

Hallelujah Acres

Diet & Lifestyle

MAGAZINE

May/June 2008 Issue #50 \$4.95 www.hacres.com

Experience Healthy Living from a Biblical Perspective

Biblical Foundation & Emotions



Biblical Foundation of the Hallelujah Acres Diet & Lifestyle

Healthy Food: Biblically Sound Choices for Healthy Living • Building a Biblical Marriage

Book Review: *Food & Behavior* • Staying Balanced in a Woman's Daily Routine

“Beloved, I wish above all things that thou mayest prosper and be in health,
even as thy soul prospereth.” ³ John 2

Contents

May/June 2008

8



Featured Testimony - Judith Livingstone Multiple Sclerosis Gone After 17 Years of Suffering

by Judith Livingstone

Despite adversity and debilitating pain, Judith reclaimed her health using the knowledge she gained from the Hallelujah Acres Diet & Lifestyle. This is an amazing story of courage and determination!

12



Biblical Foundation of the Hallelujah Acres Diet & Lifestyle

Rev. George Malkmus, Lit. D.

Rev. Malkmus takes us to deeper levels of understanding concerning the spiritual and physical foundations of our lives.

14

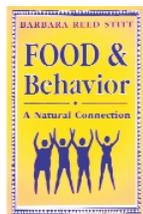


Silent Attack: Depression, the Other Type of "SAD"

by Chris Padgett, PhD

A very informative article on depression drawing from his own experience and the wisdom of Dr. Neil Nedley, Chris gives us hope by helping us understand that depression is definitely reversible.

22



Book Review -

Food & Behavior A Natural Connection

by Barbara Reed Stitt

A book review by Olin Idol, N.D., C.N.C.

A remarkable link is discovered between criminal behavior and diet. Olin's book review gives us insight into this eye-opening fact.

HallelujahAcres Living Woman

- 17 Building a Biblical Marriage
- 18 Staying Balanced in a Woman's Daily Routine
- 19 Getting a Grip . . . on Our Emotions
- 20 The Promise, The Package
- 21 The Benefits of Natural Progesterone



also in this issue...

- 3 / Letter from the Board of Directors • 4-7 / The Villages of Hallelujah Acres
- 8-9 / Hallelujah Acres Success Stories • 24 / Events & Training Section
- 32-35 / Hallelujah Acres Diet Explained • 36 / Resource Catalog

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The Journey to Discover

Foundational Truths and Emotional Stability

Summer is fast approaching, and we are ready to enjoy the warmer weather and abundant sunshine. Many exciting things have taken place so far this year at Hallelujah Acres, and many more are scheduled to come.

Every issue of Hallelujah Acres Diet & Lifestyle magazine brings you helpful health related articles and this issue is no exception. The May/June issue of Hallelujah Acres Diet & Lifestyle magazine focuses on Emotions and Biblical Foundation. Your investment of time will be returned to you in the form of newfound wisdom and understanding. You won't want to miss reading about Chris Padgett's personal experience with depression and how he was able to recover from its grip. Olin Idol's review of the book *Food and Behavior* will enlighten parents, grandparents, teachers, and others who are responsible for the care and nurture of people.

Our *Living Woman* section features heartfelt and interesting articles and testimonies from women whose stories will inspire you. Melody Hord's research for her article "Building a Biblical Marriage" brings us to a higher level of understanding of what God expects concerning marriage. Mother and daughter Kim and Erica Nemunaitis bless us with their unique and sincere dialogue on how Kim's health issues brought their relationship to a more intimate place of trusting God for healing. Please take special note of our featured article written by Rev. George Malkmus. You'll better understand how both our spiritual and physical foundations thrive on a sound and secure anchor.

The Hallelujah Diet was recently the most searched diet on the internet. This has increased activity on our website, www.hacres.com, including two days of record hits - one day with 20,000 visits in a single day only to break that record the following week with 33,000! (Average daily visits range from 2,000 - 3,000!) Some of the increased web activity can be attributed to ABC Nightline's interview and yahoo.com's feature on The Hallelujah Diet. In addition, Olin Idol, Julie Wandling, and Jerrod Sessler were interviewed on the FOX Good Morning Show with Mike & Juliette. If you missed the ABC Nightline interview or any other recent features on Hallelujah Acres and The Hallelujah Diet, you can find those on our website at www.hacres.com/news/news.asp. We also have a rapidly-growing online community, the Hallelujah Acres Community Forums. This is a place where people support each other, as well as ask questions and share recipes, testimonies, and more. If you are interested in the forums, visit www.hacresreg.com/forums. We would love to have you there!

Our featured testimony is from Judith Livingstone who suffered with Multiple Sclerosis for 17 years before she learned the truth from Health Minister Bill Irwin about what her diet was doing to her. Imagine how she felt when her health returned after being sick for so many years! Her story is newspaper headline and primetime TV news material. Hallelujah Acres is honored and blessed to be able to share Judith's great news with you.

As always we are dedicated to supporting and informing you with the truth of how the body optimally works in tandem with God's perfect plan for mankind.

God bless you and be healthy!

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

Trusting God for
Healing & Healthy Living



Introducing...

The Villages of **Hallelujah Acres** A Community for Healthy Living

*The Nation's First and Only Master-Planned
Healthy Lifestyle Community*



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A Healthier Lifestyle will be the theme of the community, with an emphasis on physical and spiritual health. The Villages of Hallelujah Acres is designed to exemplify and encourage a commitment to optimum health through the programs and resources of Hallelujah Acres.



Maintaining a healthy lifestyle is very difficult. Living in a community that surrounds you with all of the elements of healthy living makes it easy! The Villages of Hallelujah Acres is a community founded on the principles of health and wellness.

The Villages is an integral part of the Hallelujah Acres International Headquarters Facility located in Shelby, North Carolina. The beauty and temperate climate of the foothills region of the Blue Ridge Mountains only enhance the appeal of this unique lifestyle community.

The Villages of Hallelujah Acres is being developed in partnership with Cleveland Development and Caromark Building Group. Phase I & II plans include development of our healthy living residential community that offers 22 Estate lots (averaging ½ to ¾ acres), 50 Garden Home lots (¼ acre), and 24 Condominiums - encompassing 42 acres of land area around the lake region.



Paul, Rhonda and Rev. George Malkmus.

It was a beautiful day for a Ground Breaking.
February 29, 2008



Ground Breaking Ceremony at The Villages of Hallelujah Acres celebration.



Site plan displays were available for guests to view.

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The "Abbott"

© Donald A. Gardner, Inc.



The "Atwood"

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The "Arcadia", one of several model homes from which to choose from in the new Hallelujah Acres residential community.

Hallelujah Acres International Headquarters Facility and The Villages of Hallelujah Acres will include:

- Conference Center
- 22 Single Family Estate Homes
- 50 Single Family Patio Homes
- 24 Condominiums (Phase I & II)
- 72 Room Hotel with Room for Future Expansion
- Administration Offices
- Media Center
- Restaurant
- 6,000 Square Foot Store/Gift Shop
- Common GreenSpace/Lakes/Walking Trails
- Organic Community Gardens
- 1,000 Seat Amphitheater
- Neighborhood Retail

Proposed Feature Amenities include:

- Clubhouse & Fitness Center
- Olympic Swimming Pool • 2 Tennis Courts
- Half Basketball Court • Sand Volleyball

Why this Location?

Shelby/Cleveland County is part of the Charlotte Metropolitan area, which provides an ideal setting for the community. The vicinity is located within one of the nation's largest metropolitan regions and the largest city in North Carolina. Charlotte is a major national banking and financial center, and distribution hub. The area is central in terms of travel and proximity to preferred travel destinations such as beaches and mountains.

The Villages of Hallelujah Acres is surrounded by 'healthy lifestyle' venues. Within a quick 45 minute drive, you'll discover five beautiful state parks, two national parks, and the largest wildlife reserve in the Southeast. There's no excuse not to explore!

The Villages of
Hallelujah Acres
A Community for Healthy Living

Hallelujah Acres Success Stories



MEDICATION FREE FOR 10 YEARS

“We are now into our 10th year on the Hallelujah Acres Diet & Lifestyle and have never been in better health, even when we were in our teens. I will have my 67th birthday tomorrow and now only have to see my physician every 3 years for a routine physical examination. I have been medication free for the entire 10 years I have been on the Hallelujah Acres Diet & Lifestyle. Before adopting The Hallelujah Acres Diet, I was taking 3200 mgs of ibuprofen daily, and I knew all that poison was going to cause liver problems if I didn’t stop its use. Then I heard your tape and made the choice to go cold turkey on The Hallelujah Acres Diet on May 15, 1997. I had my tri-annual physical in January of this year, and my physician told me that she tried very hard to find something wrong but couldn’t, and that she would see me in a few years and would expect the same results as she found this time. Again, I thank you for having the courage to stand up against the World System and take a very unpopular stand on one of the most important issues we as Americans face today, our declining health as a nation. Now we have a chance to go out and tell everyone we meet how they can be as healthy as you and I are. They can look at us and watch how much we are able to do things and know that there is a huge payoff to our chosen lifestyle. We are not victims of the system, but victors in Jesus Christ, through His Holy Spirit, who lives in each of us who know Him, and wants us to become and remain optimally well. Keep up the great work!”

*Health Minister Bill Irwin,
Sebec, Maine*

DOING GREAT ON THE HALLELUJAH DIET & LIFESTYLE

“Hello! I was diagnosed with Multiple Sclerosis in November 2005. In December 2005, I went on The Hallelujah Diet after going to the Hallelujah Acres Lifestyle Center in Lake Lure, North Carolina. Before adopting The Hallelujah Diet, the doctors told me I must use interferon, but I decided to go God’s way instead. Since adopting The Hallelujah Diet, I have been doing great! I walk every morning for one hour and drink vegetable juices and BarleyMax, while eating lots of raw veggies and fruits. I only have thankful thoughts about the diet and wish that everybody could do this wonderful God’s Way Diet and Lifestyle. Sorry for my English, I forgot to tell you I am a 44-year old Peruvian woman. Thanks for everything, and keep helping everybody.”

*Rocio,
Oakton, Virginia*

ASKING FOR PRAYERS

“Hi George & Rhonda, I have known about The Hallelujah Acres Diet since 2001, when my husband and I both went on the diet. We both had GREAT results! I didn’t stay on the diet, but my husband remains on it till this day. You see, he had been diagnosed with a malignant melanoma and non-Hodgkin’s disease. He had surgery to remove the melanoma, but no other treatments, and then we found The Hallelujah Acres Diet and went on it immediately. My husband sees his oncologist every 6 months, and the doctor believes The Hallelujah Acres Diet not only

saved his life, but could also save a lot of his patient’s lives. He just doesn’t feel it is his job to tell others about the diet. So, praise God for my husband’s healing! And thank you for continuing to do such a wonderful job of teaching the world the truth about nutrition and health. It is obviously the job that God wanted you to do and he gave you such a fabulous partner, Rhonda! Yes, I met her at the seminar you did in Boynton Beach and she is very special! I got back on The Hallelujah Diet again when I started the 21-day Daniel Challenge on Aug 6th, and so far, I have lost 7 pounds and feel so much better. I am 60 lbs. overweight and feel awful about myself. But I am now back on The Hallelujah Diet, walking 4 miles and exercising on the rebounder each day. God has been asking me to take care of my body every day in prayer for a long time and I have finally been listening and have asked Him to grant me His grace to discipline myself to stay on The Hallelujah Diet this time. I’m asking for your prayers too.”

*Judy,
Jupiter, Florida*

THE DIET IS WONDERFUL

“Dear Rev. Malkmus, I started your diet a year ago, and it is wonderful! My life has improved so much, and I recommend The Hallelujah Acres Diet to everyone I talk to. I think you and Rhonda and your program are wonderful! We stopped at your store and had lunch at your Hallelujah Acres Café on our trip north a few months ago and loved it!”

AW

GOD HAS BEEN SO GOOD TO ME

“I had to go for a full physical yesterday for my part-time job. I am coaching girls tennis at my son’s high school. It is a blast! Anyway, I wanted to report that my blood pressure is 98/58. Remember in my books and on my video I told the world that my blood pressure had been 199/100 before I went on the Hallelujah Acres Diet and that I had had a ‘heart episode’ that I thought was a mild heart attack? I can tell you I now feel great! I run circles around the high school girls even in this 100-degree heat! I have had several opportunities to share The Hallelujah Diet with the girls. Because these girls are eating the wrong foods, it is causing them to get nauseous, dizzy, and lightheaded – while I go on for 2-3 hours longer than they are able to go. I have sold 5 books to their parents in just the past 2 weeks who cannot believe that I can go out there and whoop their daughters in this heat, and then go for my own lessons after that. God has been so good to me!”

*Health Minister Julie Wandling,
Akron, Ohio*

HEALTHY RAW FOOD

“Our son Stephen is serving a tour of duty in Iraq. He is a Blackhawk helicopter pilot. We sent him some Hallelujah Acres Survival Bars and he loves them. He said that they are the perfect snack while flying those unfriendly skies. Thank you Hallelujah Acres for creating such a healthy raw food in a convenient package.”

*Jan,
Ocean View, New Jersey*

THE BEST ROAD TO HEALTH

“Dear George, My husband and I have been on a diet very similar to The Hallelujah Acres Diet for the past 5 years. I have read many books on the subject of health and diet, but your book, The Hallelujah Diet, is the very best I have found. I am a registered nurse and am considering opening a health/diet consulting business that would promote The Hallelujah Acres Diet as the best road to health. We attend a very large church in the Chicago suburbs and I am praying for an opportunity to share the ‘good news’ with the people in my church. I have already sent a copy of your book to my pastor and hope he will read it soon. I am

looking forward to attending the November Health Minister training at Hallelujah Acres so that I will be ready to speak intelligently to those in my church that show interest.”

*Cathy,
Chicago, Illinois*

FEELING HAPPY, ENERGETIC & SPIRITUAL

“Dear Rev Malkmus, I just received in the mail the DVD I had ordered of your ‘How to Eliminate Sickness’ seminar. I have been reading your Hallelujah Acres Health Tip since 2001, and have been on The Hallelujah Acres Diet since then. But it was so different actually watching you on the DVD and seeing your sincere expressions as you proclaimed your health message straight from the Word of God and seeing your passion to reach out to the lost in the physical realm. One of these days, I am going to come to Hallelujah Acres and catch and feel your sincerity and passion in person and learn how to prepare the foods. Meanwhile, Rev. Malkmus, please take care of yourself! You are eating the right kind of food, but you are working yourself to the bone—your many trips and driving all those miles to different places, your many hours in the middle of the night writing the weekly Health Tips, and then preaching with such energy, passion and sincerity. You have a lot of vigor and enthusiasm, but please don’t overdo. Please take care of yourself! Following is my personal testimony: In February 2001, after my last chemo for ovarian cancer, I was very weak, and I knew that my immune system was very low as a result of the chemo I had received. Being a Christian, I had faith that Jesus heals, so I cried out to Him in prayer to show me how I can bring back my strength and health. Lo and behold, somebody asked me to download and print an issue of your Hallelujah Acres Health Tip on my computer. After having read it thoroughly, it opened my eyes, and immediately I started The Hallelujah Acres Diet on February 10, 2001 and eliminated all of the five killer foods from my diet. Praise God, since going on The Hallelujah Acres Diet, my CA125 has gone down to <2. It is true that cancer cells feed on fat and sugar, and that by eliminating these culprits the cancer cells starve and become

dormant. At the age of 75, because of The Hallelujah Acres Diet, I feel very healthy, energetic, and spiritual. Praise God!”

*Rufina,
Rantoul, Illinois*

LOST WEIGHT

“I took the 21-day Daniel Challenge and have been on The Hallelujah Acres Diet three weeks today. Since starting the diet, I HAVE LOST 10 POUNDS.”

*Sandra,
Ashland City, Tennessee*

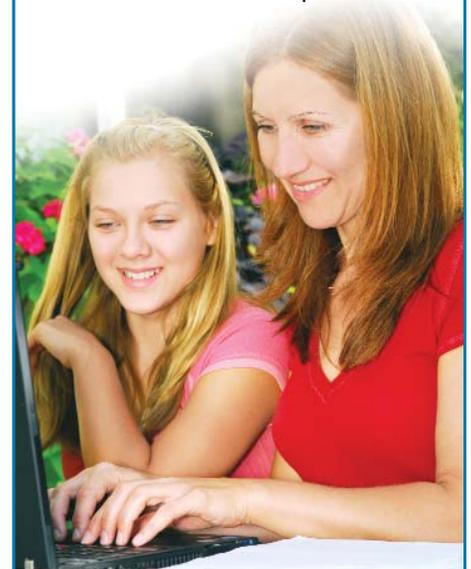
HAVING GREAT RESULTS ON THE HALLELUJAH DIET

“Hi, I enjoy reading your weekly Health Tips and learning of all the wonderful things The Hallelujah Acres Diet is doing for people. There is a group here in Mobile on The Hallelujah Acres Diet and they are having great results! Keep up the good work! I know it is a lot of hard work, but it is very rewarding work.”

*Betty Lou,
Mobile, Alabama*

Hallelujah Acres
HEALTH TIP

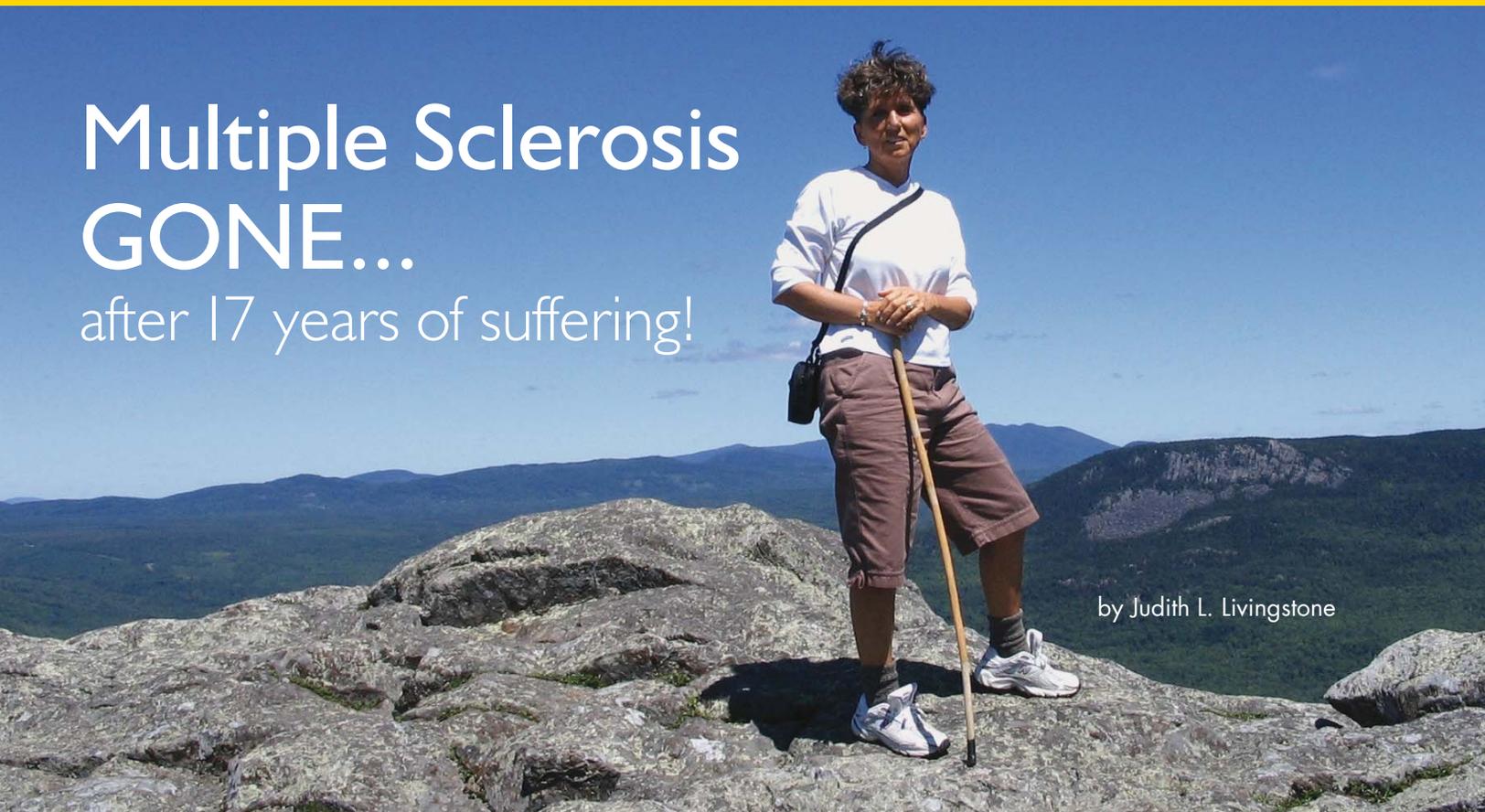
Every week, more than 80,000 people receive Rev. Malkmus’ FREE email Health Tips.



