



# HealthNews

Discussing  
**CANCER**

| **ISSUE**  
No. 54

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

## Cancer: As Long As There’s Breath There’s Hope

**Leslie Kirchmeier’s Battle Means Victory for Others**



Steve & Leslie Kirchmeier operate a Hallelujah Acres Lifestyle Center in their home in Fallbrook, California

In June of 2000 I was diagnosed with stage-2 cervical cancer. I was emotionally devastated and immediately fell to my knees asking God, “why me?” Here I was in my mid-30s with a great husband and a teenage daughter—whom I feared would have to go on without me. To make matters worse, I had no idea that there were any alternative therapies out there; so, I agreed to conventional treatments.

The cervical tumor itself was so big that it was inoperable, so they took out 18 of my lymph nodes as a precautionary measure, and found cancer in four of them. That led to six hours a day of chemo, once a week for six weeks, and radiation treatments every day. Between the nausea from the chemo treatments and radiation right on my stomach, I couldn’t keep anything down.

In the end, the treatments were all for naught. The “heavy hit” package of chemo and radiation that I endured did not shrink the tumor as the doctors had expected.

*To add insult to injury, I had lost 30 pounds of weight that I didn’t have to spare, could no longer eat or drink, and was on the edge of death.*

I was so scared. I had taken every bit of advice from my doctor and nothing was working. Every time I heard the word “cancer” it was like hearing my own eulogy. I tried to shake it off, but having cancer is very much a mental game, and I was letting the words of my doctor win. One of the hardest things was seeing my husband Steve with that “I don’t want to lose you” look in his eyes. It was difficult to see the

*continued on next page*

## Diet & Cancer

*The Power of Fruits & Vegetables*

by John Weisburger, PhD



International comparisons show that people who eat green and yellow vegetables and fruits have a lower

incidence of many types of cancer.

The immediate thought that comes to mind is that vegetables and fruits are good sources of vitamins and minerals.

However, vegetables and fruits contribute much more to good health than just vitamins. They are sources of phytochemicals (plant chemicals), which are not nutrients, but are biologically active compounds. Just as humans produce antibodies to ward off infection, phytochemicals offer protection to plants. They may also be protective for us.

There are many different types of phytochemicals in plant foods. These include indoles in vegetables of the cabbage family, sulfur compounds in garlic and leeks, lignans in flax seed, and carotenoids in many vegetables. Phytochemicals may stimulate the immune system, help to detoxify harmful chemicals, affect hormone levels, and control cell growth; but of particular importance is the action of some phytochemicals as antioxidants. Antioxidants neutralize the abnormal reactive chemicals in our body that can lead to heart disease or initiate cancer. ■

Source: Vegetarian Nutrition & Health Letter Vol.1 No.1, published by Loma Linda University. Used with permission.

### IN THIS ISSUE

- 3 You Are What You Eat
- 4 Cancer and Quality of Life
- 5 Thank God for Allowing Me to Have Cancer
- 6 Will Johnny Get Cancer?
- 7 Foods that Fight Cancer
- 8 Killing Cancer From Within
- 9-12 **The Hallelujah Diet**
- 15 Rebuilding a Cancerous Body
- 15 Vitamin D
- 17 Cancer Therapies and The Hallelujah Diet
- 17 How Inflammation Promotes Cancer

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## Success Story

"Just before Christmas 2006, I received results from a routine thermo gram that indicated changes in blood flow consistent with an 80% cancer risk. I read 'God's Way to Ultimate Health' and began The Hallelujah Diet. By October 2007, blood work indicated I was cancer free! I asked God what He wanted from me and what this cancer scare was all about. As clearly as can be, I got my answer – 'Become a Hallelujah Acres Health Minister.'

Vonnie T, Pennsylvania

*continued from front*

effect of this disease on my family; it devastated everybody. But, I didn't want to let them down; I wanted to do everything I could to beat it—I just didn't know how.

Then, only a week after my treatment ended (and my despair began), God stepped in with a miracle. He began bringing people in my path who had been healed of cancer naturally, one after the other. Then, a woman in my Bible study group lent me Dr. Lorraine Day's DVD *Cancer Doesn't Scare Me Anymore*. Because I had seen how God was healing others naturally, I literally rushed home to watch it... but I felt very uneasy with the message. Every conventional cancer treatment Dr. Day advised against, I had just done (chemo, radiation, surgery)—I was concerned that I had doomed myself out of ignorance. Still, I was amazed to learn how Dr. Day overcame cancer by enabling her body to heal itself through nutrition. It was through this video that I was introduced to The Hallelujah Diet.

On October 7, 2000 I dove into The Hallelujah Diet 100%. I juiced like crazy. I was drinking up to eight glasses of vegetable juice every day; I did BarleyMax faithfully; I switched to mostly raw food, and kept it all really simple. I went back for a check-up in December, only two months into the diet, and the doctor told me that the large, "unshrinkable" tumor was gone. Gone! I was ecstatic!

However, further tests taken in the following month showed that my fight was not over. Despite the fact the tumor was gone, random cells remained. This was enough for the doctor to issue me a death sentence of only one to five years to live and a 75% chance of getting cancer elsewhere in my body. Strangely enough, this didn't scare me. I knew enough about diet to understand why the tumor was gone. So, I calmly asked my oncologist three questions:

*My first question: Is it true that if I have an alkaline pH level, cancer cannot survive in my body?* (see page 8)

*My oncologist said: That's true.*

*My second question: Is it true that if I have a lot of oxygen in my body, cancer cannot survive?* (see page 8)

*My oncologist said: Yes, that's true.*

*My third question: Is it true that cancer feeds on sugar?* (see page 3)

*My oncologist said: Yes, that's true.*

I was shocked! He knew this all along and never told me?! I was upset, but what could I say? Come to think of it, maybe I should have asked him, "If you knew this all along, why did you have that big candy jar in your chemotherapy room?" Or, "Why were there chocolates available for cancer patients as they walked down the hall to radiation therapy?"

Instead, I thanked the doctor for his help, and walked away knowing exactly what to do: (1) eat more alkaline foods like vegetables and fruit, (2) drink more water and exercise to get more oxygen in my body, and (3) remain steadfast in rejecting sugar and other processed foods.

Really, that's all I knew—but it was enough. Just knowing the basics of The Hallelujah Diet was enough to start repairing my immune system. I kept it all really simple and continued to educate myself, watching every DVD and reading every book I could get my hands on.

**That was eight years ago, and regular blood work continues to show I am free of cancer.**

After God healed me through all of this, I started teaching culinary classes and held raw food potlucks. I really felt a need to show people that there is a better way to overcome cancer and disease. I taught classes and shared with many during those several years. Then, in just the last couple of years, my husband Steve and I were blessed with a big, beautiful house in San Diego County. We asked Hallelujah Acres if we could open a Lifestyle Center on the west coast to help introduce people (most of who are struggling with disease) to The Hallelujah Diet, and they were thrilled.

So, in November of 2006, Steve, myself, and our daughter became Health Ministers. We opened a Lifestyle Center in our home a year later. Since then, we've watched many people with cancer come through the Hallelujah Acres Lifestyle Center—and many of them have done the same thing I did. They've put trust in traditional treatments and are afraid that nothing can be done for them. But we make sure to give them a lot of hope; and that's easy to do when you're a living testimony. Even if you chose to do chemotherapy, radiation or surgery simply because you didn't know any different, you can still build your immune system to give your body the ability to fight back (see page 17). Steve and I know from experience that as long as there's breath, there's hope. ■



Steve & Leslie Kirchmeier operate a Hallelujah Acres Lifestyle Center in their home in Fallbrook, California. The center boasts four guest bedrooms, a large meeting room, a fully-equipped "Hallelujah" kitchen, three acres of lush tropical landscape, a lagoon-like swimming pool complete with a Jacuzzi, waterfall and slide, and a courtyard and wraparound terrace where you can spend quiet time. The Kirchmeiers look forward to welcoming you for a five-day or 10-day stay in beautiful Southern California! **For reservations, call toll-free (877) 728-1064.**

# You Are What You Eat

## Counteracting the Threat of Cancer by Paul and Ann Malkmus

Through the years, our bodies have been exposed to polluted air, polluted water and chemically-laden foods. Other toxins in our bodies are created from years of eating low fiber / highly processed foods, meat, and having fewer digestive enzymes in our gut to break down the food. The liver has the dubious task of trying to remove these toxins. However, many times there are more toxins incoming than the liver can safely remove. These toxins are stored primarily in fat tissue.

So if the liver alone is overwhelmed, how are toxins safely removed from the body? One extremely successful approach has been juicing with freshly extracted vegetable juices. These liquids are powerful toxin-removers if consumed daily. A variety of vegetable juices will remove everything from pesticides to prescription drug by-products. Using a good quality colon cleansing supplement is also helpful, as it sweeps the colon walls allowing the toxins to be released from the body instead of being reabsorbed into the body.

Another method of toxin removal is consuming distilled water. Drinking distilled water will improve oxygen delivery to cells, transport nutrients and increase nutrient absorption as well as remove toxins and waste products.



### Nutritional Deficiency

Although most of us have heard our mothers say, "Eat your vegetables," we very likely didn't adhere to this advice. Instead, our palates preferred fast foods, cooked meats, refined sugary foods, and white flour products; but they provided little or no healthful benefits to us. After years of this way of eating, we are now a society of overweight, malnourished people who have numerous health problems including over 200 types of cancer.



### Cancer Promoting Foods

**Animal Products** - Growing evidence suggests that our need for protein is considerably less than what we have been

consuming. A person from India consumes 11 pounds of meat a year. A person from America consumes 270 pounds of meat a year. The excessive protein in this food has contributed to numerous cancers. A study in India revealed that every rat fed 20% protein got liver cancer or its precursor lesions; but not a single animal fed a 5% protein diet got liver cancer or its precursor lesions. This is not a trivial difference. It was 100% versus 0%.



**Refined Sugar & White Flour** - Today, with the introduction of high fructose corn syrup and numerous refined sugar products, the average American consumes

11,250 pounds of sugar in his or her lifetime.

