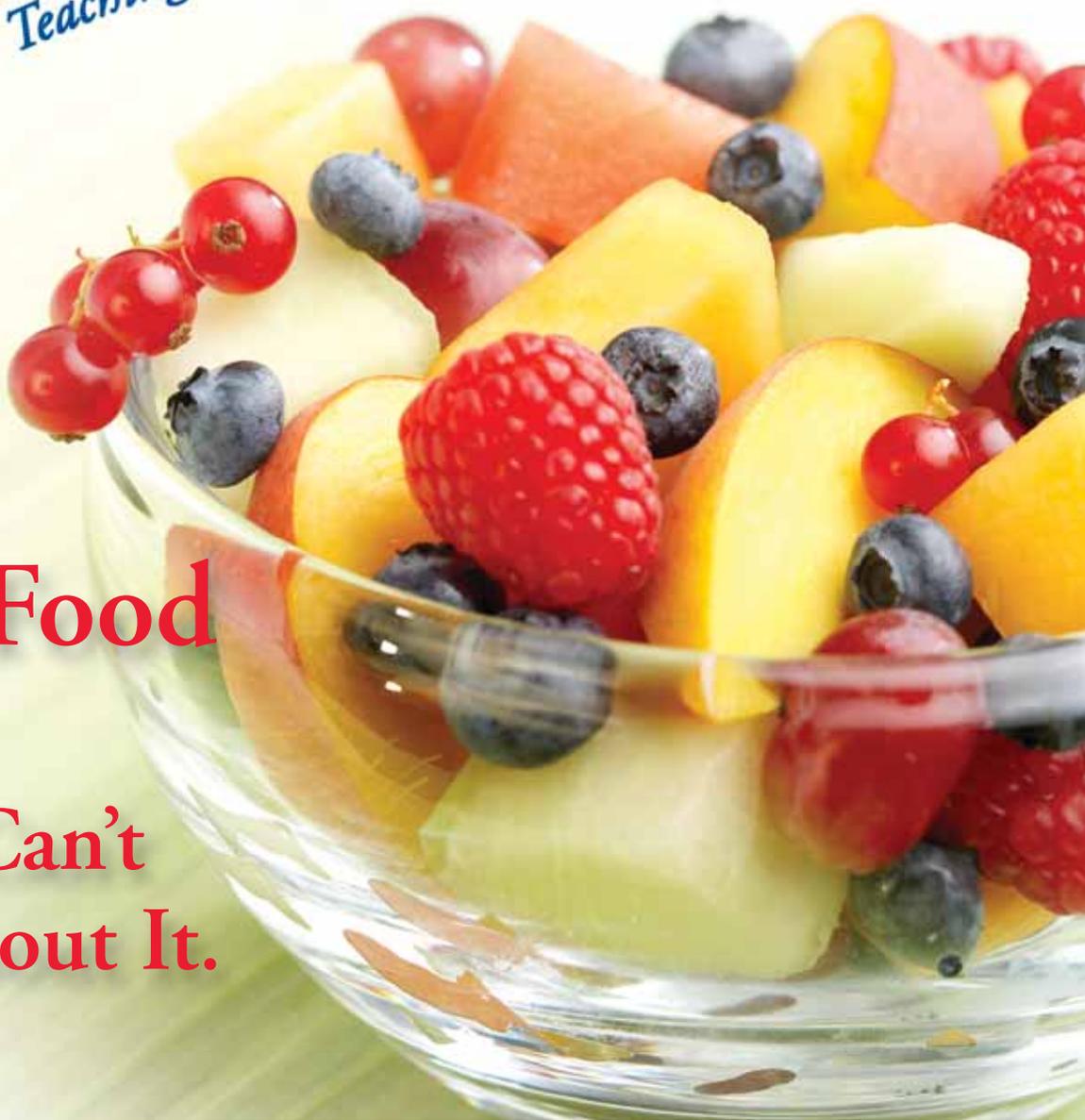
Teaching Health from a Biblical Perspective

Life's a  
Hallelujah  
Picnic

The State  
of Diabetes

Living Food  
(Life!)

You Just Can't  
*Live Without It.*



*You are on the Path.*



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Celebrating  
15 YEARS

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# Alive with *Living Food*

Some people talk about the lazy days of summer. When you're on the Hallelujah Diet & Lifestyle, there's nothing lazy about it. The nutrient rich summer bounty that graces many tables at this time of year makes for energetic days and restful nights.

As we gather with family, enjoy the sights of a new city, or simply relax in the backyard to bask in the warmth of the summer sun, we realize life is a precious gift. That's what this issue is all about. Life! Living it to the fullest, healthiest, and happiest, eating living foods as God intended!

We start at the very beginning of time. Creation. What did God intend for humans to eat? What about our own lives today? What's in the food you're eating? Vitamins and minerals that heal? Or chemicals and preservatives that destroy? A raw or living foods diet is closest to the diet created by God to fuel His magnificent creation—man. In his article, "Living Food (Life!) You Just Can't Live Without It," Rev. Malkmus gives an overview of Creation vs. Evolution, and discusses the healing benefits of living food vs. the detrimental attributes of dead foods.

In our Featured Testimony, Hallelujah Acres Health Minister Director, Ann Nuti, shares how her passion for nutritional healing led her down an unplanned career path and how she battled severe Irritable Bowel Syndrome and Fibromyalgia for years before receiving relief on The Hallelujah Diet. But the most dramatic healing took place in someone dear to her heart—her daughter.

Wouldn't you love to take a tour of one of the most popular states? Don't pack your bags yet! This isn't a state you want to visit. In his article, "The State of Diabetes," Hallelujah Acres Foundation Research Director, Michael Donaldson, PhD, discusses the causes of this prevalent disease and how The Hallelujah Diet can help.

Summer is a time of picnics, vacations, and exhilarating outdoor sports and activities. Is it possible to forego junk food, and dead foods, and still have fun in the summer sun? Having raised an active and athletic family of three boys and one girl, Health Ministers, George and Peggy Nungesser have plenty of practice in that area. In their article, "Life's a Hallelujah Picnic," they share their vast experience—and some tasty meal ideas that are perfect for a weekend picnic or hike.

Finally, our Health Minister Spotlight focuses on four couples, Tim & Anita Koch, David & Sherry Orcutt, Mircea & Valentina Dragomir, and Steve & Leslie Kirchmeier whose dedication to the Hallelujah Diet & Lifestyle called them to welcome guests into their Hallelujah Acres Lifestyle Centers.

Soon autumn will be upon us. Summer vacation photos will be pasted into scrapbooks. The warm sun will grow a little paler. And, with faith and perseverance, the healthy habits we sowed this summer will become a way of life for every season.

As always, be blessed! Be healthy!

From the Board of Directors,  
Rev. George Malkmus, Olin Idol,  
& Paul Malkmus



# News from the Acres

Issue #45

News & Happenings from Hallelujah Acres International Headquarters

July/August 2007



## Home Sweet Home at Hallelujah Acres

Hallelujah Acres officially announced the planned community of residential homes and condos, to be located on the land surrounding our new International Hotel, Restaurant and Conference Center. The groundbreaking will mark the first step to building a neighborhood of health-conscious families and individuals. Phase I of the residential plan features 26 one- and two-story homes and condos, with the capacity to build a total of 1,000 proposed residences. In addition, facilities planned for development in 2008 include a Club House, a swimming

pool, 2 tennis courts, a half basketball court, volleyball and horseshoe pit; a three-acre lake, a community amphitheatre, an organic garden area and walking trails. Plus, there will be other opportunities in various locations on the property for fitness and other recreational amenities, and a possible Chapel, green space, RV and boat storage, and more. Look for a feature article by Lorraine Edwards about this unique community and new Hallelujah Acres Headquarters in the next issue of *Back to the Garden!* For more information and up to the minute news, visit [www.hallelujahcommunities.com](http://www.hallelujahcommunities.com), or call Lorraine at 704.481.1700 Extension 722.

Health Minister Director, Ann Nuti reports:

## NEW WORKSHOP! The Hallelujah Diet & Lifestyle 2-Day Workshop

*The Hallelujah Diet & Lifestyle*

as our host, and is open to the general public.

“The Hallelujah Diet & Lifestyle” is a two-day workshop, featuring Rev. George Malkmus

This seminar is scheduled for the Monday and Tuesday of the week when Health Minister Training takes place (July 16 – 17, September 17 – 18, November 12 – 13). It will include Rev. Malkmus’ “Dead Food/Living Food” presentation, several presentations on exercise, as well as a segment on stress and emotions that goes deeper into specific nutritional requirements.

The cost for this seminar is \$125 and includes copies of Rev. Malkmus’ books *The Hallelujah Diet* and *The Hallelujah Diet Workbook*. For more information, call 1.800.915.9355.

## Get Healthy! Stay Balanced! Classes Now 5 Days!



At Hallelujah Acres, we will offer an expanded version of the *Get Healthy! Stay Balanced* Class. Judy Fleming, Canadian Resource

Center Manager and Health Minister, introduced this 5-day model to us, and we believe it is a great opportunity for people who desire to seriously acclimate themselves to the Hallelujah Diet & Lifestyle. Classes on our campus will provide opportunities for students to participate in creating their own juices and they will observe all of their entrees being prepared. Besides the *Get Healthy! Stay Balanced* videos, participants will be watching several additional presentations. They will learn techniques on how to organize and set up their kitchen, take a field trip to the Health Food Store, and individual implementation issues will be addressed.

This new format will be offered Monday through Friday the week prior to Health Minister Training (July 9 – 13, September 10 – 14, November 5 – 9). Primary students will pay \$450 for this exceptional opportunity and secondary students may attend for \$250. For more information or to reserve your spot in this exciting, life-changing course, call 1.800.915.9355. In Canada call 866.478.2224.

## NEW AND IMPROVED! Health Minister Training!

**GET CONNECTED!**  
Become a Health Minister

This new schedule encourages friendship, fellowship, and time to

internalize the wealth of information gained during training. Registration will begin at 7 a.m. on Wednesday; training sessions will begin at 8 a.m. each day. Wednesday and Thursday's sessions will end at 5 p.m. This

# Living It!

Information!  
Inspiration!  
Education and Fun!

2007

## Big Summer Health Conference

August 23-25  
Starts at 6 pm  
on Thursday

There will be music,  
demonstrations,  
testimonies  
door prizes,  
and food!

Speakers: Rev. George Malkmus & Rhonda Malkmus, founders of Hallelujah Acres  
Olin Idol, N.D., C.N.C., Vice President of Health at Hallelujah Acres and others.

Learn...

- How to live The Hallelujah Diet & Lifestyle
- How to overcome challenges
- Practical tips and techniques to make the lifestyle easier and fulfilling
- How to deal with friends and family who are not living the Hallelujah Diet & Lifestyle
- How to stay committed
- How to overcome emotional and spiritual conflicts
- How to prepare healthy, delicious meals your whole family will love

Only \$99  
if you register by July 31st!

For more information, a complete schedule of events, and to register, call (800) 915.9355

Cost: \$159.00 per person • Register by July 31, and receive a \$60 discount!

Location: Hallelujah Acres Headquarters and Conference Center • 900 South Post Road • Shelby, NC

provides attending Health Ministers the opportunity to fellowship, review the material learned throughout the day, visit the Health Minister Store, take in some exercise or simply return to their rooms a bit earlier for a little rest and relaxation. Friday, the event will end at 3 p.m.

Topics for Health Minister Training will include, but are not limited to these: applying nutritional knowledge, frequently asked questions that Health Ministers face, communication skills (one-on-one, small group, large group), active listening, research skills, using appliances and demos, etc. The primary cost of this three-day event will be \$325. This includes the new Health

Minister resource kit (a \$75 value). A second person may attend for \$150. Existing Health Ministers may attend for \$50 and purchase the new Health Minister resource kit for \$75. The next sessions will take place Wednesday, July 18 – Friday, July 20, or Wednesday, September 19 – Friday, September 21. If you've completed the *Get Healthy! Stay Balanced* course and would like to become a Health Minister, call 1.800.915.9355 for information or registration. Purchase and completion of the Complete *Get Healthy! Stay Balanced* Educational Package on pages 13 and 38 will meet the prerequisite for Health Minister Training.

Dates for seminars and classes can be found in the new Education, Support, & Training section of this publication, starting on page 21.

# TESTIMONIES FOR LIFE

*Testimonies are a great encouragement to all those who are searching for a better way to regain and to keep their health.*



## LOSING WEIGHT AND HELPING OTHERS

“I am thrilled with the improved health I have experienced since adopting The Hallelujah Diet 21-days ago. In just 21-days, I lost 14 pounds and feel great. I have also been able to come off my asthma and allergy medications. I am hoping to lose a lot more weight as I remain on the diet, and then be able to help others.”

*Gina; Easley, South Carolina*

## LIVING THE HALLELUJAH DIET & LIFESTYLE FOR THE REST OF HER LIFE

“I was diagnosed with breast cancer in 2004. I underwent the usual chemotherapy, radiation, and surgery. Then the cancer came back, this time in my lung. I went to The Hallelujah Acres Clinic, located in the Oasis of Hope Hospital in Mexico, in September 2005. There I learned about The Hallelujah Diet, have been following the diet ever since, and feel wonderful! A recent CT scan showed the 2 spots in my lower lung are gone and the other spot has not grown any. Following The Hallelujah Diet has given me more energy and a general sense of wellness like I have never experienced before. The chemotherapy had thrown me into menopause, but within 2 weeks of starting The Hallelujah Diet, all hot flashes had disappeared. I had someone recently ask me how long I was going to continue eating this way, and I told them, ‘the rest of my life.’”

*Linda; Houston, Texas*

## NO LONGER WHEEL CHAIR BOUND

“Hi George and Rhonda: Enjoyed the time we spent at Hallelujah Acres in February 2006. I am the little lady who was in an auto accident in 1982 that left me paralyzed. The doctors told my family I would be a vegetable the rest of my life. My husband left me during this time with my nurse. But even though I was alone, bed bound, and in a wheel chair, with 5 children to raise, I never lost faith. God pulled me through! If you remember, I was walking and talking when I came to Hallelujah Acres in February. The reason I was walking and talking was because I started following Dr. Loraine Day’s 10 Step program and then switched to The Hallelujah Diet. Within one year of making the diet change, I had lost 69 pounds and was able to go off 30 medications. I am giving all the glory to Jehovah God because without Him I could never have done what I did. My dream is to open a Hallelujah Acres Lifestyle Center near Branson, Missouri. Keep up all that you are doing there at Hallelujah Acres, and I pray that I can soon join you at Hallelujah Acres, and take your Health Minister training.”

*Gellet; Galenda, Missouri*

## THE BEGINNING OF A NEW LIFE

“Yes George, you’ve been talking to me through your books and Health Tips for a couple of years, and I have tried off and on to do the Lord’s will with eating. Last weekend, I watched the TV segment Faithfully Fit on the Food Network featuring Hallelujah Acres, and that was the clincher. To see how vibrant and happy you and Rhonda look, as well as the others

shown at the seminar, makes my heart swell. Beginning tomorrow, I will do the 21-day commitment with all my thought and prayer being that it will be the beginning of a new life for me. I suffer from morbid obesity and arthritis, and look forward to all of that going away as I treat my temple as it should be treated and as I give my cells real living food to work with. Please keep me in your prayers.”