Go to www.hacres.com
and subscribe for **FREE** today!

Multiple Sclerosis GONE...

after 17 years of suffering!



by Judith L. Livingstone

“It was all so simple,
yet profoundly
wonderful to be
able to do the things
I had thought I
would never be able
to do again.”

Shuffling my feet, I tried to make it to my seat with my husband’s help. As I entered the church that crisp fall Sunday morning in 2003, I had no idea that my life was about to change and would never be the same again! Soon after I had reached my seat, a woman came up to my husband and asked, “I hope you don’t mind if I ask, but what is wrong with your wife, is she sick?” My husband told her that I had been suffering with Multiple Sclerosis for 17 years.

That woman was Debra Irwin, wife of Bill Irwin, the only blind man to ever walk the entire 2,169-mile Appalachian Trail with only a seeing eye dog to guide him. And the reason Debra had approached my husband was that Bill had heard my shuffling feet and wanted to know what was wrong with me, because he thought he could help me. (You can read Bill Irwin’s testimony in *Back to the Garden*, Issue #46.)

Twenty-one years ago, I was living in Florida working as a cashier in a store and under lots of stress. One day, in a quick moment, I started losing my eyesight. I was devastated! That incident was to change my life dramatically. Tests were performed and

the end result was that I was diagnosed with Multiple Sclerosis. My heart sank, and I decided to return home to Maine so that I could be near my family.

After a few years, I met and fell in love with a wonderful Christian man named Ernie Livingstone. I told him I had Multiple Sclerosis, but that didn’t matter to him. We got married and committed to take each day as it came. As the years went by, my disease got progressively worse. My legs became very weak; I suffered with cluster headaches and had lots of pain. For each issue, my doctor would give me another medication. An oxygen tank became my companion.

As my legs got weaker, we purchased a walker so that I could get around the house. I was still falling down occasionally, so my husband would have to leave work and come home to help me. Most of the time I could not shower or dress without Ernie’s help. On good days I used a cane to help me walk. I was taking lots of medications including: Tegretol, Amitriptyline, Prozac, Zanax, and Methotrexate, to name just a few.

The side effects from these drugs made me almost helpless, and my husband had to take

care of me like you would a baby. My body was now funny looking, my eye drooped, and I became very frightened. I was also very depressed even though I was taking all the anti-depressant medications my doctor had prescribed. Then the doctors told me that there was nothing more they could do for me. My medicine cabinet was filled with bottles of pills, but I was getting worse by the day.

It was at this low point in my life that God stepped in! It happened when Health Minister Bill Irwin entered my life after shuffling into church on that fall Sunday morning in 2003. Bill told me that I didn't have to be sick! He said that if I would make some simple changes in my diet and lifestyle, my body could get well. Bill told me about the Hallelujah Acres Diet & Lifestyle and almost immediately, after adopting that diet and lifestyle, I did start getting well.

My strength was the first thing to return. Bill was teaching me how to effectively take control of my life, and I loved what was happening! It was all so simple, yet profoundly wonderful to be able to do the things I had thought I would never be able to do again. As I learned from Bill how to release the stress, my progress accelerated, and I knew I would be able to live normally and joyously once again.

Within four months of making the diet and lifestyle change, I was off all my medications, all my physical symptoms were gone, and my eyesight had returned to normal. It has been four years since I met Bill and adopted the Hallelujah Acres Diet & Lifestyle and I can hardly believe how much energy I now have. I am thrilled beyond belief! Now I get up every morning to face the new day well and happy. I go hiking, kayaking, canoeing, fishing, swimming, and any other sport I choose to do without a single thought of never being able to do these activities again!

I thank God every day for bringing Bill Irwin and this Hallelujah Acres Diet & Lifestyle into my life and for the wonderful healing I have experienced. To me this is a miracle from God and I pray that my experience will be an encouragement to other Multiple Sclerosis sufferers who feel there is no hope. 🙏

Judith Livingstone lives in Dover-Foxcroft, Maine with her husband Ernie. You can contact her at ejliv@yahoo.com



Health Minister Bill Irwin can be reached at contactus@billirwin.com

First mountain climb ever! South Turner Mtn. at Baxter State Park. (Height – 2,300 ft.)



Hiking to Gulf Hagas near Brownville Junction, Maine



Need more energy? BarleyMax kept my energy level up during the entire hike!

Hallelujah Acres Recommends...

B-Flax-D can be very beneficial when rebuilding the body from the debilitating effects of Multiple Sclerosis.

To order please see page 46 of our Resource Catalog.



“To me this is a miracle from God and I pray that my experience will be an encouragement to other Multiple Sclerosis sufferers who feel there is no hope.”



We read in the Bible the importance of foundations. Matthew 7:24-27 says: "Therefore whosoever heareth these sayings of mine, and doeth them, I will liken him unto a wise man, which built his house upon a rock: and the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell not: for it was founded upon a rock. And every one that heareth these sayings of mine, and doeth them not, shall be likened unto a foolish man, which built his house upon the sand: and the rain descended, and the floods came, and the winds blew, and beat upon that house; and it fell: and great was the fall of it."

Biblical Foundation of the

Hallelujah Acres Diet & Lifestyle

Healthy Living from a Biblical Perspective

by Rev. George Malkmus, Lit. D.,
Founder of Hallelujah Acres

Obviously, from the above text, Jesus was referring to two foundations upon which one can build a house – one is "rock," and the other is "sand." In this text, the house built on "sand" was not able to withstand the storms that came its way and fell. Whereas, the house which was built on "rock" endured the storm! In this particular instance, Jesus was talking about spiritual foundations. I want to use this same scripture as a springboard text to talk about a physical foundation.

Hallelujah Acres is founded upon a single verse found in the Bible. Genesis 1:29 tells of a diet God gave Adam immediately after He had created him. My objective in this article is to establish that the diet Hallelujah Acres teaches was not a diet limited to Adam and his time in the garden, but was meant by God to be the diet of mankind for as long as man walked this earth.

As I write this, I am fully cognizant of the fact that if Hallelujah Acres does not have the proper foundations, it too, like that house built upon the sand, will fall. But if Hallelujah Acres and The Hallelujah Acres Diet we believe and teach are built upon a rock, it will stand against all the storms that may come against it.

Ever since Rhonda and I established Hallelujah Acres 16 years ago, the storms have raged against us, or should I say against The Hallelujah Acres

Diet we proclaim. Most of the storms have come from the Christian community, preachers in particular, as they vehemently protest our teaching against the eating of animal flesh. They say that what we are teaching here at Hallelujah Acres is not biblical. They acknowledge that the Genesis 1:29 diet excluded meat, but tell us we need to read the rest of the Bible, and that it is OK to eat animal flesh today.

When we started Hallelujah Acres on February 12, 1992, it was just Rhonda and myself, and no one wanted the Health Message we were proclaiming! But against great opposition, we continued to proclaim God's original Genesis 1:29 diet that had brought physical healing to each of us. Gradually a few people did listen, applied what we were teaching, got well, and could not keep their mouths shut.

Today, we estimate there are millions of people worldwide following The Hallelujah Acres Diet. Tens-of-thousands have written to tell us that they too, after applying the biblical diet principles we were teaching, also got well from all their physical problems. In fact, these tens-of-thousands have reported recovering from over 170 different physical problems after adopting this Hallelujah Acres Diet. So what is it that Hallelujah Acres believes and teaches? What is the biblical foundation upon which Hallelujah Acres, and the diet we teach, rest?

GOD'S PLAN FOR THE PROPER NOURISHMENT OF MAN

I personally believe that from the beginning, from the very creation of the human race, it was not God's will or plan that we humans ever become sick! So God, in His infinite wisdom, took this human creation and placed it in a garden. A garden this Creator God had spent the first 4 days of creation laying the groundwork for (Genesis 1:1-19), a garden in which God was preparing to receive His human creation after He had created him: "And the Lord God planted a garden eastward in Eden; and there he put the man whom he had formed." (Genesis 2:8)

So after God had finished creating this gorgeous garden, He created man on the sixth day (Genesis 1:26-27) and placed him in this garden the Bible calls "Eden." And what does God tell His human creation? He tells Adam that all the food needed to properly nourish his physical body was to be provided by the plants in that garden.

You can read exactly what that diet consisted of in Genesis 1:29:

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

This diet, which was devoid of all animal source foods, I believe was not only the diet that God, the Creator of man in His infinite wisdom knew would properly nourish Adam and then Eve, but would also be the very diet that would properly nourish and sustain human physical life as long as man walked this earth. I believe God also knew this diet was the very diet that would prevent His human creation from ever becoming sick. How can we know this to be true?

Because in Genesis 1:31 we read: "And God saw everything that he had made, and behold it was very good." From the very beginning, sickness was not part of God's plan for his human creation because God said that everything He had created was "very good." God would not have called the "food" in the garden He had told man to eat in Genesis 1:29 "very good" if it would cause sickness in His human creation.

Interestingly, in the New Testament, thousands of years later, we learn that it was still not God's will that man be sick. Listen to what the Bible says in 3 John 1:2: "Beloved, I wish above all things that thou mayest prosper and be in

health, even as thy soul prospereth.” If we are supposed to “be in health”, why do people get sick, and why do people suffer with so many debilitating diseases?

The obvious answer is that the Genesis 1:29 diet, the diet God gave Adam, was intended by God to be the exclusive diet of mankind forever. But sin entered the human race, and man was banished from the garden. However, being banished from the garden did not bring sickness, nor was it the end of the Genesis 1:29 diet, because this same Genesis 1:29 diet continued to be the exclusive diet of mankind for the next 1,700 years – right up until the flood.

That’s right – after Adam and Eve were banished from the garden, the Genesis 1:29 diet continued to be the diet of mankind right up until the time of the flood, which we read about in Genesis chapters 7 and 8. During those 1,700 years preceding the flood, on this Genesis 1:29 diet, there is not a single recorded instance of sickness, and man lived to an average age of 912 (average age of patriarchs at death).

THEN COMES THE FLOOD

In Genesis chapters 7 and 8, we read about a flood that covered all the earth, a flood that had also covered all the gardens, which contained the foods God had told his human creation to consume in Genesis 1:29, the very foods man had subsisted on for the previous 1,700 years: “And the waters prevailed exceedingly upon the earth; and all the high hills, that were under the whole heaven, were covered.” (Genesis 7:19)

And so God, in His infinite wisdom, in Genesis 9:3, because all plant source foods had been destroyed by flood waters, gives man permission to consume the flesh of the clean animals that were on the ark – I believe for survival purposes: “Every moving thing that liveth shall be meat (food) for you; even as the green herb have I given you all things.”

The verse that critics of The Hallelujah Acres Diet use against us more than any other is Genesis 9:3. They tell us that God gave man permission to consume animal flesh in Genesis 9:3, and thus there is nothing wrong with eating animal flesh. But once man got a taste of flesh, he could not leave it alone. Interestingly, you will not find the word “glutton” or “gluttonous” used prior to the introduction of flesh into the human diet.

And when God was bringing the Israelites out of Egypt, what was the one thing they longed for? “And the children of Israel said unto them, Would to God we had died by the hand of the Lord in the land of Egypt, when we sat by the flesh pots. . .” (Exodus 16:3).

During the 40 years of wilderness wandering, when God was the dietitian, what did God provide them for food? Was it not “manna,” a pure vegan loaf made from coriander seed? “And

when the children of Israel saw it, they said one to another, It is manna: for they wist not what it was. And Moses said unto them, This is the bread which the Lord hath given you to eat.” (Exodus 16:15)

Were the Israelites happy with this pure vegetarian loaf made from coriander seed? No, they demanded flesh. Listen to Moses as he talks to the Lord concerning the Israelites demand for flesh: “Whence should I have flesh to give unto all this people? For they weep unto me, saying, Give us flesh, that we may eat.” (Numbers 11:13)

And God gave them flesh in the form of quail: “And there went forth a wind from the Lord, and brought quails from the sea, and let them fall by the camp . . . and they gathered the quails . . . And while the flesh was yet between their teeth, ere it was chewed, the wrath of the Lord was kindled against the people and the Lord smote the people with a very great plague. (Numbers 11:31-33)

What few people understand today is that animal source foods are the root cause of almost every physical problem man experiences. If man would stop consuming animal source foods, he could almost totally eliminate any fear of ever having a heart attack, stroke, cancer, diabetes, arthritis, osteoporosis, heartburn, acid stomach problems, and the list goes on and on and on. There is nothing more dangerous to our health than animal source foods! And yet, there is nothing for which Hallelujah Acres is more criticized than our attempt to warn Christians of the inherent dangers found in these animal source foods. Sadly, these same animal source foods are the root cause of almost every physical problem we ask God to remove in our individual prayers and in the group prayers offered up in our churches.

No wonder the Bible tells us in Hosea 4:6: “My people are destroyed for lack of knowledge, because thou hast rejected knowledge . . .” And what could that knowledge possibly be? “Be not deceived, God is not mocked: for whatsoever a man soweth (eateth), that shall he also reap.” (Galatians 6:7)

The average person never associates the physical problems they are experiencing with the foods they eat. Christians seem to think that all they have to do is pray a spiritual prayer over something they are about to put into their mouths, and that spiritual prayer is going to remove any harmful effects the substances can have on their bodies.

THEN THERE WAS DANIEL

In the first chapter of Daniel, we learn that Daniel, along with the three Hebrew children, was taken into the king’s palace to be prepared for service to the king. They were to be nourished with the foods that came from the

king’s table. In Daniel chapter 1:8 we read: “But Daniel purposed in his heart that he would not defile himself with the portion of the king’s meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself.”

Daniel requested that he and his companions not be required to eat the meat, but rather be given only “PULSE” (veggies and water). The eunuch protested, saying that if he gave them only veggies and water, they would not be as healthy as those eating the king’s food. Daniel responded: “Prove thy servants, I beseech thee, ten days; and let them give us pulse (veggies) to eat, and water to drink.”

The eunuch granted their wish. This may have been the first double blind study ever conducted. And what were the results? “And at the end of the ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king’s meat” (Daniel 1:15)

CONCLUSION

Friends, “If the foundations (upon which our bodies were designed to be nourished) be destroyed, what can the righteous do?” We can get sick - OR - we can return to eating the foods with which God designed these physical bodies to be nourished and “be in health!” The Hallelujah Acres Diet & Lifestyle is based on that very diet God gave Adam in Genesis 1:29!

And what is so amazing to me, is that when a person returns to that Genesis 1:29 diet, the very diet that God, our Creator, gave Adam, and through Adam all mankind thousands of years ago, nearly everyone who applies God’s original diet to their bodies, gets well from almost every physical problem they were experiencing. And they usually just don’t get sick anymore, and they die of old age, rather than disease!

With regard to a proper spiritual foundation, I will leave you with these verses:

“For other foundation can no man lay than that is laid, which is Jesus Christ. . .”

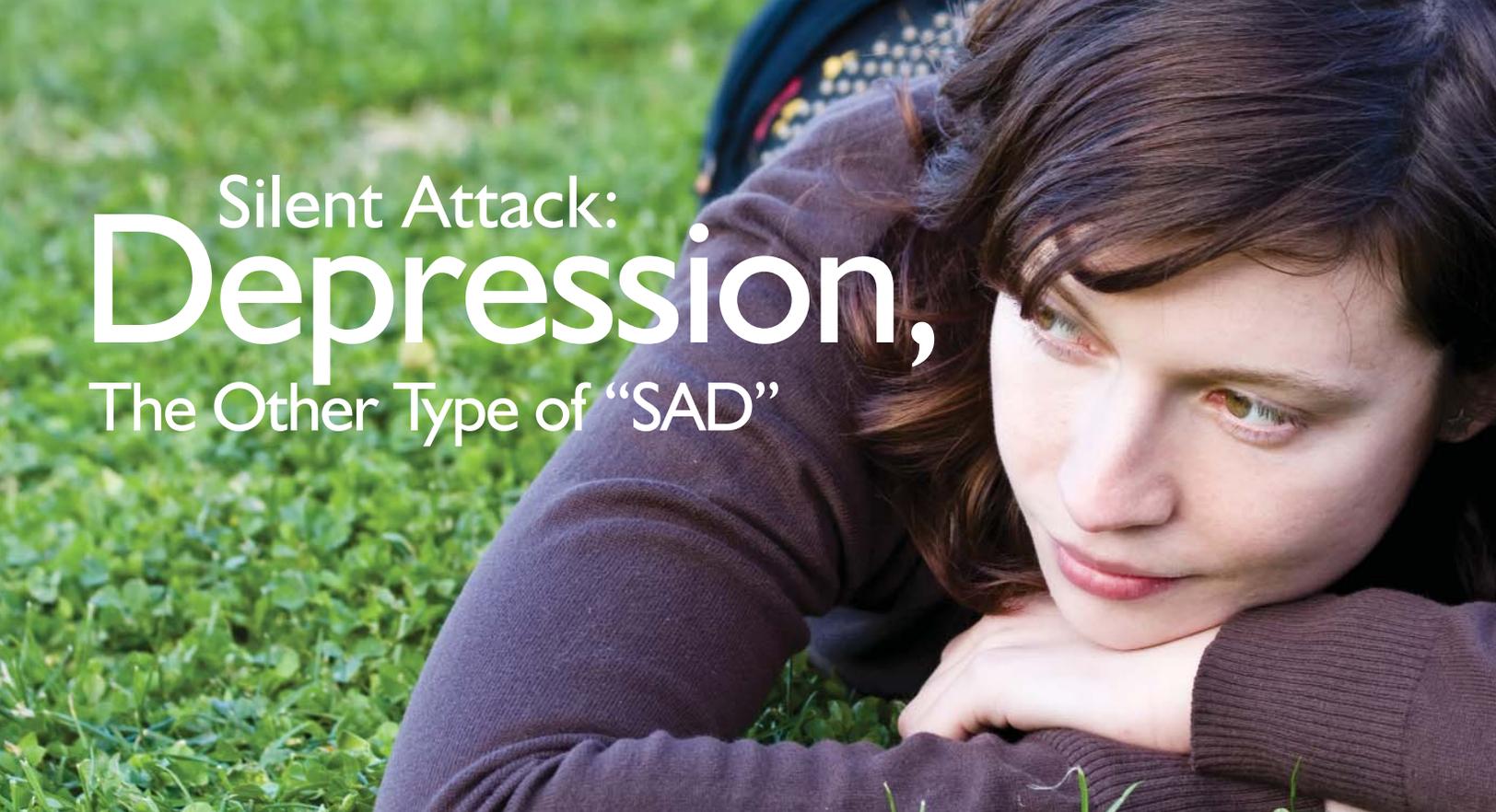
(1 Corinthians 3:11)

“But let every man take heed how he buildeth thereupon.”

(1 Corinthians 3:10)



Rev. George Malkmus is the founder of Hallelujah Acres and the author of *The Hallelujah Diet*, among many other books.



Silent Attack: Depression, The Other Type of “SAD”

By Chris Padgett, PhD

“Having suffered myself from several major bouts of depression in my life, I know first hand how it feels.”

Chris Padgett, PhD

The World Health Organization cites that depression currently affects 350 million people around the world. It afflicts more than 20 million Americans alone, and, according to the National Institutes of Health, if you walk into any doctor’s office on any given day, up to one in three of the patients there suffer from it. With its silent attack, a minimum of one in four women and one in eight men will be seriously stricken at some point. Perhaps most astonishing is the fact that by age 70, 99% of people will have felt its sting. Economically, it costs the United States over \$70 billion dollars in “treatments,” lost productivity, and disability every year. And this amount is ever increasing.

What is depression?