The fact is, cancer metabolizes through the process of fermentation—and fermentation requires sugar. Therefore, cancer thrives on sugar, not to mention that cancer also puts a terrible strain on the liver. In a four-year research study at the National Institute of Public Health and Environmental Protection in the Netherlands, 111 cancer patients were compared with 480 controls. Cancer risk associated with the intake of sugars more than doubled for the cancer patients. White flour is a dangerous substance as well. It clogs up the colon, making it difficult for the body to properly eliminate toxins.

**In Summary** - Two themes consistently emerge from studies of cancer: vegetables and fruits help to reduce risk; while meat, animal products, sugars, white flour and other fatty foods are frequently found to increase the risk of cancer. These foods are devoid of the protective effects of fiber, antioxidants, phytochemicals, and other helpful nutrients. Not to mention, they also contain high concentrations of saturated fat, refined sugars, and potentially carcinogenic

compounds, which may increase one's risk of developing many different kinds of cancer.



### Protective Foods

These and various other cancer studies prove the wisdom of mom's words and that of our Creator in Genesis 1:29. The Hallelujah Diet, which is rich in high-fiber plant foods such as leafy greens, legumes, vegetables, and fruits, offers a significant measure of protection. Fiber greatly speeds the passage of food through the colon, effectively removing carcinogens. Plant foods are also naturally low in fat and rich in antioxidants and other anti-cancer compounds. Not surprisingly, vegans have the lowest risk for cancer compared to meat-eaters.

It is often stated that cancer is the result of an immune system that does not destroy mutant cells. A healthy body's immune system routinely destroys 10,000 mutant (cancer) cells every day. When the immune system is compromised, the cancer cells can localize, organize and become a clinical case of cancer.

The Hallelujah Diet provides vital nutrients to all of the cells that empower the immune system to fight cancer. Raw vegetable juices, for example, provide large doses of vitamins, minerals, trace elements, and amino acids directly to the cells so they can create an enhanced, stronger immune system. Furthermore, the American Institute for Cancer Research, American Dietetic Association and others are giving accolades to the wonders of the protective effects of fiber, antioxidants, phytochemicals, and other helpful nutrients in whole foods.

As so much scientific research indicates, providing the proper tools for the body to battle the war within is one of the most powerful cancer fighting strategies that exists today. ■

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*The China Study* by T. Colin Campbell (p. 371 note #13)  
*Fit for Life* by Harvey and Marilyn Diamond  
[www.cancerproject.org/survival/cancer\\_facts/meat](http://www.cancerproject.org/survival/cancer_facts/meat)  
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### Success Story

"In 2005, my cousin Jim was diagnosed with colon cancer. At the same time, I too was diagnosed with cancer, a tumor in my neck, which paralyzed my vocal cords. Jim had the traditional treatments of chemotherapy, radiation and surgery. I refused all treatments, and chose rather to adopt a vegan diet. Within four months of changing my diet, my voice was back and the tumor had shrunk considerably. In 2008, Jim's cancer came back; he again had radiation treatments. It is so sad. I on the other hand am still on The Hallelujah Diet and my voice is good enough to sing again."

Margrit



## Cancer and Quality of Life

### Discovering The Hallelujah Diet “Too Late”

My name is Mary Ann Gower and I am a widow; my husband Herb discovered The Hallelujah Diet too late.

By the time Herb learned of The Hallelujah Diet, he already had very advanced, metastasized prostate cancer. He had never allowed the doctors to give him any chemotherapy, but did have several series of very, very strong radiation, mostly for pain control, because every vertebra and most ribs had become affected. At the time, we didn't think radiation was that dangerous, but now I would tell people “don't get radiation” because I know how much it weakened him.

Just before adopting The Hallelujah Diet, they found that the cancer had advanced to his lungs and he had lost 40 pounds. Upon discovering The Hallelujah Diet, he went cold turkey the very next day. Herb's weight stabilized almost immediately, and he began to feel better. He was on the diet for 10 months with no cheating.

The Hallelujah Diet improved Herb's life tremendously, and in many ways. He mowed the lawn all summer. Even when he reached the point that he couldn't pull the rope (I would pull it for him), he would still ride the mower all over our large, one-acre lawn; and he loved to sit out in the sun every day. Herb was never in a wheelchair, either. In fact, he was up and walking all around the house up to 48

hours before he passed away. And he never had to deal with bedsores; there was absolutely no breakdown of his skin, even though he spent most of his time lying down.

He even continued as head usher in our church, with 18 people to train and regularly schedule. He was able to continue ushering until just six weeks before he went home to be with Jesus. Most people did not have any idea how sick he was, because he looked so good



and was so cheerful and active. But there was not a dry eye on either side of the church when he walked our daughter down the aisle with a huge smile of victory on his face just 10 days before he died.

During the entire ordeal, he was never a patient in the hospital. He died at home with his loved ones at his side, and he had his BarleyMax and some blueberries for breakfast just two hours before he left for the arms of Jesus. After breakfast, when the hospice nurse arrived, he was sitting up in bed and she asked how he was. His response was “wonderful.” His mind was perfectly clear until the very end.

Herb was so sorry he didn't discover The Hallelujah Diet sooner; he said that often. He

believed in The Hallelujah Diet so much that he gave out many of Dr. Malkmus' books, and constantly loaned out Dr. Malkmus' three-hour God's Way to Ultimate Health seminar video. Because of Herb's wonderful experience on The Hallelujah Diet, I have now become a Health Minister and named my ministry after my husband: ‘Herb's Garden Ministry.’ I have already hosted Get Healthy Stay Balanced classes in our church, and desire so much to help others learn how to avoid devastating cancer like my husband experienced, by teaching them how to eat God's Way.

It has now been almost four years since I adopted The Hallelujah Diet. Within just the first two weeks of making the diet change, the arthritis in my knees had improved greatly, and then continued to improve until I had full and painless mobility. My energy level skyrocketed. Body odor disappeared. Migraine headaches disappeared, and I no longer feared the sun triggering another headache; I don't need sunglasses when I drive anymore. My eyesight was improved on my first regular check up, and on the next checkup, my eyes had improved so much I had to get a weaker prescription. In addition, in the first five months, I lost 40 pounds, and I have kept it off. And to this day, I haven't had a single cold or suffered any other ailment since going on The Hallelujah Diet. It has helped emotionally as well, even through the trauma of losing my husband.

I am now 66 years old, but people are surprised when I tell them that, because I now look 10 to 15 years younger than when I began The Hallelujah Diet almost four years ago. Because of The Hallelujah Diet, my husband was able to extend his days, live his last days at home with his family, and was able to live long enough to realize the desire of his heart, which was to walk our daughter down the aisle.

It's interesting how the Lord does things. There was a picture taken at that wedding of myself, Herb, our two daughters, and my father (see above). Just as the photo was being taken, the sun shone through the window; Herb is the only one the sun is shining on in that photo. It was like the Lord was saying, “See, I am here with you; surely I have My touch on Herb.” And He certainly did. ■

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**EDITOR'S NOTE:** Every once in a while someone asks: “Does everyone who adopts The Hallelujah Acres Diet get well?” The answer is “no.” While over 90% of the time, people who adopt The Hallelujah Diet find their immune function optimized, those who don't get well usually experience a much better quality of life, as Herb Gower did.

# Thank God for Allowing Me to Have Cancer

by Rev. George Malkmus, Lit.D.

Here at Hallelujah Acres, we have received hundreds of testimonies from people telling how that after adopting The Hallelujah Diet, they not only saw improvement in their quality of life, but survived many different kinds of cancer, and are today healthy individuals.

Of course, these testimonies thrill me, but it is also exciting to learn that even for those who do not fully recover from their cancer after making the diet change, their quality of life almost always improves, and their life is extended. One example of this appears on the previous page in this issue of Hallelujah Acres Health News.

It is the heart wrenching testimony of Mary Ann Gower, who lost her husband Herb to what was initially diagnosed as prostate cancer, but by the time he learned of and adopted The Hallelujah Diet, the cancer had metastasized to his lungs. Prior to this diet change, Herb had refused the traditional treatment of chemotherapy, although he had allowed radiation in an effort to relieve the intense pain he was experiencing.

The interesting aspect of this testimony is that though Herb did not fully recover from his cancer, the diet did strengthen his body sufficiently to give him six additional months of quality life. Because of this improved quality of life, Herb was able to remain at home with his family, mow his lawn, continue his responsibilities as head usher at his church, and live long enough to walk his daughter down the aisle and give her away in marriage.

Interestingly, in 1976, at the age of 42, while pastor of a church in upstate New York, I was told I had colon cancer. Just prior to being told I had colon cancer, my mother had died of colon cancer. Because of mom's terrible experience going the medical route for her cancer before me, I went searching for an alternative means of dealing with my cancer.

It was at that time I turned to evangelist Lester Roloff for advice. Brother Roloff discouraged me from going the medical route and in the place of the chemotherapy, radiation, and surgery mother had accepted, Brother Roloff recommended I adopt the pure vegan diet God gave Adam and Eve in Genesis 1:29. He also encouraged me to drink lots of raw vegetable juices.

Overnight, I stopped eating all those things Brother Roloff said caused cancer, especially animal source foods, refined sugar and refined flour products, and I adopted a diet consisting mostly of raw vegetables and their juices. Almost immediately I started to get well, and within less than a year, rectal bleeding had stopped, the tumor had disappeared, and the cancer was gone.

That was 33 years ago, and today at age 75, I can honestly say: "Thank God for allowing me to have cancer." I say that because God used that cancer experience to cause me to seek an alternative to the standard medical treatments, which led ultimately to the establishment of Hallelujah Acres, a ministry God has used to bless and restore physical health to multitudes around the world.

Today, cancer is the number one cause of death in America. Few things scare people more than a diagnosis of cancer. But as Dr. Lorraine Day says in her video *Cancer Doesn't Scare Me Anymore*, I no longer have a fear of cancer anymore either, because I have learned how to prevent cancer from ever happening in the first place. Even after being told I had cancer, I have learned there is a better way of dealing with that cancer than the world's way.