*Marion, via email*

## LIVING THE HALLELUJAH DIET IN THE COUNTRY OF ISRAEL

“Dear Pastor George, I am writing to you from the country of Israel to say I love The Hallelujah Diet and have been following your Health Tips for years. I have pictures of myself after having been on The Hallelujah Diet for just six months, and I look like I am in my 30’s again, and I am in my 50’s. I am also saving my money to come to Health Minister Training. Please pray for me, and pray that I will fulfill this dream. There are many, many in Israel who need to hear about your fine program.”

*Yaffa, via email*

## HOW WONDERFUL TO START THE NEW YEAR RIGHT

“Good morning Brother George! My road to better health has had more than a few side trips, with many of them involving wrong choices. In 1998, a pastor’s wife gave me copies of your books *Why Christians Get Sick* and *God’s Way to Ultimate Health*. I embraced the diet 99%, and lost 64 pounds, and felt so wonderful! For two years I kept the weight off and saw many other things improve. No longer did I have horrible menstrual cramps and bleeding,

and for the first time in my life, I was 'normal!' Then life got in the way. I changed jobs, moved, and somehow got away from God's chosen eating plan. As a result, my old symptoms returned, and in 2003 I underwent a hysterectomy. I was not prepared for the side effects of instant menopause and had reactions to the medications to counteract the hot flashes. I also had regained 40 of those pounds I had lost. This Christmas Day, it dawned on me how if God could sacrifice His Son for me, and be humble enough to be born in a stable, then surely I could find the time to follow His instructions for keeping my temple healthy! After all, my body is the house of the Lord! So starting December 26, I went back on The Halleluiah Diet. After just three days I am seeing a difference and feeling more energy, I have seen 6 pounds disappear, and the hot flashes have lessened dramatically! How wonderful to start this New Year right. Hallelujah! Thanks to Rhonda for wonderful recipes and thanks to you George for your stand against illness!"

*Colleen, via email*

### RAW FOOD HAD BECOME SECOND NATURE

"Dr. Malkmus, I want to write and tell you how much I appreciate what you have offered me. I have been living The Hallelujah Acres Diet & Lifestyle since my husband and I spent a week at a Hallelujah Acres Lifestyle Center this past summer. Today is January 24, and for five months now, I have been eating living plant foods (85% raw, 15% cooked) as well as juicing and exercising (long walks and swimming). Many measurable physical changes have occurred. My blood pressure lowered, and I was able to stop taking blood pressure pills (Atenolol) that I had used for almost three years. My dry skin plumped and is softer. My chronic diarrhea of almost 15 years disappeared, a problem doctors could not help! Hemorrhoids, caused by that condition, have begun to heal. I weighed 150 pounds when we arrived at the Lifestyle Center. I now weigh 120 pounds,

for a 30-pound weight loss. Now I have so much energy, and I look younger. Exercise is helping the skin to firm as muscles develop. I have gone from a size 14/16 to a 4/6. But most of all, I am happier. I love learning to prepare the new recipes from the books we bought. Our food is beautiful, straight from the garden or the produce department. At first it took a little time learning the techniques, but the principles learned can be applied to many of the recipes. Raw food preparation has become second nature and creative. Your *Back to the Garden* magazine and weekly Health Tips, your books, my husband, and the Lord's Word and Spirit are the supportive sources I need in this eastern Oklahoma lake community of fish fry, French-fry, hamburger, steak and potato, coffee and soda pop consumers. My husband has lost 25 pounds. He is 68 and I am 62. We did not miss the traditional turkey with all its trimmings. Rather we had a beautiful Hallelujah Acres meal and a celebration with other Christians at a nearby church. Lyle and I are both grateful to the Lord for your commitment to the Christian community and care of the physical body. We love our new lifestyle and want to share the Lord's loving kindness to us with any who will listen. We want to encourage and thank you."

*Pam; Porum, Oklahoma*

### CONTINUING THE HALLELUJAH DIET AFTER AN AMAZING EXPERIENCE

"Dear Rev. Malkmus, Thank you for your prayers and your wonderful ministry; I have had a breakthrough in my health! After several years of thinking about it. . .oh yes, I did buy a juicer and some BarleyMax, but wasn't seriously following The Hallelujah Diet. Well, I took your 21-day challenge starting on January 9 and have had such an amazing experience that I'm planning to continue the diet. The constant pain I had in my knees (day and night) was gone within 5 days. I have lost 9 pounds and have gained much more energy, deeper sleep, and a clearer complexion. I never

thought I could do it, and for me, yes, it's a miracle! But the best part is that it wasn't that hard once I started. I had fairly mild detox, and giving up coffee was a little uncomfortable but, otherwise, food now tastes fantastic and I feel very satisfied and have had no cravings! Something you said that also helped me was, 'It will happen if you don't quit.' Sounds simple, yet it's profound! Because I had been a quitter, I know that if I don't quit this time I will ultimately achieve the weight loss and health I so desire. Many sincere thanks once again to you and Rhonda for your prayers! They worked! God bless you in all that you do!"

*Unsigned*

### CONTINUING THE 21-DAY COMMITMENT

"Dear Rev. Malkmus, I finished the 21-day challenge and I am excited to tell you my results. Along with losing 6 pounds, I no longer 'crave' to bite my fingernails! I had been biting my fingernails since I was a child, and I am now 50 years old. Nothing seemed to help me to stop. However, since I have been on The Hallelujah Diet, I haven't, even once, nibbled on my nails. Praise God for this way of eating. Each day I stay on The Hallelujah Diet, I feel more energy, and I definitely get better rest at night. Prior to the diet change I would toss and turn in bed getting only about 3-4 hours sleep. Now I am ready to go to sleep when I get into bed, get 6-7 hours sleep, and feel rested in the morning. So I have once again started another 21-day commitment. That commitment helps me stay on track. My daughter and I are taking the *Get Healthy! Stay Balanced* program with a local Health Minister. It is a great learning experience. My husband is having difficulty getting off dairy, which makes it necessary for him to remain on his high blood pressure and allergy medicine. However, he is eating more live foods and has already lost 18 pounds. Thank you for bringing The Hallelujah Diet to the public, and thank you for your passion!"

*Grace; Bridgeton, New Jersey*



*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*

# FROM A DEAN TO HEALTH MINISTER DIRECTOR: ANN NUTI'S PASSIONATE [ HALLELUJAH! ] CAREER CHANGE!

## **Ann's & Andrea's Journey to Health**

*At-A-Glance*

### **Ann suffered from:**

Irritable Bowel Syndrome  
Fibromyalgia  
Seasonal Allergies

### **Daughter Andrea suffered from:**

Severe Asthma  
Excessive weight  
Growth spurt – four inches in two years!

### **Ann & Andrea have gained:**

Renewed Health  
Ann's New Career



I have always been a highly motivated woman. That Type A personality has gotten me far, but it has also taken its toll on my health.

While in graduate school, I experienced severe Irritable Bowel Syndrome. It caused much pain, weight loss, and difficulty in studying. I had to drive 1-1/2 hours each way in the evening to class, and the stress of going back to school when I was pushing 40 was quite high. I had three colonoscopies, already, and no one found any problems. Unfortunately, the doctors wanted to help me, so they prescribed a medicine to reduce the excessive diarrhea. I chose to not take the medicine. Two years later, I learned the FDA had removed it from the market.

At the same time, I was also experiencing major back pain which was diagnosed as Fibromyalgia. The amount of pain I felt was akin to birthing pain. I never slept at night and felt miserable during the day.

When my two daughters, Danielle and Andrea, were in late elementary school, I was concerned about my youngest daughter, Andrea. She suffered from severe asthma for so many years, and the steroids she was on were causing her to gain excessive weight, and it appeared that she was not growing taller.

In 1996, my concern led me to an Iowa church. There Reverend Malkmus spoke about how people did not need to be sick. The Lord led me there.

I began juicing and removed meat, refined sugar, bread, and dairy from our diet. Immediately, we saw relief. My seasonal allergies were not so severe and, as I cleaned up my diet and worked through the stress, I found

significant relief from the frequent trips to the restroom with IBS. As I continued on the diet, and cleared my body from the toxins, allowing it to rebuild, I am here, today, Fibromyalgia-free.

My older daughter, Danielle, didn't get as many colds, but the change to The Hallelujah Diet affected Andrea most significantly. She began to complain of her legs and arms aching, and within two years she grew four inches. No wonder! She was experiencing "growing pains!" Today that little, swollen body has turned into a lovely 19 year-old young woman who is 5'9" tall and a slender 130 pounds.

## Andrea is still following the The Hallelujah Diet and is a successful college student.

Not only was my family's health taking a turn for the better but, slowly, I was also being led down a different career path. In one of my graduate school classes, I had the opportunity to give a one-hour presentation on the topic of my choice. I chose alternative medicine. As I researched for this speech, I found myself falling in love with the idea of nutritional healing. Every free waking moment that I had would find me in the library consuming information. However, my degree was in communication—not nutrition.

After completing graduate school, I worked for an engineering technical college as an instructor. It was a great experience, but people made fun of me for bringing in that strange "lettuce juice." Ironically, though I was in contact with hundreds of students daily, I never got the "bugs" that would be circulating around the college.

Soon, I was promoted to Academic Dean of the College. It was an exciting job, but it never could replace that yearning desire and passion to continue to learn more, and do more, with nutrition and health. In 2005, Andrea graduated from high

school and I decided that I was to no longer make that two-hour drive to work each day, so I did not renew my contract. It was a leap of faith, since I didn't have another job in front of me. I decided this would be the perfect time for me to pursue my passion, and I enrolled in a *Get Healthy! Stay Balanced* class, that I drove to for nine weeks. Did I mention that it was a 2-1/2-hour drive one way?

It was an exceptional experience. The Health Minister, Carolyn Mehr, created a phenomenal course. I went directly from there to Health Minister Training, which began an incredible new chapter for my life. After I returned, I began speaking at area churches, and I even made a contact through another patient at my chiropractor's office, to speak to her civic group. But, I had to cancel that engagement because soon, I moved to Shelby, North Carolina to take the position of Health Minister Director with Hallelujah Acres.

It must have been ordained, because I never thought to look for employment in North Carolina. However, after much prayer, I accepted what I believe is the Lord's will for me at this time in my life. What an incredible opportunity to blend a teaching career with a passion for nutrition and health. It doesn't hurt that this midwest girl who loves the heat has found the perfect weather and the perfect place to work.

I have truly enjoyed speaking with each one of the Health Ministers who call every day, and I look forward to meeting them. They are a constant reminder of the importance of our mission—to teach people, "You Don't Have to be Sick." ●

*Ann Nuti is the Health Minister Director at Hallelujah Acres. You may contact her at 704.481.1700 ext. 780 or via email at: [anuti@hacres.com](mailto:anuti@hacres.com)*



*Ann and Andrea.*

Working at Hallelujah Acres has brought a multitude of blessings. The people have been extraordinary. They have taken me under their wings, and allowed me to feel that there is still a family that I can be affiliated with.



(Life!)

Faith

# Living Food (Life!) You Just Can't *Live* Without It.



by Rev. George Malkmus

In the Bible, we find a very interesting question being asked, and that question is: "What is your LIFE?" Immediately, the Bible answers that question with these words: "It is even a vapour, that appeareth for a little time, and then vanisheth away." (James 4:14)

Of course, this verse is calling our attention to the brevity of LIFE! However, for the next few minutes, I would like to call our attention to a particular word found within this verse, and it is the word "LIFE" itself! The word "LIFE" is found in the Scriptures – some 300 times! The very first time we find the word "LIFE" being used in the Bible is in Genesis 2:7: "And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of 'LIFE'; and man became a LIVING soul."

Then, in Deuteronomy 30:19, we find that word "LIFE" being used once again. Here God says: "I call heaven and earth to record this day against you, that I have set before you 'LIFE' and death, blessing and cursing: therefore choose 'LIFE,' that both thou and thy seed may LIVE." And then, in John 10:10, Jesus tells us, "I am come that they might have 'LIFE,' and that they might have it more abundantly."

As we examine the subject of "LIFE," we are going to find some very interesting and sometimes controversial things! First, let's consider the origin of "LIFE." But

immediately, we run into a problem, because we find that there are two distinctly different teachings available today as to how and when "LIFE" began, and they are as different as night and day.

## Evolution

One segment of today's society wants us to believe that physical "LIFE" just happened by accident, or by chance, millions and millions of years ago, when some dead mineral matter, which they cannot explain the origin of, which was spinning around in the atmosphere collided, producing a great "BIG BANG." As a result of that "BIG BANG," millions of years later, a single cell creature containing "LIFE" squiggled onto the shore, stretched itself, and proclaimed, "Someday, I am going to be a man!" According to this teaching, millions of years later, this single cell finally evolved into a monkey, lost its tail, and thus the first man came into being.

This is called the "THEORY of Evolution." Actually, it is a wild guess by those who do not want to acknowledge there is a God, as they attempt to explain how they got here. And though it is simply a wild guess, and scientifically impossible, and has been scientifically disapproved time and again, this is what our children are being taught in school, not as a THEORY, but rather as a FACT, to explain where they came from and how they got here.

If there is someone reading this that still believes in the antiquated theory of evolution, I would like to challenge them with this question: "If man EVOLVED from that single cell, and over a period of millions of years ultimately became a

monkey, and then a MAN, I would appreciate them explaining to me where the WOMAN came from?" Because, friend, it takes a male and a female of a species to reproduce! For evolution to be a true and accurate explanation of the origin of man, there had to be an identical evolutionary process of a second cell coming on the scene at the identical time and place in history as that first cell that became a man, that also evolved, ultimately losing its tail, to become a WOMAN.

And, by the way, there is not just the problem of where the WOMAN came from, so that man could reproduce, but every one of the different species of animals on planet earth also needed a FEMALE of that species to evolve, at an identical place and time in history, for that animal to be able to reproduce. Evolutionists often mock those of us who believe the Bible and tell us that it takes FAITH to believe in Creation. Well, how much MORE FAITH does it take to believe in evolution? Are you trying to tell me that LIFE originated from DEAD mineral matter spinning around in the universe millions and millions of years ago, resulting in a BIG BANG, that ultimately produced LIFE, is an intellectual explanation of where we humans came from and how we ended up here on planet earth?

## Creation

I find it so refreshing to turn from man's feeble attempts to explain the origin of LIFE through a process called evolution, to the Bible, where we learn the TRUE origin of physical LIFE! In Genesis 1:1, the very first verse in the Bible, we read, "In the beginning God created . . ." And in Genesis

1:26, “And God said, Let us make man in our own image, after our likeness. . .” And in verses 27-28 “So God created man in his own image, in the image of God created he him; male and female created he them. And God blessed them and God said unto them, be fruitful, and multiply . . .”

Why, the Bible even tells us how God created that first human in Genesis 2:7: “And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of LIFE; and man became a LIVING soul.” And it is a scientific fact that man is comprised 100% of the elements found in the air, “breath of LIFE” and on the earth, “dust of the ground.”