Not only is depression more prevalent than all other diseases, but it is also one of their major contributors. In a recent study by the Journal of Epidemiology, it was found that depression increases the risk of death in numerous ways. The risk of stroke is

increased by 50% in people suffering from depression. Sudden cardiac death has a 2½ times greater likelihood where depression is present. Also, risk of heart disease, death from cancer and pneumonia, chronic headaches, osteoporosis, HIV/AIDS, addictive behaviors (such as drugs, drinking, etc.), anger, and hostility are increased as an effect of major depression. The potential for suicide is greatly increased in people with depression.

One of the “saddest” things about this condition is that, in spite of the overwhelming amount of people who suffer from it, most never receive a diagnosis and thus are not given an opportunity to be cured. If researchers are able to identify depression, the cause can be established, and a cure becomes quite possible. Given that many general practitioners, internal medicine specialists, and others are not specifically looking for the symptoms, causes of the symptoms, and areas to target to resolve the causes, education on depression becomes imperative for the individual.

What are some of the signs of depression?

Neil Nedley, M.D., in his book *Depression: The Way Out*, has classified nine symptoms and ten causal or “hit” categories. It is in identifying the symptoms and associating them with the categories that the level of depression can be determined along with an appropriate course for resolving the causes. For the purpose of determining the cause of major depression, “situational” depression should not be considered, which occurs as a result of obvious emotional trauma such as the loss of a loved one, a sudden job loss, or even an unexpected loss in finances. Symptoms of deep depression include deep sadness, apathy, agitation, sleep disturbances, weight or appetite changes, lack of concentration, feelings of worthlessness, morbid thoughts, and fatigue.

A person may have as few as two to four of the symptoms and have mild to moderate (called subsyndromal) depression. Once a person exhibits at least five of these symptoms for two weeks or longer, these symptoms are most likely reflecting major depression in which case the causes of these symptoms need to be analyzed.

Typically, there are at least four of these causes present in order for major depression

10 "Hit Categories"

The ten categories of causes that Dr. Nedley has identified as "hit categories" are

1. genetic
2. developmental
3. lifestyle
4. circadian rhythm
5. addiction
6. nutrition
7. toxicity
8. social/complicated stress or grief
9. medical condition
10. diminished front brain (frontal lobe) activity

to manifest itself through the symptoms mentioned earlier. If one can decrease the number of hit categories to less than three, then the likelihood of overcoming depression is extremely high, but how can this be achieved?

Having suffered myself from several major bouts of depression in my life, I know first hand how it feels. I went through periods of feeling constant sadness, yet not knowing why. I found little or no pleasure in any activities, feeling more on the verge of having an "out of body experience" or simply passing out for good. I had no desire to eat. But I did have an apathetic willingness to simply sleep all the time. I was easily aggravated and ill-tempered not only with others, but also with myself... that is, when I could muster up enough energy to be so. My ability to concentrate was hindered, except when I thought of how worthless I was, how sad I was, and how much I felt I just couldn't continue on. But, I could never, for the life of me, figure out why; I didn't have the understanding to help me find the causes of my depression based on the symptoms I was experiencing and neither did anyone else around me.

So I sought a solution using man-made pharmaceuticals designed to be "mood elevators," when in all actuality, they were further alienating me from a cure. Eventually, my depression became more seasonal. In spite of the medications, I could rest assured that about the same time each year (usually right after the time change), this silent attacker, the infamous it, would return in full force. I would recognize it for what it was each and every time, yet each and every time it would feel like I had never experienced it before.

Finally, I found a way out.

I must admit that, having such a tenured background in psychology, I was more than slightly skeptical when I discovered the eight-week *Depression Recovery Program*, which emphatically stated a claim by its developer Neil Nedley, M.D., that it held a 90% success rate in curing major depression in participants who adhere to the program. When I read the overview of this educational course, I was unsure about the results it touted of participants feeling better than they ever had their entire lives, getting more done and with more efficiency, seeing social problems vanish, and finding ability to concentrate more.

It wasn't until I enveloped myself into the course that I began to see how a light at the end of the tunnel with no more depression was quite possible to achieve. The methodologies that Dr. Nedley incorporates are far from the standard psychological textbook practices. The information presented, the guided self-help practices and exercises, the music, and even the food are intertwined into an unbelievably easy approach to curing depression. It truly teaches one to understand the root causes of their depression and works to remove or change those causes for positive results.

I find it quite exciting to know that we have the power within ourselves to overcome this silent attacker. When God, in His infinite

wisdom, created this "miraculous, self-healing body," He included with it (and indeed inside it) the ability to heal the mind as well. As with the body, we must learn more about the brain and the mind. We must make choices in lifestyle that have positive results like happiness, joy, and true success in life. The *Depression Recovery Program* gives us the guidance to achieve these positive results.

Depression has reared its ugly head for far too long. It doesn't care whether you are rich or poor, religious or not, sick or in perfect physical health; it is not prejudiced in choosing victims to attack. We all have the potential targets in our history and makeup to allow depression to take control of our lives.

Now there is a way out... are you ready?



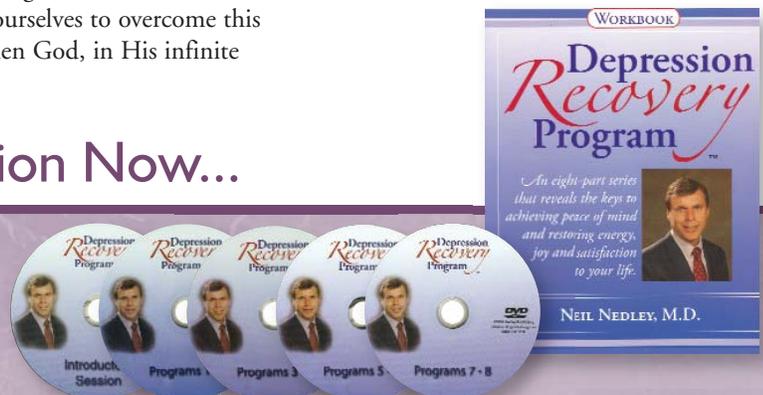
Chris Padgett, PhD, studied Psychology at Belmont University, University of North Carolina at Charlotte and Columbia University. He recently completed training with Dr. Neil Nedley to facilitate Depression Recovery Programs, and currently resides in Shelby, North Carolina.

"My ability to concentrate was hindered, except when I thought of how worthless I was, how sad I was, and how much I felt I just couldn't continue on."

Chris Padgett, PhD

Free Yourself from Depression Now...

This nine-part series includes five-DVDs recorded before a live audience. Step-by-step Dr. Nedley takes you through his Twenty-Week Turn Around. The 200-page workbook features in-depth exercises, self-tests, and slides from Dr. Nedley's captivating presentation.



See page 57 of our Resource Catalog



Hallelujah Acres Living Woman

Building a Biblical
Marriage

17

Getting a Grip on
Our Emotions

18

Staying Balanced
A Woman's Daily Routine

19

The Promise, The Package

20

The Benefits of
Natural Progesterone

22

We hope you have been enjoying the New Living Woman Section
from Hallelujah Acres. Please visit

www.hacres.com/LivingWoman

fill out the survey and give us your feedback!

Building a Biblical Marriage

by Melody Hord

Hallelujah Acres teaches that God's Word is foundational to living a healthy and joyful lifestyle.

Genesis 1:29 gives us the perfect menu for healthy living. Psalm 19:8 tells us, "The statutes of the Lord are right, rejoicing the heart: the commandment of the Lord is pure, enlightening the eyes." Applying God's precepts to our lives makes us pure in body, spirit, and in all that we say and do. Walking by His statutes is the only way we can show His light and love to our families, to our neighbors and to the world.

Many of us aspire to have Godly households of faith.

Our desire is to show the world a picture of Christ through our own marriage.

How can we as women do our part to ensure that our marriages are a reflection of Christ's love to the world? Ephesians 5:22-23 says, "Wives, submit yourselves unto your own husbands, as unto the Lord. For the husband is the head of the wife, even as

Christ is the head of the Church: and He is the savior of the body." We see in these verses that a woman after God's heart must submit to her husband. In order to do this, we must respect our husband and willingly obey and please him. Many times we are overly critical of our husbands. We know the Bible teaches us that our husbands are to love us as Christ loved the church. Christ loved the church unconditionally and sacrificially. Sometimes, we may feel our husbands are not acting in a loving manner and we quickly pass judgment on them in an area where they may be weak, rather than giving them praise in an area where they are strong. When we see our husbands doing something that we think is rude, shouldn't we immediately admit that our own shortcomings are equally bad and turn our thoughts to more noble and praiseworthy things?

The way to inspire your husband to fulfill his role as the spiritual leader of the household is simply through his observation of your behavior. The third chapter of 1 Peter tells us that if a husband is disobedient to the Word of God, he can be won over by the chaste and respectful actions of his wife. What an exciting principle we learn here! Harping on your husband and telling him what he needs to do is an ineffective way to nurture him. If your husband is not following a healthy lifestyle with his food choices, for instance, the best way to win him over is by example. Show him how delicious the food can be by serving a

recipe from one of the food show videos or recipe books from Hallelujah Acres.

We can encourage our husband to take his position of authority in the home by showing him love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, and temperance (Gal. 5:22-23). A spirit of gentleness means that we are satisfied and grateful to Christ for all He has done for us, and we are also satisfied and grateful for the husband that He has given to us.

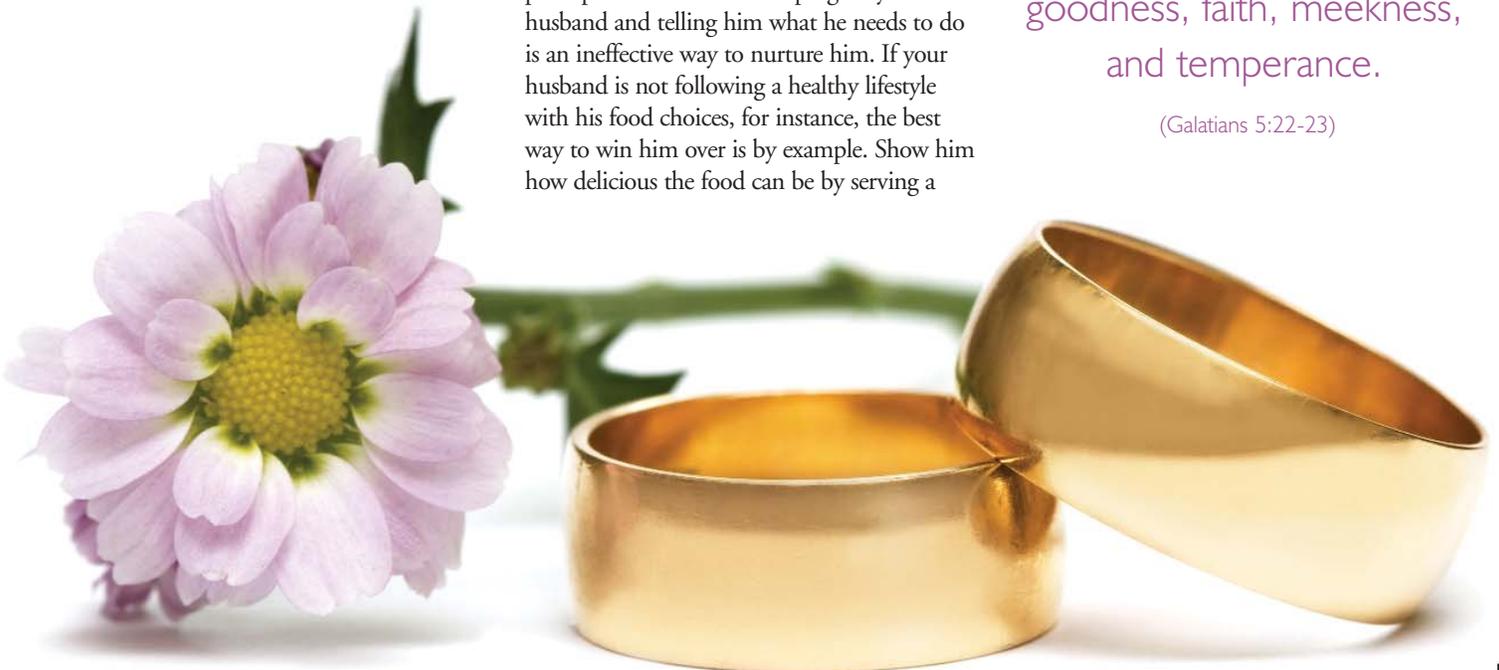
It is only by applying the Lord's precious precepts--to pray for, submit to, fervently love, and respect our husbands--that God can use us to build a healthy, pure, and joyous household of faith that will be a shining example of Christ's love to the world. ❀



Melody Hord is a Health Minister and a Health Minister Training Specialist for Hallelujah Acres.

We can encourage our husband to take his position of authority in the home by showing him love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, and temperance.

(Galatians 5:22-23)



Getting a Grip . . . on Our Emotions

by Bev Cook, Hallelujah Acres Health Minister

Emotions – the word itself often elicits some type of metabolic response from us women. From rejoicing to anger, from exhilaration to frustration, the range of responses we have to the countless experiences of life is wide and diverse.

Women tend to react more emotionally to situations than men. But even within the female population, we see variances. Have you ever observed the way people react even to the same occurrence? For instance, a sudden stressor: one is unexpectedly notified that their teen has been put in jail. One mother may flare up in rage, another sink down and cry uncontrollably, yet another laugh almost inappropriately, and another ride the experience out calmly. How do we account for these differing responses to the same event?

To get some insight into our emotional responses, we must back up a bit and analyze some root causes. First we need to understand that God designed a wonderful and intimate relationship between the mind (emotional control) and the body. We must keep the body in a healthy condition to develop its strength, which necessarily strengthens the mind. To neglect the body is to neglect the mind. We have learned the very best way to build and keep a healthy body is through the principles advocated on the Hallelujah Acres' Balance Wheel:



Living Food / Cleansing / Air
Exercise / Water / Sunshine
Stress & Rest / Emotions
Biblical Foundation

How many of us actually apply these healthful practices everyday? Do we find ourselves too busy? If so, we are unwittingly putting ourselves at risk for various diseases including emotional instability.

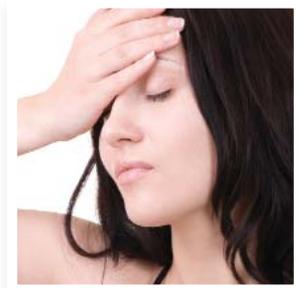
Let's dive in a bit deeper and examine some specific emotions that women particularly struggle with—*worry and depression*.

Worry

This is an emotion that I've seen firsthand from my mother who was a worrier. I am past my mother's age when she was chronically depressed, yet I do not expect to be subject to my mother's health weaknesses including worry since I implemented the principles of the Balance Wheel. I have found in trusting God continually there is safety and not a constant fear of future events. We have to leave the future with God including our temporal needs. True, there are difficulties all around us, and some may even touch us – but these are allowed to help develop our innermost being. Of course there is a place for prudent planning but not with the undue anxiety that we see in many women in particular. Keep in mind Philippians 1:6, "Be careful for nothing." Worry cannot see into nor change the future. We know that "Jesus sees the end from the beginning and in every difficulty He has His way prepared to bring relief." (Desire of Ages, page 330)

Depression

May I recommend the book, *Depression – the Way Out* by Dr. Neil Nedley? Hallelujah Acres now carries it as well as his DVD series on the subject. Here you will discover the ten literal hits to the brain that our erroneous lifestyle habits can produce leading to depression. What a trying disease and yet what a marvelous and non-invasive way out Dr. Nedley's book teaches! Even if we have had a genetic and developmental hit to the brain, we still do not have to be subject to this disease. He talks in depth about nutrition, toxic environment, exercise, degenerative diseases, stress, frontal lobe activity of the brain, and how we have control to affect the brain for good, which reverses this all-too-often debilitating condition. We've read in past



testimonies of how some women with very advanced depression have been 100% restored to normal thinking and true joy by following the directives of the Balance Wheel plus Dr. Nedley's counsel.

There is one factor that many overlook, and that is doing good deeds for others. These efforts benefit both the giver and the receiver. Just the consciousness of right doing is one of the best medicines for both the body and mind (seat of emotions). "When the mind is free and happy from a sense of duty well done and the satisfaction of giving happiness to others, the cheering, uplifting influence brings new life to the whole being." (Ministry of Healing, page 257)

I often tell my students that there is much more to the Hallelujah Acres Diet & Lifestyle than meets the eye. Rebuilding the mind and emotions is just one more perk to this lifestyle. ✿

How can we thank God enough?



Bev Cook, B.A., N.D., C.N.H., has been a Health Minister since 1994. She and her husband, Chet Cook, founded the first Hallelujah Acres Lifestyle Center in 2003 and are currently administrators for all the centers. You may contact Bev at admin@hallelujahacres.com.

As a woman, I sometimes can become a little off-balance. By that I mean if I haven't appropriated into my daily routine all of the important health factors as outlined in the Get Healthy! Stay Balanced program I can become unbalanced - guaranteed!

Picture in your mind the wheel of a bicycle. If you took the bike for a ride and one or more of the spokes were missing, the wheel would eventually become warped and you wouldn't be able to ride the bike. The same thing can and does happen to a woman when she becomes off balance; that is, if something is missing in her daily routine she will feel the effects of the missing part.



Staying Balanced

in a Woman's Daily Routine

by Jeanette Divine

God intended for a woman to be completely healthy in all areas of her life:

1. Living Food: Our body is made up of living cells and requires living food in order to perform all of its metabolic work and keep our immune system healthy. Living food is our best source for optimal nutritional intake.

2. Cleansing: External, as well as internal cleanliness is important for achieving a healthy body. Keeping our skin, teeth and gums, and colon clean are some of the most important areas to focus on.

3. Air: Oxygen is our number one need. Try to live, work, and play in an environment that allows you to breathe clean air.

4. Exercise: Movement, especially aerobic movement, not only helps the lungs bring in more vital oxygen, but also sends a message to the muscles and bones that they need to stay strong and healthy.

5. Water: Water is our second most important need. Every cell in the body

requires water in order to efficiently perform its metabolic work. Our bodies consist of mostly water and it's important to replenish the water that has been lost through daily living. The colon especially needs water to function optimally.

6. Sunshine: The body needs Vitamin D and the best source for this vitamin is sunshine. People who live in those parts of the country where the sun doesn't shine everyday, especially during the winter, may want to take the B-Flax-D supplement to help with the intake of this essential vitamin.

7. Stress & Rest: A great diet such as The Hallelujah Acres Diet is not enough to help achieve optimal health. Proper rest and stress management is essential for all of us who want to be our healthiest.

8. Emotions: A healthy emotional state of mind is critical to an optimal healthy lifestyle. Our body acts on whatever we say, hear, or think. If you struggle with your emotions you may want to ask the Lord to help you deal with unresolved anger, fear, jealousy, or whatever negative thoughts are pulling you down. There are several factors

that directly affect our emotions. Please see Chris Padgett's article on depression and Bev Cook's article on emotions.

9. Biblical Foundation: The Bible is God's letter to His children. It is filled with His wisdom and direction for our lives. This should be the cornerstone of our existence. God loves each of us so much that He sent His son, Jesus, to die for our sins so that we could spend eternity with Him in Heaven. In Genesis 1:29, He also gave us the perfect diet to enjoy while we live out our lives here on Earth.

Strive to keep each of these segments of your lifestyle balanced. It will help you achieve optimal health and that definitely should be every woman's goal. ✿



Jeanette Divine is a Hallelujah Acres Health Minister.



The Promise, The Package



by Kim & Erica Nemunaitis

Kim: In September, 2005, I was diagnosed with an unclassified autoimmune disease. I met the most critical health crisis of my life as this disease began to methodically attack each muscle group causing intense, unrelenting pain throughout my body. Blisters formed around the hairline of my face and migrated both to the scalp and further onto the face area. There was great concern for the effect this condition would have on my heart, lungs, and other muscular organs. But, as excruciating as this condition was for me, there was nothing more painful than to watch as my daughter's concern for my wellbeing turned to agony.

Erica: At 14, one of the hardest things I personally experienced was watching my best friend - my mother - physically struggle through overwhelming and debilitating pain. Each passing day the disease took increasing ground over her body. It was almost unbearable for me to watch her suffer.