What is that 'better way'? I call it 'God's Way'! I have learned that almost every physical problem we experience in life, has a 'cause', and if we will but eliminate that cause (which is usually a bad diet and lifestyle), and provide the body with the nutrients needed, the body will almost always heal itself of whatever that problem is, including cancer.

You see, when God created this magnificent physical body we each possess, He established natural laws to govern these physical bodies, and He gives us fair warning what will happen if we violate those natural laws in Galatians 6:23: "Be not deceived, God is not mocked: for whatsoever a man soweth, that shall he also reap."

Oh that all would heed the words of Roman's 12:1-2: "I beseech you therefore brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world..." □



Cruciferous vegetables, from the broccoli and cabbage family, have more than 160 different types of isothiocyanates, which are powerful anti-cancer compounds. The secret to living a longer life, free of disease, is to eat these foods every single day.

Joel Furhman, M.D. *The Greatest Diet on Earth II (DVD)*

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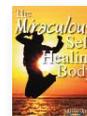


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# Will Johnny Get Cancer?

**Hot Dogs Can Put Children At 9.5 Times The Risk** by Michael Donaldson, PhD



Part of being a parent is hoping that our children will have a better life than we have had. We want a better world for them. We plan, work, save, sacrifice, and invest our time and energy into improving the world our children will

grow up to find. We work hard to prepare our children for this world, too. We try to give them an excellent education, we try to instill impeccable character and morals into them, and we model our lives to them as we pass down our heritage of faith in God. We want them to have excellent health, too. What mom wants her children to grow up sick, weak, or possibly to even die before she does?

Could you pass on a legacy of excellent health so that your children experience a lifetime free of chronic disease? Just imagine how much they could accomplish if they did not have heart disease, if they never got cancer, if they didn't get arthritis or any of the autoimmune diseases, if they didn't get obese and become diabetic? What could Ludwig van Beethoven have accomplished without asthma, lupus, and an early death at the tender age of 36? Can you imagine? What would you be willing to do to give your children this legacy of health?

**Changes don't have to be complicated and they don't have to come all at once. Simply replace foods or food groups.**

The options are much better and dietary changes are much easier now than they have ever been. Dairy substitutes abound. Fresh food is plentiful year round. All we need is some motivation and a plan.

Maybe some sober science will help motivate you. In a case-control study reported in 1994 it was found that children who typically ate 12 hotdogs or more a month had 9.5 times the risk for childhood leukemia as those who ate less than four hotdogs per month. Fathers' typical consumption of 12 hot dogs per month prior to conception also contributed an 11-fold increased risk. Households where the dad and child both ate 12 or more hotdogs per month had a 19.8-fold increase in childhood

leukemia.<sup>1</sup> You never hear of 20-fold increases in risk, because they are seldom found. It's like a smoking gun, cause and effect.

Other studies have confirmed the link between processed meats and childhood cancer. Processed meats are more damaging than normal animal flesh—a meta-analysis of 13 studies showed that 100g of red meat per day led to a 12-17% increase in colorectal cancer while a daily 25g portion of processed meat (about one slice of bologna or half of a hot dog) led to a 49% increase in colorectal cancer.<sup>2</sup> A recent expert panel report from the WCRF / AICR recommended that processed meats (and sugary drinks) should be avoided completely.<sup>3</sup>

A study in Greece found that expectant mothers who ate more fruits, more vegetables, more fish (source of omega 3 fats), less red meat and meat products, and less sugar and syrups had significantly fewer cases of childhood leukemia among their children.<sup>4</sup> In the Boyd Orr cohort study, a 65-year long-term study, it was found that high dairy consumption as a child tripled the rate of colorectal cancer as adults.<sup>5</sup>

In his book, *The China Study*, T. Colin Campbell, PhD relates his early research experience in the Philippines.<sup>6</sup> One problem the research team faced was trying to understand liver cancer among children. They found high levels of aflatoxin in the peanut butter, due to the use of moldy peanuts. However, in surveying the community it became clear that not everyone eating aflatoxin-contaminated peanut butter was getting liver cancer. Dr. Jose Caedo related to Dr. Campbell that only the rich, best-fed kids got it. It wasn't because of the social economic status, but rather because their diet was much richer in animal protein. Without a diet high in animal protein, the aflatoxin-contaminated peanut butter did not cause cancer. Dr. Campbell went back to the laboratory and

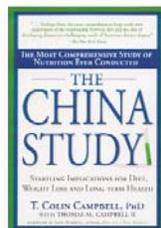
then proved that he could turn aflatoxin-induced liver cancer on and off by the amount of animal protein (casein) in the rats' diet. These findings were further corroborated by the results from the large *China Project* study, which showed animal foods to be the most cancer-promoting substance we will ever encounter in our daily experience.

**Animal protein acts through multiple cancer-promoting mechanisms inside our cells, while phytonutrients also work through multiple mechanisms to protect you from cancer.**

So, what does it take to give your children a legacy of excellent health? Be an example. Get away from the animal foods and processed foods. Eat lots of fresh fruits and salads. Plant a garden, or at least some patio tomatoes and salad greens. Involve your children in food choices and preparation. Keep learning and teaching your children the value of making wise food choices. Keep going and going and going and Johnny won't get cancer. ■

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## The China Study

A clear and concise message of hope that dispels a multitude of health myths and misinformation: if you want to be healthy, change your diet.

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# Foods That Fight Cancer

## Strong Food Therapy is Fundamental to Victory Over Cancer

by Francisco Contreras, MD



Unless you have been living in a bubble for the last 20 years, you know there is a strong connection between the foods we eat and chronic degenerative diseases. The great news is that there are also foods that rebuild a healthy body. *The China Study* has been of particular interest to me because it singles out the foods that are absolutely linked to an increased risk for cancer. *The China Study*, conducted by Cornell University, is an ongoing study that has spanned a period of over 20 years in rural China.

The participants in this study ate a diet that was primarily plant-based. Guess what? The study showed that risk for most cancers correlated with the proportion of dietary calories provided by animal products.

So, what exactly are animal proteins, animal fats, processed foods, processed sugars, and white flour doing that increases the risk for cancer? A diet based largely on these staples of a “western” diet boosts our production of two important hormones: insulin and “free” insulin-like growth factor-I, or IGF-I. At the Oasis of Hope, we have carefully examined the science that links the levels of these hormones in the bloodstream to the rapid multiplication of mutated cells.<sup>1, 2</sup> The connection is clear.

Foods that increase the levels of insulin and free IGF-I in the bloodstream will ultimately stimulate cancer’s progress. Insulin and free IGF-I even are involved in the defense mechanism cancer uses to protect itself against the toxic effects of chemotherapy.<sup>3</sup> Conversely, a diet that keeps the levels of insulin and IGF-I low will ultimately inhibit the progression of cancer. It really is that simple.

The ideal diet is primarily plant-based. Only 15% of the calories in a person’s diet

should come from fats. In addition, because carbohydrates with a high-glycemic index can boost insulin levels, the diet should provide carbohydrates from sources that are low in glycemic index.

Ideally, it is desirable for patients to adopt a vegan, or wholly plant-based diet, with the one exception of fish oil. The omega-3 fatty acids in a clean fish oil present numerous benefits and the fish oil does not increase insulin levels. A vegan diet is low-fat and moderate in protein. The vegan diet incorporates whole-food carbohydrate sources that are low on the glycemic index, such as pastas, whole fruits, and whole-grain products like sprouted wheat breads instead of wheat-flour breads. I have long been a fan of The Hallelujah Diet precisely because it celebrates foods that have a low glycemic index and rich fiber content.

In addition to these dietary changes, there are a host of foods that offer a range of benefits to cancer patients. Certain vegetables like cabbage, broccoli, cauliflower, kale, onions, and garlic contain compounds that cause the body’s cells to produce higher levels of antioxidants as well as enzymes which detoxify the body.<sup>4, 5</sup> This is especially important for cancer patients that opt for conventional therapies because consuming these foods can increase the ability of healthy tissues to cope with chemotherapeutic drugs and radiotherapy. They may also present post-treatment benefits by helping to block the development of additional cancers. They certainly don’t hurt the body at all. Oasis of Hope patients consume plenty of these foods because they help the body heal. It is important for anyone managing chronic illness to view dietary changes in a positive light. Giving up “comfort foods” is a small price to pay in order to halt the growth and spread of cancer.

Another food with particular promise for cancer patients is spirulina. Spirulina is a food supplement produced primarily from two species of blue-green algae. Research shows that spirulina contains a phytonutrient that blocks a signal pathway that makes cancer cells more aggressive and that protects them from programmed cell

### Success Story

“My mother, father, two sisters and a niece ALL died following chemotherapy and radiation treatments for cancer. I too was diagnosed with stage-2 breast cancer, which had metastasized. I had two surgeries, but refused chemotherapy and radiation treatments, and chose to adopt The Hallelujah Diet. That was 18 months ago. The only thing I have allowed the doctors to do is test me for cancer every three months, and my blood work keeps coming back NORMAL.”

Yvette

death.<sup>6-8</sup> In addition, spirulina contains polysaccharides that boost the ability of the natural killer cells of the immune system to block metastasis.<sup>9</sup>

Some of this information may be a bit technical but the point is that a strong food therapy is fundamental to victory over cancer. The dining commons at Oasis of Hope Hospital are as important as our surgery suites when it comes to treatment. ■

**Francisco Contreras, MD is the director of the Oasis of Hope Hospital in Baja California, Mexico where food has been a vital part of cancer treatment for 45 years. To read more about the Oasis of Hope integrative cancer treatment, visit [www.oasisofhope.com](http://www.oasisofhope.com) and request a free copy of Dr. Contreras’ new book Hope, Medicine & Healing.**

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# EVENTS & TRAINING

## An Evening of Food Prep with Rhonda Malkmus

\$30 per person • Fri. Mar. 6  
Fri. Apr. 3 • Fri. May 1 • 6 p.m. to 8 p.m.