What I want to do now is bring this whole subject of LIFE down to this very moment in time and to a very personal level, as we consider our very own LIVES, and specifically, where we each originated. Of course, those of us who believe the Bible trace LIFE back to God! And, as a result of the offspring of those two God-created human beings, Adam and Eve, human LIFE has been handed down generation after generation for the past six thousand years until ultimately you and I were born. And, by the way, there is no recorded history of man’s presence on earth extending beyond six thousand years.

## Where Did Your Own Life Originate?

For a moment, let’s go back to the very beginning of our individual LIVES. To do that, we must each go back to a specific time in history when a sperm cell from our father and an egg cell from our mother came together in union at conception, and these two cells started to multiply very rapidly in mother’s womb. Those first two cells divided and became four, then eight, then sixteen, thirty-two, sixty-four, one-hundred twenty-eight, two-hundred fifty-six, and so on. This incredibly rapid proliferation of cells continued for the next approximately nine months. Obviously, these LIVING cells needed nourishment to grow on!

So what was God’s plan for the nourishment of these rapidly proliferating cells? Well, mother ate the food and digested the food; the nutrients then entered her blood system and flowed to her own hundred trillion LIVING cells as fuel and nourishment. But now there is a little baby, also comprised of LIVING cells, growing in mother’s tummy that needs fuel and nourishment as well. So how does this little one developing in mother’s womb receive the nourishment it needs to grow? Mother eats the food, digests the food, and, not only does the fuel and nourishment from that food flow to mother’s hundred trillion cells through her blood system, but also an umbilical cord is attached to mother’s blood system on one end and to the little baby growing in mother’s tummy on the other, and nourishment flows through the umbilical cord to that wee little one.

And so the little baby grows, and grows, and grows very rapidly until, approximately nine months after conception, it is fully developed and ready to enter this world. As the child slips into this world, we find that something is still attached to the mother - it is called the umbilical cord. This umbilical cord has been the LIFE support system for this infant for the previous nine months! Yet one of the first things done after a child is born is to sever the umbilical cord. What have we just done? Why, we have just cut off this little baby’s LIFE support system.

So what is God’s plan for the nourishment of this little child now that it has entered this world? Instinctively, and I believe this instinct was put there by God, the mother takes the child and places the child upon her breast, and instinctively, that child starts suckling the milk coming from mother’s breast. But what is that milk coming forth from mother’s breast? Where did it come from?

Mother ate the food, digested the food, and passed the LIVING nutrients into her blood

system, which not only circulated through her entire body to nourish and feed mother’s LIVING CELLS but, also, as the blood passed through the breasts in the mammary glands, antibodies, vitamins, minerals, and other precious nutrients were joined by special proteins, sugars, and fats, collectively providing the perfect nourishment for her infant. It really is amazing when you think about it. But wait, it gets even better!

This milk coming from mother’s breast is in a LIVING form (it contains enzymes), and was designed by God to be the sole nourishment of that little one for the next twelve to eighteen months. That milk coming from mother’s breast during those first few days has many antibodies that help to develop that little one’s immune system, to protect its LIFE from foreign invaders. Day by day, just as God planned it, that milk changes composition, according to the needs of the child.

## Man Thinks He Can Improve on God.

Sadly, man thinks he knows more than God, the Creator, and often, rather than placing the child on mother’s breast, turns to a substitute that man has concocted to take the place of mother’s breast milk. We call it FORMULA! Now this formula is devoid of all LIFE form, and contains substances that are not only devoid of LIFE, but also very toxic to that little one. Or maybe the child is given soy milk or pasteurized cow milk - both are devoid of LIFE, because most ‘foods’ that comes in a container of any kind have had to have the contents heated to temperatures high enough to kill all LIFE, so that the content will have a long shelf life. What that mother is now trying to do is nourish the child with a fuel that is devoid

*continued on the next page*





Peace

Breath

continued from the previous page

of LIFE, not realizing that little one's body is comprised of LIVING cells, which were designed by God to be nourished with LIVING food! Thus the mother has introduced into this little one's body something the child was never designed by God to receive. What happens next is very sad because the child starts to react to this low-octane, devoid of LIFE, dead, toxic fuel. And, just like an automobile will react to a low-octane fuel by pinging and knocking, the little child starts pinging and knocking. Only the pinging and knocking in the child reveals itself in the form of physical breakdowns such as colic, ear infections, throat infections, swollen glands, allergies, asthma, diaper rash, colds, fevers, etc.

Not understanding what is happening in the little one's body and the reason for the physical problems being manifested, the mother often takes the child to a medical doctor who usually has had no real training in nutrition. So the doctor does what he/she has been trained to do - write a prescription for a drug. All drugs

are not only devoid of LIFE, but also contain very toxic substances. Actually, all drugs are poisons. And so, now we have not only introduced substances into that little one that are devoid of LIFE and containing toxins, as in the formula, but also we have placed more poisons into the child in an attempt to deal with the child's reactions to the first violations. This starts the child down a very slippery slope that will lead to ever-increasing physical breakdown within its physical body!

Dear friend, neither that baby, nor a teenager, nor an adult, can have a healthy, optimally alive physical body, if they consume a diet comprised primarily of dead (cooked), devitalized food! Remember, the simple act of cooking destroys all the LIFE force in that food being cooked. LIFE BEGETS LIFE! Dead food cannot produce a healthy, vibrantly alive physical body! The Hallelujah Diet is comprised primarily of LIVING FOODS! 🍓

**"I call heaven and earth to record this day against you, that I have set before you 'LIFE' and death, blessing and cursing: therefore choose 'LIFE,' that both thou and thy seed may LIVE."**

Deuteronomy 30:19

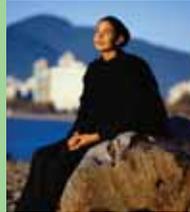
**HALLELUJAH HEALTH TIP**

Every week, more than 80,000 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!



## Cleansing

Make some of your exercise sessions vigorous enough to break a sweat. Perspiration removes toxins through the skin.

## Air

Summer air is fragrant with blooms! Head for a park or your backyard, and breathe!

## Exercise

Take a walk in the early morning or late afternoon when temperatures have cooled down a bit.

## Water

When the temps get high, even everyday activities can take their toll. Drink extra water in hot weather.

## Sunshine

There's no shortage of this Vitamin D-producing source this time of year. Go out for a walk, or spend time in the garden, and soak it in.

## Stress & Rest

Relatives visiting from out of town? Surely, you want everything to be perfect. Tackle your projects one step at a time, and relax. Entertaining guests will be a piece of cake—raw, of course.

Family vacations. Backyard parties. Church activities. It's easy to get "over-booked." Allow time for your body to rejuvenate.

## Emotions

Should you feel down, get some fresh air, exercise, meet friends, or volunteer for a local charity or church function.

## Biblical Foundation

Summer Verses to Ponder:

Pleasant words are as an honeycomb, sweet to the soul, and health to the bones.

Proverbs 16:24

A merry heart doeth good like a medicine: but a broken spirit drieth the bones.

Proverbs 17:22

## Take a Life Changing Course



# GET HEALTHY!

## STAY BALANCED

The Original Diet & Lifestyle Program

## 2 Special Introductory Offers!



### 1. The Complete *Get Healthy! Stay Balanced* Educational Package

Completion of this course meets the pre-requisite for Health Minister Training.

This special package includes:

- The entire collection of 10 *Get Healthy! Stay Balanced* DVDs and 9 Workbooks:

The Overview	Living Foods
Dead Foods	Cleansing
Pure Air & Exercise	Water & Sunshine
Stress & Rest	Emotions
Biblical Foundation	Summary

- *The Hallelujah Food Show Recipe Book*
- 4 of the most popular *Hallelujah Food Show Recipes for Life* DVDs:

- Choices, Variety & Convenience
- Basics for Great Recipes
- Holidays & Special Occasions
- Eating in the Outdoors

- *The Miraculous Self Healing Body* DVD
- *God's Way To Ultimate Health* Book
- *Recipes for Life...From God's Garden* Book

#KIT945

and

### 2. The *Get Healthy! Stay Balanced* DVD Collection

This special package includes:

- The entire collection of 10 *Get Healthy! Stay Balanced* DVDs
- 4 of the most popular *Hallelujah Food Show Recipes for Life* DVDs
- *The Miraculous Self Healing Body* DVD

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Take Control of  
Your Own Health & Life!

Offer good from July 1 thru August 31, 2007



# LIFE'S A HALLELUJAH PICNIC!

by George & Peggy Nungesser

**S**ummertime! This word stimulates daydreams of family vacations and outdoor activities. For those in school, summertime provides a very long recess. For mom, it means having the children around all day. Summer provides the time for an awaited adventurous camping trip or an exotic far away vacation. Whatever we do and wherever we go, we can still eat healthy and enjoy it too.

Our family has always been very active - enjoying sports, playing musical instruments, and participating in high adventure activities. Our children have been in orchestras and marching bands, played Varsity tennis and Volleyball, played golf, hiked 14, 000 ft + peaks in Colorado, been rock climbing and rappelling, and enjoyed rafting and kayaking white water, flying, and skydiving. Two sons traveled to Africa and climbed Mount Kilimanjaro, over 18,500 feet high.

This active lifestyle gives us many opportunities to eat outside. Whether it is eating on the home patio, a park, camping trip, or cross-country trip in the car, we do not have to go hungry or eat junk food.

The first obvious foods we take on outings are fresh fruits and vegetables. We always have the normal snacks like apples, bananas, oranges, carrots, and celery sticks. But, for special trips, we plan ahead and try other foods. We take along exotic tropical dehydrated fruits such as mango, papaya, pineapple, and leechies. We easily dehydrate many foods at home using an Excalibur Dehydrator but also purchase some

items at the local health food store. We try to avoid additives such as sulfur and other preservatives.

A family favorite picnic food is potato chips. Not the ones you buy in the grocery store, but raw potato chips easily made at home. Peel, slice, soak (to remove the starch and bitter taste), marinate and dehydrate; it's that easy. Bet you can't eat just one! One of our favorite dips for the potato chips, and veggies too, is made from the cheese section of the Philly Cheese Steak recipe just add some dried onion flakes. You now have a great tasting onion dip! This dip reminds us of the "California Dip" from our SAD years ago.

There are two great tasting salads that we like to take on picnics. The first is Charles' Coleslaw. It is a favorite at family outings. It is cool, refreshing, and tastes great too. The other favorite salad is George's Purple Mystic. If you want coleslaw with a summer zing, then this is the one for you. We must warn you that it is hot, hot, hot! You can leave out the hot peppers to cool it down and still have a great salad, but, with the spices, it tastes so good. Have lots of lemonade handy to put out the fire.

A quick, great tasting lemonade is made with only three ingredients; lemons, honey, and water. No refined sugar. Blend the 1 cup lemon juice and ½ cup honey. Pour blended ingredients into a pitcher of 5 cups of water, stir, and add ice. It's that easy.

One of our favorites is the "Sloppy Joe." If

you're eating with family and friends that eat the Standard American Diet, then this will be a hit with them. Don't tell them what it is until after the meal. Make the taco "meat" and stir in some healthy or homemade ketchup until it has a "Sloppy Joe" consistency. When you get to the park or campground, serve the Sloppy Joe "meat" on a whole grain bun or Romaine lettuce leaf, and you are ready to eat.

We all need energy for strenuous activities or just resting in the shade. The raw food diet provides food for all, energy for all, and health for all. Summertime is a time for fun, rejuvenation, relaxation, and eating well. 🍓



*Health Ministers, George and Peggy Nungesser are popular Hallelujah Acres Conference speakers, and Culinary Academy instructors. Known as the Top Raw Men, their children are the authors of the best-selling recipe book, *How We All Went Raw*. You may contact the Nungessers at [georgelovespeggy@cs.com](mailto:georgelovespeggy@cs.com).*

To order a copy of *How We All Went Raw* see page 37.

## POTATO CHIPS

20 minutes preparation, 2-3 hours to soak, 11-12 hours to dehydrate

In a bowl, add:

- 6 red potatoes, thinly sliced (if you use Russet potatoes, trim off any green spots)
- 5 cups distilled water

Soak about 2-3 hours; rinse and drain to remove starch.

In a clean bowl, add:

- potato slices
- ¼ cup extra virgin cold pressed olive oil
- ¼ cup Ume Plum Vinegar (or raw apple cider vinegar and sea salt to taste)
- 1 teaspoon cayenne pepper
- 1-2 teaspoons sea salt or to taste

Marinate for 1 hour. Place each chip on teflex sheet and dehydrate 11-12 hours at 105°F.

TOP HAT TIP: Use a mandoline (a manually operated hand held slicing tool) for ease in fine slicing or making julienne strips. Handle with care, as the blades are very sharp.

## PURPLE MYSTIC

20 minutes preparation

In a large mixing bowl add the following:

- 1 head red cabbage, shredded
- 3 cups walnuts, chopped (you can use the taco meat recipe for added flavor)
- 2 diced Habanero peppers (This makes the salad very hot and tasty; keep fire extinguisher handy! You can skip this item if you like.)
- 2 diced Serrano peppers (This also makes this salad very hot and tasty; you can skip this item if you like.)
- ¾ sweet onion, diced
- 2 ears white sweet corn, cut from cob
- 1 bell pepper, diced
- 1 cup sun dried tomatoes (see our recipe)
- 1 avocado, diced
- Add sea salt to taste

Mix well and eat right away. You can let it sit awhile to allow the hot flavors to blend together. It sure is HOT, but it sure tastes good!

## CHARLES' COLE SLAW

20 minutes preparation

In a large bowl, add:

- 1 head red cabbage, sliced into thin strips
- 1 cucumber, peeled, sliced into thin round slices
- 1 cup pine nuts
- 2 vine ripened tomatoes, diced
- 1 avocado, cubed
- ½ cup extra virgin cold pressed olive oil
- 1 Jalapeño pepper, seeded, minced
- 2 tablespoons lemon juice
- 1 teaspoon sea salt or to taste

Mix well and serve.

## PHILLY CHEESE STEAK

### Cheese only

In a blender, add:

- 1 cup pine nuts
- ½ cup sunflower seeds
- 2-3 tablespoons raw apple cider vinegar
- ¼ cup onion
- 1 teaspoon sea salt or to taste
- ½ cup distilled water

Blend until creamy.



## TACO MEAT (Sloppy Joes)

10 minutes preparation, 4 hours to soak walnuts

In a food processor using the S blade, add:

- 2 cups soaked walnuts, drain and discard water
- 1 tablespoon cumin powder
- 1 tablespoon coriander powder seasoning
- 1-2 tablespoons Nama Shoyu (raw soy sauce)
- ¼ cup fresh cilantro
- ½ cup fresh cut corn (optional)

In the food processor, pulse the ingredients until it looks like ground beef (about 15 seconds). Note: You might have to stop the machine and use a spoon to help mix the ingredients. Blend well but keep the "meat" texture looking like ground round.



# Lifestyle Centers

# A Retreat of a Lifetime

## Renew • Rebuild • Revive

The Hallelujah Acres Lifestyle Center Hosts *Welcome You.*

In a haven for healthy living, the Health Minister Hosts at the Hallelujah Acres Lifestyle Centers offer guests a chance to live the lifestyle through hands-on experience—preparing food, eating as God instructed, exercising, sharing laughter with like-minded people, and spending quiet time in reflection, devotions, or personal prayer. Each center is located away from city life, yet close enough to metropolitan areas to explore local attractions.