Kim: We would talk often and openly. When I would see the distress and conflict Erica was battling, I would embrace her and remind her that while the prognosis of the disease seemed daunting, our faith is not in what we see. Our faith is in what we do not see – the healing to come as promised through our Messiah. And

so together we prayed and waited on the Lord and the promise He would bring.

Months passed and in June of 2006, I was hospitalized for diverticulitis, a severe infection of the colon. The combined effect of the autoimmune disease and diverticulitis was crushing both physically and mentally. Yet, confident in God's faithfulness, Erica held fast to the promise of healing when I wasn't sure I could.

After returning home from the hospital, a friend gave us a DVD entitled God's Way to Ultimate Health by Rev. Malkmus. That evening, as a family, we watched the entirety of the DVD. I knew immediately this was the package through which God was delivering His promise of healing. What I didn't expect was, beginning with Erica, the family wanted to join me on this journey of reclaiming our health and wellbeing.

Erica: As I watched the DVD, I realized that it was God's truth that was being spoken, and if we accepted and lived according to His truth, we would experience freedom from sickness. First and foremost, I wanted this for my mom, but I also realized it was a gift God was giving me.

Kim: Today, I walk in the greatest health I have ever known. I no longer battle, as I did, with the sickness and disease that once debilitated and crippled me. Each passing day I am reclaiming even more ground toward total health and wellbeing.

I am thankful for the understanding that came through the teaching of God's Word and the miracles that followed once the lifestyle of Scriptural diet, rest, and exercise was adopted. I am thankful that God met us in our place of greatest need and extended His promise of healing to Erica, my husband, and my son. And, I am thankful because together, Erica and I have grown in faith and know, should more trying times come, we will again not look to the plight that surrounds us, but wait for the promise of our Sovereign God and King – in whatever package He chooses to deliver it.

Erica: Going through that season of trial wasn't easy, but because we went through it together, along with our Heavenly Father, we came through it with a closer, stronger, and healthier relationship than we've ever had before! Hallelujah! ✨

Kim Nemunaitis is the Chief Marketing Officer for Hallelujah Acres.

The Benefits of Natural Progesterone

by Angela Goodson, Health Minister

Over the years, I have heard many reasons why women have chosen not to use a natural progesterone supplement. Many of those reasons come from a fear of not knowing the benefits of natural progesterone. Some of those reasons are:

- I am too old and have already gone through menopause.
- I am too young and have not gone through menopause.
- I know that using hormone therapy can relate to breast cancer.
- I am pregnant.

According to John R. Lee, M.D., it was found that a majority of women in today's society suffer from a hormonal imbalance that is often referred to as estrogen dominance. Dr. Lee successfully treated female patients with natural progesterone cream for over 50 years.

In nature, progesterone is a hormone that is mainly produced by the granulosa cells of the corpus luteum of the ovary and in smaller amounts by the adrenal glands. It is a major contributor to the balancing of all hormones and plays a major role in conception. This naturally produced progesterone is very important as women enter the time around menopause and during pregnancy.

A pregnant woman can use the cream up to two weeks before her scheduled delivery date. She may commence using the cream 30 days after her delivery. The cream may also be used by women who are still menstruating or have been through menopause. Even men can use natural progesterone.

According to Dr. Lee: "Since natural progesterone has so many benefits and no known side effects, there is no reason to discontinue its use until age 96."

To determine if you have a deficiency in progesterone you may consider having a female hormone profile test administered by a health care professional. You may contact Hallelujah Acres at 1 (800) 915.9355, press the button for Customer Service, and ask for more information on the Hallelujah Acres Blood Chemistry Screening program.

For more information on Hallelujah Acres Balanced Woman Cream, please call our Customer Service Department at 1 (800) 915.9355 or you may visit our website at www.hacres.com

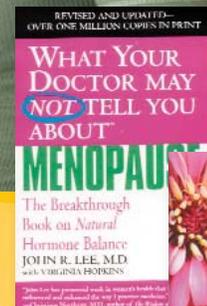
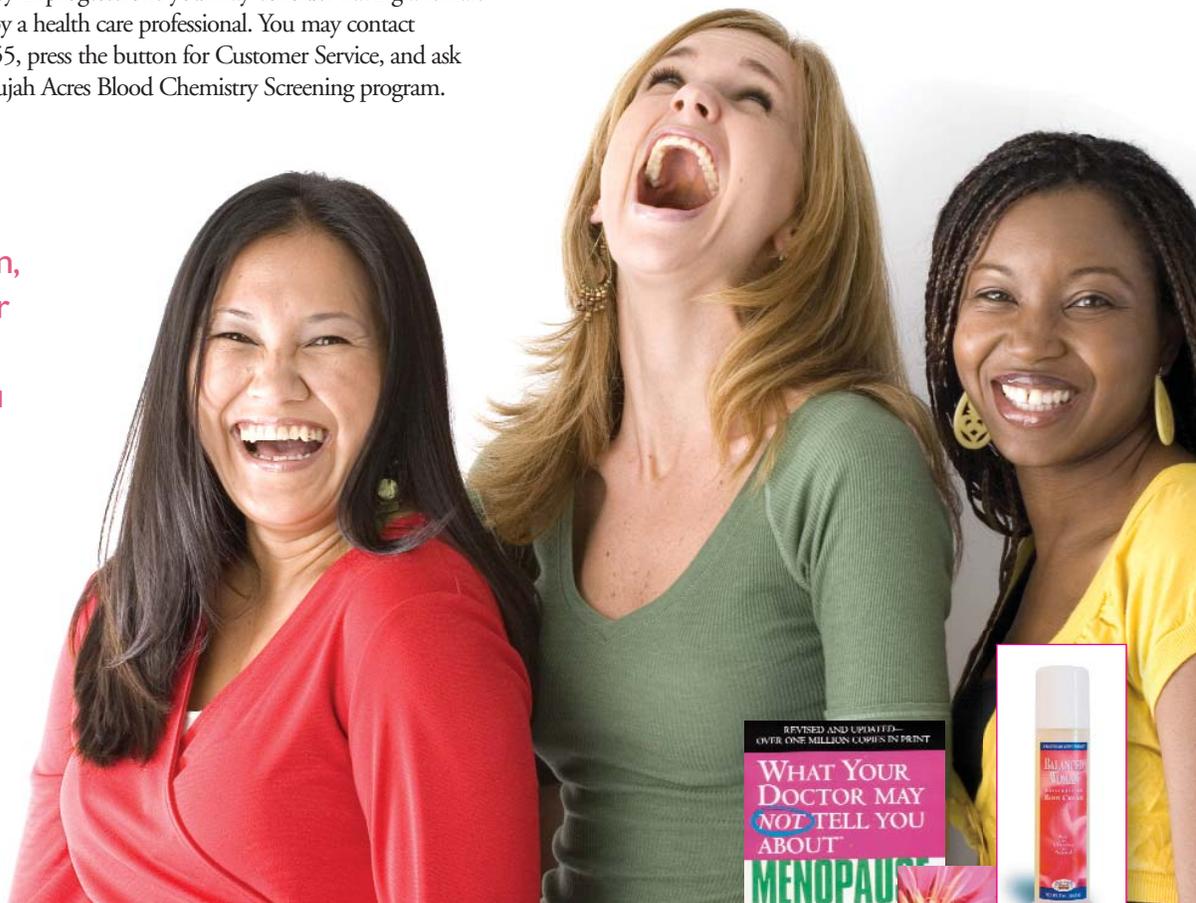


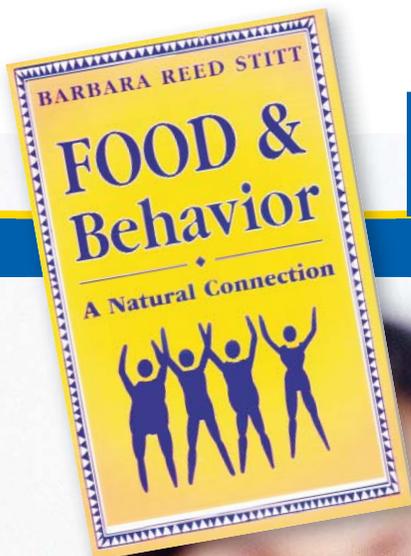
Angela Goodson is a Health Minister and a Team Leader in the Customer Service Department at Hallelujah Acres.

Hallelujah Acres recommends:

What Your Doctor May Not Tell You about Menopause book, **Natural Progesterone** audio CD, and **Hallelujah Acres Balanced Woman Cream**.

Please see page 56 of the Resource Catalog to order.





Food & Behavior

A Natural Connection by Barbara Reed Stitt

a Book Review

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

Barbara Stitt's personal physical challenges and mental lapses over four decades ago, the failure of the medical community to help her overcome them, and her success in regaining her health through dietary and lifestyle changes led her on a remarkable adventure as a probation officer. As a result of her personal illness, she soon discovered a significant link between criminal behavior and diet that allowed her to help over eighty percent of the probationers who were placed under her supervision to become healthy, productive members of society.

Barbara shares highlights of her journey in her own words as she reveals the remarkable link between behavior and diet that she discovered – a link that has been verified time and again in the lives of the individuals she has helped and scientific research spanning several decades. *Food & Behavior* is an easy read that holds your attention well. It is loaded with well-documented nutritional information that will convince even the most ardent of skeptics that there is indeed a strong link between diet and behavior.

In chapter two, "The Biochemistry of Crime," Barbara begins with a quote from the noted scientist and Nobel Prize winner Linus Pauling – "The functioning of the brain is dependent on its composition and structure, that is, on the molecular environment of the mind." She goes on to show



Brain Power Smoothie

- Approx 6 to 8 ounces of organic apple juice or almond milk or rice milk
- ¼ cup frozen organic blueberries or other frozen organic fruit
- 1 to 2 rounded tablespoon of Nutritional Essentials Vanilla flavor
- 2 to 3 tablespoons of freshly ground organic flax seed or the Hallelujah Acres B/Flax/D supplement.
- Also very helpful, add 200 mg of DHA (the contents of 1 or 2 capsules) for the first month and then reduce to 100 mg
- 1 ripe banana

Blend and enjoy twice daily.

how the lack of nutrition coupled with a high intake of sugars from processed foods contributes to the roller coaster effects of hypoglycemia.

Barbara explains in simple language the workings of the brain. She explores the brain's primary energy source, glucose, and how a steady blood sugar is critical for optimal function of the brain and ultimately one's physical behavior. She reveals the devastating impact of refined sugar as it peaks the blood sugar causing a dramatic rise in insulin, resulting in plummeting blood sugar and thus the lack of energy for the brain's normal function.

Regarding the impact of low blood sugar, she states: "the area of the brain responsible for thought, learning, and moral and social behavior – starts to shut down . . .

Individuals in a hypoglycemic state thus exhibit apprehension, trembling, sweating, vertigo, loss of coordination, irritability, confusion, and amnesia." The person in severe hypoglycemia may walk, talk, and appear perfectly normal for long periods of time and then awake from this blackout period with no memory of what went on. Is it any wonder that some folks can commit a crime and not remember what they did?

The author goes on to point out that psychiatrists generally diagnose these mental dysfunctions not as hypoglycemia, but as neurosis, psychosis, or schizophrenia. As early as 1935, researchers were discovering the link between mental illness and low blood sugar. How many individuals have been diagnosed as mentally ill and locked away in a mental hospital when changing their diet may have completely resolved the issue?

The high rate of alcohol abuse among criminals further demonstrates the impact of hypoglycemia and criminal behavior. Alcohol affects the metabolism much like a highly refined carbohydrate. It enters the blood stream quickly, often directly through the stomach lining. Hypoglycemics may turn to alcohol for a quick blood sugar lift. Evidence suggests that alcohol addiction may be a symptom of

hypoglycemia. The correlations between diet and behavior are illustrated in numerous ways throughout the book through her personal experiences with her probationers and are well documented from the research of various scientists.

In chapter two, Barbara goes on to discuss the impact that deficiencies of various nutrients have on the function of the brain. She points out that,

"If the nutrient supply to the brain is distorted, behavior is distorted."

The role of amino acids, the function of neurotransmitters, and the complex chemical and electrical signals by which the brain communicates with the rest of the body are examined in an easy to understand manner. In her discussion of amino acids, she shows how the consumption of high amounts of meat can distort normal serotonin levels. One of the crucial roles of the neurotransmitter, serotonin, is in helping maintain a positive emotional environment.

About halfway into chapter two, we find a discussion on the impact various allergens can have on behavior. "Dr. Doris Rapp found that patients with a history of compulsive stealing stayed out of trouble when their allergies were treated, and that when the treatment was discontinued many began stealing again." Barbara relates how one case she was on involved a man who had threatened to murder almost everyone close to him. Upon being arrested on a firearms violation, he was put on probation. In her discussion with him, she determined he was a frequent consumer of milk and suspected he was allergic to it. "After giving up milk he changed from a threatening, vindictive, aggressive menace to a relaxed friendly young man." He is living proof of the impact allergens can have on behavior.

An understanding of the role of food, blood sugar balance, nutrient deficiency, allergens, and toxins in our foods and the environment is critical to understanding the root cause of behavior issues in children, violence in America, and the overflowing criminal justice system. The reader will be astonished at the impact a few simple dietary and lifestyle changes can have on society in general and the criminal population specifically.

In chapter three, we find an enlightening discussion concerning malnutrition, methods of assessing metabolic disorders that contribute to a person's antisocial behavior, and a comprehensive Schizophrenics Anonymous Questionnaire along with the Health Evaluator Questionnaire.

The concluding two chapters deal with the subject of "Healing the Delinquent Mind" through an optimal diet that nourishes the brain with all of the essential nutrients that allow for optimal behavior and the "Implications" this could have on our children, families, the criminal justice system, and society as a whole.

In conclusion, Barbara expresses her hope that if enough parents are sufficiently concerned about nutrition that they will nourish their children with a natural, whole-foods diet and that the kids will grow stronger in body and mind. An increasing number of well-nourished children will result in a decrease in delinquency, learning disabilities, aggressive behavior, and criminality.

As Lendon Smith, M.D. states in his Foreword, "Keep the neocortex (of the brain) fed and the rest of the body will conform. The brain and the body are connected.

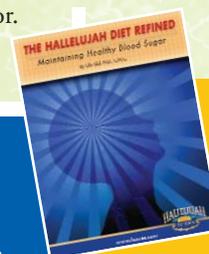
"This book should be required reading for all parents, criminologists, psychiatrists, social workers, police people, judges, wardens, or anyone who takes care of other people." This leaves room for little to be added! ❁



Olin Idol, N.D., C.N.C. is Vice President of Health at Hallelujah Acres and author of the books, *Pregnancy, Children & the Hallelujah Diet* and *The Hallelujah Diet Refined, Maintaining Healthy Blood Sugar*

Hallelujah Acres Recommends...

Food & Behavior by Barbara Reed Stitt provides solid evidence that what people eat really can affect the way they behave. Stitt shows the link between food and behavior, a connection so basic that parents, the school system, counselors, and most of the medical profession overlook it. Learn about foods that abuse the mind, under-nourish the body, and distort behavior. Please see page 56 of the Resource Catalog to order.



The Hallelujah Diet Refined
Maintaining Healthy Blood Sugar
by Olin Idol, N.D., C.N.C

Please see page 56 of the Resource Catalog to order.



Great Recipes!
Delicious Food!

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 Acres Diet friendly.
- Use different techniques and shortcuts to make your food prep easier and less time consuming.
- 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! Plus, 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.

Food Preparation Classes

Class Schedule...

Location

Hallelujah Acres Education Center
834 South Post Road • Shelby, NC
704.487.9572

An Evening with Rhonda Malkmus 7 to 9 p.m.	Level I Food Prep Class
May 2	May 21 – 22
June 6	June 27 – 28
Aug. 1	July 23 – 24
	Aug. 5 – 6
	Sept. 24 – 25
	Nov. 19 – 20

Special Half-Day Culinary Class 2 to 6 p.m.	Level II Class with The Graffs
May 3	Oct. 14 – 15
Julie Wandling	

June 7
Jeanette Fourie
July 5
Jackie & Gideon Graff
August 2
Marilyn Polk
Sept. 6
George & Peggy Nungesser



Rhonda Malkmus

An Evening With Rhonda Malkmus • \$30 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 27). So have a healthful weekend, and join us for both! (There will be no class July 4.)

Special Half-Day Culinary Class • \$109 per person

These are entertaining, practical half-day classes taught by some of Hallelujah Acres' most popular recipe book authors and other culinary artists. This class starts shortly after Rev. Malkmus' FREE seminar (see page 27).

Level I Food Preparation Class • \$300 per person

Various Culinary Academy instructors will show you how creative and delicious raw food meals can be! This intensive 2-day class will teach you how to prepare mouth-watering delights!

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

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



Marilyn Polk



The Nungessers



Kim Wilson



Jackie & Gideon Graff



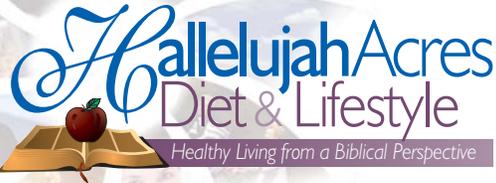
Julie Wandling



Jeanette Fourie

Dates and authors are subject to change.

To register, call toll free 1.800.915.9355



HALLELUJAH ACRES DIET & LIFESTYLE 2-DAY WORKSHOP

Workshop Schedule...

Location

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

SHELBY, NC

May 12 – 13

Begins:

July 14 – 15

Mon. at 1 p.m.

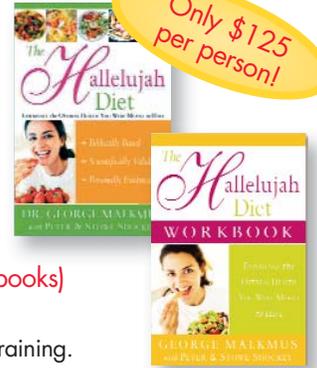
Sept. 15 – 16

Tues. at 8 a.m.

Nov. 10 – 11

Workshops & prices subject to change

- You'll spend 2 memorable days with Rev. Malkmus.
- Includes Rev. Malkmus' dead food/living food presentation.
- Segments on Biblical Foundation and God's Way to Ultimate Health.
- Presentations on exercise and much more.
- Participants will be using The Hallelujah Diet book and The Hallelujah Diet workbook by Rev. Malkmus.



\$125 per person (includes books)/\$99 per person (without books)

(Price includes lunch on Tuesday only.)

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

Get Connected! Become a Health Minister



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

Training Schedule...

Location

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

Health Minister Training 3-Day Course

May 14 – 16

July 16 – 18

Sept. 17 – 19

Nov. 12 – 14

Growing Your Ministry Training 2-Day Course

May 19 – 20

July 21 – 22

Sept. 22 – 23

Nov. 17 – 18

Trainings & prices subject to change

Health Minister Training 3-Day Course

\$300 per person/\$450 per couple (includes Health Minister Resource Kit, valued at \$50)

\$50 for re-attending Health Ministers

You may choose one of the following as a pre-requisite to attending the Health Minister Training:

1. Complete the *Get Healthy! Stay Balanced* Course (classroom or packaged program)
2. Complete a 5- or 10-day program at any Hallelujah Acres Lifestyle Center
3. Complete the 2-day Hallelujah Acres Diet & Lifestyle Workshop hosted by Rev. George Malkmus the week of Health Minister Training.

Growing Your Ministry Training 2-Day Course (Formerly Small Business Ministry Training)

\$300 per person or \$450 per couple (includes the Business/Ministry Resource Kit, valued at \$50)

\$300 for re-attending Health Ministers (includes the Business/Ministry Resource Kit, valued at \$50)

Do you want to take your Health Ministry to the next level?

Learn marketing strategies, business planning, and how to teach the most exciting classes.

Learn customer strategies and many other business techniques.

- Pre-requisites:
1. Completed the 3-day Health Minister Training
 2. Completed the *Get Healthy! Stay Balanced* class or Educational Package

Hallelujah Acres

Lifestyle Centers

RENEW  REBUILD  REVIVE

Spend five or ten days at any of our Lifestyle Centers while learning and practicing the Hallelujah Acres Diet & Lifestyle. A Lifestyle Center experience includes healthy food preparation, exercise, setting up your kitchen, outings, and much more.