## God's Way to Ultimate Health Seminar — FREE

Sat. Mar. 7 • Sat. Apr. 4 • Sat. May 2  
10 a.m. to 1 p.m.

## Where Do I Go From Here?

\$45 per person • \$10 for spouse or children aged 13-17 • Children under 12 admitted free with adult  
Sat. Mar. 7 • Sat. Apr. 4 • Sat. May 2  
1:30 p.m. to 4:30 p.m.

## Hallelujah Acres Diet & Lifestyle 2-Day Workshop

\$99 per person (without books)  
\$125 per person (with books)  
Mon.-Tue. Mar. 9-10  
Registration starts Noon Monday

## Health Minister Training 3-Day Course

\$300 per person • \$450 per couple  
Wed.-Fri. Mar. 11-13

## Raw Food Revival with The Graffs

\$200 per person  
Sat. Mar. 14 • Wed. April 15  
10 a.m. to 6 p.m.

## Health Minister Reunion "Hope Proclaimed Yesterday, Today, Forever"

Thu.-Sat. Apr. 16-18  
Register now! See page 18 for details.

All events listed above will be held at Hallelujah Acres in Shelby NC. Event prices in US funds.

For more information call us at toll-free at 800.915.9355 or visit [www.hacres.com](http://www.hacres.com)

## LIVE Webinars

### Pursuing Wholeness

Learn how a stay at a Hallelujah Acres Lifestyle Center can provide you with education and training that supports optimal health and freedom from cancer and chronic diseases.

Thu. Mar. 26 • 1:30 p.m. Eastern

### Chugging Your Nutrients

Discover the power of juicing!  
Thu. Apr. 23 • 1:30 p.m. Eastern

For more information or to register for LIVE Webinars, please visit [www.hacres.com](http://www.hacres.com) and click on "News and Upcoming Events."

# Killing Cancer From Within

Alkaline & Oxygen Levels Working Together by Ann Malkmus

In the feature testimonial of this newsletter, we read about an oncologist's answers to questions about acid/alkaline (pH) balance and the need for oxygen. Essentially, cancer cannot not survive in a well-oxygenated body that has a slightly alkaline pH level.

The pH scale is a measure of your body's alkaline/acid balance. Levels of pH range from 0 (highly acid) to 14 (highly alkaline). The ideal pH range for the blood is slightly above 7.35—your body needs an alkaline environment to perform all its metabolic processes and to kill cancer cells. In contrast, an acidic body is a magnet for sickness, disease, cancer and aging.\*

Most Americans eat a diet high in acid (meat, fish, poultry, eggs, grains, soft drinks, coffee, etc.), forcing the body to use its own alkaline material (calcium) to neutralize the acids. A combination of detoxification, fresh raw foods, and exercise is the foundation to reach an alkaline state for proper healing. The Hallelujah Diet is based upon alkaline foods which keep your body healthy and functioning correctly, preventing cancer. On a practical level this means eating as many alkaline foods as possible: most fruits, green vegetables, peas, beans, lentils, spices, herbs and seasonings, and seeds and nuts.

When you eat these foods, you not only increase your body's alkalinity, you increase the oxygen in all your organs and tissues. Healthy tissues always have an optimal pH level and are well oxygenated; cancerous tissues, on the other hand, require acidity and low oxygen to survive. An effective way to fight cancer would be to ensure that your cells are oxygenated.

Listed below are 9 ways to increase oxygen to the body:

1. Allow fresh air into your home, office and vehicle.
2. Practice deep breathing to avoid oxygen deficiency.
3. Get aerobic exercise to increase the capacity of the lungs.
4. Eat smaller, nutrient-dense, meals rich in alkaline foods.
5. Follow vegan diet to clean out your arteries to maximize the amount of oxygen-rich blood reaching the tissues.
6. Eat antioxidant rich foods to help the body use oxygen more efficiently
7. Avoid carbon monoxide (vehicle exhaust, fumes from gas stoves & heaters) that reduces the oxygen carrying capacity of the blood.
8. Consume oxygen from other sources such as oxygenated drinking water, fresh foods and juices.
9. Bathe in oxygenated water. Add one pint to one quart of 3% hydrogen peroxide to chlorine-free bath water and soak in it.

\* Note: Random testing of urine and/or saliva pH does not provide a true picture of the body's pH status. The blood pH will remain fairly constant at 7.35 to 7.40 and the body will do what is necessary to maintain the slightly alkaline pH of the blood. A plant-based diet of 75 to 85% raw foods will provide a diet of about 80% alkaline forming foods, which is ideal for maintaining an optimal body pH.

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[EzineArticles.com/?expert=Joni\\_Bell](http://EzineArticles.com/?expert=Joni_Bell)  
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## FREE On the Road Tour!

Hallelujah Acres founder Rev. George Malkmus is heading **on the road!** Join us and discover how your diet can make you sick; which are the perfect foods that God gave to mankind; and how to restore your health naturally.

### Saturday, May 9, 10 a.m. / Grand Prairie, Texas

First Bible Baptist Church, 513 West Marshall Drive • For information call (817) 723-4273

### Sunday, May 10, 9 a.m. / Houston, Texas

Redeemed Christian Church of God Restoration Chapel,  
13406 Beechnut Street • For information call (281) 495-4424

### Monday, May 11, 6:30 p.m. / Jackson, Tennessee

West Jackson Baptist Church, 580 Oil Well Road • For information call (731) 660-4535

### Saturday, June 13, 10 a.m. / Canton, Ohio

Deliverance Christian Church, 2130 - 31st Street NW • For information call (330) 491-0319

### Sunday, June 14, 6:30 p.m. / Chicago, Illinois

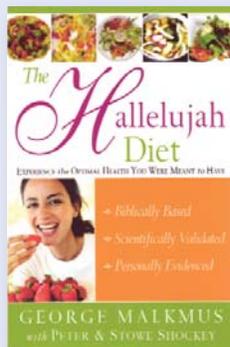
Favor of God Ministries, 1111 North Wells • For information call (312) 929-9725

# Start Today!

Hallelujah Acres  
Diet & Lifestyle

**Congratulations!** — You've discovered God's way to ultimate health. As you begin your journey to healthy living, we encourage you to **save this four-page pull-out section** as a reference guide to the basics of The Hallelujah Diet.

## 1. LEARN



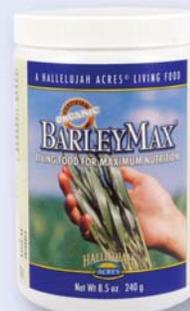
Once you realize that the Standard American Diet is unhealthy, you'll begin to see that almost every physical ailment is a direct result of one's diet and lifestyle—and that each of us is responsible for the current state of our own health. To help you understand why you need to change your diet and how to begin the process, we recommend reading *The Hallelujah Diet* by Dr. George Malkmus.

## 2. CLEANSE



Years of poor dietary choices impair optimal bowel function, prevent timely and efficient elimination of toxins and promote re-absorption of toxins. Using Fiber Cleanse as a dietary supplement for the first 60 to 90 days of The Hallelujah Diet will help to restore optimal bowel activity. This begins the rebuilding of your body at the cellular level through a gentle cleansing process, by which toxins can be efficiently eliminated.

## 3. REBUILD



The most efficient and potent means of rebuilding your body at the cellular level is juicing. When you juice vegetables and grasses, you remove the fiber. Fiber-free juice does not need to be broken down in the digestive tract; this means you get more nutrients to the cellular level, faster. BarleyMax is a perfect example. It is fiber-free, 100% organic barley grass juice dried to a powder form, giving you one of the widest spectrums of naturally occurring nutrients available in a single source. Rebuilding the body begins with BarleyMax.

## Experience Healthy Living from a Biblical Perspective

### FREE Health Seminar

Presented by directors of the Hallelujah Acres Lifestyle Centers Chet Cook, and Bev Cook (B.A., N.D., C.H.C.)

Come and discover God's simple, Biblical model for physical health and healing. Includes food sampling, food prep and juicing demos, lectures, and video clips!

**March 15 – 17 / 6 p.m. / South Charleston, WV**  
First Presbyterian Church, 508 2nd Ave. SW

**April 5 – 7 / 7 p.m. / Sparta, NC**  
Shiloh United Methodist Church, 197 Shiloh Church Rd.

**May 5 – 7 / 6:30 p.m. / Altoona, WI**  
Chippewa Valley Seventh-day Adventist Church, 919 10th St. W.

Bring family and friends. Space is limited, register today! **800.915.9355**

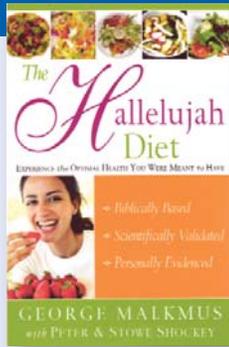


### FREE Product & Event Catalog

Call now! **800.915.9355**

You'll find some of the world's finest health essentials, like Hallelujah Acres' own BarleyMax, plus the latest health supplements, books and DVDs by renowned alternative health authors, the best kitchen equipment available anywhere, and more.

# The Hallelujah Diet *Explained*



The Hallelujah Diet by Rev. George Malkmus

**Why are the majority of prayers in our churches for healing? Why aren't people receiving their healing? Could it be that there are natural laws in God's Word that govern our health?**

God's Word shows us how to live—including how to achieve and maintain perfect health. When we don't follow God's natural laws, our bodies do not receive proper nutrition, or are unable to remove toxins, the results of which are sickness and disease. But when we choose to follow God's natural laws, we can restore proper nutrients and enable our bodies to be self-healing as He created them to be.

**The Hallelujah Diet follows a ratio of 85% raw, uncooked, and unprocessed food and 15% cooked food.**

## The 85% Raw Portion

This portion of The Hallelujah Diet is comprised exclusively of the garden foods God told us in the Bible, in Genesis 1:29, that we were to eat. The dense living nutrients found in raw foods and their juices produce abundant energy and vibrant health while satisfying our cells' nutritional needs so a person no longer needs to struggle with uncontrollable hunger.