Health Minister Hosts follow and instruct the Hallelujah Diet & Lifestyle as taught by Rev. Malkmus, yet each center is unique in its geography, style, and additional amenities.

For more information on all the Hallelujah Acres Lifestyle Centers, visit: [www.halifestylecenters.com](http://www.halifestylecenters.com) Individual Health Minister Hosts websites, email addresses, and phone numbers appear within the article.



**Mircea & Valentina Dragomir**  
Stanton, Kentucky

*"Your Home for Health is an absolute blessing! Thank you so much. We all had a precious time."*

Suzy

With 300 acres as your glorious backdrop, the Kentucky Lifestyle Center offers a picturesque environment for refreshing walks, spiritual enrichment, and healthy beginnings.

Originally from Romania, Health Ministers Mircea and Valentina Dragomir have well over a decade of training in the areas of health and nutrition. Because of their professional background, they saw firsthand the beneficial results of healthy living.

About their Lifestyle Center, Valentina says, "It is beneficial to be in an environment that encourages healthy living. By staying a week, you are among others who might have the same issues that you do, or theirs might be different. This gives you the opportunity to share and have fellowship with others, and to work together and learn from each other. It also gives you a strong foundation to build on, so that when you return home, you are able to maintain the new and exciting level of healthy living which you have chosen."

A friend of the Dragomirs, Sandra, writes, "I have been a part of Hallelujah Acres since May of 2006. I have been amazed at the difference of the guests just after one or two days. Not just

physically, but more than that, it is an emotional and spiritual change. They immediately experience the difference that a healthy lifestyle can bring, and they are uplifted, confident, and ready to take back their lives, and make them better. God has blessed all those that have taken part in this program. I have seen His powerful healing for so many. I have been enriched with new friends and blessed myself in many ways."

The Dragomir's website: [www.homeforhealth.net](http://www.homeforhealth.net)  
Reservations: 1-877-220-0005  
Email: [stantonky@halifestylecenter.com](mailto:stantonky@halifestylecenter.com)



**Tim & Anita Koch**  
Lake Lure, North Carolina

*"The whole program was amazing! Tim and Anita are really wonderful, dedicated, anointed and loving people. We received so many blessings!!... I am rested up and keeping on the diet and feeling much better!!"*

Charlotte Y.

Nestled in the foothills of the Blue Ridge Mountains, the North Carolina Lifestyle Center offers an inviting and vibrant atmosphere to learn about healthy living. Native South Floridian, Tim Koch met and married his "soul mate," native New Yorker, Anita, after she relocated in the mid-1980s. Though Anita had a lifelong passion for healthy living (having owned a vegetarian restaurant and cooking school in New York) and had explored various dietary approaches in the pursuit of optimum health,

Tim gave the subject little thought, until Anita entered his life.

In 2002, Anita learned about The Hallelujah Diet, and the Koch's lives were transformed forever. Tim says, "Never before had we experienced complete freedom from the chronic symptoms that had dogged us for so long! After just weeks of eating a plant-based diet, my long-standing bouts of depression disappeared almost immediately, and have never returned. In less than a year, I lost over fifty unwanted pounds and added a new level of energy and enthusiasm to my life. Anita's migraine headaches and symptoms of hormonal imbalances totally cleared up, and she, too, achieved a new vitality and outlook on life. Even the edema and varicose veins in her legs were gone!"

The following year, the couple became Health Ministers, and soon they were aiding others along the same path to wellness. Now their personal calling has changed direction.

The Koch's write: "In October 2006, a long-held dream for us became a reality when a truly miraculous set of circumstances enabled us to purchase a gorgeous Hallelujah Acres Lifestyle Center located in the foothills of the Blue Ridge Mountains in North Carolina. Now we work together full-time as hosts and teachers of a five-day or ten-day hands-on residential program that teaches people how to eliminate sickness.

In a beautiful, large country home with a retreat-like setting and lovely guest quarters (each with its own private bath), participants enjoy gourmet vegan meals, fresh vegetable juices, daily health classes, daily rebounding, and long walks on country roads. Also included is a field trip to the Hallelujah Acres Headquarters in Shelby and to local natural landmarks. The warm camaraderie and interesting blend of fellow health-seekers make this a life-changing experience."

The Koch's website: [www.whollyalive.com](http://www.whollyalive.com)  
Reservations: 1-877-743-2589  
Email: [lakelurenc@halifestylecenter.com](mailto:lakelurenc@halifestylecenter.com)



### David & Sherry Orcutt Plant City, Florida

*"When my friend Nancy and I arrived at Dave and Sherry's Lifestyle Center in Plant City, I had just gone through breast cancer surgery, followed by chemo and radiation.... Upon my arrival, of the 10% of us, I would say I looked like the one most-likely to fail!... As I look back, I really felt like I was dying – one disease at a time. Now my family and friends can't believe the changes in me. I LOOK BRAND NEW!*

*The Hallelujah Diet has SAVED MY LIFE!... I'm thankful for the dedication of Dave and Sherry and for the love and caring they give to each person who walks through their door."*

*Evy L.*

With beautiful weather year-round, the Florida Lifestyle Center is a lovely setting to enjoy fun in the sun while restoring body, mind, and spirit, and, located near Tampa, it's also convenient to many area attractions.

After becoming Health Ministers, David and Sherry Orcutt ran a popular Support Group Meeting. Often, clients struggling to start and stay on the Hallelujah Diet & Lifestyle would say, "Can I come home and live with you?" David (who had been diagnosed with Multiple Sclerosis and has seen his symptoms become controlled after going on The Hallelujah Diet) and Sherry started having dreams about a place where people could go to live the lifestyle. One day, while driving, they happened upon a Christian bed and breakfast, and they knew exactly what they were called to do. With Rev. Malkmus' blessing, they opened their Lifestyle Center in October 2004.

Going to a Lifestyle Center offers an immediate benefit. Sherry says, "It's the quickest and easiest way to learn how to do the lifestyle. [It] gives people the practical, hands-on experience to be able to go home and implement what they have learned. A lot of people cannot be motivated enough to learn from a book. This program puts everything in perspective for them and makes them realize that it's not as hard as they initially believed. 'Overwhelmed' is the word we hear from guests all the time. The program takes that feeling away from them."

Today, David and Sherry have a new vision, one that includes expanding their facility. Sherry reveals, "...We want a Hallelujah Café, and we have a 40 x 60 building on our six acres which we would like to convert into a gym for rebounding, add a sauna room, massage room, bathroom, and a fully equipped kitchen for our juicing and future Culinary Food classes. The building is big enough that we would also like to add a theatre room so that our monthly support meetings can be transferred to here. Now all we need is God's blessing and money!"

The Orcutt's website:  
[www.edenhealthministry.com](http://www.edenhealthministry.com)  
Reservations: 1-866-757-1771  
Email: [plantcityfl@halifestylecenter.com](mailto:plantcityfl@halifestylecenter.com)

### **New Location!** **Steve and Leslie Kirchmeier** **Fallbrook, California**

Make your way to the beautiful foothills in Fallbrook, California where you'll relax and rejuvenate in a tropical retreat. Health Ministers Steve and Leslie Kirchmeier welcome you to the newest Lifestyle Center, located just 50 miles north of San Diego.

Leslie writes, "Our beautiful home offers three guest rooms, comfortable meeting room and large California kitchen to learn how to prepare tasty raw food dishes." You'll enjoy a lagoon-like swimming pool with a Jacuzzi, waterfall and slide, a courtyard and wraparound terrace where you can spend quiet time.

For the Kirchmeiers, The Hallelujah Diet & Lifestyle is a family affair. Daughter, Brittany, 20, is also a Health Minister, and is rapidly distinguishing herself as an accomplished raw food chef. But it was Leslie who led the way when stage II cervical cancer threatened her life in June 2000. Having been brought up to "do what the doctors say," she agreed to surgery and the subsequent course of chemotherapy and radiation with little effect. Leslie discovered The Hallelujah Diet through a friend in Bible Study, and almost immediately, she started juicing, ordered Recipes for Life...from God's Garden by Rhonda Malkmus, and there was no turning back.

In December, she returned to the doctor. The tumor had gone, but a biopsy revealed cancer cells still present. Leslie says, "He gave me one to five years to live, and a 75% chance of getting cancer someplace else. Well, God had a different plan for me. I stepped up the carrot juice and barley. And I read every book I could about people who had successfully been healed of cancer with a lifestyle change. The common thread through all of the alternative methods had to line up with my faith in Jesus and His design and care for our bodies.... Seven years later I'm cancer-free, have more energy, and am in the best shape ever."

Steve, too, has seen his health improve. He lost 35 pounds and the eczema he'd battled for 15 years has disappeared.

Since becoming Health Ministers in November 2006, the Kirchmeiers have been teaching monthly Culinary Classes, *Get Healthy! Stay Balanced* classes, Support Group Meetings, and they hold a monthly Raw Potluck Night. But there was still more work to be done. Leslie says, "It has been placed on our hearts with a strong desire to help others, so last summer we started planning for the opening of a new Lifestyle Center in Southern California." Now that dream is a reality. 🍎

Reservations: 1-760-728-1064  
Email: [sbbkirchmeier@adelphia.net](mailto:sbkbkirchmeier@adelphia.net)



Hallelujah Acres Lifestyle Center dates and pricing can be found in the Education, Support, & Training section of this publication, starting on page 24.

# The State of Diabetes

by  
Michael Donaldson, PhD

Do you live in the State of Diabetes?  
Where is it you ask? Next to New Jersey?  
Type II Diabetes is a very large state. Lots of  
people live there, as it is very popular.

**How many adults live  
in the State of Diabetes?  
About 20.6 million adults<sup>(1)</sup>.**

**That is equal to the  
adult population of Michigan,  
New Jersey, and  
North Carolina combined<sup>(2)</sup>.**

There are 10.3 million adults age 60 or greater living in the State of Diabetes. This is almost equivalent to all of our seniors age 65 or over living in California, Florida, New York, and Texas (11.3 million, 2003) combined. The State of Diabetes is enormous! But I don't want to live there, as they say the quality of life is awful and the lifespan is short.

However, more people are considering going there. That's right. Another 54 million people (almost the combined adult population of California, Texas, and Florida) have signs of moving there soon. No, I don't want to live there, and you don't have to live there either. It's your choice! You can get up and move out any time you want to. The choice is made with your knife, fork, spoon, cup, and remote control.

That's right. Even though there is a genetic tendency towards diabetes, an environmental trigger is necessary to move to the State of Diabetes. The message to move there comes through the table muscle—over eating, sitting around too much, and watching too much TV, which leads to the State of Obesity. The State of Diabetes lies almost entirely within the State of Obesity, itself a very, very large state. When you live in the State of Obesity your body does not respond to insulin. Why? Because insulin is primarily a storage hormone, and you've already stored enough so your cells don't want any more, thank you very much. They resist the storage action of this powerful hormone. The liver, then the muscles, then the adipose tissue become resistant. But blood sugar levels are rising, so the pancreas produces even more insulin to compensate for the cells' resistance. So, in the prediabetic stage, blood sugar control is normal, but insulin levels are elevated and the pancreas is working overtime. Later, as the body becomes more resistant to insulin, even blood sugar control is lost, resulting in fully developed diabetes that can finally be diagnosed.

High levels of insulin are detrimental to your ability to stay alive in the State of Diabetes<sup>(3)</sup>. Hyperinsulinemia promotes low intracellular levels of magnesium. This makes it difficult for muscles to relax, leading to constricted arteries, raised blood pressure, and muscle pain. Insulin resistance causes low levels of intracellular vitamin C, which enters cells by the glucose transporter, dependent on insulin. This is detrimental to all cells, but especially to white blood cells that accumulate vitamin C in order to destroy viruses and phagocytose bacteria. Hyperinsulinemia also causes retention of sodium, leading to fluid retention. High levels of insulin cause deregulation of blood lipids. High triglycerides, high levels of small, dense LDL particles, and low levels of HDL cholesterol all result from high insulin. Insulin also promotes cell division, directly and through elevation of insulin-like growth factors (IGF 1 to 4). High levels of insulin and IGFs are strongly associated with cancer. Diabetes is not only a state of high blood sugar but also a state of high insulin concentration in the blood. Insulin causes much of the damage resulting from living in the State of Diabetes.

Hyperinsulinemia is dangerous, but so is elevated blood sugar. After a meal, as carbohydrates are released into the blood as

glucose, the pancreas releases insulin to drive the excess sugar into the cells of the body for storage as glycogen and fat. The body strives to keep blood sugar in a fairly narrow range. Glucose combines with proteins, producing advanced glycation end products, or AGE's for short. The acronym means what it says. AGE's cause you to age quickly in the State of Diabetes. These proteins that are modified with glucose accumulate in the body and cause a pro-inflammatory condition in the body. AGE's also contribute to increased stiffness of the heart, of arteries, and of other tissues in the body. AGE's play an important role in diabetic complications - neuropathy, renal failure, and cataracts. The higher the blood sugar, the more sugar is available for AGE's to form.

## Reversal/Treatment of Diabetes

You can choose to leave the State of Diabetes. The best way is to change your diet and begin regular exercise. And the side-effects? The quality of life is much better outside the State of Diabetes. It does work, and several studies have demonstrated successful control of diabetes with diet and lifestyle modifications.

A pilot study comparing a low fat diet to a low fat vegan (pure vegetarian) diet concluded that in 12 weeks the vegan diet resulted in greater weight loss (7.2 kg/15.8 lbs vs. 3.8 kg/8.4 lbs) and a greater decrease in fasting serum glucose (28% vs. 12% decrease). A high carbohydrate, high plant fiber diet resulted in significant decrease in insulin use (26 to 11 units/day) in 20 lean diabetic men<sup>(5)</sup>. A recent study of 99

volunteers compared the diet recommended by the American Diabetic Association and a low-fat vegan diet. After 22 weeks, the vegan group had lost significantly more weight (14 vs. 7 pounds), and decreased their HbA1c more (0.95 vs. 0.56 points). More of the vegan group also reduced their medications (49% compared to the ADA group's 26%), experienced greater cholesterol reductions, and improved on their status of protein loss in their urine (sign of kidney damage)<sup>(6)</sup>.

In another study, 51 diabetic subjects were asked to reduce animal protein from 2-3 times a day to just once every other day and to avoid plain sugar completely. In the 31 patients who adhered to the diet, their glycated hemoglobin (HbA1c) dropped 30% from 10.0 to 7.0%, total cholesterol dropped 32% (from 277 to 187 mg/dL), and cholesterol profile returned to almost optimal levels (%HDL/total cholesterol from 12.6 to 20.5%). The other 20 patients did not improve because 6 patients followed a low calorie diet and 14 continued on high amounts of animal protein, substituting chicken and fish for red meat<sup>(7)</sup>. Getting rid of the animal products is a key step to moving out of the State of Diabetes.

A large, placebo-controlled prospective trial of 3,234 prediabetics with impaired glucose tolerance and elevated fasting blood glucose showed that intensive weight loss and lifestyle intervention reduced the incidence of diabetes by 58%, compared to only a 31% reduction using metformin<sup>(8)</sup>. Even less rigorous changes than The Hallelujah Diet give good results.