Lake Lure, North Carolina

Tim & Anita Koch welcome you to the Blue Ridge Mountains! You will find their quiet, picturesque center to be the ideal atmosphere to relax and focus on getting your health on track. Seasoned Health Ministers, Tim & Anita will walk you through the week giving you practical experience in making the lifestyle real and doable at home. Contact them at:

lakelurenc@halifestylecenters.com

LAKE LURE, NC

May 4 - 9
 May 18 - 23
 May 25 - 30
 June 15 - 20
 June 22 - 27
 July 6 - 11
 July 13 - 18
 July 27 - Aug. 1
 Aug. 3 - 8
 Aug. 17 - 22
 Aug. 24 - 29
 Sept. 7 - 12
 Sept. 14 - 19
 Sept. 28 - Oct. 3
 Oct. 5 - 10
 Nov. 2 - 7
 Nov. 9 - 14



Stanton, Kentucky

Come to Kentucky and meet Mircea & Valentina Dragomir who facilitate an inviting Lifestyle Center on 300 acres of Kentucky countryside. Trained as massage therapists, they will assist you with every step of the Hallelujah Acres Diet & Lifestyle. If you have children you want to introduce to the healthy lifestyle, talk to Valentina. They are ready for you and your family. They can also accommodate RVs!

stantonky@halifestylecenters.com

STANTON, KY

May 11 - 16
 June 1 - 6
 June 8 - 13
 July 20 - 25
 July 27 - Aug. 1
 Aug. 24 - 29
 Aug. 31 - Sept. 5
 Sept. 14 - 19
 Sept. 21 - 26
 Oct. 12 - 17
 Oct. 19 - 24
 Nov. 9 - 14
 Nov. 16 - 21
 Dec. 7 - 12
 Dec. 14 - 19



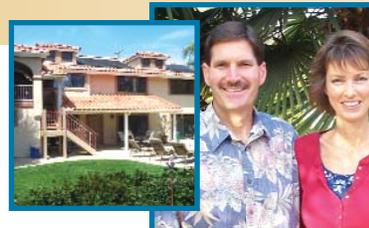
Plant City, Florida

If you enjoy warm weather, consider joining Dave & Sherry Orcutt in beautiful Plant City, Florida. Complete with sunshine, swimming pool, palm trees and other Florida amenities. Dave & Sherry put their heart and soul into sharing the Hallelujah Acres Diet & Lifestyle. They have seen firsthand how this lifestyle restores the body to good health evidenced by Dave's recovery from MS. They can help you with all phases of the lifestyle; just contact them for more information on their center.

plantcityfl@halifestylecenters.com

PLANT CITY, FL

May 11 - 16
 May 18 - 23
 June 1 - 6
 June 15 - 20
 June 29 - July 4
 July 20 - 25
 Aug. 3 - 8
 Aug. 17 - 22
 Aug. 31 - Sept. 5
 Sept. 7 - 12
 Sept. 28 - Oct. 3
 Oct. 5 - 10
 Oct. 19 - 24
 Nov. 2 - 7
 Nov. 16 - 21
 Nov. 30 - Dec. 5
 Dec. 7 - 12



Fallbrook, California

Steve & Leslie Kirchmeier are excited about having you visit them at their Lifestyle Center in gorgeous southern California. Both have dedicated themselves to sharing the healthy way of living with all who come their way. An expert in raw food preparation, Leslie helps make it easy to prepare delicious, healthy meals, one component which strengthened her body to overcome cancer. Any time of year is great in Fallbrook, so check your calendar and contact them.

fallbrookca@halifestylecenters.com

FALLBROOK, CA

May 18 - 23
 May 25 - 30
 June 15 - 20
 June 22 - 27
 July 13 - 18
 July 20 - 25
 Aug. 3 - 8
 Aug. 10 - 15
 Aug. 24 - 29
 Aug. 31 - Sept. 5
 Sept. 14 - 19
 Sept. 21 - 26
 Oct. 12 - 17
 Oct. 19 - 24
 Nov. 9 - 14
 Nov. 16 - 21
 Nov. 30 - Dec. 5
 Dec. 7 - 12

5 Day Program

\$1195 per person
 \$2195 per couple*

10 Day Program

\$2295 per person
 \$4195 per couple*

Airport Transportation

\$50 each way

Ask about Health Minister discounts when scheduling your visit.

Five or ten day program meets pre-requisite for Health Minister Training.

* Persons of same household • All prices based on double occupancy rooms. • Schedules subject to change.



Rev. George Malkmus, Lit. D., Founder of Hallelujah Acres and author of *A Message of Hope and Healing*, *God's Way to Ultimate Health*, *Why Christians Get Sick*, and *The Hallelujah Diet*, and *The Hallelujah Diet Workbook*.

FREE GOD'S WAY TO ULTIMATE HEALTH SEMINAR

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, Lit. D.**, founder of Hallelujah Acres, present this seminar in his down-to-earth, oftentimes humorous, yet still impactful way.

Seminar Highlights...

- Learn why your diet and lifestyle can make you sick or feel great
- Understand which are the perfect foods God gave to mankind for nourishment
- Discover how you can restore your health and live the lifestyle you were designed to have

You will also hear plenty of real-world testimonies from people who have experienced a health renewal after following the Hallelujah Acres 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 Acres Diet & Lifestyle yourself. Yes, it is simple enough to learn in just a couple of hours.

Registration is not required for this FREE seminar.

**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 other cities.*

Plan to attend Rhonda Malkmus' 2 hour Culinary Class the Friday night before the free Saturday Seminar

Don't forget the special Half-day Culinary Class immediately following the Saturday Seminar. See page 24 for details.

Seminar Schedule...

Location

SHELBY, NC at 10 a.m.

May 3	Aug. 2	Oct. 4
June 7	Sept. 6	Nov. 1
July 5		Dec. 6

Restoring God's Temple
2008 Women's Retreat

Save The Date!
October 16 - 18, 2008

Featured Speaker:
Francisco Contreras, M.D.
Director of the
Oasis Clinic.
Tijuana, Mexico

The Big Summer Health Conference

We look forward to visiting with you this summer!

Mark your calendars and plan to join us **August 7-9, 2008**, in the foothills of the beautiful Blue Ridge Mountains. Watch for the unveiling of this awesome event in the next issues of *Hallelujah Acres Diet & Lifestyle* magazine.

Register before July 15 and pay only \$119 per person. Registration after July 15 is \$179.

For more information and to register, call (800) 915.9355 or visit www.hacres.com

Hallelujah Acres Diet & Lifestyle Centre



What's Happening at our Hallelujah Acres Diet & Lifestyle Centre In Newmarket, Ontario?

Lunch Classes

Every FRIDAY you can join us for LUNCH from 12 noon – 1:30 pm. While you eat a fantastic RAW lunch you will learn more about Enzymes, Plant Protein, Detoxing, Stress Management, and other healthy lifestyle topics. \$12.00 per person

Intensive Lifestyle Retreat

May 16 – 17 • June 13 – 14

\$195.00 per person

Take a 2-day workshop that will teach you about our 9 step program while you learn how to prepare healthier food. Your meals are included.

Open House & Demo Days

May 10 • June 14 • July 12 • Aug 9

Haven't visited our NEW Hallelujah Acres Diet & Lifestyle Centre? Enjoy Free samples and RAW food goodies while we demo kitchen tools to show you how to do it at home!

Newmarket Windfall Festival

June 7 & 8

Join us at Fairy Lake in Newmarket for Judys Raw Food Prep classes and learn about how we can be Environmentally friendly at the same time. This is a great weekend for the whole family!

Watch for news about our
10th ANNIVERSARY Sept. 2008!

Location

Hallelujah Acres Diet & Lifestyle Centre
16635 Yonge Street, Unit 24B
(Just south of Mulock Drive)
Newmarket, ON • 905.853.7014

Education • Training • Support • Resources



Judy Fleming has been part of our team since Hallelujah Acres Canada opened in September 1998. You will meet Judy as the Manager of the Hallelujah Acres Diet & Lifestyle 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.



Canada Hallelujah Acres Diet & Lifestyle Centre 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. This 9-part part course is offered every week.

Healthy 5-Day Retreat • \$450 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.

Spend the Day with Judy • \$125 per person (Limit 8 people per class)

This class is offered at different times during the month to accommodate your schedule. Come and spend a day working in the kitchen learning how to: plan menus, shop for the right foods, prepare gourmet raw food, and how to feed your family and friends this healthy lifestyle. You get a fantastic package that will continue to help you once you are in your own kitchen.

In the Kitchen with Judy • \$50 per person for a half-day class

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. Call to book a space that accommodates your schedule.

Vegetarian Food Prep Classes • \$30 per person

A gourmet food preparation class. Offered one Saturday a month during lunch hours. We prepare 5 recipes then share them as a buffet lunch.

May 24 – Dehydrating

June 21 – Summer Raw Soups

July 26 – Picnic Foods

August 16 – Back to School Healthy Lunches

Events & prices subject to change

To book a class and to order, call toll free **1.866.478.2224** • All prices are in Canadian Dollars.

Hallelujah Acres's private-label products as well as all our own books and DVD's have been reduced in price.

Canada Customer Service hours: Monday – Friday 10 a.m. to 6 p.m. EST

Get Healthy!

RESOURCE CENTERS



Class Schedule...

GREENVILLE, S.C.

Get Healthy! Resource Center
The Point • 1140 Woodruff Road
Suite 302 • Greenville, SC • 864.751.6400

Get Healthy! Stay Balanced

Tuesday at 7 p.m. • Wednesday at 10:30 a.m.

Basic Culinary Academy

Thursday at 6:30 p.m.

Weight Management Class

1st & 3rd Monday at 7 p.m.

Accountability Class Covered-Dish Meal

June 30 at 7 p.m.

FREE Health Support Group

4th Monday at 7 p.m.

FREE Basic Juicing & Smoothie Class

Saturdays at 11 a.m.

CHARLOTTE, N.C.

Get Healthy! Resource Center
The Streets of Toringdon
12210 Copper Way • Suite 228
(across the street from Earth Fare in Ballantyne)
Charlotte, NC • 704.526.2195

Get Healthy! Stay Balanced Class

Tuesday at 7 p.m. • Wednesday at 10:30 a.m.
Thursday at 7 p.m.

Weight Management Class

Fridays at 11 a.m. and 6 p.m.

FREE Health Support Group

4th Monday at 7 p.m.

Kids in the Kitchen

2nd Saturday at 1 p.m.

Lunch Lesson

2nd and 4th Thursday at 11:30 a.m.

Events & prices subject to change

HERE TO HELP YOU GET HEALTHY & STAY HEALTHY!

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



Resource Center Classes: Get Healthy, Focused & Connected.

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 Acres 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

Graduates of the Get Healthy! Stay Balanced Class

FREE Health Support Group Meeting

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.

Weight Management Class • \$25 per month

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

Lunch Lesson • \$12.50 per person • Includes lunch and program.

You will enjoy delicious and varied meals plus hear guest speakers. Come spend your lunchtime with us and experience great food and an inspirational message.

Themed Food Preparation Class • \$25 per person

Greenville SC Location

May 9 - Oriental Feasts
June 13 - Light Summer Breeze
July 11 - Roadside Café
August 8 - French Cuisine
Sept. 12 - A Night to Remember
Oct. 10 - Indian Restraint
Nov. 14 - Thanksgiving at Home
Dec. 12 - Healthy Holiday

Charlotte NC Location

May 12 - A Visit to Italy
June 9 - Country Bar-B-Que
July 14 - Picnic Palooza
Aug 11 - Pool Side Delights
Sept. 8 - Mexican Fiesta
Oct. 13 - Autumn Warmth
Nov. 10 - Thanksgiving Feast
Dec. 8 - Christmas Traditions

All of the above classes are held at the Greenville and Charlotte locations unless otherwise noted. Class schedules subject to change. Please call to verify dates. Each Get Healthy! Resource Center has all Hallelujah Acres Products available for sale.

Biblically Sound Choices for Healthy Living

by Marilyn Polk

When I decided to try The Hallelujah Acres Diet over eight years ago, I did not realize that there were so many Bible verses pertaining to the care of our physical bodies. After overcoming fibromyalgia with God's simple foods, I discovered that He had not only given His people instructions for nurturing their souls but also the care of their physical bodies. It certainly stands to reason that our Creator and loving Heavenly Father would make provision for both the physical as well as the spiritual aspects of His children.

God's concern and perfect provision for His creation goes all the way back to the Garden of Eden when He clearly told Adam and Eve what was to be their diet as stated in Genesis 1:29. This was also the ideal diet for the animals as stated in the very next verse. The Garden was truly a perfect place teeming with life-giving foods. It was also a peaceable kingdom, with no violence or killing.

God allowed the killing of animals for food (His permissive will) after the worldwide flood, possibly because all of the plant life had been destroyed. Animal sacrifice became a reminder that only blood could pay sin's price.

Because of our stubborn, sinful nature, God often allows us to "have it our way," even though it is usually not the best way. For instance, God allowed judges for the Israelites even though He knew that a theocracy was best. He allowed divorce under Moses' rule although it was His perfect will that a man should leave his father and mother and cleave unto his wife as stated in Gen. 2:24. Jesus desires His children to seek His perfect will, as stated in Matthew 5:48, not just what He will allow us to do because of our selfish desires.

After personally experiencing healing from fibromyalgia, which included muscle pain, fatigue, frequent migraine headaches, and insomnia, I am convinced that God's perfect, original diet is the one we should follow for optimum health.

For years I read passages such as Romans 12:1-2 simply as a teaching concerning our spiritual conduct as Christians – nothing more. God clearly states in this passage that we are to present our bodies as a living sacrifice unto God. He continues by saying that we are to no longer be conformed to this world (by eating the world's unhealthy, deadly processed foods), but are to be transformed (changed) by the renewing of our minds. After I was convicted that God's original diet was the way to ultimate health, I began to renew my mind by searching the scriptures more intently and reading informative books from Hallelujah Acres to retrain my mind.

I absolutely love the vivid colors and wide variety of fruits and vegetables available on this healing, plant-based diet. This new way of eating is anything but dull, with hundreds of delicious and nutritious recipes available to you.





Marilyn Polk is the author of *Hallelujah Simple Weekly Meal Plans*. She and her husband, Doug, are Health Ministers in Jackson, TN. You may contact them at ddpolk@alphaomegafood.com.



Beautiful Fruit Bowl

- 2 cups fresh pineapple, diced
- 1-1/2 cups organic grapes
- 2 oranges, peeled and diced
- 2 kiwi, peeled and sliced
- 2 cups organic strawberries, sliced
- 2 bananas, sliced
- 1/2 lemon (squeeze over bananas to prevent them from turning brown)
- 2 tablespoons raw honey or 1 tablespoon agave nectar

Mix ingredients well and spoon into a pretty glass bowl.

Spinach Slaw

- 1/2 head green cabbage
- 1/4 head red cabbage
- 3 large leaves of green, leafy lettuce
- 1 medium package of organic spinach
- 1/3 cup diced red pepper

Using the small shredder on your food processor, run the first 4 ingredients through the chute. Stop the processor, remove top, and add the diced red pepper. Transfer slaw to another bowl and blend in the following dressing. Garnish with paprika.

Dressing:

- 2-3 tablespoons Vegenaïse
- 2 teaspoons raw honey
- 1/4 teaspoon garlic powder
- 1/4 teaspoon unrefined sea salt

For more great recipes see recipe books on pages 40 & 41 of the Resource Catalog.

Zesty Salad

- 1 large organic cucumber, seeded & chopped
- 1 large carrot, finely chopped
- 2 cups corn niblets (freshly cut off the cob is preferred)
- 1/2 cup diced sweet onion
- 1/2 cup diced red pepper
- 1/4 cup sliced almonds
- 1/8 teaspoon unrefined sea salt
- Dash of paprika

Dressing:

- 1-1/2 teaspoons Italian seasoning
- 1-1/2 tablespoons fresh lemon juice
- 2 tablespoons raw honey

Mix dressing well and pour over vegetables. Stir and allow flavors to marinate in refrigerator until ready to serve. Serve on a bed of greens.

Broccoli Apple Salad

- 4 cups small broccoli florets
- 3 cups diced organic apples, unpeeled
- 2/3 cup organic raisins
- 1/2 cup broken walnuts*
- 2 tablespoons Vegenaïse

Mix the ingredients well and serve in a pretty bowl.

** I keep soaked and dehydrated nuts in the freezer to use in recipes.*



Hallelujah Acres Diet Explained



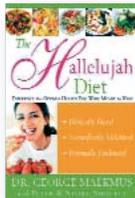
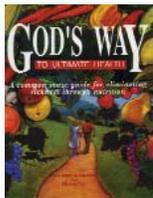
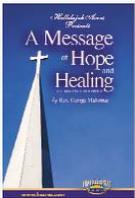
Healthy Living from a Biblical Perspective

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

Genesis 1:29



by Rev. George Malkmus, Lit. D.,
author of *A Message of Hope and Healing*,
God's Way to Ultimate Health, *Why
Christians Get Sick*, and *The Hallelujah
Diet*, and *The Hallelujah Diet Workbook*.



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 flax seed to help maintain optimal bowel function.





Hallelujah Acres Lifestyle Center guests sharing a healthy and delicious meal.

A Balanced Diet & Lifestyle Includes Rest, Relaxation, & Fellowship.

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. (If desired, Lunch and Supper can be switched, but only one meal should contain cooked food on any given day.)

Mid-Afternoon

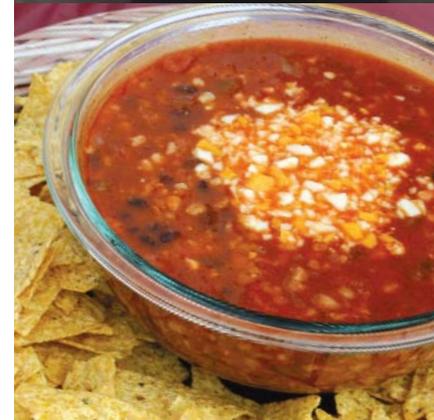
Drink an eight-ounce glass of carrot/vegetable juice. If juice is not available, a serving of CarrotJuiceMax, BeetMax, or some carrot or celery sticks are second best.

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 Acres 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.



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 & 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

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

Vegetables: All raw vegetables

Soups: Raw soups



The 15% Portion

The following foods make up the 15% portion of The Hallelujah Acres Diet. These cooked foods follow the raw salad at the evening meal or lunch if preferred. 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, almond milk 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

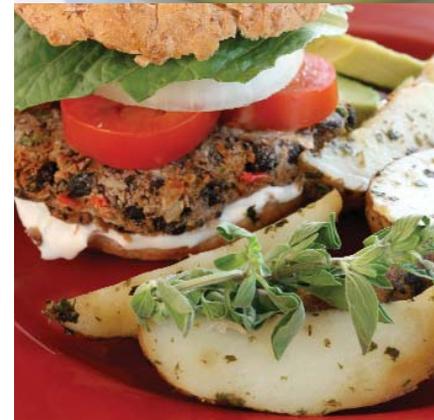
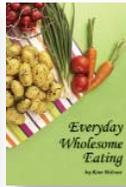
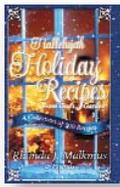
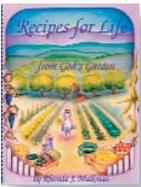
Seasonings: Same as the 85% portion, plus unrefined sea salt (Use sparingly.)

Soups: Soups made from scratch without fat, dairy, or refined 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, yellow or sweet potatoes, squash, etc.