**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 beans

**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 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% Cooked Portion

Cooked foods follow the raw salad at lunch or evening meals, and can prove 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:** Cooked and unsweetened frozen fruits

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

**Oils:** Vegan 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, agave nectar (use very sparingly)

**Vegetables:** Steamed or wok-cooked fresh or frozen vegetables, baked white, yellow or sweet potatoes, squash, etc.

## Liquid Intake

Hydration is vitally important. We encourage the intake of at least 1/2 ounce of liquids per pound of body weight daily. We get this through the water in our raw foods, our vegetable juices, and purified water (distilled water is best, but should be re-mineralized and alkalized with WaterMax for long-term use).

## Diet Essentials

While The Hallelujah Diet derives most of its nutrients from the food itself, these essentials can radically boost the body's ability to effectively combat the root causes of disease: toxicity and lack of nutrition.



### Fiber Cleanse

Taken during the first 90 days of The Hallelujah Diet to begin the process of elimination of toxins from the body.

#445 16 oz. \$29.95

Capsules also available



### BarleyMax

One of the widest spectrums of naturally occurring nutrients available to accelerate the body's ability to restore healthy cell development and function.

#441 8.5 oz. \$37.95

4.2 oz. size, capsules, and alfalfa-free variety also available



### Digestive Enzymes

Helps improve digestion and the absorption of nutrients from the foods we eat, especially cooked foods.

#447 90 ct. capsules \$24.95

# Suggested Supplements

After initial cleansing these supplements complement The Hallelujah Diet to ensure your body can effectively absorb nutrients and maintain optimal health.



## B-Flax-D

Now with organic flaxseed, B-Flax-D is taken regularly after Fiber Cleanse to allow the continuation of the cleansing process and maintenance of healthy bowel function.

#460 2 lb. \$21.95



## Professional Strength Probiotics

Helps inhibit the proliferation of pathogenic bacteria, produce B vitamins, and maintain overall optimal colon health.

#458 60 ct. capsules \$29.95



## WaterMax

Remineralizes and alkalizes distilled water to benefit the body and improve hydration.

#339 8 oz. \$32.95

# A Day on The Hallelujah Diet

## Breakfast

Upon rising, take one serving of BarleyMax, either in capsule or powder form (powder form is best if consumed dry). You may take the powder dry, allowing it to dissolve in the mouth or by mixing it with a few ounces of purified water or fresh vegetable juice. It is best not to consume food containing fiber first thing in the morning, as fiber hinders the body's cleansing and eliminating efforts which continue for several hours after rising. If a person feels the need of something with fiber at breakfast, a piece of fruit or a fruit smoothie could be eaten and, if necessary, some whole grain cereal with almond or rice milk.

*NOTE: Children need more than BarleyMax for breakfast; after BarleyMax, a breakfast of raw fruit and whole grain (hot or cold) cereals would be a good choice. Children need a diet consisting of about 50% raw foods and 50% cooked foods to insure adequate caloric intake. Children are growing rapidly. They need more good fats and proteins than adults and they may need more frequent meals.*

## Mid-Morning

Drink an 8 oz glass of fresh vegetable juice (two-thirds carrot and one-third 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.

Thirty minutes later is an excellent time to use Fiber Cleanse as directed, B-Flax-D, or freshly ground flax seed to help maintain optimal bowel function. If a person did not have any fiber food for breakfast, a fruit smoothie is an excellent way to take their ground flax seed or B-Flax-D.

For those who need to stabilize blood sugar, or keep hunger under control and support body weight, some celery sticks, broccoli, or cauliflower florets, etc., spread with almond butter could be consumed.

## Lunch

At least 20 minutes before lunch have another serving of BarleyMax, as at breakfast. If fruit has been consumed during the morning hours, have a vegetable salad. Too much fruit in a day is not advised, and though the sugar is natural, too much sugar can cause problems. (Fruits cleanse the body, while vegetables feed the body.)

While we prefer to keep the lunch meal raw, a little cooked food at noon is fine, especially if a person wants to gain weight. A whole grain pitapocket filled with veggies makes a nice meal for those who would like some cooked food at lunchtime.

## Mid-Afternoon

Drink an 8 oz glass of carrot/vegetable juice. If juice is not available, a serving of CarrotJuiceMax and BarleyMax, or some carrot or celery sticks would be next best.

## Supper

At least 20 minutes before supper, have another serving of BarleyMax. Then have a LARGE green salad comprised of leaf lettuce (never head lettuce as it has very little nutritional value) along with a variety of vegetables, including some avocado or ground seeds or nuts. A blended salad, when practical, comprised of all the veggies that would go into a regular salad plus additional greens (spinach, kale, etc.) increases nutrient value tremendously.

After the salad comes the cooked food portion. This could be steamed veggies, baked sweet potato, whole grains, whole grain pasta, squash (baked or steamed), or beans.

## Evening

If desired, enjoy a piece of juicy fresh fruit or a glass of freshly extracted apple or pear juice, or a glass of 100% organic apple or grape juice. It is best to not consume anything containing fiber after the supper hour.

*HallelujahAcres*  
**HEALTH TIP**



Every week, more than 40,000 people receive Rev. Malkmus' FREE email Health Tips. **Go to [www.hacres.com](http://www.hacres.com) and subscribe for FREE today!**

# Foods to Avoid

**What most people do not realize is that almost every physical problem they experience (other than accidents) has a diet-related cause. Because our physical body is designed by God to be nourished with living (raw) foods, it is imperative that the greatest percentage of our daily food intake be comprised of raw foods—and that we avoid the foods that are causing the problems in the first place.**

**Beverages:** Alcohol, coffee (grain coffees like Pero and Roma are good), teas containing caffeine (caffeine-free herb teas are fine), carbonated beverages and soft drinks, all artificial and sugar containing drinks, sport drinks, and all juices containing preservatives, refined salt, sugar, and artificial sweeteners should be avoided. (Refined sugar suppresses the immune system and prevents its ability to protect us from germs, viruses, and bad bacteria. One 12 oz soft drink contains approximately 11 teaspoons of sugar and if consumed daily for one year, adds 15 pounds of weight.)

**Dairy:** All milk, cheese, eggs, ice cream, whipped toppings, and non-dairy creamers. (Cow milk and cheese are some of the most dangerous foods we can place into our body. Read Dr. T. Colin Campbell's book, *The China Study*, for documentation.)

**Soy Milk and other Soy Products:** Most soy products should be avoided. Soy is high in estrogen. The estrogen in soy formulas has been known to cause baby girls to develop breast buds as young as two years of age, and the age of puberty, which should be past the age of 15 years, is now as early as 8, 9, and 10 years. The growth hormones in animal flesh and dairy are also contributing to this problem. Estrogen can be a contributing factor in all female cancers, and the high protein content of soy can actually feed cancers.

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

**Grains:** Refined, bleached flour products, most cold breakfast cereals, and white rice. (Refined grains are devoid of fiber and thus one of the leading causes of constipation. Animal-source foods are also totally devoid of fiber.)

**Meats:** Beef, pork, fish, chicken, turkey, hamburgers, hot dogs, bacon, sausage, bologna, etc. (All animal-source foods are harmful to the body and are the cause of up to 90% of all physical problems. Eliminating animal source foods can practically eliminate any fear of ever experiencing a heart attack, stroke, cardiovascular problems, cancer, diabetes, osteoporosis, heartburn, gout, acid stomach, and the list goes on and on.)

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

**Oils:** All lard, margarine, shortenings, and anything containing hydrogenated oils or trans fats.

**Seasonings:** Refined table salt and any seasonings containing it. Refined table salt is almost pure sodium and chloride and is a leading cause of high blood pressure. (Celtic or Eden Sea Salt, a natural, unrefined salt from the sea, is a good choice.)

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

**Sweets:** All refined white or brown sugar (brown sugar is simply refined white sugar with some molasses added for color), sugar syrups, chocolate (carob is a wonderful chocolate substitute), candy, gum, cookies, donuts, cakes, pies, or other products containing refined sugars or artificial sweeteners (acceptable sweeteners include raw unfiltered honey, stevia, agave nectar, and pure maple syrup).

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

**All Drugs:** Though these are not foods, most are addictive and very destructive within the body: alcohol, nicotine, marijuana, caffeine, cocaine, heroin, etc., along with many over the counter and doctor prescribed drugs.

**Do not discontinue doctor prescribed drugs without doctor's permission.**

## The Hallelujah Recovery Diet

The Hallelujah Recovery Diet is identical to The Hallelujah Diet but increases the number of servings of BarleyMax from three to six, and the number of vegetable juices from two to six.

For example:

- Start with a BarleyMax at 7:00 a.m.
- Then a vegetable juice at 8:00 a.m.
- Have another BarleyMax at 9:00 a.m.
- Alternate the two juices every other hour (skip juice during the lunch and supper hour).

These juices provide the body with the building materials it so desperately needs to carry out the functions God designed. On this Recovery Diet, fruit should be kept to a minimum so that intake does not exceed 15% of the total diet.

## High Antioxidant Vegetable Juices

Carrot juice is a rich source of beta carotene, a precursor to vitamin A which is an antioxidant that neutralizes free radicals. This action helps reduce inflammation and the potential for various physical problems.

Used as a base, carrot juice can be mixed with the juices of other vegetables known for their high antioxidant content\*, such as spinach, bell pepper, turnip greens and beetroot to create an Antioxidant Super Juice! (See recipe on page 14.)

\*Pellegrini, N et al. Total Antioxidant Capacity of Plant Foods, Beverages and Oils Consumed in Italy Assessed by Three Different In Vitro Assays. *J. Nutr.* 133:2812-2819.



### Food for Thought!



If there was one food that we could wipe out of the American diet and save as many lives as possible, it would be cheese and other dairy products.

*Dr. Joel Furrman, The Greatest Diet on Earth II (DVD).*

Plant foods have [cancer] preventive potential and consumption of the following groups and types of vegetables and fruits is lower in those who subsequently develop cancer: raw and fresh vegetables, leafy green vegetables, Cruciferae, carrots, broccoli, cabbage, lettuce, and raw and fresh fruit (including tomatoes and citrus fruit).