*continued on next page*

## Know the Glycemic Index

The GI, or Glycemic Index, measures the rise in circulating blood sugar triggered by carbohydrates. High GI foods trigger a dramatic spike in blood sugar.

Popular Foods	GI	Popular Foods	GI
Steamed Brown Rice	50	Strawberries	40
Kidney Beans (dried)	28	Carrots	49
Spaghetti (whole wheat)	37	Broccoli	10
Apple	40	Mushrooms	10
Banana (ripe)	52	Beets	64
Orange	48	Cabbage	10
		Red Peppers	10

Index Standards:

GI/ Level: 70 or more/High • 56 to 69/Medium • 55 or less/Low

continued from the previous page

## Hallelujah Diet Results

Do we have results with The Hallelujah Diet? While we don't have a controlled study, on the Hallelujah Acres website you can access 80 cases of people leaving the State of Diabetes for good. The results are quick, with blood glucose levels dropping immediately after adopting The Hallelujah Diet. It happens so fast that closely monitoring blood sugar levels is required to adjust medications down to prevent hypoglycemic reactions.

There are a few supplements that can assist you in making a permanent move out of the State of Diabetes. Chromium (500 – 1,000 µg/day), cinnamon, and iodine (in milligram amounts) all improve insulin receptor sensitivity, which improves glucose control. But you still have to get the diet right in order to make a permanent move. Why does The Hallelujah Diet work? Because the body is being fed much, much closer to the way God originally designed it to be fed. Follow the design and get the Designer's intended results—move out of the State of Diabetes.

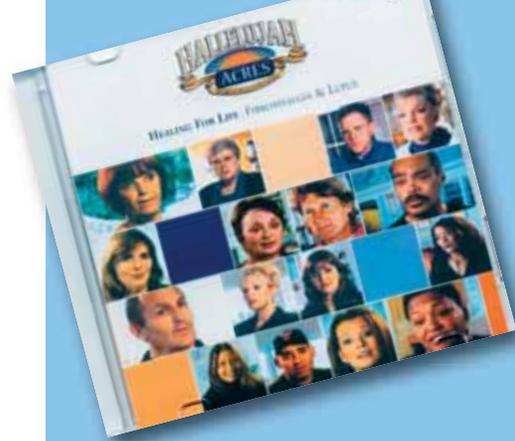


Michael Donaldson, Ph.D. is Research Director of the Hallelujah Acres Foundation. His research studies have been published in many medical and nutrition journals, including *BMC Complementary and Alternative Medicine, Nutrition & Food Science*, and *Nutrition Journal*.

*Complementary and Alternative Medicine, Nutrition & Food Science, and Nutrition Journal.*

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- 7.Arsenis G, Goettelman D. Alternative treatments of type 2 diabetes mellitus (T2DM). In: Annual Meeting of the Endocrine Society; 2001: Endocrine Society; 2001. p. P2-557.
- 8.Knowler WC, Barrett-Connor E, Fowler SE, Hamman RF, Lachin JM, Walker EA, et al. Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. *N Engl J Med* 2002;346(6):393-403.



**SPECIAL OFFER!**

*Just pay \$3.95 shipping*

## Healing for Life Diabetes Testimonies DVD

Inspiring and compelling. See and hear people from all walks of life share how they successfully dealt with this dreaded disease and experienced renewed health and hope following the Hallelujah Diet & Lifestyle. Plus, medical experts offer scientific facts to support Scripture on matters of health.

**Call Customer Service at 800.915.9355 to order.**  
*Simply cover our shipping cost of just \$3.95. A small price for a wealth of knowledge.*

\* Offer good from July 1, 2007 through August 31, 2007

**“You Don't Have to be Sick!”**

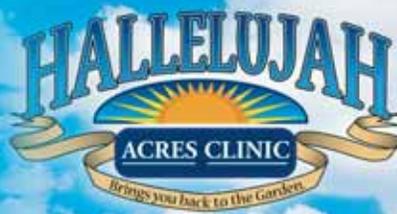
## The Hallelujah Acres Clinic at Oasis of Hope Hospital in Tijuana, Mexico

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

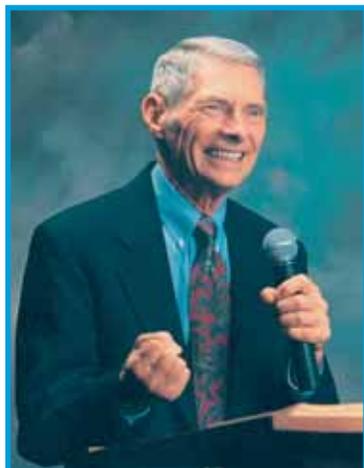
This state-of-the-art alternative medical treatment facility is for patients suffering from cancer and other chronic diseases. Both alternative and conventional treatments are available onsite.

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.hallelujahacresclinic.com](http://www.hallelujahacresclinic.com)**



## FREE SEMINAR GOD'S WAY TO ULTIMATE HEALTH

Whether you're battling a life-threatening disease, or you simply want to attain optimal health, this FREE 3.5 hour seminar\* will enlighten you and inspire you to take that first step to self-healing. Along with a few hundred other attendees, you will hear Rev. George Malkmus, founder of Hallelujah Acres, present this seminar in his down-to-earth, oftentimes humorous, yet still impactful way.

Look for a Seminar in your area!

### Seminar Schedule...

#### Locations

**WINSTON-SALEM, NC**

August 18

**SHELBY, NC at 10 am**

July 7  
August 4  
September 1  
October 6  
November 3  
December 1

**CHARLOTTE, NC**

September 15

**NASHVILLE, NC**

October 20

### Seminar Highlights...

- Learn why your diet and lifestyle can make you sick
- Understand which are the perfect foods that God gave to mankind
- Discover how you can restore your health

You will also hear plenty of real-world testimonies from people in the audience who have experienced a health renewal after following the Hallelujah Diet & Lifestyle. What they have to share will amaze you.

By the end of the seminar, you will understand the basics for following the Hallelujah Diet & Lifestyle yourself. Yes, it is simple enough to learn in just a couple of hours.

*\*This seminar is presented the first Saturday of every month at 10 am at Hallelujah Acres International Headquarters in Shelby, NC. Please call for event details in others cities.*

**NEW!**  
WORKSHOP

## The Hallelujah Diet & Lifestyle

## THE HALLELUJAH DIET & LIFESTYLE 2-DAY WORKSHOP

Only \$125 per person!

### Workshop Schedule...

#### Location

Hallelujah Acres International Headquarters  
900 South Post Road • Shelby, NC

**SHELBY, NC**

July 16 - 17  
Sept. 17 - 18  
Nov. 12 - 13

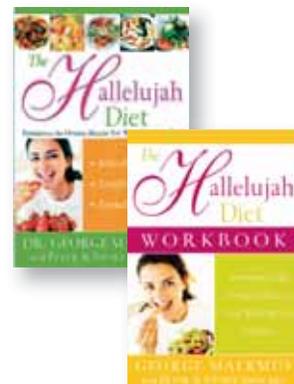
This two-day workshop features Rev. George Malkmus as the host. It includes Rev. Malkmus's "Dead Food/Living Food" presentation, presentations on exercise, as well as a segment on stress and emotions that goes deeper into specific nutritional requirements.

Participants will be using *The Hallelujah Diet* and *The Hallelujah Diet Workbook* by Rev. Malkmus.

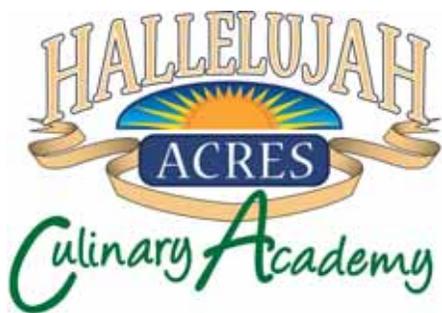
**\$125 per person (includes books)**

**\$99 per person (without books)**

*(Price includes lunch each day.)*



Great Recipes!



# HALLELUJAH ACRES CULINARY ACADEMY

WHERE THE ART OF FOOD PREP IS MADE EASY!



Learn how to liven up your live foods at the Hallelujah Acres Culinary Academy! Imagine having dishes like a fat-free “Nicken Noodle Soup,” Sweet Potato Soufflé, and Apple Pie as parts of your meals. Mmm. Mouth-watering already, isn't it? We will show you how to prepare these and other dishes that are easy to make, good for you, and scrumptious too, from appetizers and main dishes to desserts and snacks.

### Academy Highlights...

- Learn how to organize your kitchen and make it Hallelujah Diet friendly.
  - Use different techniques and shortcuts to make your food prep easier and less time consuming and
  - Turn a favorite cooked dish into a raw one that you and your family will savor.
- Demonstrations will always include a variety of fresh fruits, vegetables, seeds, legumes, nuts and/or whole grains – and they're always delicious! And you get all of the recipes in the handy course manual to take home.
- When you take these classes, you'll find that you begin to think about the ingredients you already use, new ones you can add to your repertoire, and how to combine them in ways that will make your taste buds happy and your body healthy.

### Class Schedule...

#### Location

Get Healthy! Resource Center  
834 South Post Road • Shelby, NC  
704.487.9572

#### An Evening with Rhonda Malkmus 7 to 9 pm

July 6  
Aug. 3  
Aug. 31  
Oct. 5  
Nov. 2  
Nov. 30

#### Level I Food Prep Class

July 26 – 27  
Aug. 21 – 22  
Sept. 27 – 28  
Nov. 17  
Dec. 7 – 8

#### Level II Course with The Graffs

Oct. 29 – 30

#### Special Half-Day Author's Class 2 to 6 pm

July 7  
Marilyn Polk  
Aug. 4  
Top Raw Men  
Sept. 1  
Julie Wandling  
Oct. 6  
Julie Wandling  
November 3  
Marilyn Polk  
December 1  
Top Raw Men

Classes subject to change

### Food Preparation Classes



Rhonda Malkmus

#### An Evening With Rhonda Malkmus \$25 per person

Spend a fun 2 hours every month learning a variety of food preparation techniques and recipes! These lively classes are held the Friday night before the FREE monthly Saturday seminar taught by Rev. Malkmus (see page 21). So have a healthful weekend, and join us for both!



Marilyn Polk

#### Special Half-Day Author's Class • \$109 per person

These are entertaining, practical half-day classes taught by some of Hallelujah Acres' most popular recipe book authors and start shortly after Rev. Malkmus' FREE seminar (see page 21).



Julie Wandling

#### Level I Food Preparation Course • \$300 per person

Atlanta's Raw Food Chefs, Jackie & Gideon Graff, will show you how creative and delicious raw food meals can be! This intensive 2-day course will teach you how to prepare mouthwatering gourmet delights!



Top Raw Men

#### Level II Course with The Graffs! • \$300 per person

Jackie & Gideon Graff go beyond the basics. This 2-day course features new recipes and more advanced techniques in raw food prep, all taught with great humor and enthusiasm.



Jackie & Gideon Graff

Only \$450  
for 5 days!



**GET HEALTHY!**  
STAY BALANCED

Take A Life Changing Course.

**Location**

Hallelujah Acres International Headquarters  
900 South Post Road • Shelby, NC

**SHELBY, NC**

Sept. 10 - 14  
Nov. 5 - 9

July 9 - 13

# GET HEALTHY! STAY BALANCED 5-DAY COURSE

TAKE A LIFE CHANGING COURSE.

This class is for people who desire to seriously acclimate themselves to the Hallelujah Diet & Lifestyle. Classes will provide opportunities for students to participate in creating their own juices; they will observe all of their entrees being prepared; besides the GHSB videos, they will be watching several additional presentations; they will learn techniques on how to organize and set up their kitchen; a field trip to the Health Food Store will be taken; and individual implementation issues will be addressed.

**\$450 for primary student • \$250 for secondary student**

*(Prices includes lunch each day.)*

## GET CONNECTED!

Become a  
Health Minister

# GET CONNECTED. HEALTH MINISTER TRAINING

Do you have a passion for learning and want to help others regain their own health and vitality? If so, consider becoming a Health Minister.

### Training Classes

NEW! Training

**New! Health Minister Training 3-Day Course**

**\$325 per person**

*(this includes the NEW Health Minister Resource Kit, valued at \$75)*

- Learn how to reach those who desperately need the message
- Discover where to share your newly acquired knowledge
- Continuously receive updates about health and wellness
- Learn to grow your network of like-minded and supportive people

*\* Get Healthy! Stay Balanced class is a prerequisite to this course.*

**New! Small Business/Ministry Training 3-Day Course**

**\$325 per person or \$475 per married couple**

*(this includes the Business/Ministry Resource Kit, valued at \$75)*

**\$50 for re-attending Health Ministers**

*(\$75 Business/Ministry Resource Kit required if not previously purchased)*

*\* Health Minister Training is a prerequisite to this course.*

**New! Advanced Health Minister Training 3-Day Course • \$250 per person**

- Learn innovative ways to promote your ministry
- Learn how to reach more people
- Advanced knowledge about health and nutrition

*\* Health Minister Training is a prerequisite to this course.*

### Training Schedule...

**Location**

Hallelujah Acres International Headquarters  
900 South Post Road • Shelby, NC

**Health Minister Training 3-Day Course**

July 18 – 20  
Sept. 19 – 21  
Nov. 14 – 16

**Small Business/Ministry Training 3-Day Course**

July 23 – 25  
Sept. 24 – 26  
Nov. 19 – 21

**Advanced Health Minister Training 3-Day Course**

Oct. 22 – 24



# HALLELUJAH ACRES LIFESTYLE CENTERS

## RENEW • REBUILD • REVIVE

Spend five or ten days surrounded by nature, as your Health Minister hosts teach you through practical, hands-on experience.

### Renew

- Eat as God intended
- Exercise (walking) in the great outdoors
- Spend personal quiet time in reflection and relaxation
- Renew your spirit

### Rebuild

- Learn to prepare delicious, healthy food
- Tips on how to stock your kitchen
- Experience restored well being
- Gain lifelong friendships with like-minded people

### Revive

- Learn how to continue the program at home
- Go on special outings (weather permitting)
- Share in fellowship, support, and devotions
- Experience revitalized energy

### 5 Day Program

\$1195 per person  
\$2295 per couple\*

### 10 Day Program

\$2295 per person  
\$3795 per couple\*

Airport Transportation \$40

Lodging Only \$75 per night  
(excluding the FL location)

Ask about Health Minister discounts  
when scheduling your visit.