There are hundreds, if not thousands, of exciting recipes that meet these criteria. *Look for these great recipe books and others on pages 40-41.*



Foods to Avoid

These foods create most of the physical problems we experience, and are NOT part of The Hallelujah Acres 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

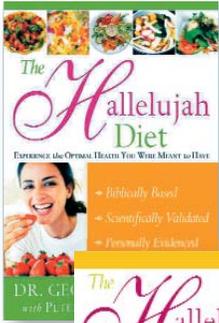
Seasonings: Refined table salt, black pepper, and any seasonings containing them

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

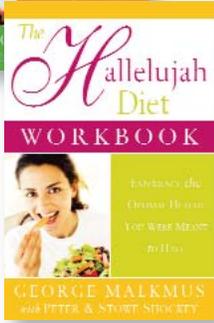
Vegetables: All canned vegetables with added preservatives, or vegetables fried in oil

Hallelujah Acres Resource Catalog

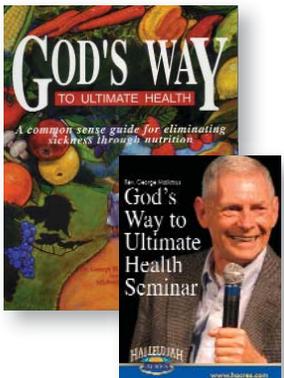


Books, Videos, and Audios by
Rev. George Malkmus, Lit. D.
Founder of Hallelujah Acres

The Hallelujah Diet by Rev. George Malkmus, Lit. D., with Peter & Stowe Shockey
Whether you've been on the diet for a while, or you're just starting out, this 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

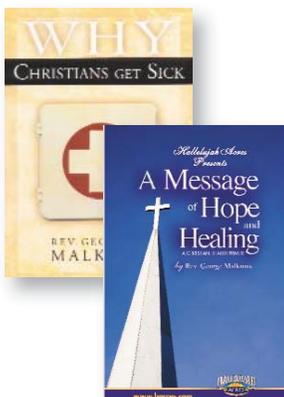


The Hallelujah Diet Workbook by Rev. George Malkmus, Lit. D., with Peter & Stowe Shockey
The Workbook, a companion book to be used in conjunction with *The Hallelujah Diet*, will help you to thoroughly absorb the information you need to achieve optimum health. Each of the twelve-week programs focuses 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



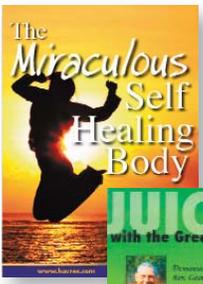
God's Way to Ultimate Health by Rev. George Malkmus, Lit. D., with Michael Dye
This is the ultimate nutritional guidebook and has everything you need to know about how to return to God's original plan for nourishing the human body. Read what the Bible says about diet and how modern science supports this Biblical wisdom. This cornerstone book of The Hallelujah Acres Diet & Lifestyle 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 presented by Rev. George Malkmus, Lit. D.
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 or CDs of *God's Way to Ultimate Health* seminar, you will change your thinking forever as to what nutrition is and what it is not.
#265 Audio CDs (2) \$12.95 #266DVD Video (1) 2 hrs. 20 min. \$24.95



Why Christians Get Sick by Rev. George Malkmus, Lit. D.
This 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 #201K Korean version \$8.95

A Message of Hope and Healing – A Christian Health Primer
by Rev. George Malkmus, Lit. D.
(Formerly *You Don't Have to be Sick*) Is an inexpensive booklet that summarizes the Hallelujah Acres 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.
#206 Paperback, 49 pages \$3.95

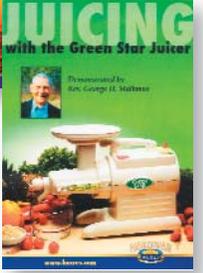


Best Seller!

The Miraculous Self-Healing Body

hosted by Rev. George Malkmus, Lit. D.

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 34 minutes \$17.95



Juicing with a Twin Gear Juicer

hosted by Rev. George Malkmus, Lit. D.

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 75 minutes \$12.95

Additional Hallelujah Acres Videos & Books

Healing for Life Video Series

See and hear for yourself compelling testimonies from everyday people who have successfully dealt with various illnesses and experienced a renewed level of health while following the Hallelujah Acres Diet & Lifestyle. Medical authorities also provide scientific facts that corroborate the guidance given in the Bible about how to handle health issues and attain good health. Available on DVD.

#293 5-DVD Set SAVE \$20 \$29.75

Or order individually:

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- #293-2 Cancer/18 min. \$9.95**
- #293-3 Diabetes/25 min. \$9.95**
- #293-4 Weight Issues/19 min. \$9.95**
- #293-5 Fibromyalgia & Lupus/19 min. \$9.95**

Pregnancy, Children, & The Hallelujah Diet

by Olin Idol, ND, CNC

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

#209 Paperback, 100 pages \$8.95

Vaccinations, Deception & Tragedy

by Michael Dye

If your child is about to receive a mandatory vaccination, then you need to read this book. It explains how God-given natural immunity works, and how vaccinations may destroy this self-healing system. Discover shocking truths about vaccinations that the government, media, and medical establishment would prefer you didn't know. This book is must reading before you vaccinate.

#207 Paperback, 128 pages \$8.95

Six Months to Live

by Health Minister Charles Snyder

This is one of those books that you won't be able to put down! Health Minister Charles Snyder has written a combination Robinson Crusoe meets Genesis 1:29 in an action-filled, fiction adventure that you hope will never end! Stranded on an unknown island, whether by shipwreck or plane failure, God has carefully assembled a very special group of people who experience the change of their lives. One by one, they undergo complete healing of their physical illnesses, all while encountering torrential storms, pirates, hidden caves, and, above all else, God's Grace. Snyder's own journey from debilitating arthritis to complete health was pivotal in the creation of his characters, who show us that God is not a respecter of persons, but of conditions.

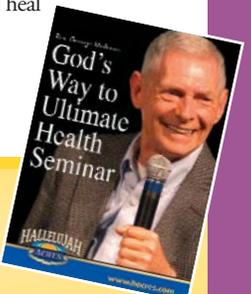
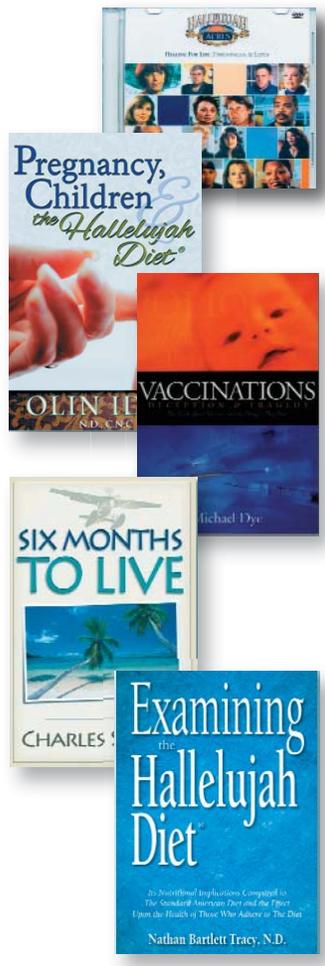
#378 Paperback, 175 pages \$8.95

Examining The Hallelujah Diet

by Health Minister Nathan Tracy, ND

Dr. Tracy discusses the nutritional implications of The Hallelujah Acres Diet in comparison to the Standard American Diet (SAD) and addresses the effects upon the health of those who adhere to The Hallelujah Acres 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



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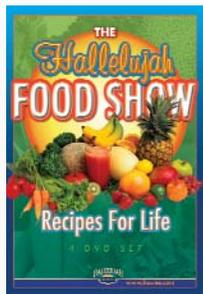
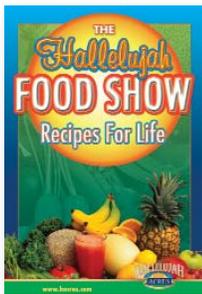
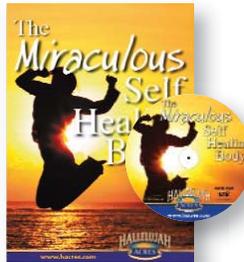
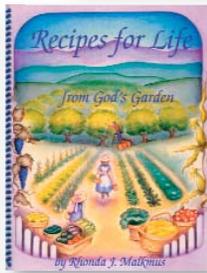
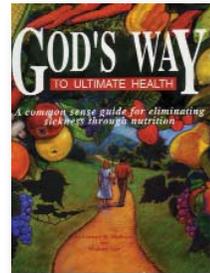
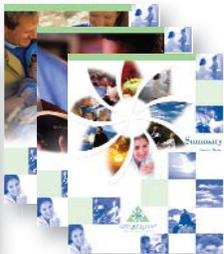
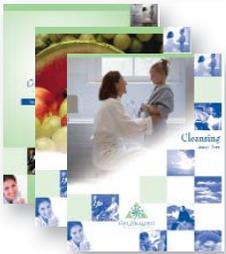
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Take Control of Your Own Health & Life!

For Health Minister Training information please see page 27 of the Education, Support & Training section or page 59 in this Resource Catalog.

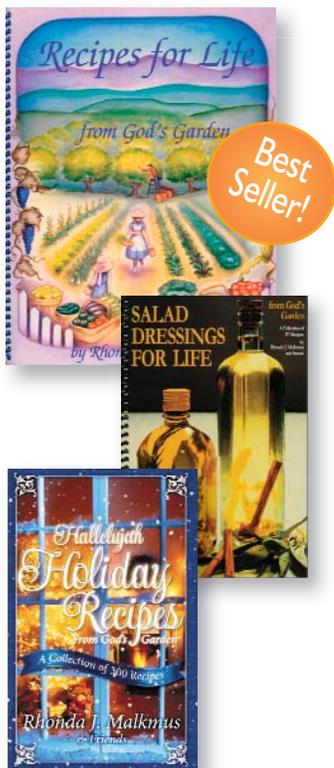
To order, call toll free **1.800.915.9355**, or order online at **www.hacres.com**.

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Hallelujah Acres Diet & Lifestyle

Healthy Living from a Biblical Perspective

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



Recipe Books by Rhonda Malkmus

Co-Founder of Hallelujah Acres

Popular Hallelujah Acres Culinary Academy Instructor, see page 24 for class schedule.

Recipes for Life... From God's Garden by Rhonda Malkmus

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 by Rhonda Malkmus

This book 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 Acres Diet & Lifestyle, and Rhonda will show you how.

#208 Spiral-bound, 64 pages

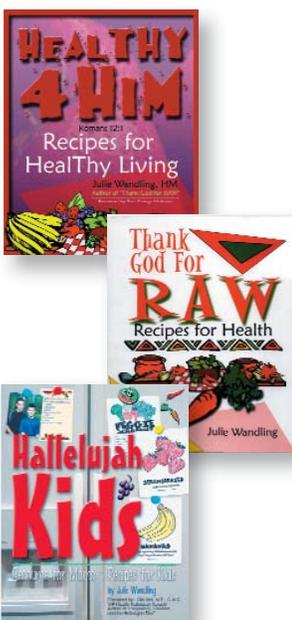
\$13.95

Hallelujah Holiday Recipes... From God's Garden by Rhonda Malkmus

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 Acres Diet & Lifestyle 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



Recipe books by Health Minister Julie Wandling

Julie Wandling is a popular Hallelujah Acres Culinary Academy Instructor, see page 24 for class schedule.

Healthy 4 Him by Julie Wandling

Julie Wandling continues to bring you motivational information, the pros and cons of all-raw eating, tips and timesavers, and ways to implement The Hallelujah Acres Diet & Lifestyle 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 by Julie Wandling

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

#211 Paperback, 167 pages

\$17.95

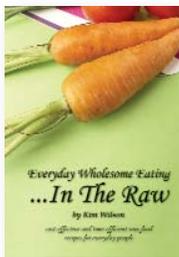
Hallelujah Kids by Julie Wandling

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

To order, call toll free **1.800.915.9355**, or order online at **www.hacres.com**.



Recipe books by Health Minister Kim Wilson

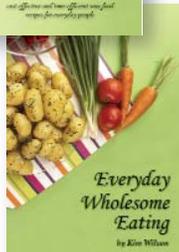
Kim Wilson is a popular Hallelujah Acres Culinary Academy Instructor, see page 24 for class schedule.

Everyday Wholesome Eating... In the Raw by Kim Wilson

This book helps you create quick, easy, delicious, and inexpensive meals using raw foods. Covers the basics of raw food—ingredients, tools, sprouting made simple, and transitioning to raw food eating—with reliable, delicious recipes for juices, fruits, salads, dressings, sauces and condiments, dips and fillings, soups, entrees, snacks, desserts, and treats.

#374 Spiral-bound, 263 pages

\$17.95



Everyday Wholesome Eating by Kim Wilson

Whether you're just starting to learn about healthy eating habits, or you're already committed to wholesome living, this recipe book is a welcome source of simple delectable dishes. Create fresh homemade hummus and simple salad dressings, hearty soups and stews, delightful desserts, plus Indian, Italian, Mid-Eastern, and Asian inspired dishes. Includes tips and techniques, and other helpful diet and lifestyle guidelines as well as holiday menu ideas. All the recipes are allergen-free and are great for those dealing with candida.

#382 Spiral-bound, 255 pages

\$17.95



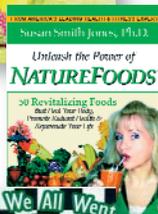
Hallelujah! Simple Weekly Meal Plans by Health Minister Marilyn Polk

Marilyn Polk is a popular Hallelujah Acres Culinary Academy Instructor, see page 24 for class schedule.

This is a handy month-long meal planner that will help everyone on the Hallelujah Acres 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 Acres 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 Jones, PhD

This book 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; and bring more joy into your life. Includes easy-to-prepare recipes.

#301 Paperback, 176 pages

\$15.95



How We All Went Raw by Charles, Coralanne & George Nungesser

The Nungessers are popular Hallelujah Acres Culinary Academy Instructors, see page 24 for class schedule.

This book teaches all about a raw-foods lifestyle, describes how to prepare great-tasting raw-food dishes, and is filled with over 100 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, 182 pages

\$19.95



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

by Christine Hoza Farlow, DC

This book will help you make informed choices about the foods you buy, listing more than 600 of the most common food additives, and a code indicating safety and the advisability of use for each additive. Its small size lets you can carry it in your pocket or purse while shopping.

#323 Paperback, 80 pages

\$7.95



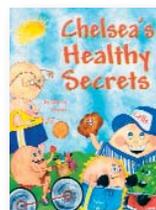
The Fruit Bowl and Vegetable Soup

by Dianne Warren, Susan Jones, & 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 children learn that "we are what we eat!"

#304 Paperback, 62 pages

\$14.95



Chelsea's Healthy Secrets by Sherry & Frank Schiavi, Jr., M.D.

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, 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

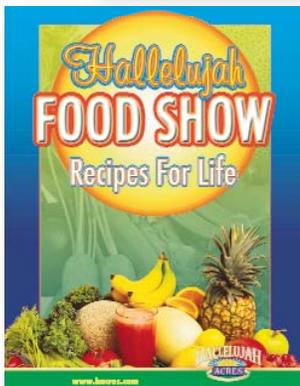
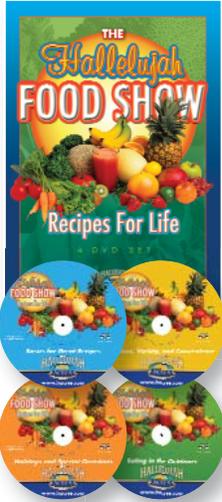
\$14.95



THE Hallelujah FOOD SHOW Recipes For Life



Food Show Video Series



Four Video Package

These videos will show you how you can follow the Hallelujah Acres Diet, both in and out of the kitchen.

#931 4 DVDs

\$39.95

- **Choices, Variety & Convenience**

Includes over 25 delicious culinary creations from salad dressings, soups, entrees to desserts.

- **Basics for Great Recipes**

Learn the fundamentals of making delicious soup stock, juices, soups, dressings, and more.

- **Eating in the Outdoors**

Eating outdoors and enjoying deliciously prepared food! What a great combination! You'll see how easy it is to take along terrific-tasting and easy to prepare food on your outdoor picnics or back-pack adventures.

- **Holidays & Special Occasions**

Includes those special dishes you will want to serve when family and friends gather around the holiday table including Waldorf Salad using Almond Mayonnaise, Holiday Nut Loaf with Sun Dried Tomato Sauce, Curried Wild Rice Casserole, delicious pies, cookies, and holiday drinks.

Hallelujah Food Show Recipe Book

Prepare these delicious meals for your special "audience" and you'll be the star of your own Hallelujah kitchen! This terrific recipe book features some of the more savory dishes featured on the Food Show videos.

#330 Paperback, 60 pages

\$14.95

Food Preparation



OXO Salad Spinner

Spins water out of your vegetables after you wash them, giving you drier, crispier veggies for your salad.

#583 White

\$24.95



Braun Flaxseed Grinder

To get the benefits of flaxseeds, you need to grind them before you consume them. (Also works well grinding nuts and seeds)

#582

\$18.95

Debbie Meyer Green Bags

Most fruits, vegetables, and flowers release ethylene gases during the natural ripening process after harvest.

Exposure of the produce to these gases accelerates aging and deterioration. These bags are made with a natural mineral 'Oya®' that extends the life of produce by absorbing and removing the ethylene gases that cause normal deterioration.

#551

\$9.95

Box of 20

(10 Large, 10 Medium)



Freshlife Sprouter

Grow your own sprouts, small seeds and grains in your kitchen. This product is made for indoor use only (temps 65°F-85°F). The Sprouter features an automatic sprinkling system to produce fresh, nutritious and tender sprouts.

#606

\$89.95

To order, call toll free **1.800.915.9355**, or order online at **www.hacres.com**.



Chop KitchenAid 12-Cup Food Processor

- Powerful, versatile, and convenient
- 700 watts of power
- Handles the most demanding jobs
- Exclusive 4-cup mini bowl and mini-blade.
- Dough blade
- Two-piece food pusher
- Accessory case
- Includes a tall feed tube

#609

\$179.95



Best Seller!

Blend Vita-Mix Turbo Blend 4500

- Excellent blender
- Food Processor
- Prepares delicious raw soups
- Not a juicer, it doesn't separate pulp/fiber.
- Excellent tool for food preparation

#4500HA

\$369.95

Mix Tribest Personal Blender

- Versatile
- Powerful ice crusher
- Smoothie making
- Seed-grinding
- Sauce blending
- Compact
- Four blend-n-serve cups

#584

\$79.95

Excellent Tools for Easy Food Preparation!

Dehydrator

Always Have Plenty of Healthy Snacks On Hand!

Excalibur 2900® Food Dehydrator

- Family-size economy model
- Adjustable thermostat with a range of 85°F-145°F
- Even airflow though consistent drying
- Nine trays, 15 square feet of drying area.
- Fruit roll sheets also available.

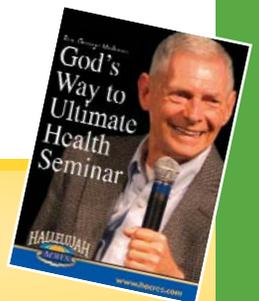
#580HA Excalibur 2900

\$194.95

#589 Fruit Roll (1-sheet)

\$9.95

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



Special Offer!
A \$24.95 Value

Spend \$150 or more and receive a **FREE God's Way to Ultimate Health DVD** through June 30, 2008 – Retail Only - While supplies last.

Hallelujah Acres Fresh Juicing

*Healthy Living from
a Biblical Perspective*

*"Blessed are they which
do hunger and thirst after
righteousness; for they
shall be filled" Mathew 5:6*



Best
Seller!

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

\$505.95

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)
#511HA Commercial Model (White Only)

\$249.95

\$289.95



Upright Carrot Peeler

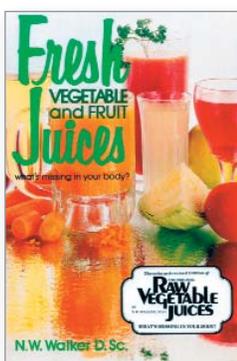
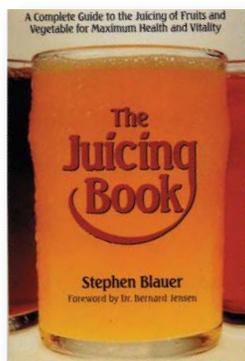
Peel carrots like a pro! This new kitchen convenience is perfect for anyone on The Hallelujah Acres Diet. It comes with a counter stand and a wall-mount unit.

#614 Upright Carrot Peeler

\$99.95



Books on Juicing



The Juicing Book by Stephen Blauer

This 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

Fresh Vegetable and Fruit Juices by Dr. Norman Walker

This book is an essential guide to the science of juicing and its nutritional benefits. Dr. Walker explains how juices work within the body. Plus, in collaboration with R.D. Pope, M.D., he offers a useful chart delineating various ailments and the corresponding juice combinations that may be effective in offering relief.

#311 Paperback, 80 pages

\$7.95

To order, call toll free **1.800.915.9355**, or order online at **www.hacres.com**.



SPECIAL!
Save 10%

Juice On the Go Combo

Take advantage of this on the go combo special. These three juice powders are delicious alone or mixed together, and they come with a savings too!