Potter JD, Steinmetz K. Vegetables, fruit and phytoestrogens as preventive agents. *IARC Sci Publ.* 1996;(139):61-90.

# Why Fiber Cleanse Is Essential

In his classic health handbook, *Colon Health*, Dr. Norman Walker explains that “the very best of diets can be no better than the very worst if the sewage system of the colon is clogged with a collection of waste and corruption.” This is why Fiber Cleanse is an essential part of The Hallelujah Diet.

## How Toxins Create Disease

If toxins from our body (dead cells, waste products, etc.) are not eliminated quickly, they can be re-absorbed into the body and thus result in a toxic buildup, which can ultimately contribute to the breakdown of the body and illness.

However, when toxic foods are eliminated from our diet, and we start eating living foods, especially fresh vegetable juices, the body is able to rebuild as well as cleanse itself. This internal cleansing results in toxins/poisons being emptied into the bloodstream, and is what many people refer to as detoxification.

## How Fiber Cleanse Assists Detoxification

Since detoxification can temporarily weaken the body, we believe that it is important to address nutritional deficiency while cleansing. We recommend Fiber Cleanse during the first two to three months of The Hallelujah Diet.

Fiber Cleanse assists the body's detoxification efforts by helping to cleanse the colon and restore optimal bowel function with a balanced blend of 28 herbs in a psyllium and stabilized flax seed base.

- Psyllium creates a gelatinous bulk that sweeps the colon clean of putrefied feces
- Flax seed provides a rich source of Omega 3 and Omega 6 fatty acids, regulates blood sugar levels and acts as a natural laxative
- Herbs regulate bowels and expel parasites

## Success Story

“My husband was not comfortable with me having (breast cancer) surgery, and so we decided to attend Tim and Anita's Hallelujah Acres Lifestyle Center in Lake Lure, North Carolina. While there, I adopted The Hallelujah Diet and Lifestyle, and the rest is history. I did allow a lumpectomy in April, but refused radiation, chemotherapy, and tamoxifen. After being on The Hallelujah Diet for only two months, lab reports came back negative – no cancer could be found. HALLELUJAH!”

Lorrie H, New York

## The Special Role of Fiber Cleanse Herbs

The 28 herbs in Fiber Cleanse are of special note. They are divided into six classes, each with a specific purpose:

- Bulk-forming, mucilaginous herbs
- Anti-parasitic herbs
- Volatile oil-containing herbs
- Herbs with diuretic action
- Herbs with stimulating laxative effects
- Herbs that are rich in a specific vitamin or mineral or digestive aid

The combination allows each herb to be used in a fairly low concentration while still deriving benefits from each one—this ensures that the formula is not more potent than it needs to be. Together, these herbs provide an effective, comprehensive formula to gently cleanse the bowels and support urinary tract health.

Fiber Cleanse is available in powder form or vegetarian capsules.

*PLEASE NOTE: Persons who are pregnant, lactating, on prescription medication or on other herbal products should check with a nutritionally minded, health care professional before using. Individuals exposed to excessive amounts of psyllium dust (primarily occupational exposure) may develop a sensitivity resulting in an allergic reaction. Not recommended for children of any age. Not recommended for long-term use; for long-term fiber supplementation, consider B-Flax-D by Hallelujah Acres.*

The statements made herein have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



#445 16 oz. \$29.95  
Capsules also available

To order, call toll free  
**800.915.9355**  
or order online at [www.hacres.com](http://www.hacres.com)

## What to Expect During Detoxification

During detoxification, one may experience a range of both physical and mental discomfort that will subside over time, depending on the amount, degree, and length of time that a cleansing diet is sustained. Eventually, as the “bad” gets eliminated and the “good” is put back in, symptoms start to abate, and the body starts functioning at a higher level of health.

Usually within the first two weeks, most people are over the symptoms of detoxification. However, there are instances where it may take over a year for the body to completely release all toxins, such as when a person has been continually exposed to those from the environment as well as the Standard American Diet.

## A Week or Two Could Change Your Life

“Two and a half years ago I had been diagnosed with multiple myeloma. We were given a two-week stay at a *Hallelujah Acres Lifestyle Center* by a friend. After just three days of learning about my self-healing body, I was convinced that the standard cancer treatment was not for me. For the last two years, I’ve been exercising, enjoying a new diet, juicing, and taking BarleyMax.



**Tests show that the number of cancer cells have been steadily decreasing and I still have no outward symptoms of bone cancer.”**

~ Richard Smith, Phoenix, AZ

A five- or ten-day stay at a Hallelujah Acres Lifestyle Center is all it takes to start changing your health for the better! **DON'T WAIT!**

Visit [www.halifestylecenters.com](http://www.halifestylecenters.com) for schedules and more information.

For reservations or a FREE brochure, call today!

*Hallelujah Acres*  
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## Green Star Juicer

### GET THE BEST!

The Green Star twin-gear juicer delivers extremely high quality, nutrient-dense juice from a wide variety of fruits and vegetables, plus grasses and herbs. It's also a food mill (great for baby food, nut butters and sorbet), rice cake maker, and pasta maker, all in one machine!

- Heavy duty twin gears crush fruits and vegetables instead of grating—a better, trouble-free way to juice stringy celery, leafy greens and grasses
- Low speed (110 rpm) operation preserves vital nutrients and enzymes
- Magnetic and bioceramic technologies improve nutrient content and extend freshness
- 5-year warranty



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\$505.95

To order, call toll free **800.915.9355** or order online at [www.hacres.com](http://www.hacres.com)



### Super Greens Antioxidant Juice

**1 pound carrots**  
**1 handful of spinach**  
**1 handful of turnip greens**  
**¼ bell pepper**  
**½ beet including greens**

For highest quality, juice all ingredients in a low speed juicer, such as the *Green Star*, and propose a toast to optimal health!

# Rebuilding A Cancerous Body

## Aggressive Nutritional Support and Alternative Therapy Options by Olin Idol, N.D., C.N.C.



The emotional stress of facing cancer can hinder the body's innate self-healing. A loved one facing this challenge needs all of the support they can possibly receive as they seek out the best options for the often life-

threatening battle ahead. In this brief article we want to look at ways we can best support the body's innate healing as well as explore options for alternative or complementary treatments.

### The Marvelous Self-Healing Body

If you have followed the teachings of Hallelujah Acres for even a short time, you are aware that we believe God has entrusted each individual with a marvelous, self-healing body. We simply need to provide the conditions that are conducive to healing. If we want to avoid cancer or if we are already facing the challenge of dealing with cancer, we must nourish our body so the innate self-healing can function as God designed.

### The Hallelujah Diet

The basic Hallelujah Diet along with ample water intake, appropriate exercise, elimination of stress, internal cleansing of the body, ample sunshine and a healthy spiritual relationship nourishes the body in such a way that most people can attain and maintain optimal health. But since most of us make little preparation for our health until facing a chronic condition, we may be in need of a much more aggressive approach to quickly equip the body so that it can perform radical healing in a crisis.

According to H. E. Kirschner, M.D. in his book, *Live Food Juices*, the most efficient way to nourish the body at cellular level is with fresh juices. Those using diet aggressively to support the body's self-healing have often implemented many of the following:

- Six to eight, 8-ounce glasses of freshly extracted vegetable juices daily (2/3 carrot and 1/3 greens). Consuming 8-ounces on an hourly basis will provide the body with the nutrition from approximately 8 pounds of produce in an easy to assimilate form.
- Three to six servings of a properly processed barley juice powder will help supply a broad spectrum of naturally occurring vitamins, minerals and trace elements that often are missing from our foods.
- Using a good probiotic supplement aggressively for 3 to 4 weeks by taking up to 24 billion CFUs three to four times daily to help in rebuilding a

healthy balance of intestinal flora. Afterwards, many choose to continue a maintenance serving of 1 to 2 capsules daily.

- Using a good digestive enzyme with each juice and 2 to 4 with each meal for the first 3 to 4 weeks to maximize the absorption of nutrients from foods so that the body receives the most nutrition available from these foods.
- The use of curcumin, the biologically active extract of the turmeric spice, can help supply the body with an abundance of free radical fighting nutrients that may help protect the body from various types of cancer.

When following a plant-based diet, it is important to insure that a good source of essential fats is available. Taking 1 to 2 tablespoons of flax seed oil or 3 to 4 tablespoons of ground flax seed daily (if dealing with prostate issues, research indicates the use of flax seed rather than the oil may be more advantageous) will help meet the essential fat needs of the body. It is also important to avoid a B12 deficiency by taking a sublingual B12 supplement (the active methylcobalamin form) daily. As the body begins cleansing it is important that the toxins are eliminated timely and efficiently through optimal bowel function (2 to 3 well-formed stools daily).

Stress can have a detrimental impact on the body's ability to heal and should be eliminated. Ample amounts of sunshine are important for optimal production of vitamin D. If adequate sunshine is not possible, a vitamin D3 supplement can help meet the body's need for vitamin D (see article at right).

It may take as long as 12 to 18 months of following an aggressive nutrition plan to provide the body with the best opportunity for rebuilding.

### Additional Therapies

The *Oasis of Hope Hospital* is one of the world's leaders in cancer research and offers integrative cancer therapies combined with a diet, lifestyle, and spiritual emphasis. For more information regarding their approach to dealing with cancer see the article by Dr. Contreras on page 7 of this newsletter or visit [www.oasisofhope.com](http://www.oasisofhope.com).

The *Hope 4 Cancer Institute* offers complementary non-toxic therapies for cancer and other degenerative diseases. Visit [www.hope4cancer.com](http://www.hope4cancer.com) to learn more about the innovative and compassionate care offered through their seven-step approach. ■

References:  
Aggarwal BB, Shishodia S. Suppression of the nuclear factor-kappaB activation pathway by spice-derived phytochemicals: reasoning for seasoning. *Ann NY Acad Sci.* 2004 Dec;1030:434-41.