Fallbrook, CA  
Hosted by Steve & Leslie Kirchmeier

### Locations...

#### LAKE LURE, NC STANTON, KY

July 8 – 13	July 1 – 6
July 15 – 20	July 8 – 13
July 29 – Aug. 3	July 22 – 27
Aug. 5 – 10	Aug. 5 – 10
Aug. 12 – 17	Aug. 12 – 17
Aug. 19 – 24	Sept. 9 – 14
Sept. 9 – 14	Sept. 16 – 21
Sept. 16 – 21	Sept. 30 – Oct. 5
Sept. 23 – 28	Oct. 7 – 12
Oct. 7 – 12	Oct. 21 – 26
Oct. 14 – 19	Oct. 28 – Nov. 2
Nov. 4 – 9	November 4 – 9
Nov. 11 – 16	Nov. 11 – 16
Dec. 2 – 7	Nov. 25 – 30
Dec. 9 – 14	Dec. 2 – 7
	Dec. 9 – 14

#### PLANT CITY, FL

July 1 – 6	<b>NEW LOCATION!</b>
July 8 – 13	<b>FALLBROOK, CA</b>
July 29 – Aug. 3	
Aug. 12 – 17	Sept. 9 – 14
Aug. 26 – 31	Sept. 16 – 21
Sept. 2 – 7	Oct. 7 – 12
Sept. 16 – 21	Oct. 14 – 19
Oct. 14 – 19	Nov. 4 – 9
Oct. 21 – 26	Nov. 11 – 16
Nov. 4 – 9	Dec. 2 – 7
Nov. 11 – 16	Dec. 9 – 14
Dec. 2 – 7	
Dec. 9 – 14	

*Schedules subject to change*

### Locations



**Lake Lure, North Carolina** Nestled in the foothills of the Blue Ridge Mountains, the North Carolina Lifestyle Center offers an inviting and vibrant atmosphere to learn about healthy living. Hosted by Tim and Anita Koch. For reservations please call, **1-877-743-2589**. [www.whollyalive.com](http://www.whollyalive.com)



**Plant City, Florida** With beautiful weather year-round, the Florida Lifestyle Center (located near Tampa) is a lovely setting to enjoy fun in the sun while restoring body, mind, and spirit. Hosted by David & Sherry Orcutt. For reservations please call **1-866-757-1771**. [www.edenhealthministry.com/lifestyle.html](http://www.edenhealthministry.com/lifestyle.html)



**Stanton, Kentucky** With 300 acres as your glorious backdrop, the Kentucky Lifestyle Center offers a picturesque environment for refreshing walks, spiritual enrichment, and healthy beginnings. Hosted by Mircea & Valentina Dragomir. For reservations please call, **1-877-220-0005**. [www.homeforhealth.net](http://www.homeforhealth.net)



**Fallbrook, California** Come to the beautiful foothills in northeast San Diego County where you'll relax and rejuvenate in a tropical retreat. Hosted by Steve & Leslie Kirchmeier. For reservations, please call, **1-760-728-1064**

Relax.  
Renew Your Life!

# *Living It!* LIVING IT! BIG SUMMMER HEALTH CONFERENCE 2007



INFORMATION! INSPIRATION! EDUCATION & FUN!

Learn...

- How to live The Hallelujah Diet & Lifestyle
- How to overcome challenges
- Practical tips and techniques to make the lifestyle easy and fulfilling
- How to deal with friends and family who are not on the diet
- How to stay committed
- How to overcome emotional and spiritual conflicts
- How to prepare healthy, delicious meals your whole family will love

Register Early!  
Only \$99

**Location**

Hallelujah Acres International Headquarters  
900 South Post Road • Shelby, NC

**SHELBY, NC**

Aug. 23 – 25

Speakers will include: Rev. George Malkmus & Rhonda Malkmus, *founders of Hallelujah Acres*, Olin Idol, N.D., C.N.C., *Vice President of Health at Hallelujah Acres* and others.

**Enjoy music, demonstrations, testimonies, door prizes, and food!**

**\$159 per person • Register by July 31 and receive a \$60 discount.**

*(Price includes lunch and dinner on Friday, box lunch on Saturday.)*

*Restoring God's Temple*  
*One Step at a Time*  
Women's Retreat 2007

## RESTORING GOD'S TEMPLE ONE STEP AT A TIME 3-DAY WOMEN'S RETREAT 2007



You are invited to retreat with us for three relaxing days of rest, motivational speakers, fun, music, delicious food, and much more. You will be blessed by our speakers; your heart will soar with our special music; and your spirit will be renewed. Make new friends or re-unite with old friends. Come join us for an unforgettable time of fellowship!

Register Early!  
Only \$99

We will focus on...

- God's Way to Ultimate Health and Hallelujah Food Preparation
- Nutrition: The Premiere Medical Science of the Future
- Women's Health Issues and Building Godly Confidence and Self Esteem
- Children and The Hallelujah Diet
- Having Peak Energy and Emotional Restoration
- Discovering the Woman God Designed You To Be
- Natural Bio-identical Hormones in Women and Men for Anti-Aging

**Location**

Hallelujah Acres International Headquarters  
900 South Post Road • Shelby, NC

**SHELBY, NC**

Oct. 25 – 27

**\$149.00 per person**

**Register by September 30 and receive a \$50 discount.**

*(Price includes lunch and dinner on Friday, box lunch on Saturday.)*

# Get Healthy!

RESOURCE CENTERS

# GET HEALTHY! RESOURCE CENTER EVENTS

## HERE TO HELP YOU GET HEALTHY AND STAY HEALTHY!

*Get Healthy! Stay Balanced* classes, food preparation classes, weight loss assistance and nutritional product information are just some of the services you can expect when visiting a *Get Healthy!* Resource Center.



### Class Schedule...

#### Locations

*Get Healthy!* Resource Center  
834 South Post Road • Shelby, NC  
704.487.9572

*Get Healthy!* Resource Center  
The Point • I-85 and Woodruff Road  
Suite 302 • Greenville, SC  
864.751.6400

#### Get Healthy! Stay Balanced Class

Tues. & Thurs  
at 7 pm  
Wed. at 10 am

#### Accountability Class

1st & 3rd  
Mon. at 7 pm  
1st & 3rd  
Fri. at 10 am

#### Accountability Class Covered-Dish Meal

July 30  
at 7 pm  
Aug. 31  
at 10 am  
Oct. 29  
at 7 pm  
Nov. 30  
at 10 am

#### Weight Management

**SHELBY**  
Mon. at 11 am  
**GREENVILLE**  
Thurs. at 11 am  
and 4:30 pm

#### FREE Health Support Group

4th Mon.  
at 6:45 pm

#### Kids in the Kitchen

July 21  
Aug. 18  
Sept. 15  
Oct. 20  
from 11 am  
to 2 pm

#### Healthy Food Preparation Class

Mon. at 7 pm  
July 9  
Aug. 13  
Sept. 10  
Oct. 8  
Nov. 12  
Dec. 10

*All of the above classes are held at the Shelby AND Greenville locations unless otherwise noted.*

*Class schedules subject to change. Please call to verify dates.*

### Resource Center Classes

#### **Get Healthy! Stay Balanced Class • \$250 per person**

Whether you are just beginning to investigate information about health and nutrition, or you are a seasoned follower of the Hallelujah Diet & Lifestyle, with years of education and practice under your (thin) belt, you will gain a significant amount of knowledge from taking this course.

#### **Accountability Class • \$40 per person per month • \$60 per couple per month (Pay for three months in advance and save \$20.)**

For Graduates of the *Get Healthy! Stay Balanced* Class

#### **Accountability Class Covered-Dish Meal**

For Graduates of the *Get Healthy! Stay Balanced* Class

#### **Weight Management Class • \$25 per month**

Weigh in, 15-minute presentation, and FREE Recipe each week.

#### **FREE Health Support Group Meeting**

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

#### **Kids in the Kitchen • \$12.50 per adult • \$2.50 per child**

We will prove to kids that treats can be healthy and still taste good. Menus include banana splits with all the trimmings, burgers, pizza, even birthday cake - all made The Hallelujah Way! Children must be accompanied by a parent.

#### **Themed Culinary Class and Dinner • \$25 per person**

##### Shelby NC Location

July 9 *Back Yard Bar-B-Q*  
August 13 *Family Reunion*  
September 10 *South African Cuisine*  
October 8 *Italian Night*  
November 12 *Thanksgiving Feast*  
December 10 *Holiday Entertaining*

##### Greenville SC Location

July 9 *The All American Picnic*  
August 13 *Pizza Party*  
September 10 *Mexican Night*  
October 8 *Oriental Feast*  
November 12 *Thanksgiving Feast*  
December 10 *Holiday Fare*



Something for Everyone!

# Get Healthy!

RESOURCE CENTRE



# GET HEALTHY! RESOURCE CENTRE EVENTS - CANADA

## HERE TO HELP YOU GET HEALTHY AND STAY HEALTHY!

*Get Healthy! Stay Balanced* classes, food preparation classes, weight loss assistance and nutritional product information are just some of the services you can expect when visiting a *Get Healthy!* Resource Centre.

Open House!  
July 21 & Aug. 18

## CANADA



### Class Schedule...

#### Location

*Get Healthy!* Resource Centre  
16635 Yonge Street, Unit 24B  
(Just south of Mulock Drive)  
Newmarket, ON  
905.853.7014

#### OPEN HOUSE!

July 21  
*The Importance of Water*  
at 11 am,  
12:30 and 2 pm

August 18  
*Enzymes, the Spark of Life*  
at 11 am,  
12:30 and 2 pm

*Get Healthy! Stay Balanced Class*  
Course offered each month. Please call to set up a schedule.

*In the Kitchen with Judy*  
Course offered each week over lunch or dinner hours. Please call to reserve a space.

#### Healthy Lifestyle Workshop

Aug. 20 – 24  
Sept. 17 – 21  
Oct. 29 – Nov. 2  
Nov. 26 – 30

Call for dates in December.

#### Vegetarian Food Prep Classes

July 14 & 17  
Aug. 25 & 28  
Sept. 22 & 25  
Oct. 13 & 16  
Nov. 17 & 20  
Dec. 11 & 15

### Canada Resource Centre Classes



Judy Fleming has been part of our team since Hallelujah Acres Canada opened in September 1998. Judy has a personality that is vibrant, enthusiastic and portrays her love for the Hallelujah Diet & Lifestyle through her seminars.

You will meet Judy as the Manager of the *Get Healthy!* Resource Centre through any of the seminars, classes, sessions or workshops held at this location. She has a keen desire to help people and holds a wealth of knowledge in the nutritional information field.

### Open House!

Haven't visited our NEW *Get Healthy!* Resource Centre location? This is your opportunity to join us for inspiration, information, and prizes. Also, FREE samples all day long.

### *Get Healthy! Stay Balanced Class* • \$275 per person

Whether you are just beginning to investigate information about health and nutrition, or you are a seasoned follower of the Hallelujah Diet & Lifestyle, with years of education and practice under your (thin) belt, you will gain a significant amount of knowledge from taking this course. This 9 part course is offered every week.

### *In the Kitchen with Judy* • \$20 per hour/per person

#### Special rates for couples or groups

Book a class that is especially designed for those who need individual attention. You get one-on-one time with Judy, planning menus, preparing simple recipes with extra time to work on your own needs. These 2 or 4 hours classes are offered every week, call to book a space today.

### *Healthy Lifestyle Workshop* • \$475 per person • Special rate for couples

Spend a week with Judy learning how to plan menus; shop for the right foods; prepare easy healthy recipes; along with the *Get Healthy! Stay Balanced* program.

### *Vegetarian Food Prep Classes* • \$25 per person

A gourmet food preparation class. Offered twice a week, Saturday during lunch hours, and Tuesday during supper hours.

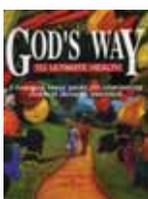
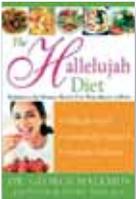
July 14 & 17 *Picnic Foods*  
September 22 & 25 *International Foods*  
November 17 & 20 *Healthy Snacks*

August 25 & 28 *Foods from Down Under*  
October 13 & 16 *Fall Harvest*  
December 11 & 15 *Holiday Foods*

# The Hallelujah Diet



by Rev. George Malkmus  
author of *The Hallelujah Diet*, *God's Way to Ultimate Health* and *Why Christians Get Sick*



## 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 or fresh vegetable juice.) 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.



Food

Health

## 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 recommended 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.

### \$\$\$ What is the real COST? \$\$\$

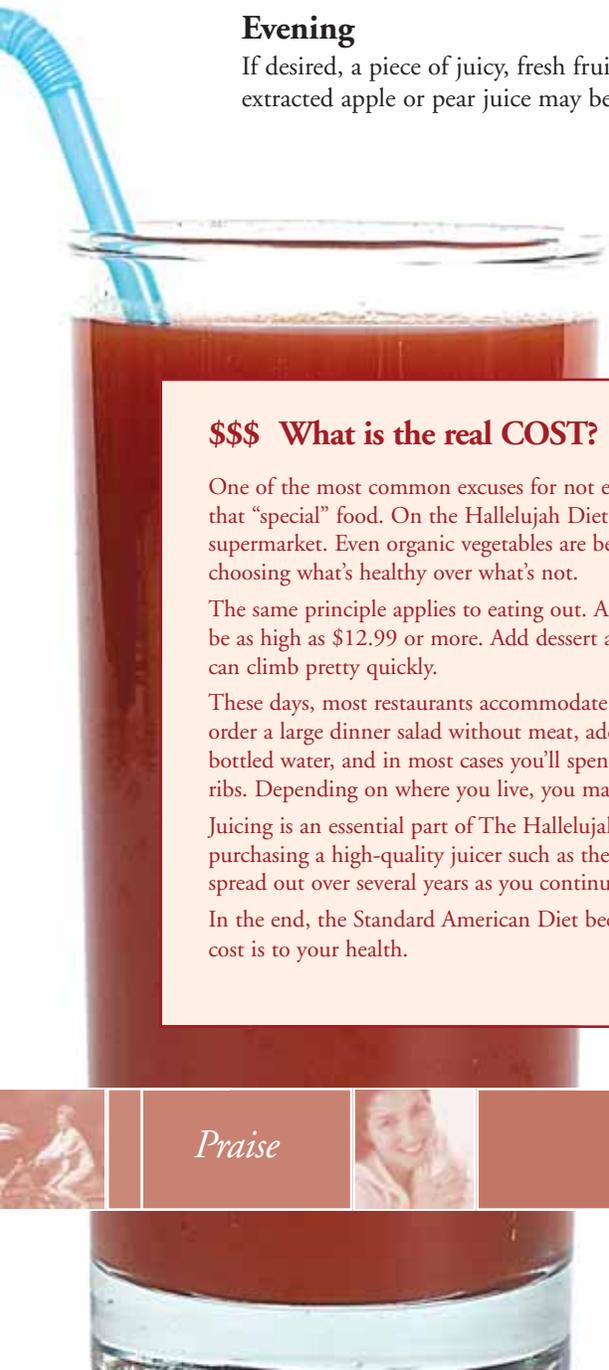
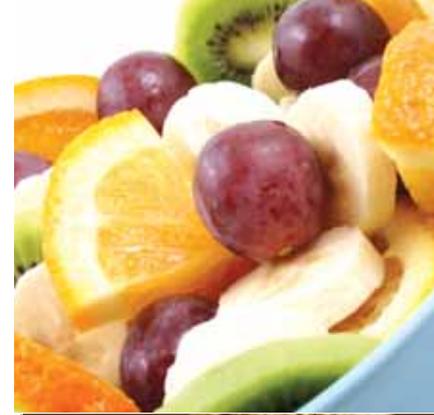
One of the most common excuses for not eating healthy is it costs too much to buy all that “special” food. On the Hallelujah Diet, the food is the same as you buy in any supermarket. Even organic vegetables are becoming mainstream. It’s simply a matter of choosing what’s healthy over what’s not.