BarleyMax 8.5-oz powder
New! New Generation CarrotJuiceMax 8.8-oz powder
BeetMax 8.8-oz powder

#KITMAXTRIO

\$99.75

Living Food & Nutrition

Juice on the Go



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



New! New Generation CarrotJuiceMax Remarkable Flavor!

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. One tablespoon per serving.

- #461 8.8-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

Hand Mixer

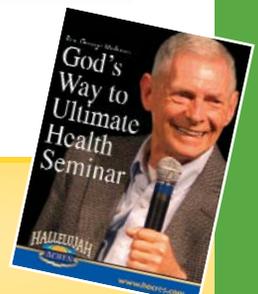
- Perfect for mixing the Maxes easily and conveniently
- Uses 2 AA batteries
- Petite enough to take with you anywhere

- #403 \$5.95

Shaker Cup

- 7 inches tall
- Holds 16 oz. of liquid
- Perfect for mixing our powder products

- #404 \$2.95



Special Offer!
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Hallelujah Acres

Nutritional Support Explained

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



It is important we all realize that although The Hallelujah Acres Diet is based upon the principles of God's Original Diet as found in Genesis 1:29, we live under entirely different environmental conditions than existed then. Today, even through our best efforts, our foods lack the vital life force and nutrition that they contained just a few decades ago, let alone what they contained in the biblical days. For this reason, there are some nutrient needs we must be aware of and insure they are optimally met.



1. BarleyMax

supplies nutrients (specifically minerals and trace elements) that are missing from our foods. It is best taken on an empty stomach 2 to 3 times daily and may be dissolved in the mouth or taken in a couple ounces of purified water or vegetable juice. 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 helping to build new, strong, healthy, and vital cells in your body.

#441	8.5-oz powder	<i>(two-month supply at 2 servings a day)</i>	\$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



2. Fiber Cleanse

is vital for many people for the first 2 to 3 months to help restore optimal bowel function (2 to 3 well-formed stools daily). This is best used earlier in the day - mid-morning, to allow for optimal water intake to keep the body and colon well hydrated. This product is not recommended for pregnant or lactating women or long-term use.

#445	16-oz powder	\$29.95	#445-C 240-ct vegetarian capsules	\$29.95
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3. B-Flax-D

was developed as a long-term solution to meet the ongoing need for additional fiber in the diet after the initial 2 to 3 months using FiberCleanse. To make this product more comprehensive, along with the base of stabilized ground flax seed for our essential fats and fiber, we included B-12 in the active methylcobalamin form to ensure a B-12 deficiency does not develop and Vitamin D-3 (cholecalciferol) to help prevent a vitamin D deficiency (especially in the northern climates during winter months).

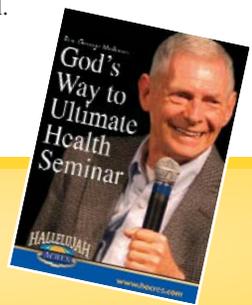
#456	3-lb powder	\$19.95
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4. Essential Fatty Acids (EFA)

particularly our Omega 3 fats are vital. Our body cannot produce EFAs, so they must be obtained in our diet. There are few sources of vital Omega 3 fats in our diet - flax seed, chia seed, and walnuts. To ensure an optimal intake, we include one of the following: 3 to 4 tablespoons of flax seed (freshly ground), 1/4 cup of B-Flax-D, 1 to 2 tablespoons of flax seed oil, or Udo's oil.

#482	Udo's DHA Oil Blend	17-oz bottle	\$23.95
#427	Udo's Oil Blend	17-oz bottle	\$21.95
#436	Flora Flax Oil	17-oz bottle	\$17.95



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Supplement Tips

While you will find several food concentrates and nutritional supplements listed here with The Hallelujah Acres Diet, it is important to realize that each individual should evaluate their own personal diet and lifestyle in determining which of these are appropriate for their personal use. Some people starting the program may benefit from Fiber Cleanse to help establish optimal bowel activity and timely elimination of toxins but should no longer require this after the first 2 to 3 months. Others may simply need a little gentle help from the extra fiber found in the B-Flax-D product. Likewise the need for other nutritional support may vary as one progresses in their journey to optimal health. We want to use the products that complement our diet rather than products that duplicate what we obtain from our foods.



5.

5. B-12, B-6 and Folic Acid

B-12 is an essential nutrient that is not found in plant-based foods. If we have an optimal balance of intestinal flora, it isn't an issue as it is produced by our friendly flora. However, in our study, we found almost 50% of those tested who had been on the Hallelujah Acres Diet for two years were deficient. To help prevent a B-12 deficiency, we include at least 1/2 caplet of our B-12, B-6 and Folic Acid supplement every other day, (one caplet may be used daily for the benefit of maintaining optimal levels of homocysteine) or 1 serving of the B-Flax-D product. Both the B-12 supplement and the B-Flax-D are not needed but may be used if desired.

#450 60 vegetarian tablets

\$14.95



6.

6. DHA

Research is proving DHA's vital role in numerous areas from pre-conception quality of the sperm and egg that are united to form the fetus, to prevention of mental deterioration in old age and a whole host of bodily functions in between. Development of the brain and retina of the eye in the fetus, developing and maintaining optimal intelligence, physical performance, and emotional stability, to the promotion of optimal cardio vascular health just to name a few. However DHA is critically low in our diet, so wise supplementation may be a critical step in achieving and maintaining optimal health. Because DHA is highly unsaturated, it is very susceptible to free radical damage, so when we do supplement, we want to be sure we use a product that is stable and provides what the label claims. For these very reasons we have found Pharmax's DHA to be a superior vegan DHA supplement. Pharmax's DriCelle process provides a powder form of DHA that is more efficiently absorbed than oil forms of DHA.

#426 60 vegetarian capsules 100 mg. each

\$23.95



7.

7. Digestive Enzymes

should be taken with all cooked foods (before, with, or after the meal). 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. As an added bonus, our Digestive Enzymes also contain a significant amount of probiotics to help maintain a good balance of friendly bacteria. NEC's research brochure is available at www.hacres.com/dietresearch/enzyme_TNO_brochure.pdf

#447 90 vegetarian capsules

\$24.95



8.

8. Probiotics

should be taken periodically to help keep an optimal balance in intestinal flora (usually taken with a meal). 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. Technical data available at www.hacres.com/dietresearch/probioticsummarychart.pdf

#446 Probiotics 90 vegetarian capsules provides 2.8 billion CFU

\$24.95

#458 Professional Strength Probiotics 60 vegetarian capsules provides 24 billion CFU

\$29.95



9.

New Improved Clear Liquid

9. WaterMax

re-mineralizes distilled or reverse osmosis water. Now use only 1 tsp. per gallon of purified water.

Here's how you can power up your water! After extensive research and testing, **The Hallelujah**

Acres Foundation has developed our new and improved WaterMax, a new more

concentrated water additive. WaterMax alkalizes the water, provides minerals in amounts and forms that

benefit the body, and improves the hydrating and antioxidant ability of your water. So drink up!

#339 8-oz bottle (Good for re-mineralizing up to 48 gallons of water.)

\$32.95

FREE GROUND SHIPPING
*On all 'Auto-Ship' orders over \$100.00.
US 48 States Only

To order, call toll free **1.800.915.9355**, or order online at **www.hacres.com**.
Customer Service Hours: Mon. - Fri. 8:30 a.m. to 8 p.m., Sat. 8:30 a.m. to 5 p.m. EST.
*Ask about our **Auto-Ship Program**. • Products, prices, and availability subject to change.

Additional Nutritional Support

1. Hallelujah Acres Intestinal Balance

This unique supplement contains a proprietary blend of ingredients that packs a powerful punch for your health. Special enzymes are designed to help 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

2. Hallelujah Acres Antioxidant

This broad-spectrum antioxidant formula helps protect 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

3. 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



4. New! New Generation Bio-Curcumin Higher Potency

The benefits of Curcumin, known for its powerful anti-oxidant and anti-inflammatory properties as well as its support of the immune system are now much more bio-available with our New Generation Bio-Curcumin. New Generation Bio-

Curcumin is a new combination of Curcumin and essential oils, both extracted from Turmeric Rhizome, which increases the absorption of Curcumin 5-7 times as much as a typical 95% Curcumin formula. One capsule of New Generation Bio-Curcumin is equivalent to taking between 2,000 and 2,800 mg of the standard formula, and has an ORAC value of 5,200.

People with gall bladder duct obstruction should not take Curcumin as it increases flow of bile. If taking chemotherapy or using anti-platelet medication consult a qualified medical profession before using.

#462 60 vegetarian capsules \$29.95



5. 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 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 \$36.00

6. Micro-Max

This supplement helps to 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

7. 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, helps to facilitate 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

8. 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

9. 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 14 oz. jar \$4.95





Hallelujah Acres Snacks

Living Food on the Go

Living Food & Nutrition

Best Seller!

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 **\$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.

#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.

#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, macadamia nuts, organic pure vanilla, agave nectar, cinnamon, and nutmeg. Yummy.

#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

FREE GROUND SHIPPING
*On all 'Auto-Ship' orders over \$100.00.
US-48 States Only

To order, call toll free **1.800.915.9355**, or order online at **www.hacres.com**.
Customer Service Hours: Mon. - Fri. 8:30 a.m. to 8 p.m., Sat. 8:30 a.m. to 5 p.m. EST.
*Ask about our **Auto-Ship Program**. • Products, prices, and availability subject to change.

Hallelujah Acres Diet & Lifestyle

Non-toxic
Cleaners



Safe Cleaning Products

Conversion Pack

Includes all seven Hallelujah Acres Cleaning Products, 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.

#KIT770 \$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 Softner

#763-32 32-oz Concentrate \$11.95

Soft Scrub Cleaner

#767-8OZ 8-oz \$7.95

Spray Bottle

#772 16-oz Spray Bottle \$1.95



Soothing Body Bars

Enjoy the benefits of cleansing & savings with one of our collection of Soap Sample Packs

#KIT714-I Invigorating Sample Pack \$9.95
(Sweet Orange, Carolina Pine, & Coal Tar)

#KIT714-R Refreshing Sample Pack \$9.95
(Ylang Ylang, Rose, & Lavender)

#KIT714-S Soothing Sample Pack \$9.95
(Chamomile, Rose, & Lavender)

Hallelujah Acres Individual Soap Bars

- #708 Carolina Pine (Normal Skin)
- #702 Chamomile (Normal to Dry Skin)
- #703 Coal Tar (All Skin Types)
- #706 Lavender (Sensitive Skin)
- #704 Rose (Normal to Oily Skin)
- #701 Rosemary (Normal to Oily Skin)
- #705 Sweet Orange (Dry Skin)
- #707 Ylang Ylang (Normal Skin)
- #719 Gardener's Bar Soap \$3.95 each

Body Oils

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

Jewelweed Topical Ointment

#716 4-oz Bottle \$6.95

Lavender Garden Mist

#717 4-oz Bottle \$5.95

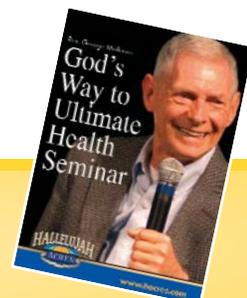
For the Outdoors

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



Special Offer!
A \$24.95 Value

Spend \$150 or more and receive a **FREE God's Way to Ultimate Health DVD** through June 30, 2008 - Retail Only - While supplies last.





Facial, Body & Oral Care



Deluxe Showerwise Filtration System 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. Features 6-jet massage action with adjustable settings from soft to forceful, high impact white ABS body and chrome plated brass coupling, higher consistent flow for low-pressure situations, and much more. One cartridge lasts up to 15,000 gallons or 12 months, depending on water quality and frequency of use. Five year limited warranty, Made in USA.

- #535 Deluxe Showerwise Filtration System \$54.95
- #536 Deluxe Showerwise Replacement Cartridge \$29.95



Crystal Deodorant Stone

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



Desert Essence Facial Scrub

- #756 4-oz \$6.29



Desert Essence Facial Moisturizer

- #755 4-oz \$6.29



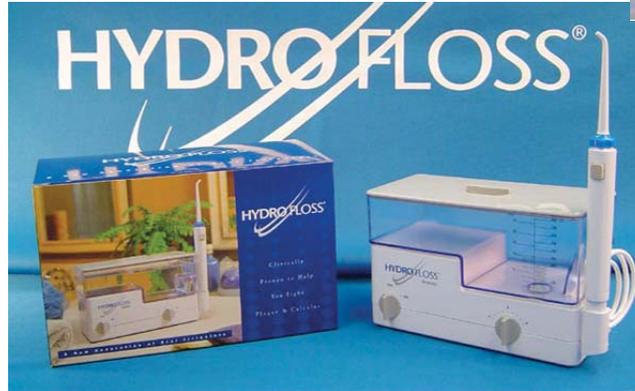
Desert Essence 100% Pure Tea Tree Oil

- #750 1-oz \$9.95



Desert Essence Tea Tree Ointment

- #751 1-oz \$7.95



Hydro Floss Oral Irrigator

Even if you floss regularly, there are still pockets where plaque can develop and adhere. Unlike other oral irrigators, the Hydro Floss treats the water magnetically, and in clinical studies it has proven to be almost twice as effective. Gum disease has been linked to many life-threatening illnesses, but with proper hygiene, it can be prevented and reversed. Make Hydro Floss part of your oral care routine.

- #768 Hydro Floss Oral Irrigator \$129.95

**This item is not returnable due to nature of product.*



Jason Sea Fresh Mouthwash

- #758 16-oz \$7.99

Jason Powersmile Whitening Toothpaste

- #757 6-oz \$5.95



Hair Care

Jason Natural Sea Kelp Shampoo

- #759 16-oz \$7.59

Jason Natural Sea Kelp Conditioner

- #780 16-oz \$7.50

Personal Care on the Inside...



Promotes GOOD Colon Health!

Fiber Cleanse

is vital for many people for the first 2 to 3 months to help restore optimal bowel function (2 to 3 well-formed stools daily). This is best used earlier in the day – mid-morning, to allow for optimal water intake to keep the body and colon well hydrated. This product is not recommended for pregnant or lactating women or long-term use.

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

FREE GROUND SHIPPING

***On all 'Auto-Ship' orders over \$100.00.**
US-48 States Only

To order, call toll free **1.800.915.9355**, or order online at **www.hacres.com**.

Customer Service Hours: Mon. - Fri. 8:30 a.m. to 8 p.m., Sat. 8:30 a.m. to 5 p.m. EST.

*Ask about our **Auto-Ship Program**. • Products, prices, and availability subject to change.

Cleansing & Personal Care

Hallelujah Acres Diet & Lifestyle

Healthy Living from a Biblical Perspective

"In all labour there is profit" Proverbs 14:23a



Make Me Ready Praise & Worship Exercise DVD

Presented by Health Minister Laura Lee Ryan, Certified AFAA Instructor
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.

#222DVD 80-minute DVD

\$21.95

Make Me Ready Stretch & Selah Exercise DVD

Presented by Health Minister Laura Lee Ryan, Certified AFAA Instructor
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.

#811DVD 99-minute DVD

\$24.95



Rebounding: Olympic Trainer by Harry & Sarah Sneider

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

#343 Paperback, 160 pages

\$14.95

Exercise Equipment



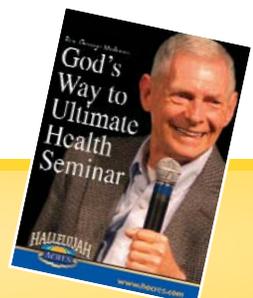
FIT 10

- Lose weight, tone or build muscle, increase strength, get a cardio workout, stretch – and feel great.
- Low impact on joints, hips, and knees and is safe to use with back problems.
- Easily control the resistance level you need to build strength, tone and slenderize.
- Unique design allows you to easily move from one exercise to another – no weights to remove or add.
- Can be used in conjunction with the Rebounder and is also a great compliment to Pilates and cardio routines.
- No assembly required. Sets up in seconds and can be done in virtually any room of your home.
- Is a fun and easy way to reach your personal fitness goals!
- Safe and effective for young children through adults of any age.
- Lifetime Guarantee on the equipment.

At 2.5 pounds, take FIT10 anywhere you travel. This is the one piece of fitness equipment you'll never grow tired of!

#605

\$99.00



Special Offer!
A \$24.95 Value

Spend \$150 or more and receive a **FREE God's Way to Ultimate Health DVD** through June 30, 2008 – Retail Only - While supplies last.



Exercise & Strengthen

Pure Air & Exercise



Stay Fit,
Stay Healthy!

Urban Rebounder System

(with Power Pack DVD and Stabilizer Bar)

Now you can do Urban Rebounding in your home. In just 15 minutes a day, 3 times a week, the Urban Rebounding Workout melts pounds of fat away, without any pain or stress on your joints. And it's so much fun it's the first exercise you'll actually look forward to! It also improves your balance and coordination, which is good news for athletes and seniors. N.A.S.A. has been using rebounding to train their astronauts for years. A N.A.S.A study called rebounding a "miracle exercise". They found that rebounding was 68% more efficient than treadmills or other forms of exercise.

The Cornell Hospital for Special Surgery found in their study on Urban Rebounding that participants who used the Urban Rebounding Program showed nearly a 70% improvement in balance and coordination. Your Urban Rebounding kit comes with: 40" Diameter (folds for easy storage), super soft jumping surface, heavy duty springs, stabilizing bar, and 3 Workouts on one DVD included.

#812 Urban Rebounding System \$99.95
(with Power Pack DVD and Stabilizer Bar)

**Recommended for people less than 300 lbs.*



Rebounding is
68% more efficient
than treadmills or
other forms of
exercise.

Omron HJ-150 Pedometer



This digital pedometer will help you keep track of your exercise progress and make it easier for you to set and reach your exercise goals. Features include: time display; aerobic step counter; distance measurer; calculator for calories/fat grams burned; step counter adjustment; lightweight design with spring clip; and seven day memory function.

#607 Pedometer \$16.95

To order, call toll free **1.800.915.9355**, or order online at **www.hacres.com**.

Customer Service Hours: Mon. - Fri. 8:30 a.m. to 8 p.m., Sat. 8:30 a.m. to 5 p.m. EST. • Products, prices, and availability subject to change.

Hallelujah Acres Diet & Lifestyle

Healthy Living from a Biblical Perspective

"...If thou knewest the gift of God, and who it is that saith to thee, give me to drink; thou wouldest have asked of him, and he would have given thee living water." John 4:10

WATER can undermine your health

N.W. Walker, Doctor of Science



You can protect yourself from drinking unsafe water.

THE CHOICE IS CLEAR

One Vital Element Can Bring You Vibrant Good Health... Or Rob You of It.

DR. ALLEN E. BANIK

Water Can Undermine Your Health

You Can Protect Yourself from Drinking Unsafe Water

by Dr. Norman Walker

Your body needs from two to four quarts of water each day to maintain good health. Make sure you are getting the cleanest, purest water available. This book will show you how to protect yourself and your family from the deadly bacteria, viruses, chemicals, parasites and even CRYPTOSPORIDIUM that are present in over 43% of all public water supplies. Those "most at risk" from drinking unsafe, substandard water are those with weakened immune systems; including infants, elderly patients on chemotherapy and HIV. Why take unnecessary chances?

#340 Paperback, 120 pages

\$7.95

The Choice is Clear

One Vital Element Can Bring You Good Health... Or Rob You of It

by Dr. Allen Banik

Tens of thousands of people have turned to different types of "purified water" out of concern for their health. Yet, what are they really getting? And what will it do for or to them? Doctor Allen E. Banik explains how water functions in the body, what the effects of myriad pollutants in drinking water are, their contributions to disease, and most important of all, what really pure water is and how to obtain it.

#310 Paperback, 48 pages

\$2.95

Brighten Up Your Mood!



B-Flax-D

was developed as a long-term solution to meet the ongoing need for additional fiber in the diet after the initial 2 to 3 months using FiberCleanse. To make this product more comprehensive, along with the base of stabilized ground flax seed for our essential fats and fiber, we included B-12 in the active methylcobalamin form to ensure a B-12 deficiency does not develop, and Vitamin D-3 (cholecalciferol) to help prevent a vitamin D deficiency (especially in the northern climates during winter months).

#456 3-lb powder \$19.95

Super Charge Your Water!