# Vitamin D

## The Neglected Anti-Cancer Nutrient?

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

Upper "normal" levels of vitamin D are associated with lower risks for several types of cancer. One study determined that vitamin D-deficient women have a 253% increased risk of colon cancer. Other studies have found that higher levels of vitamin D can reduce breast cancer incidence by 30-50%, and men with higher levels of vitamin D have a 52% reduced incidence of prostate cancer.

For light-skinned people, 15 to 30 minutes of mid-day sun exposure five to six times per week to the face, arms, hands, or back without sunscreen during the summer months is usually sufficient to provide adequate vitamin D. It is vitally important to realize that dark-skinned people require up to six times that amount of exposure to arrive at the same level of vitamin D as fair-skinned people.

There is a growing chorus from around the world that the (recommended daily allowance) is way too low. Many experts say levels between 21 and 29 nanograms per deciliter are insufficient, and levels less than 21 are deficient. An inexpensive blood test can accurately measure vitamin D levels.

When adequate sunshine is not available (Fall and Winter in most of the US and in Canada) or not an option, daily supplementation with 2,000 to 5,000 IU daily of a good source of D3 (calciferol) should help maintain adequate vitamin D levels so that a deficiency does not develop. ■

References:  
Holick MF. Vitamin D: importance in the prevention of cancer, type 1 diabetes, heart disease, and osteoporosis. *American Journal of Clinical Nutrition* 2004; 79:362-71.  
Holick MF. Vitamin D and sunlight: strategies for cancer prevention and other health benefits. *Clin J Am Soc Nephrol.* 2008 Sep;3(5):1548-54.  
Li H et al. A prospective study of plasma vitamin D metabolites, vitamin D receptor polymorphisms, and prostate cancer. *PLoS Med.* 2007 Mar;4(3):e103.  
*Understanding Nutrition*, p. 350.



**Hallelujah Acres Canada**  
16635 Yonge Street, Unit 24B,  
Newmarket, ON L3X 4V6  
[www.hacres.ca](http://www.hacres.ca)

**Hallelujah Acres Canada** is a one-stop Canadian connection for Hallelujah Acres products and services. Serving as the product distribution centre for all of Canada, we also offer education, support and resources without having to cross the border. We have the knowledge and the experience of being on The Hallelujah Diet to answer any of your questions and to offer sound information. We have classes suitable for everyone, whether you're just curious or a seasoned health pro; and our product selection includes everything you need to maintain optimal health.

Your well-being is our first priority—we want to empower you to make your body self-healing as God created it to be!

**3-Day Healthy Retreat • Mar 13 – 15 / May 16 – 18**

Prepare healthy raw food and view the “Get Healthy Stay Balanced” series of lectures and videos. Take one class or attend the entire three-day retreat!

**Spring Cleaning for the Body • Mar 21**

We will talk about “Cleansing the Body from the Inside Out” and enjoying foods that help us to cleanse.

**Having Fun With the Dehydrator • Apr 25**

Learn to make apple spice flax crackers, banana coconut cookies, sweet potato burgers, and stuffed mushrooms!

**Sprouting Made Easy • May 23**

During this class we will discuss the advantages of sprouting and use different sprouters to create fabulous summer salads and wraps!



Pre-register for any of the above classes by calling **1.866.478.2224**

# Come Live With Us!

*The Villages of*  
**HallelujahAcres**

**Day of Celebration**

**Saturday, May 2, 2009**

10:00 am Free Seminar at Hallelujah Acres  
1:00 pm Hallelujah Lifestyle Lunch (\$5)  
1:30 pm Open House

The Malkmus Family will greet visitors at The Villages — stop by for a tour as we celebrate the realization of our dream of a healthy community.

**Please call Stuart Gilbert at 866.295.0230 today to make your reservation!**

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

*Live... Healthy, Energetic, Happy*

The Villages will feature walking trails, organic gardens, tennis courts, a club house and more! It's the nation's first Healthy Lifestyle Community dedicated to living well!

*“Please join us at the Day of Celebration!”*

*Rev. George & Rhonda Malkmus  
Paul & Ann Malkmus*



# Conventional Cancer Therapies & The Hallelujah Diet

## The Role of Nutrition In The Process of Healing by Olin Idol, N.D., C.N.C.

When a person is first diagnosed with cancer they are overwhelmed with time sensitive decisions they must make regarding their approach to an often life-threatening situation. Accurate information and timely decisions are imperative.

Unfortunately, due to a lack of nutritional understanding and a lack of knowledge regarding the body's innate self-healing, doctors often only give the patient options that include traditional medical interventions while telling the patient to eat whatever they want.

What should a patient be aware of regarding traditional therapies? Can they incorporate the Hallelujah Diet along with other therapies if they choose a traditional medical approach to dealing with their cancer?

From the National Cancer Institute we learn the following regarding the standard medical options:

- Surgery increases the body's need for nutrients and energy. Energy and nutrients are essential for wound healing, fighting infection, and recovering from surgery. Malnourishment prior to surgery may lead to poor healing, infections, or other complications of recovery. Side effects of surgery may impair the body's ability to obtain adequate nutrition from one's diet due to impaired digestion and impaired production of essential hormones.
- Chemotherapy may affect the whole body. Chemotherapy drugs may affect healthy cells as well as cancer cells. These drugs may make it difficult for a patient to obtain the nutrition needed to tolerate and recover from the treatments.
- Radiation therapy can affect healthy cells in the treatment area. Radiation therapy near any part of the digestive system is likely to cause nutrition related side effects and impair the body's ability to tolerate the treatment and maintain general health.

Side effects from the above three common approaches to dealing with cancer are by far much greater than the few listed above regarding nutritional status. We know from years of experience that those people who choose to use a primarily raw plant based diet such as The Hallelujah Diet along side of traditional therapies have far less negative side effects and appear to achieve much better results from the traditional therapies.

From the testimonies received at Hallelujah Acres, it is evident that many people who choose to support the body's innate self-healing through a plant based diet, aggressive juicing, and discrete supplementation see much better results both when choosing to exclusively use an alternative approach to dealing with cancer as well as when electing some traditional therapies in conjunction with the nutritional support of a healthy diet. ■

Reference:  
[www.cancer.gov/cancertopics/pdq/supportivecare/nutrition/patient/page3](http://www.cancer.gov/cancertopics/pdq/supportivecare/nutrition/patient/page3)

## How Inflammation Promotes Cancer

### Stopping Free Radical Damage

Inflammation is the body's immune system response to "insults" inflicted upon the purity of our God-designed bodies. It is a defense mechanism that cleans up the damage due to insults such as poor diet, physical injury, mercury dental fillings (amalgams), vaccinations, pesticides and herbicides, pharmaceutical drugs, emotional stress and so on. However, when these insults don't go away or overwhelm the body's defenses, the inflammatory response becomes chronic, leading to excessive free radical generation.

Free radicals are molecules with one or more unpaired electrons; an electron without a partner is unstable and highly reactive. Free radicals damage cell proteins, altering their function, and DNA, creating mutations (cancers often develop when DNA is damaged).

Excessive free radical activity causes irritation and injury, which initiates inflammation all over again.

This self-destructive cycle creates a breeding ground or "microenvironment" for long-term, low-grade inflammation (that we may not even feel), which has been shown to aid in the production and survival of malignant cells. In effect, cancer actually uses the body's protective, inflammatory processes to spread itself. Researchers call this phenomenon "inappropriate inflammation."

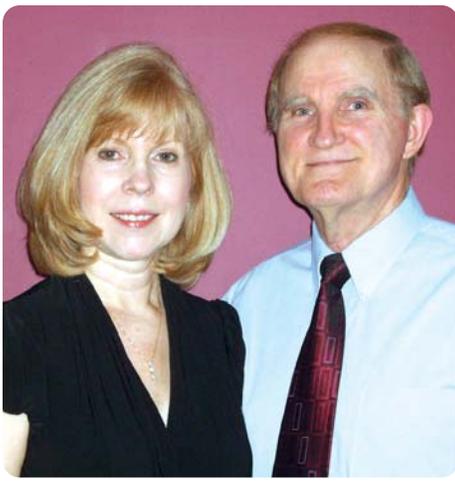
Recent data have expanded the concept that inappropriate inflammation is a critical component of tumor progression, and that many cancers do indeed arise at the site of infection, chronic irritation and inflammation.

The key to halting the vicious cycle of inflammation, free radical damage, and potential tumor development is to build the immune system, specifically with antioxidants. Antioxidants neutralize free radicals by "donating" one of their own electrons, which stabilizes the free radical molecule, thus ending the chain reaction. Obviously, a diet high in antioxidant-rich foods, such as The Hallelujah Diet, will help to reduce inflammation and resulting free radical damage.

A study in 2005 determined the following plant foods to be the top 10 highest in antioxidant content (highest first): **small red beans (dried), wild blueberries, red kidney beans (dried), pinto beans, cultivated blueberries, cranberries, cooked artichoke hearts, blackberries, prunes, and raspberries.**

Conversely, a diet high in refined, processed foods and animal products causes inflammation. In fact, foods from animal sources have no antioxidants and in some cases even promote free radicals. ■

References:  
Lisa Tumer, *10 Foods to Fight Inflammation* • Mantovani A, Allavena P, Sica A, Balkwill F. Cancer-related inflammation. *Nature*. 2008 Jul 24;454(7203):436-44. • Coussens LM, Werb Z. Inflammation and cancer. *Nature*. 2002 Dec 19-26;420(6917):860-7. • Smith GR, Missailidis S. Cancer, inflammation and the AT1 and AT2 receptors. *J Inflamm (Lond)*. 2004 Sep 30;1(1):3. • *Journal of Agricultural and Food Chemistry*. June 2004. • *Lying With Authority* by Dan Chestnut



## Health Minister Spotlight Doug & Marilyn Polk

**You can become a Health Minister and spread the message of hope & healing!**

Visit [www.hacres.com](http://www.hacres.com) and look for Health Minister Training under the TRAINING tab.