The same principle applies to eating out. A steak entrée at a popular chain restaurant can be as high as \$12.99 or more. Add dessert and beverages, plus tax and tip, and your bill can climb pretty quickly.

These days, most restaurants accommodate customers on a vegetarian lifestyle. You can order a large dinner salad without meat, add a plain baked potato, a side vegetable and bottled water, and in most cases you’ll spend less than if you’d ordered that full rack of ribs. Depending on where you live, you may even find a vegetarian or vegan restaurant.

Juicing is an essential part of The Hallelujah Diet, and, while we do recommend purchasing a high-quality juicer such as the Green Star Juicer, this is an initial investment spread out over several years as you continue your healthy lifestyle.

In the end, the Standard American Diet becomes the costlier lifestyle because the real cost is to your health.



# The Hallelujah Diet

## 85% Raw Food 15% Cooked Food

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 remineralized 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, 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 (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

*You are on the Path. Welcome Back to the Garden.*

Walk

Share

## 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 and rice milk (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.

*For additional ideas see our selection of recipe books on page 37.*



## 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 and partially hydrogenated oils

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

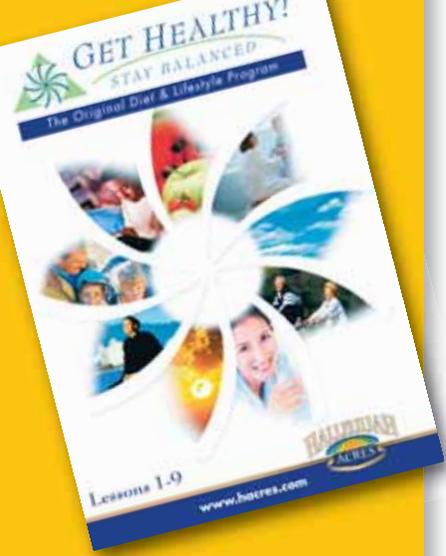
**Soups:** All canned, packaged, or creamed soups containing dairy products

**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

*Live*

*Give Thanks*



Get Started on  
The **Hallelujah**  
Diet  
& Lifestyle

**NEW!**  
Starter Kits

**FREE**  
*Get Healthy! Stay Balanced*  
Overview DVD  
with purchase of \$100  
or more.  
**A \$29.95 Value!**

The *Get Healthy! Stay Balanced* Course has helped people all over the world get on the right path to healthy living. In this DVD, you will get an overview of the program. Inspiring, motivational and informative, you'll learn how this powerful course can change the course of your life.

\*Offer good from July 1, 2007 through Aug. 31, 2007



**\*Attention Retail Customers\***  
**FREE GROUND SHIPPING**  
On all 'Auto-Ship' orders over \$100.00.  
Please call Customer Service,  
1(800) 915.9355, for details.  
US-48 States Only



**SILVER**



**GOLD**



**PLATINUM**

**Silver Starter Kit**  
The Silver Starter Kit has the basic components for you to get started on The Hallelujah Diet: BarleyMax (optional capsules or alfalfa free), Fiber Cleanse (optional capsules), Flora Flax Oil, Hallelujah Acres B12-B6-Folic Acid, Digestive Enzymes, Professional Strength Probiotics *The Miraculous Self Healing Body* DVD, and *The Hallelujah Diet* book by Rev. George Malkmus. **You save \$38.65 off the regular retail price with this kit.**  
*No substitutions, please.*  
#KITSILVER  
**Silver Starter Kit \$149.95**

**Gold Starter Kit**  
The Gold Starter Kit includes everything in the Silver Starter Kit with options available for BarleyMax products (capsules or alfalfa free), plus a Champion juicer and the *Recipes for Life...From God's Garden* recipe book by Rhonda Malkmus. **Save \$69.55 compared to buying each item separately at the regular retail price.** Save money and get Gold! *No substitutions, please.*  
#KITGOLD  
**Gold Starter Kit \$393.95**  
*Juicer available in White, Almond, or Black*

**Platinum Starter Kit**  
Our Platinum Starter Kit is the most extensive starter kit and provides the most value for the money—**Save \$108.50 versus buying this kit's items individually.** It has all the components of the Silver Starter Kit with options available for BarleyMax products (capsules or alfalfa free), plus the Greenstar Juicer, a *Juicing with Rev. Malkmus* video and the *Recipes for Life...from God's Garden* recipe book by Rhonda Malkmus. Upgrade to Platinum today!  
*No substitutions, please.*  
#KITPLATIN  
**Platinum Starter Kit \$584.95**

*If ordering by mail, please contact customer service for item number.*

To order, call toll free **1.800.915.9355**, or order on-line at **www.hacres.com**.  
Customer Service Hours: Mon. - Fri. 8:30 am to 8 pm, Sat. 8:30 am to 5 pm EDT.

# The Hallelujah Diet Basics



## 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! Available in powder, vegetarian capsules, and an alfalfa-free powder.

- #441 8.5-oz powder (two-month supply at 2 servings a day) \$37.95
- #440 4.2-oz powder \$23.95
- #442 240-ct vegetarian capsules \$32.95
- #453 AF (Alfalfa Free) 8.5 oz powder \$37.95

## 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 when juicing is not an option.

- #452 16-oz powder \$39.95

## BeetMax

Another great fresh vegetable juice substitute you can use is BeetMax, a juice powder made from organic beets. Betanin, the unique antioxidant pigment in beets, protects the body from free radical damage. BeetMax contains no artificial ingredients and gives you the best of this fresh organic juice in a convenient powder form.

- #451 8.8-oz powder \$32.95

## WaterMax

Here's how you can power up your water! After extensive research and testing, The Hallelujah Acres Foundation has developed WaterMax, a new more effective water additive. WaterMax alkalizes the water, provides minerals in amounts and forms that benefit the body, and improves the hydrating ability of your water. So drink up!

- #332 16-oz bottle \$29.95

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



## Flora Flax Oil



Omega-3 and Omega-6 essential fatty acids (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 EFAs. 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. (Please note: we are unable to ship these glass bottles outside the 48 contiguous United States.)

- #436 17-oz bottle \$17.95

## 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

**NEW!**

## Udo's Choice DHA Oil Blend

*All the omega-3 essential fatty acids you need—in one oil!* Nothing fishy about this oil! Udo's Choice DHA Oil Blend is the first unrefined vegetarian source of EPA (eicosapentaenoic acid), ALA (alpha-linolenic acid) and now DHA (docosahexaenoic acid), a major structural fat in the brain and eyes and a key component of the heart. So get the benefits of DHA from algae (the place



the fish get it), and avoid the fishy taste and smell. This DHA formula provides 100 mg DHA, 40 mg ALA, and 3 mg of EPA per 1 tsp serving. All vegetarian and organic; contains no methyl mercury, PCBs or dioxin and is not processed under high temperatures. (Please note: we are unable to ship these glass bottles outside the 48 contiguous United States.)

- #482 17-oz bottle \$23.95

## 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. (Please note: we are unable to ship these glass bottles outside the 48 contiguous United States.)



- #427 17-oz bottle \$23.95

To order, call toll free **1.800.915.9355**, or order on-line at **www.hacres.com**.

Customer Service Hours: Mon. - Fri. 8:30 am to 8 pm, Sat. 8:30 am to 5 pm EDT.

# The Hallelujah Diet Basics Continued



## Vitamin B12, B6 & 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



## 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



## NEW! Professional Strength Probiotics!

We all know the immune support and digestive benefits of probiotics. Now, Hallelujah Acres offers a power-packed formula (24 billion CFUs) in one capsule. So, depending on your needs, you may be able to reduce your serving size. Many people have very low amounts of beneficial bacteria in their intestinal tracts due to poor eating habits. Research shows that

aggressive supplementation may be able to turn this around. Strains used in our product are specially selected to be acid-resistant, bile salt resistant, and are able to colonize the human intestinal tract. So help boost your beneficial bacteria. Try our new Professional Strength Probiotics.

#458 60 vegetarian capsules

\$29.95



## DHA Support BRAIN Power!

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 vegetarian capsules 100 mg. each

\$23.95

# Living Food on the GO!

## NEW! The Hallelujah Acres Snack Sampler Pack

Now you can try each of our snack treats with our sampler pack! Sampler includes Living Food Survival Bar, Maple Nut Royale Bar, Vanilla Nut Goodee Bar, and 1.5 oz. Survival Mix. #KIT993 HA Snack Sampler Pack \$9.69

## 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, and quinoa sprout powders; sesame seeds; and BarleyMax, CarrotJuiceMax, and BeetMax. 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). At 300 calories, it can be used in place of a meal. *Please specify quantity when ordering.*

#444-L 1 Bar \$2.95 3-Bar Pack \$8.65  
12-Bar Box \$33.95 72-Bar Case \$144.00

## Maple Nut Royale Bar

Made with 100% pure maple syrup; raw almonds, walnuts, pecans, and macadamia nuts. Certified vegan, gluten-free, with NO trans-fats, added fillers, salt, sugar, chemicals, preservatives, artificial flavorings, or color. *Please specify quantity when ordering.*

#444 1 Bar \$1.65 5-Bar Pack \$7.95  
20-Bar Box \$27.95 80-Bar Case \$92.00

## Vanilla Nut Goodee Bar

Contains 100% pure kosher maple syrup; raw almonds, pecans, and macadamia nuts; organic pure vanilla, agave nectar, cinnamon, and nutmeg. Yummy. *Please specify quantity when ordering.*

#444-V 1 Bar \$1.65 5-Bar Pack \$7.95  
20-Bar Box \$27.95 80-Bar Case \$92.00

## Survival Mix

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

#439 5 oz. bag \$5.95  
#439 6-Bag box (5 oz. each) \$34.95  
#438 1.5 oz. bag \$3.50  
#438 6-Bag box (1.5 oz. each) \$19.95



# Going Beyond the Basics...



## Hallelujah Acres Antioxidant

This broad-spectrum antioxidant formula protects you from many 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 GliSODin, 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 designed to 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 Serrapeptase

Serrapeptase is a powerful proteolytic enzyme. Proteolytic enzymes used systemically help reduce inflammation and symptoms that often accompany inflammation.

#454 60 vegetarian capsules \$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 may be used to support the immune system.

#457 180 vegetarian capsules \$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 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



## Light Grey Celtic Sea Salt

Celtic sea salt is free of any processing, dried only by the hot summer sun and wind, and harvested by salt farmers who gather it from the marshes in France. 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 Coarse \$6.95

#430 1-lb bag Fine Ground for Salt Shakers \$12.95



## Eden Sea Salt

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 \$4.95

## 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



## 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

**\*Attention Retail Customers\***  
**FREE GROUND SHIPPING**  
 On all 'Auto-Ship' orders over \$100.00  
 Please call Customer Service,  
 1(800) 915.9355, for details.  
 US-48 States Only

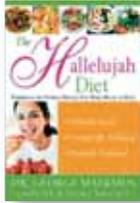
To order, call toll free **1.800.915.9355**, or order on-line at **www.hacres.com**.

Customer Service Hours: Mon. - Fri. 8:30 am to 8 pm, Sat. 8:30 am to 5 pm EDT.



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

Founder of Hallelujah Acres



## The Hallelujah Diet

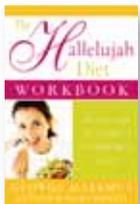
by Rev. George Malkmus with Peter & Stowe Shockey

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

by Rev. George Malkmus with Peter & Stowe Shockey

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, 203 pages

\$8.95



## 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.

#201R Paperback, 159 pages

\$13.95

01S Spanish version

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#201K Korean version

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## 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

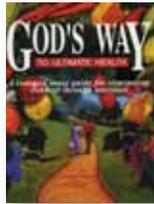
clean a twin gear juicing machine, as well as how to properly clean your veggies, and gives many helpful hints on the process of juicing. He also shows you how to make a delicious frozen treat that everyone will enjoy.

#269DVD DVD - 75 minutes

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#269VHS Video - 75 minutes

\$12.95



## God's Way to Ultimate Health

by Rev. George Malkmus with Michael Dye

This 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



## God's Way to Ultimate Health 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 *God's Way to Ultimate Health* 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)

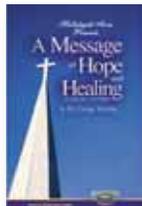
\$12.95

#266DVD DVD Video (1) 2 hrs. 20 min.

\$24.95

#266VHS Video (1) 2 hrs. 20 min.

\$24.95



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

by Rev. George Malkmus

(Formerly *You 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.

#381 Paperback, 49 pages

\$3.95



## A Response to The Maker's Diet

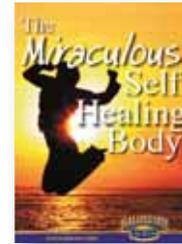
by Rev. George Malkmus

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

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## The Miraculous Self-Healing Body

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

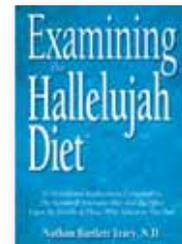
improper diet is the leading cause of almost every physical ailment. Five leading health experts, including Dr. Neal Barnard, Dr. Joel Fuhrman, Dr. John McDougall, Dr. Russell Blaylock, and Rev. George Malkmus discuss all this and reveal the secrets to a healthy, vital, disease-free body. A very powerful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

#219DVD DVD 34 min.

\$17.95

#219VHS Video 34 min.

\$17.95



## Examining The Hallelujah Diet

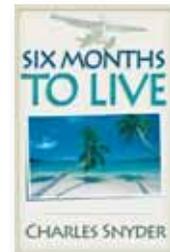
by Nathan Tracy, ND

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.

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Recipe Books by

# RHONDA MALKMUS

Co-founder of Hallelujah Acres



## 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



## Hallelujah Holiday Recipes

Holiday 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

# 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., this book is colorfully illustrated by Elizabeth Huffmaster.

#379 Hardcover, 44 pages \$14.95



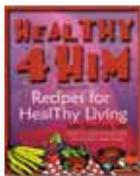
## The Fruit Bowl and Vegetable Soup

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, 62 pages \$14.95

# 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



## 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, tasty 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



## 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



## 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



## 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 and reduce inflammation
- Bring more joy into your life

Includes easy-to-prepare recipes  
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## 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 \$19.95

To order, call toll free **1.800.915.9355**, or order on-line at **www.hacres.com**.

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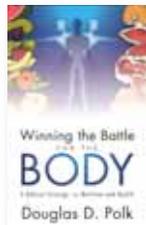
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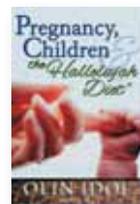
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### Pregnancy, Children, & The Hallelujah Diet by Olin Idol, ND, C.N.C.

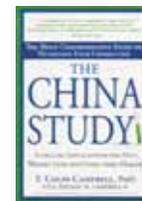
Infants and young children have special dietary needs that require special considerations. In *Pregnancy, Children, and The Hallelujah Diet*, Olin Idol, N.D., C.N.C., discusses these unique needs and provides practical advice to ensure their nutritional requirements are met. This book is a must read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

by T. Colin Campbell, PhD  
This is the most comprehensive study ever done on the relationship between diet and disease. It contains ground-breaking scientific information that can directly impact your health.

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### The China Study

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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.