WaterMax

WaterMax re-mineralizes distilled or reverse osmosis water. Now use only 1 tsp. per gallon of purified water. Here's how you can power up your water! After extensive research and testing, **The Hallelujah Acres Foundation has developed our new and improved WaterMax, a new more concentrated water additive.** WaterMax alkalizes the water, provides minerals in amounts and forms that benefit the body, and improves the hydrating and antioxidant ability of your water. So drink up!

*New & Improved!
Clear Liquid*



WaterMax raises the pH to a nice alkaline level of 8 or higher. WaterMax also improves the oxidation-reduction potential (ORP). ORP measures the balance between antioxidants (with reducing ability) and oxidants. The higher the ORP the fewer antioxidants are present. WaterMax reduces the ORP from approximately 162 for distilled water down to approximately 67 - a significant improvement in the ORP.

#339 8 oz. bottle

\$32.95



Best Seller!



1.



2.



3.

Distillers & Purifiers

1. 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

2. 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

3. WATERWISE 4000 Steam 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



WATERWISE KLEENWISE

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

#502 40 oz. powder \$13.95

FREE GROUND SHIPPING
 *On all 'Auto-Ship' orders over \$100.00.
 US 48 States Only

To order, call toll free **1.800.915.9355**, or order online at **www.hacres.com**.
 Customer Service Hours: Mon. - Fri. 8:30 a.m. to 8 p.m., Sat. 8:30 a.m. to 5 p.m. EST.
 *Ask about our **Auto-Ship Program**. • Products, prices, and availability subject to change.

Hallelujah Acres Diet & Lifestyle

Healthy Living from a Biblical Perspective

“Thou shalt keep him in perfect peace, whose mind is stayed on thee; because he trusteth in thee.” Isaiah 26:3

Choose a Terrific Day by Ed Foreman

Get inspired and have a terrific day! Ed Foreman, self-made millionaire and former U.S. Congressman, has lived this message of health, wealth and happiness, shared it with business leaders from around the world, and helped them to get more meaningful living out of life, reduce their levels of stress and anxiety, turn worry into success, and have more fun! And now he shares it with you!

#268DVD 70 minutes

\$39.95

Food & Behavior by Barbara Reed Stitt

provides solid evidence that what people eat really can affect the way they behave. Stitt shows the link between food and behavior, a connection so basic that parents, the school system, counselors, and most of the medical profession overlook it. Learn about foods that abuse the mind, under-nourish the body, and distort behavior.

#368 Paperback, 220 pages

\$9.95

New! The Hallelujah Diet Refined- Maintaining Healthy Blood Sugar by Olin Idol, N.D., C.N.C.

Approximately 20 million Americans are diagnosed with some form of diabetes every year, and millions of others have a pre-diabetic condition, putting them at serious risk of developing the disease. Frighteningly over the years, there has been a significant increase in cases that involve children. In this easy-to-read booklet, Olin Idol, N.D., C.N.C. explores the many faces of this potentially deadly disease. He discusses some fundamental steps that others dealing with various blood sugar issues have used in transitioning onto the Hallelujah Acres Diet while maintaining stable blood sugars

#329 Paperback, 16 pages

\$3.95

Adrenaline and Stress by Dr. Archibald D. Hart

Dr. Hart explains how adrenaline gets going . . . and how to get it down again. He teaches how to:

- Monitor your own adrenaline arousal levels.
- Relax!
- Change Type-A behavior without changing your basic personality.
- Cooperate with your body's need for more and better sleep.
- Enhance creativity, get rid of “writer's block,” and tap into “right-brain” functions.
- Lead a longer, happier, healthier lifestyle!

#373 Paperback, 220 pages

\$12.99

Just for Women

What Your Doctor May Not Tell You About Menopause

by John R. Lee M.D.

Considered the world's leading authority on estrogen-progesterone balance, *What Your Doctor May Not Tell You About Menopause* is the most comprehensive book on menopause and other female problems. Subtitled “*The Breakthrough Book on Natural Hormone Balance*,” this book contains a wealth of information on menopause, pre-menopause, endometriosis, fibrocystic breasts, PMS, and other problems that can be helped by natural progesterone.

#363 Paperback, 372 pages

\$14.95

Natural Progesterone Presentation by John R. Lee, M.D.

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

#806 2 CD set, 2 hrs.

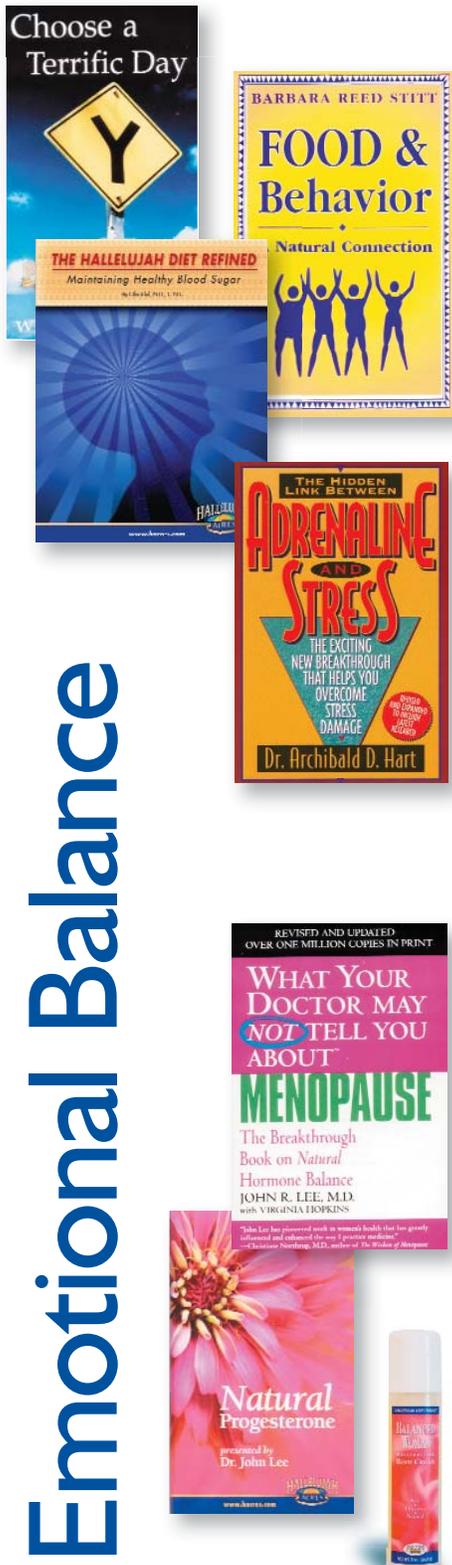
\$9.95

Balanced Woman

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

#443 2-oz dispensing pump

\$24.95

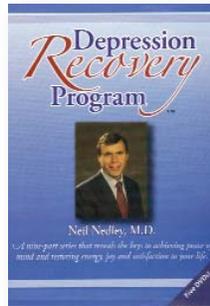
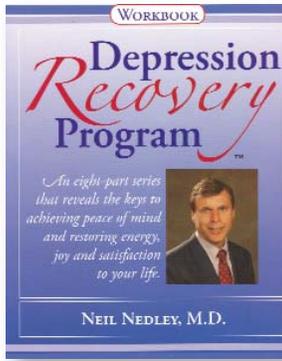


Featured Book Review
See page 22

Emotional Balance



Depression Recovery Program



Depression Recovery Program DVD Series & Workbook

by Neil Nedley, M.D.

Down in the dumps? The blues? Depression has many names and degrees of intensity. But it need not be suffered for a lifetime. Implemented by Dr. Neil Nedley with great success in his outpatient clinic, this comprehensive program is now available for you to use in the privacy of your own home. This nine-part series includes five-DVDs recorded before a live audience. Step-by-step Dr. Nedley takes you through his Twenty-Week Turn Around. The 200-page workbook features in-depth exercises, self-tests, and slides from Dr. Nedley's captivating presentation. Free yourself from depression now.

#346

\$159.00

"After struggling with stress, anger, and emotional issues most of my life, I now feel great! This program is the best I've ever seen. I have been studying stress, rest, emotions, and depression for over 13 years. This one course covers everything I have learned and a whole lot more."

Joshua J. Grasse,

Editor of Hallelujah Acres Diet & Lifestyle Magazine

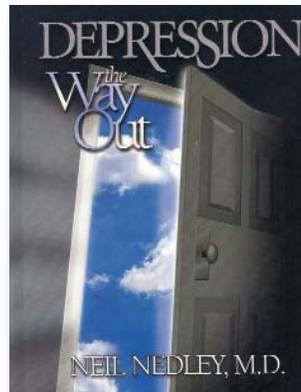
Depression The Way Out

by Neil Nedley, M.D.

What causes depression? Genetics? Poor nutrition? Social factors? Environmental toxins? The answer is any one, or combination, of the above, and more. But there is hope. In his book, full-time practicing Internist, Dr. Neil Nedley helps you identify the cause of depression, and offers a wide range of new and practical tools to aid you on the road to recovery. He covers: Brain function; which foods can boost energy; which herbs can improve mood and concentration; how to manage good and bad stress; how to increase your chances of living depression-free without medication and counseling, and much more. Don't pass up this life-saving plan.

#345 Hardcover, 272 pages

\$38.95



New and Practical Tools

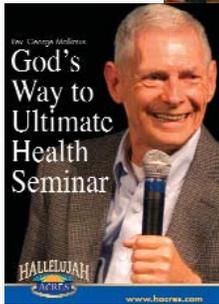
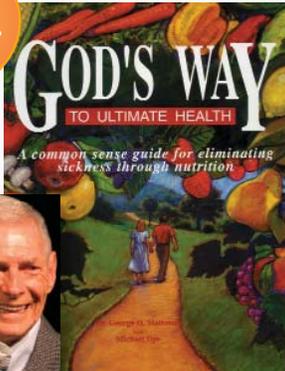


Hallelujah Acres Diet & Lifestyle

Healthy Living from a Biblical Perspective

“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” ³ John 2

Best Seller!



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 Acres 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

by Rev. George Malkmus

Understand the basics of why we get sick and how we can nourish our bodies in order to restore them to health. When you see and hear the *God's Way to Ultimate Health* seminar, you will change your thinking forever as to what nutrition is and what it is not.

#265 Audio CDs (2)

\$12.95

#266DVD Video (1)

\$24.95

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

#201S Spanish version

\$8.95

#201K Korean version

\$8.95

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 Acres 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.

#206 Paperback, 49 pages

\$3.95

Winning the Battle for the Body

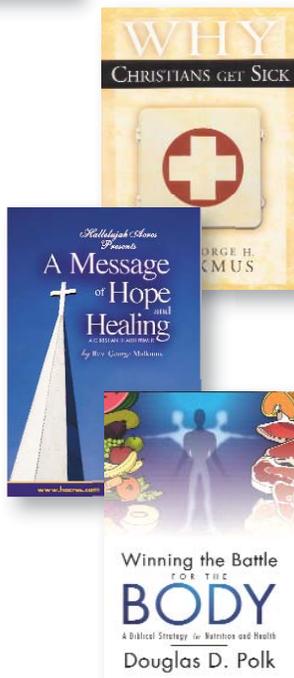
A Biblical Strategy for Nutrition & Health by Douglas D. Polk

Written with candor and confidence, Health Minister Doug Polk delves into theology, science, and personal experience to offer a sound biblical strategy that could help heal the ailing Body of Christ.

#341 Paperback, 149 pages

\$12.99

Biblical Studies



FREE Download



Rev. George Malkmus, Lit. D., taught a course in his home church entitled:

Biblical Nutrition 101

This course was well received and now you can reap the rewards of his teaching with this **FREE DOWNLOAD**.

www.hacres.com/BN101

This course is ideal for personal study or for use in a class setting.

Health Minister Training



**GET
CONNECTED!**
Become a
Health Minister

GET CONNECTED! HEALTH MINISTER TRAINING

- Completely revised with new information and new approach.
- Learn presentation techniques and how to reach audiences large or small with your message of health and wellness.
- Learn critical listening and thinking skills to increase communication as you try to reach those who need the message.
- Read nonverbal messages to ensure you are receiving and sending the right messages.
- Become updated on vital new health information.

Pre-requisite: You may choose one of the following as a pre-requisite to attending the Health Minister Training:

1. Complete the *Get Healthy! Stay Balanced* class or Educational Package (see page 39)
2. Complete a 5- or 10-day program at any Hallelujah Acres Lifestyle Center (see page 26)
3. Complete the 2-day Hallelujah Acres Diet & Lifestyle Workshop hosted by Rev. George Malkmus the week of Health Minister Training. (see page 23)

Growing Your Ministry Training 2-Day Course

(Formerly Small Business Ministry Training)

Do you want to take your Health Ministry to the next level? Learn marketing strategies, business planning, and how to teach the most exciting classes. Learn customer strategies and many other business techniques.

Pre-requisites:

1. Completed the 3-day Health Minister Training
2. Completed the complete *Get Healthy! Stay Balanced* class

www.hacres.com/hmtraining

Please see page 25 for training schedule and prices.

To order, call toll free **1.800.915.9355**, or order online at **www.hacres.com**.

Customer Service Hours: Mon. - Fri. 8:30 a.m. to 8 p.m., Sat. 8:30 a.m. to 5 p.m. EST. • Products, prices, and availability subject to change.

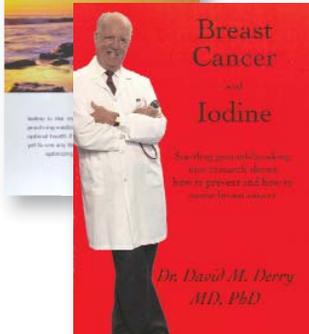
Recommended Products

Hallelujah Acres Diet & Lifestyle



Iodine, Why You Need It— Why You Can't Live Without It.

by David Brownstein, M.D.
See how iodine may help: Breast Cancer, Detoxification, Fatigue, Fibrocystic Disease, and more.
#254 Paperback, 109 pages \$16.50



Breast Cancer & Iodine

by Dr. David M. Derry
Startling ground-breaking new research shows how to prevent and how to survive breast cancer.
#243 Paperback, 197 pages \$15.00



Iosol

IOSOL is liquid iodine/ammonium iodide supplement supplying 1.83 mg per drop. Directions for using this product provide a way for a person to begin with very a small serving size by dilution in water and gradually working up to the desired intake.

#481 Iosol \$17.95

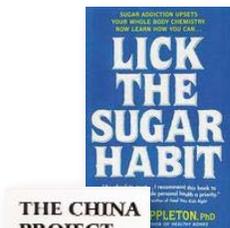


Iodoral

is a tablet supplying a total of 12.5 mg of iodine/potassium iodide for those desiring a tablet form of supplementation and a little more aggressive use of iodine. The tablets are scored so they can be used in divided servings for those desiring a lower serving size yet a more aggressive supplementation routine.

#483 Iodoral \$29.95

Books & Videos



Lick the Sugar Habit

by Nancy Appleton, PhD
#792 Paperback, 30 pages \$12.95



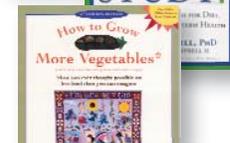
The China Project

by T. Colin Campbell, PhD
#364 Paperback, 30 pages \$3.95



The China Study

by T. Colin Campbell, PhD
#377 Paperback, 288 pages \$16.95



How to Grow More Vegetables

by John Jeavons
#305 Paperback, 175 pages \$16.95



Square Foot Gardening

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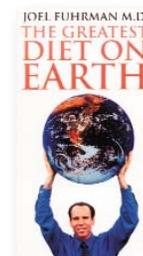
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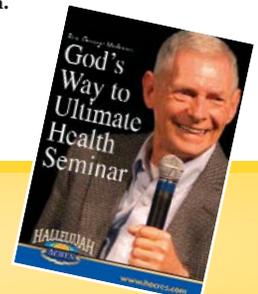
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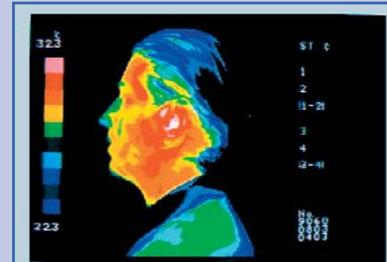
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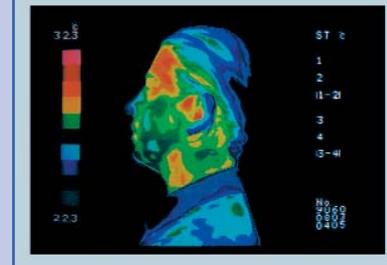
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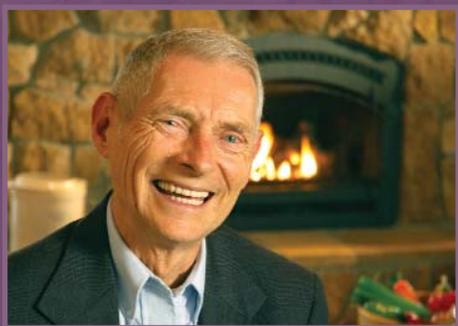
Hallelujah Acres

Diet & Lifestyle

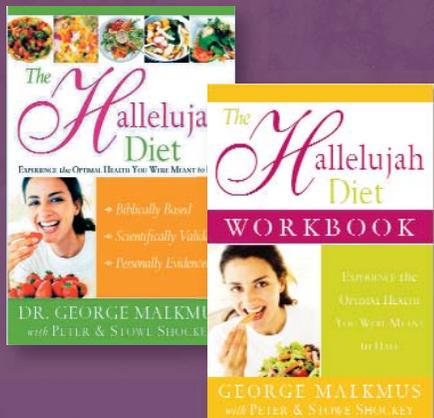
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2-Day Workshop



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www.hacres.com

2-Day Workshop Schedule

Hallelujah Acres International Headquarters
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We appreciate your order. The life-blood of this ministry flows from your purchases of the health-related products and books we offer. Every purchase made helps us to reach more people with the message that *You Don't Have to be Sick* if God's laws of natural health are followed. Together, we are changing the way the world maintains health.

Thank you and God Bless You!

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Fill out and return this form with your order, and we will put your friend on our magazine mailing list. Enter their email address and we will also send them Rev. Malkmus' weekly email Hallelujah Health Tip.

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Please check the appropriate box for each question.

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What is their primary interest? (select one)
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 TV Commercial Radio Internet (search engine)
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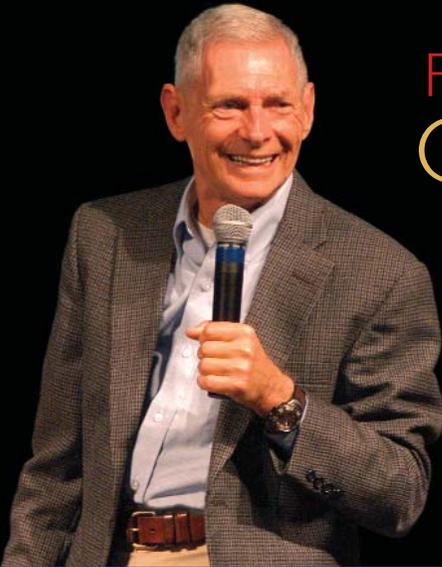
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Experience Healthy Living from a Biblical Perspective



FREE God's Way to Ultimate Health Seminar

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, Lit. D., founder of Hallelujah Acres, present this seminar in his down-to-earth, oftentimes humorous, yet still impactful way.

2008 Saturday Seminar Schedule Hallelujah Acres International Headquarters, Shelby, NC
May 3 / June 7 / July 5 / Aug. 2 / Sept. 6 / Oct. 4 / Nov. 1 / Dec. 6

Make it a Hallelujah Weekend!
Friday night.



Rhonda Malkmus' 2 hour Culinary Class
Friday night before the free Saturday Seminar.

Saturday afternoon.

Half-Day Culinary Class
Immediately Following the Saturday Seminar.



See page 24 for details.

Seminar is held the first Saturday of every month at 10 a.m.

- Learn why your diet and lifestyle can make you sick or feel great
- Understand which are the perfect foods God gave to mankind for nourishment
- Restore your health and live the lifestyle you were designed to have

You will also hear plenty of real-world testimonies from people who have experienced a health renewal after following the Hallelujah Acres 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 Acres Diet & Lifestyle yourself. Yes, it is simple enough to learn in just a couple of hours.

Please call for event details in other cities.

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