In 1999, Marilyn Polk discovered The Hallelujah Diet, which freed her from four long years of suffering with fibromyalgia. To this day, she remains symptom-free. It was this life-changing experience that led Marilyn and her husband Doug to pursue Health Minister training in 2000.

“Doug retired from 30 years of music ministry and we went right into Hallelujah Acres Health Ministry with really no guarantee of any income,” Marilyn recalls. “But we felt that God wanted us to spread the message of health, so we stepped out in faith, trusting that the Lord was going to provide for us.”

The Polks wasted no time. Right after Health Minister training, Doug used his computer skills to build their ministry website. They soon found themselves teaching no fewer than 20 sets of the nine-week Get Health Stay Balanced program, and even created a two-day “weekend retreat” version called the Back To Life Seminar. So successful were their classes that their ministry began to expand in unexpected ways.

“As we were teaching our classes, people were asking what to eat, and struggling as to how to prepare food,” Marilyn explains. “So, Doug challenged me to write a book that would have recipes that were easy for beginners to The Hallelujah Diet.”

In fact, both Marilyn and Doug have now written books based on The Hallelujah Diet. Marilyn’s *Simple Weekly Meal Plans* includes four weeks worth of shopping lists, menus and recipes. Doug’s book, *Winning the Battle For the Body*, discusses good reasons for adopting a plant-based diet, citing nutritional, scientific and theological justification.

Still, the most effective aspect of the Polk’s Health Ministry is their website. Each day brings new visitors to the site wanting to know how to start the diet and how to start a Health Ministry. They also send out an e-newsletter at least once a month. Their website even brings them regular customers from all over the world—but making their ministry a business was never the intention.

“We don’t depend on it as our sole source of income,” say the Polks. “It’s more of our ministry than a business.”

As for the program that started their journey nearly a decade ago, they recommend Health Minister training without hesitation.

“Just the wealth of information and teaching advice a person can gain by attending Health Minister training is well worth the time.” ■

## 2009 Health Minister Reunion

*“Hope Proclaimed”  
Yesterday - Today - Forever*

**REGISTER NOW!**

**\$99 per person BY April 1st**

**\$159 per person after April 1st**

Come a day early for the Raw Food Revival on April 15, with Jackie and Gideon Graff!



## April 16 - 18

### **Robert Keller, MD, MS, FACP, AAHIVS**

Dr. Keller has published over 100 articles in medical journals. He will speak on his groundbreaking research into glutathione, the body’s master antioxidant.

### **Ed Foreman**

A self-made millionaire, Ed Foreman travels 200,000 miles a year to inspire and educate others with his renowned message of “Successful Daily Living.”

### **Barbara Ellicott, EdD**

Barbara will share how she overcame a near-crippling accident and life-threatening disease in her own life through exercise and a vegan lifestyle.

### **Dr. Matthew Young, DDS**

Dr. Young’s biologic dentistry practice is mercury-free, fluoride-free and latex-free; he will speak on heavy metals and their effect on the mouth and body.

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Events & Training

Call 800.915.9355 or visit  
[www.hacres.com](http://www.hacres.com) under “Events”

# Cancer Q & A

## Q: I just found out I have cancer. How long does it take a tumor to grow?

**A:** Most cancers have been in your body for 10 to 20 years before being detected. Cancer is a relatively slow process, with many factors determining how fast a tumor can grow. Something may happen to make it appear “all of a sudden,” but it was really just under the surface. Since it took so long to grow, you almost always have time to try a comprehensive dietary and lifestyle change before considering the doctor’s advice.

## Q: Are there any times when conventional cancer treatment is helpful?

**A:** Choosing a cancer treatment is an intense decision. Ultimately the choice must be made by the one undergoing treatment. We and others can provide unbiased (hopefully) information so that an informed choice can be made.

Radiation and chemotherapy are damaging to the immune system. They are very taxing to the body and make your body’s own self-healing less effective. Only where the benefits of these therapies are clearly proven with very high success rate (upwards of 80% for testicular cancer and some childhood cancers) would it make sense even to prayerfully consider conventional therapy.

Debulking surgery may be useful at times, if a

surgeon isn’t so worried about getting “all of it” with clear margins. Another treatment that is minimally invasive is radiofrequency ablation. An ultrasound-guided probe is inserted into a tumor and heat generated by high frequency electric currents destroys the tumor with minimal damage to surrounding tissue. It is used for some small tumors in the liver, lungs, kidneys, and has been studied for breast tumors.

## Q: What is an adequate vitamin D level for someone dealing with cancer?

**A:** Vitamin D is crucial for optimal health. Many vitamin D experts agree that an insufficient level is below 30 ng/ml, with optimal levels being above 40 ng/ml. There is no toxicity below 100 ng/ml, which is difficult even to achieve. The middle of the optimal range, around 60-80 ng/ml, would be a healthy vitamin D level for anybody, including for those with cancer. Using a blood test, available through Hallelujah Acres, is the best way to ensure you are in the optimal range, as there are many factors which affect your production of vitamin D from sunshine.

## Q: Is it OK to combine a high antioxidant diet and supplements with conventional therapy?

**A:** Yes. A recent meta-analysis of randomized controlled trials found that antioxidant supplements reduced the toxicity of chemotherapy, allowed patients to complete more full dose treatments or to have fewer dose

reductions.<sup>1</sup> The antioxidants protect the normal cells of the body from the side effects of radiation and chemotherapy without decreasing the efficacy of the treatment. In some cases it actually improves its effectiveness.

Block KI, Koch AC, Mead MN, et al. Impact of antioxidant supplementation on chemotherapeutic toxicity: a systematic review of the evidence from randomized controlled trials. *Int J Cancer*. 2008;123(6):1227-39.

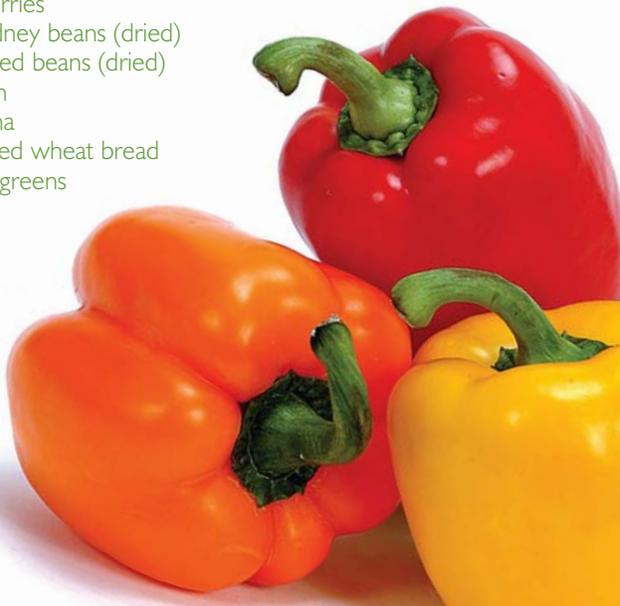
## Q: I have heard that root canal teeth and bone cavitations are risk factors for cancer? Is this true?

**A:** Yes. Root canal teeth harbor anaerobic bacteria that leak out powerful toxins into your blood stream. In a series of breast cancer patients at the Paracelsus Klinik in Switzerland, Dr. Thomas Rau found that 147 of 150 women had a root canal tooth on the same meridian as their tumor. Jaw cavitations, due to tooth extractions, especially while taking bisphosphonate drugs, also harbor anaerobic bacteria, which have the same effect as the root canal teeth. Both of these are risk factors that need to be dealt with along with diet and lifestyle changes.

## Kitchen Tip: Anti-Cancer Shopping List

Several articles in this newsletter point to diet as the key to immune health, and thus, your body’s ability to fight off disease. Here is a summary of the foods mentioned, specific to cancer protection:

artichoke hearts	raspberries
beet tops	red kidney beans (dried)
bell peppers	small red beans (dried)
blackberries	spinach
blueberries	spirulina
broccoli	sprouted wheat bread
cabbage	turnip greens
carrots	
cauliflower	
cranberries	
flax seed	
garlic	
kale	
leeks	
lentils	
onions	
peas	
pinto beans	
prunes	



## Success Stories

“I had a mass the size of an egg in my breast; the doctors told me they were going to have to surgically remove the cancer, followed by chemotherapy and radiation. I came home and searched the internet for alternatives when I discovered Hallelujah Acres. Four weeks after beginning The Hallelujah Diet the large mass had reduced to the size of a dime, and within the next two weeks it had totally disappeared. The doctors were totally amazed.”

**Deborah D, Pennsylvania**

“Just before Christmas 2006, I received results from a routine thermo gram that indicated changes in blood flow consistent with an 80% cancer risk. I read ‘God’s Way to Ultimate Health’ and began The Hallelujah Diet. By October 2007, blood work indicated I was cancer free! I asked God what He wanted from me and what this cancer scare was all about. As clearly as can be, I got my answer – ‘Become a Hallelujah Acres Health Minister.’

**Vonnie T, Pennsylvania**



# God's Way to Ultimate Health

**FREE**  
**Saturday Seminar**  
presented by Rev. George Malkmus

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

Whether you're battling a life-threatening disease or you simply want to achieve optimal health, this FREE 3-hour seminar will enlighten and inspire you to take that first step to self-healing. Along with a few hundred other attendees, listen to Rev. George Malkmus, Lit. D., founder of Hallelujah Acres, as he tells you why your diet and lifestyle can make you sick or feel great. Take back your health by living the lifestyle you were designed for.

## 2009 Saturday Seminar Schedule

*Hallelujah Acres International Headquarters, Shelby, NC*

**March 7 / April 4 / May 2 / June 6**

**First Saturday of every month at 10:00 a.m.**



## Experience the Tastes and Aromas of The Hallelujah Diet

← Friday evening **before** the Seminar



## An Evening of Food Prep with Rhonda Malkmus

Learn a variety of food preparation techniques and recipes! See page 8 for details.

← Saturday **after** the Seminar

## Where Do I Go From Here?

Spend a few hours with us to learn how to implement The Hallelujah Diet at home! See page 8 for details.

HallelujahAcres  
**HealthNews**

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