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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*

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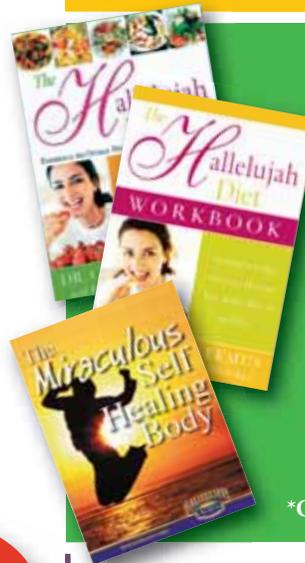
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Prepare these delicious meals for your special "audience" and you'll be the star of your Hallelujah kitchen! This terrific recipe book features some of the most savory dishes featured on The Hallelujah Food Show videos. Includes favorites from these select shows: *Let's Get Started*; *Feeding Our Children*; *Choices, Variety, and Convenience*; *Basics for Great Recipes*; *The Hallelujah Diet at Work and on the Road*; *A Day on The Hallelujah Diet*;

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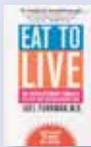
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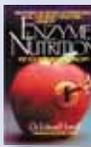
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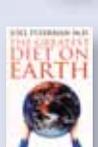
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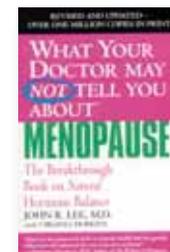
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## Natural Progesterone

Presentation by Dr. John R. Lee

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# 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 video

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## Make Me Ready Stretch & Selah DVD

This second and newest release in the Make Me Ready series will lead you through a comprehensive stretching routine suitable for all fitness levels. Health Minister Laura Lee Ryan, a certified AFAA instructor, will lead you through a 60 minute program designed to increase muscle length while encouraging joint flexibility and range of motion. Opportunity is given for 'selah' or rest in the presence of the Lord to enjoy a unique ministry as the Holy Spirit leads worship and intercession from Psalm 139:13-14. A stretch band is included for optional resistance training.

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## Rebounding: Olympic Trainer

by Harry and Sarah Snieder

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## Needak Rebounder

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#601HA Rebounder (recommended for people less than 300 lbs.) \$199.95

#604 Stabilizing Bar

\$59.95

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*This package contains the Rebounding: Olympic Training book, Sneider's Perfect 20 Minute Workout 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.*

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# Juicing

**\*Attention Retail Customers\***  
**FREE GROUND SHIPPING**  
 On all 'Auto-Ship' orders over \$100.00  
 Please call Customer Service,  
 1(800) 915.9355, for details.  
 US-48 States Only

## 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

\$495.95



## 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)

\$249.95

#511HA Commercial Model (White Only)

\$289.95



## The \*CitriStar™ Citrus Pro Juicer

Enjoy a tall glass of refreshing orange juice or a tumbler of tangy grapefruit juice. 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

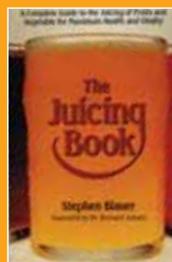
\* CitriStar™ is a trademark of Tribest.

## New!

## Upright Carrot Peeler Only \$99.95!

Peel carrots like a pro! This new kitchen convenience is perfect for anyone on The Hallelujah Diet. It comes with a counter stand and a wall-mount unit.

#614 Upright Carrot Peeler \$99.95

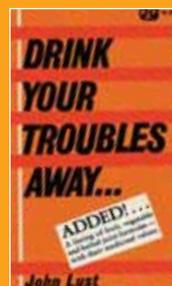


## Learn More About Juice Combinations

### 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**

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.

- #5900HA White \$399.00
- #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 \$369.00
- #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 \$13.95



## **WaterMax Super Charge Your Water**

Here's how you can power up your water! After extensive research and testing, The Hallelujah Acres Foundation has developed WaterMax, a new more effective water additive. WaterMax alkalizes the water, provides minerals in amounts and forms that benefit the body, and it improves the hydrating

ability of your water. So drink up!

- #332 16 oz. \$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



## **WATERWISE 4000 Distiller**

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

- #5400HA White \$269.00
- #5401 Carbon Filter \$5.95
- #5401 Box of 6 Filters \$29.95

To order, call toll free **1.800.915.9355**, or order on-line at **www.hacres.com**.

Customer Service Hours: Mon. - Fri. 8:30 am to 8 pm, Sat. 8:30 am to 5 pm EDT.

# Hallelujah Acres recommends Food Preparation Essentials



## 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. 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

\$179.95

\*Attention Retail Customers\*

**FREE**

**GROUND SHIPPING**

On all 'Auto-Ship' orders over \$100.00. Please call Customer Service, 1(800) 915.9355, for details. US-48 States Only

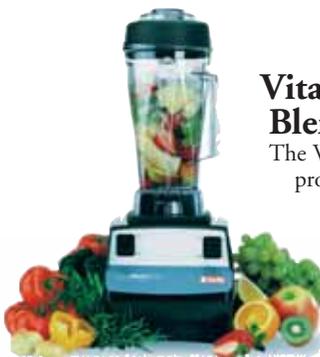


## Tribest Personal Blender

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

\$79.95



## 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.

#4500HA Vita-Mix Turbo Blend \$369.95

## Food Dehydration



### Excalibur® 2900 Food Dehydrator

Dehydration is the most nutritious way of preserving food.

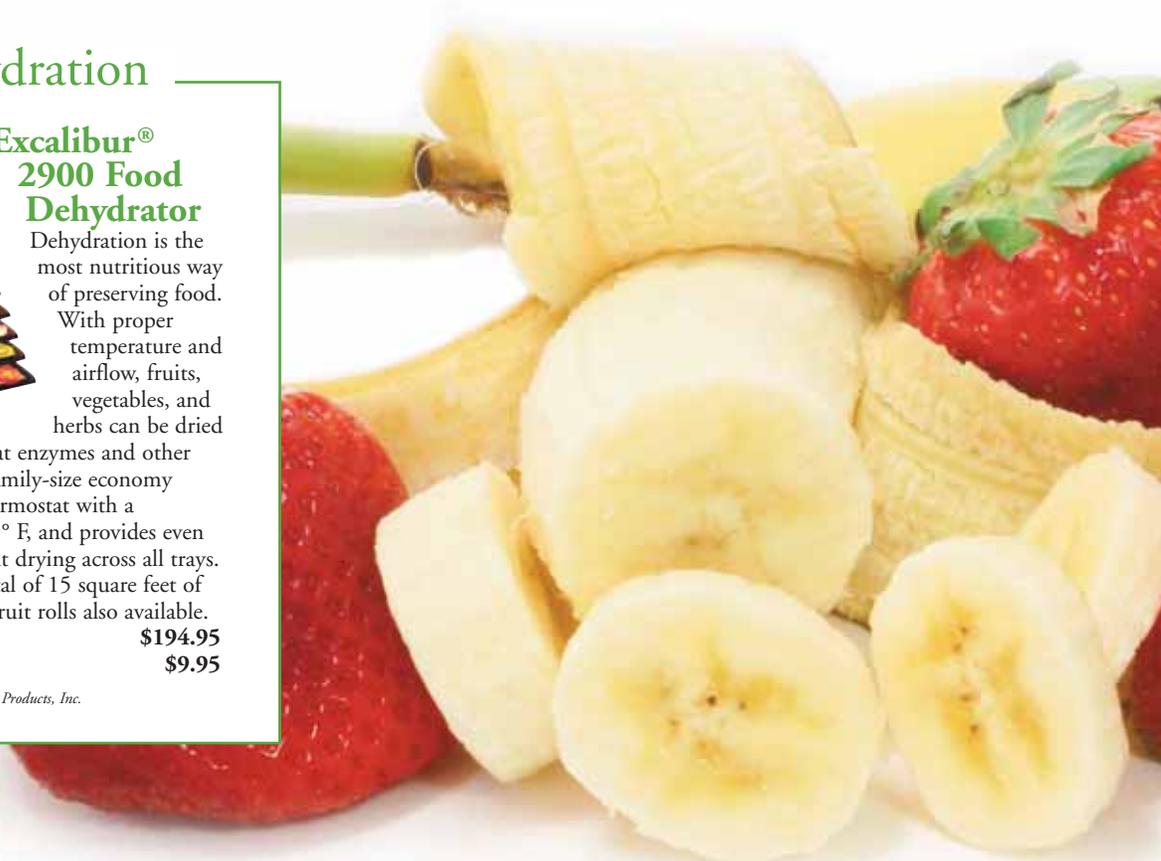
With proper temperature and airflow, fruits, vegetables, and herbs can be dried

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.

#580HA Excalibur 2900 \$194.95

#589 Fruit Roll (1-sheet) \$9.95

\*Excalibur® is a registered trademark of Excalibur Products, Inc.



## 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

\*Evert-Fresh® is a registered trademark of Evert-Fresh Corporation.



## 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 \$18.95



## Fresh Sprouter

You can grow your own sprouts, small seeds, and grains 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 \$89.95



## 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

\*Chop & Chop® is a registered trademark of CCI Industries, Inc.



## 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

# FREE *Get Healthy!* Stay Balanced Overview DVD

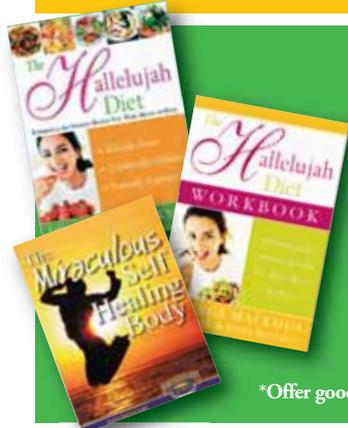
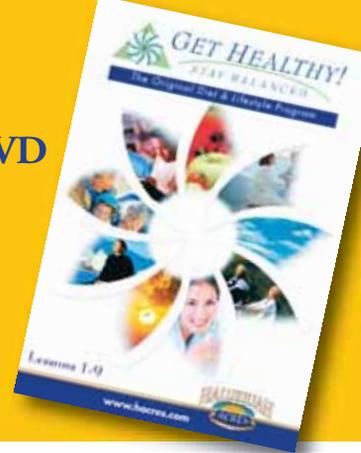
with purchase of \$100 or more

**A \$29.95 Value!**

Inspiring, motivational and informative, learn how this powerful course can change the course of your life.

\*Offer good from July 1, 2007 through August 31, 2007

Limit one FREE DVD per order #GHVIDVD-1



## Special Offer!

**Just \$34.95 for these Best Sellers**

Package includes:

- *The Hallelujah Diet*
- *The Hallelujah Diet Workbook*
- *The Miraculous Self-Healing Body DVD*

#KIT940

\*Offer good from July 1, 2007 through August 31, 2007

## SPECIAL OFFER!

Just pay \$3.95 shipping

# Healing for Life

## Diabetes Testimonies DVD

See and hear inspiring testimonies from everyday people who've found renewed health and hope following The Hallelujah Diet & Lifestyle!

\*Offer good from July 1, 2007 through August 31, 2007



**NEW! PRODUCTS**

## Is Technology Making You Sick?



### BIOPRO Cell Chip™ for Mobile Phone, Bluetooth, and PDA

Electromagnetic radiation (EMR) emitted by cell phones, PDAs, bluetooth headsets, etc. has been linked to various stress-induced health issues. The technologies offer a ground breaking and effective way to deal with the cumulative stress associated with living in today's electronic environment.

#851 BIOPRO Cell Chip

\$34.95



### BIOPRO Universal Chip™

This 2 chip package is an economical way to safely harmonize and negate the harmful effects of EMFs and electromagnetic radiation (EMRs). It can be used on several of your appliances and tech devices such as, computers, cordless phones, TVs, hairdryers, etc.

#851A BIOPRO UNIVERSAL 2 Chip pack

\$83.00

To order, call toll free **1.800.915.9355**, or order on-line at **www.hacres.com**.

Customer Service Hours: Mon. - Fri. 8:30 am to 8 pm, Sat. 8:30 am to 5 pm EDT.



# Hallelujah Acres Cleaning Products

## Conversion Pack

Includes all seven Hallelujah Acres Cleaning Products (small size only for Laundry Solution & Fabric Softener 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 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

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 Please call Customer Service,  
 1(800) 915.9355, for details.  
 US-48 States Only

# Hallelujah Acres Personal Care Products



## Hallelujah Acres Soaps and Body Bars –

#714-I Invigorating Sample Pack  
(Sweet Orange, Carolina Pine, & Coal Tar) \$9.95

#714-R Refreshing Sample Pack \$9.95

#714-S Soothing Sample Pack \$9.95

## Body Oils

#709 4-oz bottle Orange Oil \$8.95

#710 4-oz bottle Lavender Oil \$8.95

## Bug-Me-Not Herbal Repellent

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

## Jewelweed Topical Ointment

#716 4-oz bottle Jewelweed Ointment \$6.95

## Lavender Garden Mist

#717 4-oz Lavender Garden Mist \$5.95

## Hallelujah Acres also Recommends...



## 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

## 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

**NEW!  
PRODUCTS**



## Jason Sea Fresh Mouthwash

#758 16-oz \$7.99

## Jason Natural Sea Kelp Shampoo

#759 16-oz \$7.59

## Jason Natural Sea Kelp Conditioner

#780 16-oz \$7.50

## Jason Powersmile Whitening Toothpaste

#757 6-oz \$5.95

## Desert Essence Facial Scrub

#756 4-oz \$6.29

## Desert Essence Facial Moisturizer

#755 4-oz \$6.29

To order, call toll free **1.800.915.9355**, or order on-line at **www.hacres.com**.

Customer Service Hours: Mon. - Fri. 8:30 am to 8 pm, Sat. 8:30 am to 5 pm EDT.





**HALLELUJAH ACRES**  
 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!"



*You are on the Path. Welcome Back to the Garden.*

# *Restoring God's Temple*

*One Step at a Time*

*Women's Retreat 2007*

*Gain powerful insight, be moved,  
and restore God's Temple!*

**Thursday through Saturday, October 25-27, 2007**

*Registration Begins: Thursday at 4 p.m.*

*You are invited to retreat with us for three relaxing days of rest, motivational speakers, fun, music, delicious food, and much more. You will be blessed by our speakers; your heart will soar with our special music; and your spirit will be renewed. Make new friends or re-unite with old friends.*

*Come join us for an unforgettable time of fellowship!*

**Thursday Meeting: 5:30 - 8:30 p.m.**  
**Friday Meeting: 8 a.m. - 8 p.m.**  
**Saturday Meeting: 8 a.m. - 1:30 p.m.**

**Register Early and SAVE \$50!**  
**Registration Fee before Sept. 30: \$99.00**  
**Registration Fee after Sept. 30: \$149.00**

## *We will focus on...*

God's Way to Ultimate Health

Nutrition: The Premiere Medical Science of the Future

Building Godly Confidence and Self Esteem

Children and The Hallelujah Diet

Having Peak Energy

Discovering the Woman God Designed You To Be

Women's Health Issues

Hallelujah Food Preparation

Emotional Restoration

Natural Bio-identical Hormones in Women and Men for Anti-Aging

Questions & Answers from Panel Discussion

For more information and to register, please call 800.915.9355

Location: Hallelujah Acres International Headquarters in Shelby NC

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